



What is Space Clearing?

When many people hear the term “Space Clearing” they think of clearing clutter from their home. While this is always a useful and important endeavor, Space Clearing, also known as energetic space clearing is about “clearing” your home or office space on another level. It is the art of cleansing and consecrating a space to heighten and revitalize the chi or energy within it.

This sounds a bit esoteric. Where is this energy in my home that I am going to clear? And why should I Space Clear my home or work environment?

Our homes absorb energy in walls, ceilings, furniture, and the other objects we keep in our surroundings. This energy comes primarily from the people and activities that take place in a particular environment. If you have ever walked into a room after an argument, you can feel it even if you were not present for the argument. Our homes and the other environments we occupy (offices, work, schools, etc.) absorb and store the energy that comes into them – whether it is positive or negative. Space Clearing helps to remove that old energy.

Is Space Clearing unique to Feng Shui?

No, many world cultures and religious traditions have some form of a clearing ritual. Native Americans may burn the herb sage, ringing singing bowls are popular in the Tibetan culture, while the ringing of traditional upright brass bells and the burning of incense like frankincense are used in western church settings. These various traditions can be utilized by anyone to help uplift their space to create an environment that feels fresh and clean.

When should I Space Clear? How often should I Space Clear?

It is ideal to make a regular practice of Space Clearing your environment. For example, consider doing it every spring or fall. With that said, also Space Clear any time you feel the need. This would include anytime you feel stuck, have had a down turn of luck, or have experienced a major life change such as a divorce, passing of loved one, illness in the family, children go off to college, or are moving into a new home or leaving an old one. Many use space clearing to begin or deepen their Feng Shui process.

How can I easily Space Clear my environment?

Some quick and easy tips to get you started without performing a complete ritual include opening all of the windows in your home and allowing the fresh outside air blow through your home! Another easy lift is playing inspiring music such as something classical or a divine chant.

Sea salt is a great neutralizer and absorber of negativity. Open your kitchen cabinet and pour some salt into a bowl. Put it out in the sunshine for about 4 hours to “charge” it up. After that time, you can sprinkle the salt at the thresholds of all your outside doors and put a bowl in a room that may feel heavy (e.g. the room of a person recovering from an illness or an angst filled teenager). Leave the sea salt in place for 24 hours and then discard it by flushing down the toilet. Salt at thresholds will naturally blow away in the wind.

How can I learn more about Space Clearing? How can I learn to perform a full Space Clearing Ceremony?

To learn more about the art of blessing and uplifting your home, Feng Shui Your World has produced its first instructional DVD on “Energetic Space Clearing” filmed during a recent two hour workshop. The DVD is complete with tips on how to prepare for a space clearing, supplies to gather, basic procedures to follow, as well as an actual space clearing ceremony in action including the application and use of sage, sea salt, bells, drums and rattles. For more information and to purchase the DVD visit www.fengshuiyourworld.biz or call 716-863-8561 for more information.

What if I want my environment Space Cleared but don't want to do it myself?

Feng Shui Your World offers Space Clearing consultations, where Linda Ellson will come into your home or office and perform a Space Clearing ceremony for you. For more information or book an appointment, please email: fengshuiyourworld@juno.com or call 716-863-8561.