

Energetic Space Cleaning: The Art of Cleansing & Purifying Your Space

by Linda Ellson and Joanne Miechowski

When many people hear the term “Space Clearing” they think that it is about clearing clutter from their home. While this is always a useful and important endeavor, 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 rather esoteric, but it isn't. 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. Have you ever walked into a room after an argument? You may have not been there for it, but you can feel it. 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.

To get a better sense of how this works, you may want to begin to do some noticing exercises. For instance, if you go into an area that is relatively unused (e.g., a spare bedroom) you may notice that the energy of the room feels quieter or a bit down. Contrast that to a highly used space (e.g. a child's playroom or kitchen) and feel the difference.

Space clearing is about cleaning the energy of a room and bringing it back to a state of peace and an uplifting harmony. It is about mimicking the feel good of nature like a light breeze, the air after a rain storm, or how amazing the atmosphere feels after a pristine snow fall. Space clearing is an ancient tradition.

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 is the best time to space clear? It is ideal to make a regular practice of it – for example every spring or fall – and when you feel the need. Consider space clearing: Anytime your surroundings feel they need a lift. If you feel stuck or 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 you space clear? There are a number of rituals that you can use which include the use of sea salt, sound, and incense or sage. 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.

A big part of energetic space clearing is about setting intentions such as focusing on peace and calm in your home and office, as you open the windows and allow that blessing and intentions to come into your home. These are some simple and easy ways to help uplift your space.

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.

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