



Space clearing is the process of removing negative or stale energy from a home, room or lot. There are many energy based modalities that practice different space clearing methods. In these resource pages, I have reviewed 5 methods I use and have added sources and examples.

Here are my five favorite ways to clear the energy in a space:

1. **Sweeping the space with purpose:** Yes, you will be sweeping, but this is not your everyday cleaning. You are going to super charge your sweeping with intention and direction. You will sweep out all the corners, under furniture, closets and down hallways. Give care to areas that feel stagnant and stale. The idea is that you are moving the old energy toward and out the front door. Open the front door and “sweep” it right out. Only need a little boost of energy? Then focus on the front door area. Take special care to sweep and clean the front step and entryway. If you feel like the energy in your home is positive and you have been having some great luck lately sweep the energy into the centre of the room/house to spread it around but keeping in the home.
2. **Smudging:** this is a very popular method of clearing both a space and your own personal energy. Many practitioners smudge themselves prior to doing a ritual, meditation or spiritual work. I use it as a quick and simple clearing to adjust the energy of a space, especially after having many people in a space, some who may have brought heavy energies with them. This is a great way to clear a studio space where many people come and go throughout the day, but be mindful that some herbs and plants you choose to burn can be stinky 😊 You may want to opt for incense instead which has a similar effect.

How to smudge (basic instructions):

- Choose a dried herb or plant. I have a list on the resource page of different sources and types. You can use a ready-made smudging stick which is much easier.
 - Have a fireproof bowl or plate to place under the smudging stick or to place the herbs in
 - Light one end of the stick until it glows and then blow it out before it really starts to burn. You want to be left with a smoldering and glowing ember end. You may need to blow on it through the process to keep it glowing and burning. Once you have a smoke rising you can begin to smudge.
 - You will first ‘bathe’ yourself in the smoke, then you can begin to clear the space.
 - I generally start at the front door and work my way around moving clockwise along the wall and space.
 - You can put the stick out or if it is a small bundle you may want to let it burn down so it is only used for one space. Please do not leave it unattended at any time.
3. **Burning incense:** this is a simple and less involved way of using smoke and scent to clear a space. Choose a naturally scented incense. You can walk around a space with incense sticks the same as you would a smudging stick. I use a bowl with sand in it to hold the sticks but you can use any incense holder you like.
 4. **Natural stones and crystals:** I love specific stones and crystals to aid in the clearing, and to shift the vibration of an area of the home. I also like to keep them on, or close to me.

Natural crystals are borne from the earth and possess powerful earth chi. Some stones are good for grounding, others for clearing energy, or even to bring in a specific energetic frequency. I keep them by my computer, on my beside table, or I wear them.

5. Ringing bells: this is one of my favorite ways to clear the energy in a space, and in certain cases to correct the of flow chi. It is also an excellent way to *ring in* more abundance. I have several types of bells, but any clear ringing, well-made, metal bell will work. You can ring it 9 times in the center of a room. For my one-on-one clients I will use the 9 star path and ring it in each of the guas in that order (a BTB Feng Shui cure).

Resource List

Smudging:

- My favorite herbs and plants to burn are white sage, cedar, basil and lavender
- You can find small single use smudging bundles on Etsy <http://etsy.me/2nXADja>
- Or larger mixed smudging sticks <http://etsy.me/2olZy2K>

Incense:

- Nag Champa <http://bit.ly/2pgMBox>
- I also like the Maroma brand from Auroville India <http://bit.ly/2odNsHb>

Crystals and stones: My are some of my favorite crystals and stones for clearing and grounding

- Clear quartz – high vibe and clearing
- Smoky quartz – good for negative energy
- Shungite – to clear your energy and for grounding
- Black tourmaline and hematite – grounding

Where to buy:

- Healing Crystals online store: great resource for info as well. www.healingcrystals.com
- I often do a search on Etsy. There are many shops that have great stones for a good price.
- Online crystal shop <https://www.sagegoddess.com>

Bells:

- Tingsha bells: this is the best beginner bell. It is inexpensive, portable and sounds amazing, great for clearing. You can find these easily on Amazon.com
- Chimes: I like the Zenergy chimes from Woodstock chimes. I have the meditation one. <http://www.chimes.com/c-70-zenergy-chimes.aspx> I use these to clear and to ring in the chi.
- Tibetan bell and dorje set (different sizes) <http://www.templeounds.net> More of an investment. I use these for bigger space clearings and walking the 9 star path.