

SPACE CLEARING

Space clearing is a powerful technique to move stagnant energy, diffuse negative energy and fill your home with vibrant, positive chi. The practice of Feng Shui is about creating a healthy flow of life energy or “chi” within your space. You may find that this step alone can make a major improvement in the quality of your life, and make all other Feng Shui cures more effective.

Step 1 Do a thorough cleaning as possible, as well as organizing and de-cluttering.

Step 2 Turn off as many electrical appliances as possible, open the doors & windows.

Step 3 Breathe deeply & focus your mind on your intentions.

Step 4 Sea salt attracts stagnant energy. Sprinkle a line of coarse sea salt across the doorway and in corners.

Step 5 Stir up the dormant energy! Clapping stirs up stale and stagnant energy. Starting at the main entrance to the room, begin clapping with hands moving slowly around the perimeter of the room. Squat close to the floor, and move up the walls. Be sure to clap around r electrical equipment and don't forget the corners.

Step 6 Smudging: Sage is well known as a purifying herb. Light the mini sage wand, and move slowly around the entire space, saturating the room with the cleansing smoke. Be sure to include the areas under furniture, in closets, and around all electronic equipment. Use enough to fully saturate the space. When you light the herbs, fan the flame to produce the smoke. Be careful, carry around a dish to catch the embers.

Step 7 Begin ringing a bell or singing bowl at a slow steady rhythm and move slowly and allow the sound of the bell to fully permeate the entire room.

Step 8 Leave the sea salt in place for a day, or as long as possible. Dispose of the salt after use.

With the elimination of unnecessary clutter and a commitment to keeping your space as clean and functional as possible, you will begin to make real and lasting changes in our lives.

Certain situation can necessitate a space clearing:

- ◆ When you move into a new home or office
- ◆ Following a significant life change.
- ◆ Honoring a death of a person or relationship
- ◆ If you are planning to sell your home.
- ◆ When experiencing a period of misfortune.
- ◆ If you are experiencing arguments or fights
- ◆ Clearing out turbulent energy of intense exchanges
- ◆ Any time you need to make a fresh start.
- ◆ When welcoming a new life phase