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SPACE CLEARING:

I recently rented my house in Las Vegas to a single mother who had been looking for a safe and comfortable place for herself and her young daughter. When we finally met to exchange keys it struck me when she said, "I felt so good when I came into this house." I mentioned to my new tenant that I had thoroughly cleaned up and repaired everything before I smudged the house to attract the right tenant. And it worked! She is as fussy about her home as I am and respects the care and love that a property needs. This is what Space Clearing is about.

Space Clearing is an integral part of Feng Shui. We are consciousness creatures and healthy spaces create healthy people. We can even attract abundance into our lives through Space Clearing. It has been practiced for centuries in various cultures and even today during the Chinese New Year a common "ritual" is to sweep out the old dirt to allow new energy in for the New Year. The first critical step to Space Clearing is to start with a fresh, clean home and deep clean from top to bottom. Ideally, if you can clean all your windows and dust all the blinds off that is even better! De-cluttering your rooms is another critical step before you do a Space Clearing. Be sure you have showered, washed your hair and have on clean, comfortable clothes before you begin. If you are apprehensive or have not been feeling well it might be best to have a professional do it.

You may set up a temporary altar to place fresh flowers, a crystal (clear your quartz crystals in the sunshine), a small container of purified water and a candle to light. You want to do a meditation to honor the spirit of the land and to honor your ancestors. You may buy a smudge (sage) stick and light it and then blow out the flame so the smoke will be used as the smudging element. You can also use a bell, or a bowl gong, or simply clap your hands together. You want to walk counter-clockwise in every corner of each room and "draw" a figure-eight when each room is completed. I light incense at my altar and use a feather to spread the smoke around my aura before I start around the house. Decide on a prayer or invocation to use as you bless your space. Take your time and turn off telephones, music or anything that would interrupt the process. When you have finished be sure to take a salt-rub shower within 8 hours to remove any residual stagnant energy from your own aura. Before you consider Space Clearing know what your intention is. I recommend Space Clearing whenever you move into a new home, or after a serious illness in the home, or if there has been a lot of arguing in the home or space. Preparation is the key. If this interests you, find out more information on the website: www.earthtransitions.com with Christan Hummel or any material by Denise Linn, a well known author on Space Clearing and Interior Alignment. I use her book, "Space Clearing A-Z". I also recommend "The Smudging and Blessing Book" by Jane Alexander.

There has been so much stress and financial loss this past year in Las Vegas that I would love to see everyone clear their environments and raise their energetic vibrations. Good luck with your Space Clearing.