

Introduction to Space Clearing
By Rev. Jessica Hebert

Let's explore space clearing and spiritual protection. To me, they are very important.

What does it mean to do energy clearing? It is removing lower vibrational energies from an area, or even an object.

It removes:

Cords- the strands of energy that connect people, places, beings, things, thoughts, emotions, etc.

Barnacles- lumps of energies that rest in a place until someone or something comes along for them to latch on. Can be memories, thoughts, emotions, etc. Could be related to residual hauntings.

Important to do energy clearing because the energies around us (I call them ambient energy) can affect our well being. Can contribute to:

- physical, mental, and emotional dis-ease
- paranormal activity
- ”bad luck” and murphy’s law over all.

Many methods are used across the cultures of the world. Use what resonates with you.

1. Smudging - uses smoke from herbs. They are often bundled up (smudge sticks). When lit, people often hold them in or over abalone shells, or other heat/fire resistant receptacles. They do drop “cherries” than can melt plastic and burn holes in carpet (I speak from experience). The smoke can be wafted with one’s hand or a feather. The dominant hand (generally the one we write with) is the one that projects energy, so use that one to waft the smoke. Feathers are associated with the air element. And the type of bird it came from can add to the energy of the cleansing ceremony.

Common herbs: Cedar, and sage to banish (Dakota/Lakota). Palo Santo. Or asafoetida is also strong (and very stinky). Sweetgrass and Lavender to invite higher vibrations.

*Some people have sensitivities to particular herbs, scents, or smoke, so please be mindful.

My way of doing it:

-light sage and cedar, just enough for a red glow and a little smoke.

-walk in a circle around the room/space counter-clockwise three times to banish. I say “I command all negative energies, entities, cords, barnacles, and beings to leave” three times with each pass (9 times total).

-light the sweetgrass.

-Circle around the room 3 times clockwise.

2. Salt and water. They can be used mixed together or separately. Use any variety that resonates with you.

Salt ideas: table salt, sea salt, himalayan salt.

Water ideas: first snow fall, river water, bottled water, tap water, water blessed by full moon light.

Important thing is to bless them with prayer or intention. Hold bowl in hand and envision white light filling it.

Sprinkle around a room/space going counter clockwise. May use prayers during this step.

Can also add essential oils to the mix, but be mindful of their effects on different materials/surfaces.

3. Essential Oils to diffuse or draw symbols on windows.

As with everything, use what resonates with you. Be mindful of scent sensitive people and pets.

Useful oils: Angelica, purification blend, frankincense, sage, palo santo, cedarwood, rosemary.

4. Remove physical sources.

Is a person lowering the vibration? Yes, if they are experiencing mental illness, substance use, and abusive relationships.

Could an object be a source of negative vibes? Yes, if it is haunted, or has a violent history. Like in the show "Haunted Collector." Objects can be haunted (a being attached to or in the object). Or it can hold the ambient energies it was in, which could be negative if it was in a war scene etc.

Also, objects can link us (with cords) to other people. Not good if the other person (like an ex romantic partner, former friend, catty coworker) have negative feelings towards us. Sometimes the cords and stuff can be cleared, but sometimes not.

5. Prayer. Archangel Michael is a common one to call upon to clear cords and barnaclest. I sometimes call upon Kali and Shiva (hindu tradition) to clear stubborn beings. St. Germaine is great for transmuting negative energy with the violet ray. Use what resonates with you! Rev. Kari Chapman has some great clearing prayers to remove negative energies and what not from one's body, home, and car (WWW.namaste-wi.com).

Do clearings when:

*ambient energy feels dense, sticky, overall yucky

*feeling stressed, depressed, distraught

*illness in the home

*experiencing "bad luck" or paranormal activity

*regularly, such as new moons, full moons, new years day, first of each month, etc.

Maintaining positive vibes is just as important as clearing out the ucky. It helps to prevent lower vibes from coming back in. Here are some ways to do this.

1. Crystals and stones can be placed around the property (cardinal directions or corners) and/or placed in window sills.

Types:

-clear quartz, protective.

-rose quartz is like the swiss army knife of the crystal kingdom. Protective, healing, attracts positive vibes.

-hematite and magnets- depending on our intention for them, they can absorb negativity, or be used to draw positivity to us.

-selenite is great for clearing negative energies.

Have to cleanse/bleed them regularly, especially the hematite and magnets.

-place in bowl of salt for a day, or moon cycle.

-rinse in cold water and place in sunlight for a day. But some crystals dissolve in water, so be careful!

-smudge them

2. Music, especially higher tones and pitches. Mellow or joyful is best. While there is a place for sorrowful and angry music, it is best to limit it. Maybe one or two songs for catharsis (release of emotions), and move on to something more uplifting. And this applies to television too. Horror genres, and paranormal shows can attract that kind of energy to your home.

3. Feng Shui. It is the oriental art of optimizing energy (chi) movement throughout a space. It in part involves use of color and object placement.

Here are a few tips:

-Don't keep dead houseplants around

-Leave toilet seats down

-Minimize clutter

As people read about feng shui, they are often amazed how good their feng shui is already.

4. Salt lamps and selenite lamps. Salt lamps are nice for canceling out Electromagnetic fields (EMFs). I have one by my internet router, and the wall with my circuit box. Salt lamps also support respiratory health. They can melt in humidity, so not ideal for kitchens, bathrooms, and basements.

Selenite lamps are wonderful for clearing other energies.

5. Continuous healing. Coming back to ambient energy. It influences our well being, and can cause symptoms we need to heal. On the flip side, we influence the ambient energy with our own energies and well being. If we are unwell ourselves, we exude the lower vibrations. When we are vibrantly healthy, at peace, and so on, we raise the vibration around us. Let's choose to perpetuate well being.

That is space clearing in a nutshell. Also be sure to mind your personal energy, and use spiritual protection. If you are interested in learning more, or need assistance clearing the energy of your home, don't hesitate to contact me.

www.bluestargaia.com

rev.jessica@bluestargaia.com

www.facebook.com/bluestargaia/