

Power Cleansing Your Home.



by Daniella Breen

Do you know that feeling you have when you get towards the end of Winter, and all you want to do is open up the place and air it out? Your home feels stuffy, heavy and stale after being closed up for months and you know that a good airing will lighten everything up. Well when you do that, you are clearing your home of negative energy. This article is all about simple ways to clear out stale and even negative energy, brightening up your home and lifting the mood.

Even in the most positive of homes, negative energy can gather. There are so many ways in which negative energy gathers or is generated in your home. A moody housemate, traumatic history (of a person or the house itself), even by interacting with others, going to a shopping mall or work you can pick garbage up in your energy field and bring it home. Whatever the reasons, negative energy gathers over time, and needs to be cleansed.

The Effects of Negative Energy

Negative energy is at best like a wet blanket. It brings the mood of the house down. Anyone that suffers from depression, is much more likely to experience the blues in a grungy home. If someone is anxiety prone, it is much harder to stay calm where heavy energy prevails. Accidents, flickers and movement out of the corner of your eye, illness, are often indicators of negative energy. All of this can often be prevented simply by regularly clearing the energy of your home.

Just to be clear, 'Negative Energy' covers a diverse list of 'garbage'. The methods of cleansing here are tools that anyone can use and work well for clearing basic 'stuffy' or 'heavy' energy. If you are seeing dark movements out of the corner of your eye for example, then using these tools will usually clear that. However if you are experiencing more than that - knocking sounds, entity appearance (ghosts, or any presence that makes you feel uncomfortable) then unless you feel competent to do so, it is better to get a professional to rid the problem for you.

Methods of Clearing

There are countless ways to clear your home, here are a few easy and effective methods that anyone can use.

- **Spring Cleaning** - cleaning out your home, opening all of the doors, windows, cupboards and drawers, letting the sunshine and fresh air in and brushing out the cobwebs is a very effective method of clearing. While you have everything open, take your broom and gently brush the walls right throughout, behind the doors, in wardrobes and so on. Heavy energy is palpable and so can often be cleared out by breaking it up with a broom. For a really good clearing, pull stuff out of wardrobes, clear out clutter (gunky energy loves hanging on to stuff we hang on to but no longer need - the two things have similar resonance). Whilst all of this is happening, play

lively music, dance and play - all of this is light-generating and is unbearable for negative energy.

- **Light Work** - Cup your hands together to create a closed off cave and imagine your house in the cave. Now imagine angels are flooding the house with light, dissolving away the muck. See the light getting right into the fibres of the wood and other materials the house is made of (carpet, metal, etc) dissolving all the hidden build up of grime and heavy energy. If you still feel the house needs more cleansing, do the same thing, but with just one room at a time in your hands.
- **Smoke and Noise** - Go to your local Mystical supplies shop and pick up a smudge wand of sage. Hold a small ceremony where you set the intention of cleansing negative energy, restoring your home to the Light. Once the sage wand is smouldering, dedicate the smoke to Divine Light (according to your beliefs). Then, move through your home room by room, brushing the sage smoke around the walls, in the nooks and crannies, everywhere. You can also use a drum and bell to break up the negative energy and then use the smoke to brush it away.

Before and after any cleansing work, make sure you clear your own energy using the same technique - for the Spring Clean, have a shower, for the Light Work, imagine yourself in the cave being flooded with light and for the 'Smoke and Noise' - brush the sage smoke through your own energy field.

This subject is wide and diverse and can so easily become a study of lifetimes, however the purpose of this article is to provide a few simple versions of commonly used procedures for most people to use without having to train indepth. Remember, if you feel out of your depth, then commission a professional Energy Surgeon or Shaman (for example) to do the work for you. Many Energy Surgeons can work long distance and don't need to be present in your home to complete the task (no matter how serious the problem may have become). But for simple, regular clearing, most people are perfectly capable of doing the work themselves.

Author Bio:

Daniella Breen has been working professionally as an Energy Surgeon since 1997. She clears homes both on-site and via phone or internet communication (for example Skype) with great (and instant) success. Click on the link for more details of her [House Clearing Work](#).