

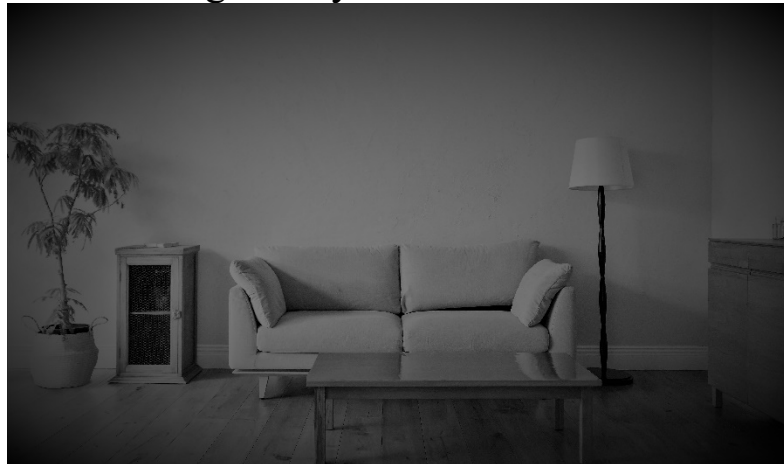
Spiritual House Clearing

Why do we need to spiritually cleanse our homes?

You may think the rooms in your home look like this:



But energetically it could look like this:



It's time to get rid of all that stagnant, toxic debris that may be keeping you mired in energetic quicksand.

Have you ever noticed that when there are a bunch of happy people in a room, the room reflects that happiness? You can walk into it with no idea of what's going on and start smiling just from the positive energy that greets you at the door. That's because everyone is so light hearted

and that energy is projected into the room and permeates it. Even after everyone leaves that energy remains as you smilingly put away dishes and clean up.

The same is true when it's a sad occasion and everyone feels heavy-hearted so the mood in the room is sad, and that miasma of adverse energy still lingers even after everyone is gone. Instead of smilingly cleaning up after your guests leave, you may feel so drained that you just leave it all for tomorrow.

Excess negative energy does not just have an adverse effect on you but also your whole environment. This is why it's very important to regularly clear your home and other personal spaces of accumulated adverse energy. Notice I said excess negative energy. We are like batteries and have a positive charge and a negative charge, and we should strive to maintain a balance between our positive and negative energies. You should never try to cleanse all of the negative energy out of anything because it leaves you and your space unbalanced. Can a battery work at full capacity with just its positive side working? It's when there's an excessive amount of negative energy that the problems can begin. Instead of thinking it as negative energy, think of it as toxic or adverse energy. This way when you use those words with your intentions, you make it clear that you only want that which is harming you to go.

I am going to give you my technique to fully cleanse your home as well as some quick tips in case you don't have the time to do the full clearing. I also encourage you to research other ways of clearing your home because different techniques work for different people. Since many people use the internet to search out techniques, I will cover a few things that may not be pointed out in the various techniques that are posted on the web.

Furniture - Everyone has their favorite piece of furniture to sit upon. You probably have your favorite chair that you sit in at the kitchen table as does the rest of your family. The same applies to your favorite spot on the couch or the recliner that only you are allowed to sit on. The reason you feel so comfortable in the same seating is because it contains your energy which makes it a part of your comfort zone. The problems can arise when you are in a prolonged state of agitation, depression, fear, anxiety, etc. Those energies also permeate your furniture and if you don't clear it, then every time you sit in your favorite chair, you plop right back down into the toxic energy you are trying to get away from. Couples who have a fight while on their bed may not be aware that the energy of the anger they feel may be sinking right into their mattress so that even when they make up, that adverse energy can continue to cause problems.

Now that you know how to clear yourself energetically, clearing your furniture becomes even more important. If you take the time to cleanse yourself energetically and then go sit on the sofa, it's like trying to take a fresh bath in dirty bathwater and may hamper or undo all of your hard work. So make sure when you do your home clearings to include the furniture.

Here are some quick tips and tricks for those who just want to do a quickie cleanse. Below that are my full house clearing instructions that will teach you how to not just clear the home but also close portals and set up barriers within the home and the outside perimeter.

Quick Tips to spiritually cleanse your home:

Clove Oil – Adverse energies and entities clear out when the smell of clove oil fills the air. For some reason, they just hate it so using clove oil in a room will usually clear it out in no time. Place a small amount of oil on the index finger of your dominant hand and make a cross on all the walls and over the doors and windows. Then sit back and enjoy your nice clean space. This works especially well if your only problem is a buildup of toxic energy. However, if you have actual adverse entities in

your home, this may be just a temporary fix. They will leave while the smell of cloves is in the room but may return once the smell goes away. Clove oil on your walls should last a few days, but once the smell of cloves goes away, you may have to do it again if the adverse energies start to rebuild. If you don't want to put oil on your walls, you can burn clove incense or boil cloves. Remember to always put your intentions for clearing and cleansing your space into whichever technique you choose.

Sage smudging – Filling the air in your home with sage smoke is an awesome way to clear it. However, it's important to put your intention in the sage by telling it what to do. Herbs have many properties. Sage represents purity, protection, wish fulfillment, etc. If you don't tell it what to do, it doesn't know what property to bring you so it may not be doing the job as effectively as you hope. Once you light it, ask that it clear your home of all adverse energy. Here is the chant I use to clear my home with sage:

“Element of air, hear my plea and remove all excess negativity, negative entities and unbalanced energies.

From corner to corner and end to end including all the walls, floors, furniture and ceilings, let peace and protection reign here-in. All energy that is adverse to me, my home and all of the inhabitants are now cast into the Light to be healed and resolved and Divine Peace and Protection take their place. Thank you.”

You can use this chant to put your intentions into whatever tool you use including other elements which will be discussed below. Simply replace the element of air with the element that you are using.

Notice that I again said excess negativity. It's important to keep balanced energy in the home which means we need equal parts of both positive and negative energy to keep the peace the same way a battery has both a negative and positive charge to keep things running smoothly. By removing only the *excess* negative energy, you can keep the balance

in your home instead of throwing it off kilter by trying to have only positive energy. While it may seem normal to want to only surround yourself with positive energy, the true goal is to have Divine *balanced* energy flowing through your home.

Smokeless Smudging – Some people can't be around smoke due to health problems or if they just don't like it. You can still clear and cleanse your home with smokeless smudging by boiling cinnamon and or other clearing and protective herbs. You know how when you make soup, the aroma fills the entire home making everyone question when dinner will be ready? The same way that smell of soup fills the rooms, the closets and often even outside the home if the windows are open, you can fill every nook and cranny of your home with the cleansing combination of boiling water and cinnamon or using whatever protective herbs/oils that you like. I like to use cinnamon because not only does it smell great but represents defense, prosperity and other great properties that you can also invoke to fill your home with that energy. If you don't want to use cinnamon, you can add the protective herbs of your choice. I will include resources in the back of this book to help you determine what the best choice is for you.

How much cinnamon you use will depend on how big your house is. Experiment until you find the amount that fills your home and clears your space.

I have a video tutorial that you can watch and follow along on my YouTube Channel. Just go to **www.youtube.com** and put in my name to bring up my page.

Page: Rhonda Harris Choudhry

Playlist: Spiritual Protection & Cleansings Mini Energy Classes

Video: How to Smokelessly Smudge Your Home

Cast the negativity into the Light

When you chase bad energy/entities out of your home, they can just wait outside for you to come out so they can attach themselves to you (their food) again, perhaps take up residence in your car or go to a neighbor's space and wreak havoc there. This is why it's best to add to your intentions:

“All energy that is adverse to me, my home and all of the inhabitants are now cast into the Light to be healed and resolved and Divine Peace and Protection take their place. Thank you.”

Use your personal patron element –

Depending on your astrological sign, using the element that represents it is a potent way of clearing your home and space because it has been assigned to help you.

Earth – Salt represents the earth and you can place small bowls of salt around the home with the intention that it ground out the adverse energies and guard it from adverse energetic intrusions (spirits, entities, etc.).

Air – Sage, lavender, mint and pine incense all represent the element of air and can help you clear your home.

Fire – Place black candles around the home with the intention that they absorb the excess negative energies. Black is a receptive color and can soak up and burn away those energies that just need to go. Orange candles represent the Sun and fire and can also be used to defend the home. Red candles represent Mars and war so if you are up against really gnarly energy, go with the red. Just remember to put your intentions into it. You can also go with the color that represents cleansing and protection to you.

Note: Burning a black and red candle together works very well because the black candle will absorb burn away the adverse energies and the red will defend the home. Just be sure to empower them with your

intentions. You can do this simply by putting your hands around the candle and speaking your intentions. But, first take a moment to clear the candle of any adverse energies. You don't know who may have touched it before you or what kind of mood they were in.

Water – Spraying water mixed with salt and or protective oils such as clove, frankincense, myrrh, etc. over the walls and furniture can also clear it of negative energy. You can also add a little pine or lemon scented cleaner or actual pine oil and or lemon juice. You do want to be careful about spraying furniture because oils can stain. You don't actually have to add anything to the water because straight up water also works just fine as long as you fill it with your intentions to cleanse and clear your home. If you have hard water, use distilled water so that you don't get hard water stains on your furniture or other items.

For those of you with serious issues going on in the house, I strongly suggest you do a full on clearing. It helps to do this once a month regardless of the severity to help keep your home clean and clear.

Full House Clearing Instructions

NOTE: Please read the full instructions first before beginning. You should also determine what your dominant sense is first which you can do in chapter 4.

Suggested Tools

To Direct Energy:

Athame

Scissors

Sharp Knife

Forefinger of dominant hand

To Cleanse:

Earth or salt

Air (incense or herbs)

Fire (candle or lighter)

Water

These can be physical or spiritual

To command

Your Voice

Your Thoughts

Sustenance

Drinking water/sports drink – Doing energy work can dehydrate you quickly so make sure you have water with you to drink. Take frequent sips as you cleanse your home.

Food – Energy work can also make you very hungry and this hunger can come on suddenly. Have fresh fruit or a healthy snack prepared in case you suddenly get very hungry while clearing your home. This will allow you to grab a quick snack and then finish your work.

Why do we need to spiritually cleanse our homes?

You've heard the expression that you are what you eat. Along those same lines, your house is what the inhabitants feel and project. This means if you had a bad day and came home in a bad mood, that energy can adversely affect the energy of the home. Have you ever been around someone who is in a bad mood and then you find that you get into a bad mood just being around that person? Everything is made of energy including the objects in your home and just like you can pick up someone else's toxic energy and have it adversely affect you, the same applies to the objects in your home. It also applies to anyone else who lives in or frequents your home.

The importance of clearing your furniture (again).

Everyone has their favorite piece of furniture to sit upon. You probably have your favorite chair that you sit in at the kitchen table as does the rest of your family. The same applies to your favorite spot on the couch or the recliner that only you are allowed to sit on. The reason you feel so

comfortable in the same seating is because it contains your energy which makes it a part of your comfort zone. The very first time you sat in it and relaxed, it absorbed that energy. Each time you sat in it afterwards, it continued to absorb your own relaxing energy, actually being programmed with it so that now when you sit in it, relaxation surrounds you. This is not so much because of the chair but because it is filled with your own energy which makes you feel comfortable sitting in it. You may find this also to be true when the family gathers, each always going to a certain spot, the one that contains most of their own energy, the energy they feel comfortable with.

The problems can come in when you are in a prolonged state of agitation, depression, fear, anxiety, etc. Those energies also permeate your furniture and if you don't clear it, then every time you sit in your favorite chair, you plop right back down into the negative energy you are trying to get away from.

What if there is an entity or spirit that's in the home?

Figure out if this is a pleasant or unpleasant being. There are plenty of spirits that just pass through or belonged to the home before you got there and mean no harm. It may also be someone you knew that passed on and has come over for a visit. If this is a pleasant energy, then it is up to you if you want to allow it to stay. If it is unpleasant, then it needs to leave. The same way that you would not allow some stranger to come in and take over your home, unwanted spirits and/or entities are to be treated in the exact same way. Kick them out.

There are a lot of programs and movies that depict horrible spirits and entities taking over homes and terrorizing the occupants. It becomes so awful that outside help is requested to cleanse the home. While there is little doubt that these homes have been taken over by unwanted spiritual guests, it is the fear of the inhabitants that enable them to stay there and grow in power.

Think of these entities as the bullies you knew in grade school. They picked on the people that they thought would not fight back and fed themselves on their victim's terror and pain. The kids that showed the most fear were the ones that were picked on the most. The children that refused to be intimidated were left alone. Show them you are not afraid and they will lose interest in you since you are essentially now starving them.

Signs that something is wrong in your home

The regular cleansing of your home can greatly help to avoid visits by unwanted beings, but sometimes they can slip through the cracks and get in. It is important to recognize the signs. Here are some.

- ✓ You feel areas in your home that very cold in comparison to the rest of the house, or your entire house is freezing or way too hot and your heating/cooling equipment is working just fine.
- ✓ You walk into your home or a room and feel irritated or angry for no reason.
- ✓ There's an odd smell, such as perfume or cologne that you don't wear or a bad smell and you can't figure out where it is coming from.
- ✓ You hear strange sounds or voices like your name being called and you can't identify the voice.
- ✓ There's a lot more fighting amongst the people in your home for no real reason.
- ✓ There's a heaviness in the home or a room
- ✓ You walk into your home or a room and become afraid for no apparent reason.
- ✓ You feel watched even when you are the only one home.
- ✓ You are suddenly inundated with bad luck and illness.

- ✓ Your pets are acting antsy and/or hiding around the house or refuse to come inside or go outside.
- ✓ You just feel like something is wrong.

Any and all of the above are signs that there may be strange energy lurking within your home.

Handling it yourself

If you are the type of person that has no problem with being aggressive against those who would try to take over your home or personal space, you can use the following to spiritually cleanse your home. If you do have a problem with being aggressive, remember that unwanted spiritual guests are no different than a stranger coming into your home and helping themselves to whatever is yours. Would you not aggressively defend your home and family to the best of your abilities should some stranger break into your home? When you are clearing your house, adapt the same attitude that you would if it were a thief or other type of no-goodnick breaking in to cause you harm. **This is your turf, and you have the right to aggressively defend it.**

If you are absolutely too fearful to do it yourself, then, by all means, hire a reputable person to do it for you. Interview them and ask them what their techniques are. After you read this section, you will have the knowledge you need to ask them questions to verify their ability to clear your home. You may also find someone that is able to clear it from a distance. I have done many distance clearings on spiritually infected homes with success so it can absolutely be done. Visit my website if you would like to contact me to set up a consultation.

Start in the room furthest from the front door. The purpose of this is to drive the adverse energy/entity forward until you drive them out of your home. Don't forget that some of these energies are sentient beings and know exactly what you are doing so they will go and hide in another room with the intentions of coming right back out when you're done.

Once you reinforce the barriers of the rooms you clear, they can't go back to them, so they are forced to keep moving forward if they are trying to avoid you. Once you reach the front room by the front door, you can cast them out of your home entirely. There are instructions included to clear your yard as well in case they decide to go hang out there. Please note that you do not have to open a door or window to cast them out. Since they are energetic beings, they can move through walls, ceilings, and other physical barriers just fine.

Kitchens, Bathrooms, Vents and Mirrors in General

Kitchens and bathrooms hold stronger fascinations for entities because they travel through mirrors and plumbing. They also like to cruise through ventilation systems. Mirrors, in particular, can become portals turning the mirror in your bathroom into a spiritual train station with passengers arriving and departing regularly. Sometimes people who cleanse homes forget to shut down the mirrors, drains and ventilation systems which can leave the door open for more unwanted visitors to slip through. There's no point in clearing the home but leaving the entryways open to allow more unwanted visitors into your home. Follow the directions below to turn these entrances into exits only. We don't want them to be able to enter, but we do want them to be able to leave. Include these techniques as you travel through each room that has a mirror/plumbing/ventilation system.

Mirrors

Hold your hand over the mirror to scan for energies like a breeze coming from it or heat penetrating the area. Press your athame or sharp knife against the edge of the mirror while avoiding your reflection to be seen in it and state, "this mirror is now an exit only. None can enter they can only leave, so it is. Re-scan the mirror to see the energy has changed. It may have been warm when you first scanned it but is now cold after you shut it. How you translate the energy will be determined by your own custom sense. Note, you can't always be totally out of the reflection of

the mirror so stand as much to the side of it as possible. This is because if an entity is present and knows you are about to shut down the door to its home, it may rush for the mirror to escape and you don't want it brushing up against you on its way out.

Drains/plumbing

Press your athame against the drain, toilet, sink, etc. and state "this drain and all of its accompanying plumbing are now exits only. None can enter they can only leave, so it is. Note, this also includes washer dryers, hot water heater, furnaces, refrigerators that have water and or ice makers/dispensers. Anything in your home that water flows through.

Ventilation System

Press your athame against the vent and state, " This ventilation system is now an exit only. None can enter they can only leave, so it is.

Steps to Clearing the Home

Here are the steps to clearing your home. The detailed instructions on how to do this will follow.

1. Cleanse yourself of negative unbalanced energy, (you can use a smudge). Doing this in an adverse state of mind may just send more adverse energy into the home.
2. Remove the toxic energy and spirits by sending the energy into the Light.
3. Close the portals and cleanse the space.
4. Put up the barriers.
5. Bring in Divine White Light from the Sacred Source of all Well Being and fill the room with it.
6. Secure the perimeters.
7. Do a room test – After cleansing the first room, stand inside of it for a moment and get the feel of it. Next, walk into another part of the house and as you do so, feel the difference. Do the uncleansed rooms feel heavier? Can

you feel residual emotions like anxiety or fear? Then go back to the room you cleaned and notice how much lighter it feels, how much crisper the air is.

This is to train you to start to notice the energetic differences in rooms. This way when you walk into a room that needs to be cleared, you will know it right away and can nip it in the bud before it gets out of control. Just remember, it's always best to clear the entire home even if just one room seems out of control. This way the energies can't just go hide in another room and infect that room as well.

After clearing the home, re-cleansse your own energy to remove any adverse debris.

Empowering your tools and elements-

Each of your tools including the elements that you are using needs to be empowered to do your bidding. Assemble the following:

A sharp pointed object

A zip lock bag of salt

A sage smudge or other protective type incense

A spray bottle of water. Note, I live in a state with hard water, so I use distilled water to avoid hard water stains.

Tea light candles or you can use big 7 day candles if you like. I like to anoint them with clove and lavender oil for peace and protection.

Athame

Start by holding your athame or sharp object in both hands feeling the energy flow and simply state, " I charge you to do my bidding and drive the adverse energy in this home into the Light to be healed and resolved." Note you can also use your forefinger, but there will be no need to empower it. You can also use a fork, a pen, anything with a tapered and preferably sharp tip.

Earth

Stick the point of your energy direction device (athame or whatever you are using) into the salt and say:

*Element of Earth hear my plea

Remove all excess negativity, negative entities, and unbalanced energies
From corner to corner and end to end

Including all of the floors walls furniture and ceilings

Let peace and protection reign here-in. Thank you.

Air

Place the point of your energy direction device against the edge of the burning incense and say the above substituting Air for Earth.

*Element of Air hear my plea

Remove all excess negativity, negative entities, and unbalanced energies
From corner to corner and end to end

Including all of the floors walls furniture and ceilings

Let peace and protection reign here-in. Thank you.

Fire

As you clean each room, when you get to the element of Fire, light the candle. Place the point of your energy direction device against the edge of the lit candle and say:

*Element of Fire hear my plea

Remove all excess negativity, negative entities, and unbalanced energies
From corner to corner and end to end

Including all of the floors walls furniture and ceilings

Let peace and protection reign here-in. Thank you.

Water

Place the point of your energy device against the edge of the water bottle and state:

*Element of Water hear my plea

Remove all excess negativity, negative entities, and unbalanced energies
From corner to corner and end to end
Including all of the floors walls furniture and ceilings
Let peace and protection reign here-in. Thank you.

Spirit/Entity Removal

Before ordering spirits out of your home, it is important to reemphasize why you must not just send it away but send it into the Light. By simply ordering something out of your home, it can jump from room to room, or go outside and perhaps sit in your car and wait for you there. It can leave and go wreak havoc on your neighbor's home or it might even try to counter attack. Ordering it into the Light bans it from coming back into contact with you or others.

Begin at the back of the home to drive any spirits forward. These techniques are to be used for each room. To order the spirit/entity out of your home, hold your energy direction device in your dominant hand. Hold your arm up over your head and begin rotating it in a circular motion and address the room in a loud, aggressive tone as though ordering a burglar out of your house:

“Hear me all that inhabit this space! Unless you are here by my invitation or you are of the Most Holy and the Divine and with Divine intentions, it is time for you to leave! I cast you into the light, GET OUT!!!!!!”

As you yell, “get out”, forcefully push your arm into a straight line, directing the energy upward out of your home and into the Light. Hold it there for a moment. If you are energetically sensitive, you will be able to feel the shift of energy in the room.”

Bring in the Elements

Earth

Beginning on one side of the door to the room and moving around the room from that point, throw small amounts of salt against the walls, repeating the salt empowerment phrase:

*Element of Earth hear my plea

Remove all excess negativity, negative entities, and unbalanced energies

From corner to corner and end to end

Including all of the floors walls furniture and ceilings

Let peace and protection reign here-in.

***Note:** it doesn't matter if you move around the room clockwise or counterclockwise but make an entire circuit of the room.

Air

Beginning on one side of the door to the room and moving around the room from that point, wave the incense in a flicking motion around the walls, repeating the air empowerment phrase:

*Element of Air hear my plea

Remove all excess negativity, negative entities, and unbalanced energies

From corner to corner and end to end

Including all of the floors walls furniture and ceilings

Let peace and protection reign here-in. Thank you.

***Note:** If you are using a smudge or incense stick and you have carpeting, hold a small plate underneath it as you wave it around. With smudge sticks, I use a saucer, and with my fingers on the bottom of the saucer, I use my thumb to secure the smudge stick to the saucer. This helps in preventing any burning ashes that may fall from burning your carpet.

Water

Beginning on one side of the door to the room and moving around the room from that point, lightly spray water over the walls, repeating the water empowerment phrase:

*Element of Water hear my plea

Remove all excess negativity, negative entities, and unbalanced energies
From corner to corner and end to end

Including all of the floors walls furniture and ceilings

Let peace and protection reign here-in. Thank you.

***Note:** be careful not to spray electronic equipment or anything that can be harmed by getting wet. When you go over those areas, just hold the bottle up and imagine that the area is being washed in water energetically.

Fire

Place your candle in a safe spot in the room. Light it and repeat the phrase, Element of Fire hear my plea

Remove all excess negativity, negative entities, and unbalanced energies
From corner to corner and end to end

Including all of the floors walls furniture and ceilings

Let peace and protection reign here-in. Thank you. It will continue doing its job as it burns since you have empowered it.

Putting Up the Barriers

Placing protective barriers within the walls of the room helps to ensure that no other adverse influences can enter. This is done by injecting the energy of earth, air, fire and water collectively in each wall to form a powerful and protective energetic force to protect each room. Here is where knowing what your dominant sense is comes in handy since this is an energy projection exercise using that sense. The effects are so much stronger if you can engage them by seeing, feeling, tasting, etc. based upon your own dominant psychic senses. If you have not yet done so, please visit chapter 4 and take the test to see what your dominant sense is.

If your dominant sense is feeling, then you can *feel* the elements going into the walls, the rush of air, the heat of fire, etc. If your dominant sense is taste, then taste the element of earth as you send it into the wall

or if it is hearing then hear the crackle of flames as you inject the energy of fire into the wall, etc.

This technique can also come in handy if you need to clear a space and you don't have the physical elements handy to clear the outer part of the room. Instead of spraying water against the wall, you can use your dominant sense while imagining the room is filled with water and is being washed of all of the adverse energies. Or instead of physical smudging, you can use your dominant sense to imagine a tornado swirling in the room and dispelling the adverse energies.

Note, if you are unable to use your dominant sense to raise the energy of the element to project it into the walls you can also write the name of the element onto the wall with the forefinger and press it into the walls with your hands.

Also be aware that putting up barriers does not mean that this barrier will hold forever. It needs to be maintained and reinforced each month when you do your house clearing. If enough people bang on and push against a locked door, eventually that door is going to give. This is why it's important to try to do this on a regular basis. If you can't do it once a month then at least try to do it at the first sign of energetic disturbance in the home in order to maintain a peaceful space.

Instructions for putting up barriers: Place your palms against the wall or if unable to do that, use your mind to direct the energy. Use these instructions for all of the rooms in the home. You are not just putting the elements into the walls, you are also putting your own energy into them to mark your territory.

NOTE: If your spirituality associates different directions with the elements, you can adjust these instructions to suit your own direction/element belief.

Air

Consider the spiraling energy of a tornado, how it can destroy anything in its path and blow gigantic objects out of the way as though they were feathers. This same force can be put inside your walls for protection.

Place both hands against the wall and use your dominant sense to bring up the element and press it into the wall.

Picture, visualize, feel or imagine air swirling in the wall.

State: Element of Air I charge thee to fill and protect this space from adverse unbalanced energies and entities. So it is. Thank you.

Fire

Consider the protection a wall of flames can bring you, burning away those pesky adverse energies. Place both hands against the wall and use your dominant sense to bring up the element and press it into the wall.

Picture, visualize, feel or imagine fire swirling in the wall.

State: Element of Fire I charge thee to fill and protect this space from adverse unbalanced energies and entities. So it is. Thank you.

Water

Consider the force of a tidal wave, how it washes everything in its path out of its way. Place both hands against the wall and use your dominant sense to bring up the energy of the element and press it into the wall.

Picture, visualize, feel or imagine water swirling in the wall.

State: Element of Water I charge thee to fill and protect this space from adverse unbalanced energies and entities. So it is. Thank you.

Earth

Consider that earth can ground out fire and electricity. In the same way Earth has the ability to ground out dangerous energy, it can help to keep your home safe by grounding out the adverse energies so that they no longer exists. Place both hands against the wall and use your dominant sense to conjure up the element and press it into the wall.

Picture, visualize, feel or imagine earth swirling in the wall.

State: Element of Earth I charge thee to fill and protect this space from adverse unbalanced energies and entities. So it is. Thank you.

All of the Elements

If you have a lot of experience doing energy work, you can also use all of the elements at once, visualizing them filling the walls by stating, “Element of Earth , Element of Air, Element of Fire, Element of Water, protect this space, protect this space, protect this space!” Say this while pressing your hands against the wall and do all walls in the room and home. If you don’t have a lot of experience with energy work, then add the elements to the walls individually.

NOTE: If you live in an apartment and have people above and or below you, also do the floors and ceilings to block whatever adverse energies their apartments may contain.

Bring in Divine White Light from the Sacred Source of All Well Being and Fill the Room

Finish each room cleansing by filling it with protective peaceful spiritual energy. Holding your energy direction device in both hands above your head point it at the ceiling and then rotate your hands so that the point points down to the ground as you state: I now bring down the Divine White Light from the Sacred Source of All Well Being and fill this room with peace and protection always. So it is. Thank you.

Don’t forget to do the room test!

Outdoor Perimeters for Houses

The same way it is important to shore up the barriers inside your home, protecting the perimeters of the home and yard, in the same way, will help to keep unwanted influences out of your yard. You can use the above steps to secure the perimeters of the home.

First, clear the space. I have found it best to clear the space first before putting up the barriers. This way you are securing your clean space as opposed to space filled with adverse energies. Also note that although

we are calling upon the Moon and stars, you can do this at any time of the day or night since the *energy* of these celestial beings is always available. You can also call upon the Deity of your choice.

Stand in the center of your front or back yard and state, “We call upon thee our Divine Brother Sun, you of the Divine Masculine, of strength and protection to fill this yard with your awesome energy, clearing all adverse energies from this yard and sending them into the Light to be healed and resolved and thank you.”

We call upon thee our Divine Sister Moon, you of the Divine Feminine of healing and nurture to fill this space with your awesome light and healing, nurturing energies and fill this yard with Divine Peace and Serenity and thank you.

We call upon thee the billions and trillions of stars that fill the sky with your awesome twinkling lights of joy and wonder to fill this yard with the joy and happiness that your twinkling energy brings and thank you.

And now the Sunlight retracts and thank you. And now the Moonlight retracts and thank you. And now the Starlight retracts and thank you and I ask that you leave the healing, nurturing, strengthening and happy energies in this yard so it stays filled with Divine Peace and Protection, Serenity and Joy always, thank you. “

As you follow the instructions below, face each of the four directions in turn and use the chants to secure your properties perimeters.

Air (East)

All hail our Lords and Ladies of the East our Brothers and Sisters, Our Brother and Patron the Sacred Element of Air, Namaste (bow) Divine Honor Love Joy Peace and Respect to thee. I charge thee please cause a barrier of protection through all the boundaries that face your direction. From corner to corner and end to end let peace and protection reign here-in. Thank you. (bow)

Fire (South)

All hail our Lords and Ladies of the South our Brothers and Sisters, Our Brother and Patron the Sacred Element of Fire, Namaste (bow) Divine Honor Love Joy Peace and Respect to thee. I charge thee please cause a barrier of protection through all the boundaries that face your direction. From corner to corner and end to end let peace and protection reign here-in. Thank you. (bow)

Water (West)

All hail our Lords and Ladies of the West our Brothers and Sisters, Our Sister and Patron the Sacred Element of Water, Namaste (bow) Divine Honor Love Joy Peace and Respect to thee. I charge thee please cause a barrier of protection through all the boundaries that face your direction. From corner to corner and end to end let peace and protection reign here-in. Thank you. (bow)

Earth (North)

All hail our Lords and Ladies of the North our Brothers and Sisters, Our Sister and Patron the Sacred Element of Earth, Namaste (bow) Divine Honor Love Joy Peace and Respect to thee. I charge thee please cause a barrier of protection through all the boundaries that face your direction. From corner to corner and end to end let peace and protection reign here-in. Thank you. (bow)