

DIY - HOUSE and BUSINESS PREMISES CLEARING

One DIY method of clearing stagnant heavy energy from a house/business premises is shown below. After smudging, if sensitive, you will usually notice the house/business premises feels lighter and more harmonious.

Step by Step – DO IT YOURSELF SMUDGE CLEARINGS:

You can use a White Sage Smudge stick or a large feather. Also a dinner plate or bowl that can take heat, is used to sit the smudge stick on/in while it is smoking. *(NB This clearing shouldn't be done with alcohol or illegal drugs active in your body. Do not use if pregnant.)*

- 1 Open all your windows and doors, including bedroom wardrobe doors, kitchen and all storage cupboards.
- 2 Sit your phone aside. Repeat this 'Mantra of Intent' as you walk through each room: **'Clear all of this space to be ONLY WHAT'S ORGANICALLY NATURAL NOW'**.
- 3 Sit the smudge stick on a dinner plate/bowl, light stick and allow it to burn briefly until it smokes a lot and then smother the lighted end into the plate/bowl to greatly slow up the burning while still maintaining a lot of smoke.
- 4 Before and after smudging the house, smudge your own energy by moving the smudge stick around your body, right through your auric field, including under your feet, under armpits, whilst saying the 'Mantra of Intent' above. This will clear and keep your field clear of any energies being shifted.
- 5 Now walk into each room of the house, starting at one end of the house, or perhaps the front door working a room at a time, in a clockwise direction to the next room, ending up back where you started, eg front door while.....carrying your plate/bowl with smoking smudge stick, *(Careful to not drop embers and start a fire)*.
- 6 In each room keep repeating your 'Mantra of intent' while smoking the whole room, including corners, over doors,

windows, allowing the smoke to rise to the ceiling, also directing the smoke into wardrobes, under furniture and any other congested areas. The feather can be used to help waft the smoke.

- 7 Repeat the cleansing of the aura (No 4) for all occupants (with their permission) and animals in the house. For anyone absent, (with their permission), imagine they are standing in front of you and with intent, smudge to cleanse their auric field while repeating the Mantra.
- 8 Smudge the entire house without interruption and its occupants without interruption. If you have a helper they can use the large feather to spread the smoke with intent to clear the energy while repeating the Mantra of Intent. Have fun!
- 9 When finished, extinguish your smudge stick and keep it on the plate/bowl until you are absolutely certain there isn't any part still alight, before putting the smudge stick away.
- 10 Leave your windows and doors open for up to a couple of hours if you can, to really free up the energy flow in the house.

WHEN SMUDGING ISN'T ENOUGH - Sometimes smudging won't be entirely effective. This can be due to outside energetic influences connected with the land the building is on, or what some people refer to as earthbound spirits, ghosts, poltergeists and other energy forms that may not shift through smudging and can sometimes create significant disruptions within the home or business. Help is at Hand.

Leanne conducts clearings and endeavours to restore naturally organic energies, creating a lighter, more harmonious vibration of energy throughout your house or business premises. This is all carried out via distance so it doesn't matter where in the world you live.

If you would like to discuss and potentially arrange for a clearing, contact Leanne on 61 403 337 254.