

## **APRIL NEWSLETTER**

One of the services I offer is that of space and entity clearing. The space could be a home, office or shop. In fact, any space that has people moving through it may at some stage need clearing.

I believe that as we move towards 2012, people will generally be more aware of lower vibrational energy and hence the need for space clearing will become a common practice.

However, it is not always necessary to call in the services of an energy practitioner to clear space. You can, with a few basic items, clear your own space and raise vibration in that space. The results of a cleansing could include improved health, harmonious relationships and better business to name but a few of the benefits.

Start off by protecting your own physical and auric body. A wonderful way of doing this is to visualize yourself surrounded and sealed by a strong silver circle of energy. This can be seen as a ball surrounding yourself, top, bottom, sides, front and back.

You may then want to use an opening prayer of invocation to guide and protect yourself and all beings who inhabit the space.

Various tools like sage incense, sage smudge stick, loud sounds like bells or hand clapping and any of the black coloured gems or crystal will assist in the removal of negative energy

If you use a pendulum or dowsing rods, you may want to check each room to see if it needs energy clearance. A simple "yes" or "no" is all you need.

To energize a room you may wish to light a candle and burn it for a while or place energised crystals like Carnelian, Rose Quartz and Amethyst to name but a few in each room. Placing fresh flowers or spraying a room with spritzer containing essential oils could also enhance the energy in a given space.

Energising spritzer – mix 250ml of cooled boiled water in a spray bottle. Add 10 drops of Geranium, Lavender and/or Lemon Grass to the water. Spray liberally into the area needing energising. Do not use in the presence of cats and use with caution if pregnant.

A wonderful way of keeping electromagnetic energy positive would be to place Red Jasper, Amethyst and/or Amazonite on or close to computers, microwaves, or any electrical appliances for that matter. Even cordless telephones emit negative energy. Holy Basil and Mother-In-Laws Tongue are also known for their powerful protective qualities.

Once you have cleansed and energised the space, you may want to close the ritual using another prayer or affirmation of ongoing protection e.g. "May the Silver Ray of protection, protect, energise and heal all humans, plants and animals that inhabit this space."

If you have done a Reiki course, you could carry out a general healing session for each room or if using symbols, I suggest you clear negative space using the Emotional/Cleansing symbol and to energise, use the Power symbol and or the Spiritual healing symbol.

LOVE AND LIGHT  
Debbie