

# Space Clearing Process Using Essential Oils

## Space Clearing Process...

This consists of six steps – a beginning prayer, cleansing each room of negative energy, a prayer of thanks, a prayer asking for joy and love, infusing each room with positive energy, and an ending prayer. The oil of Sage (or Purification) can be used to cleanse negative energy. Use Joy to add positive energy. Or, use the intent of purifying a space.

## Step 1 – Beginning Prayer...

On a sunny day, open up the front door. Offer a prayer of gratitude for your lovely home. Ask to be allowed to clear the space in your home.

## Step 2 – Release Negative Energy...

If you have more than one floor, start upstairs and going room to room spray down the corners of each room ending with a sweep toward the front door. Repeat the process on the lower level. Imagine negative energy leaving the house. (Don't spray oil directly on a wall. Imagine negative energy going out the door.)

## Step 3 – A Prayer of Thanks...

When you have finished, offer a prayer of thanks for being allowed to carry out the process successfully. Close the front door.

## Step 4 – A Prayer for Love and Joy...

Next, ask to be allowed to infuse your home with Love and Joy.

## Step 5 – Infuse Each Room with Love

Go back upstairs and standing in the center of each room, spray the Joy essential oil out toward the four corners of the room, thinking all the time about how much Joy and Love is filling your home. Or do this with a prayer of joyful intent if you don't use the actual oil.

Picture whoever will use the room surrounded by Joy and Love.

Finish by doing the same thing downstairs with the spray bottle of Joy essential oil and water. Stand in the middle of each room, and picture the activities and people who use the room surrounded in Joy and Love. From the middle of the room, spray out toward the four corners of the room, while thinking loving and joyful thoughts about the activities in the room and the people who will use it. Do the space clearing on each floor of your home.

## Step 6 – A Prayer of Thanks...

At the very end of the process, offer a prayer of thanks for your joyful and loving home.

## Final Notes...

You can't do this wrong. If you feel moved to change the process, do so. This tradition is typically carried out with a sage bundle. This works well also. It's your home or office! Choose what works for you. And, Love, Peace, and Joy to you all!