

Space Clearing Ritual for the 2018 New Year

A great way to start the new year is to “clear” out difficult energy (negative thoughts, fears, memories of hard times from the past year) and replace them with positive thoughts about the coming year, beginning February 4th. You will heal not only your home, but your heart as well.

We are always surrounded by energy that we and others create. So, when we focus negative attention (energy) on the state of the world or in our own lives, we perpetuate a downward spiral that remains in our lives. Since everything that surrounds us is energy, even what we think can change our environment for good or bad.

We can change this downward spiral in a positive, purposeful way. The difference in the way you feel can make a profound difference on your physical body, your mental health, and well-being.

This also gives you the opportunity to reflect on what has happened to you in the previous year and look forward to a healthy, harmonious 2017.

Be careful though. If you are doing a clearing ritual or procedure with anger or fear of whatever you are trying to release, you will only exchange one kind of negativity for another. You won't gain much from the process.

Negative energy is not bad or evil. It is simply energy that does not sustain you. Space clearing is especially useful when...

- Moving from one place to another;
- Beginning a new year;
- Negativity has been around you for a while;
- You've had a period of bad luck;
- You sense an unwelcome energy surrounding you or your loved ones;
- After illness; or
- Any time the energy feels oppressive, dark, sluggish, or just plain yucky.

To “clear” a space of hard energy and achieve this rejuvenating effect, one way to do this is to take time to follow the steps below at the end of January, to prepare for the new year, February 4.

Step 1...Open all windows and doors to allow energy to move freely into and out of your home.

Step 2...Wash your hands and face, and take off any jewelry. Also, remove your shoes, as these may have picked up their own negative energies.

Step 3...To begin, say a prayer for protection. *[One I like is the Unity Prayer, “May the Light of God Surround Me. May the Love of God Enfold Me. May the Power of God Protect Me. May the Presence of God Watch Over Me. Wherever I am, God Is, All Is in Divine Order.]*

Step 4...Start the clearing at the back of the house, moving to the front. Light sage or incense and start walking from the back of each room to the front. Walk around the room covering as much of it as you can. Waft the smoke into the corners of the room from the ceiling to the floor. Do this in every room as you move from the back of the house to the front. Think positive thoughts as you move through the house. At the front, walk outside, and move the sage (smoke) around the door and frame. Open the door to let the energies move freely from front to back. Then, leave the sage outside for it to burn off.

Step 5...Sounds also clear energies. Ring a bell or use a Tibetan Bowl to remove stagnant energy behind furniture, under beds and hidden spaces.

Step 6...After smudging with Sage, repeat the process using Frankincense, *[or Dragon Blood Incense or Candle]*. This helps to create a protective mantle throughout the house.”

From, <http://www.uniquefengshui.com/cleansing-ritual/>
[This company offers a wide variety of products relating to Feng Shui and Space Clearing. I also like to use Dragon's Blood Incense after a clearing to charge up the space.]