



7 Tips for Spiritual House Cleaning

by Rebecca Marina
CelebrationHealing.com

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It is important to periodically balance and cleanse the energy in your home as well as your own personal energy field.

How does the energy in your home feel?

You can tell if your home needs cleansing by testing. Walk through all the rooms in your home with the intention of sensing the energy.

Here are some questions to ask as you walk around the house:

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Does the energy feel light and crispy?

Or heavy and stale?

Do certain areas of your home feel heavier than other?

Do you feel chaotic or confused energy?

Visitors coming and going as well as arguments and other unsettling energies can linger and disturb the harmonious balance of your home.

There are several kinds of cleansing you might use:

I have used all of these methods with success. If the spiritual words offend you, substitute whatever words work for you.

Bottom line: If your energy field and home are stagnant, these exercises will clean it up.

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1. Sage Cleansing

My favorite way to cleanse and balance the energy in my home is the Native American way using a “sage broom,” also called a smudge stick or bundle.

Light it and let it burn a moment, then blow it out, holding the sage over an ashtray. There will be a pungent smoke coming from the stick. Use your hand or a feather to push the smoke into all nooks and crannies of your house as you walk from room to room chanting this mantra:

Sacred Sage, cleanse my home!

I also use the sage to cleanse my own energy field. Holding the bundle about 2 feet away from myself, I run the smoking sage bundle up and down my body - front, back, around my feet, around the sides, and over my head. The smell of it awakens powerful ancestral memories.

2. Frankincense and Myrrh

When I need to do a very powerful house cleaning, I purchase frankincense and myrrh and a special charcoal to burn it on. This charcoal has a shallow indentation to hold the frankincense and myrrh (both in resin form). *It is very important that the charcoal be in a heavy ash tray as it will burn for a long time and generate a lot of heat.*

Place the frankincense and myrrh in the indentation, light it and wait for the smoke to billow softly.

In a state of sacred intention, walk from room to room carrying the ashtray with the burning items on it. As the smoke comes up and out of its container, gently push it towards all parts of the rooms. Allow the smoke to cleanse and balance each room. This will balance and cleanse your personal energy field as well.

Make sure the charcoal has burned completely out. Run cold water over it to be extra sure. Never throw a smoldering charcoal in your trash.

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3. *Holy Rose Water*

A simple, sweet and very effective way to cleanse your home is through the use of Holy Rose Water. Purchase the best brand of essential oil of rose that you can afford (the higher the quality, the higher the vibrations).

Roses are associated with Holy Mother, and Divine Feminine Energy, thus bringing a calming, sweet energy to your home.

Place just a few drops of the oil in a spray bottle with purified water. Say a prayer over the water and bless it.

Go from room to room spraying the holy water and cleansing the energy. Mist your own energy field as well. This is very refreshing and easy to do.

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#4. Angel Power

All the archangels and your personal angels are at your service and delight in being assistance to you.

*Archangel Michael, Raphael, Uriel and
Gabriel are at your command*

Ask for the power of these angelic energies to walk with you through every room of your home. Imagine divine light cleansing and balancing every square inch of your space.

Imagine these angelic beings forming a circle around you and showering you with light.

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#5. *The Power of Jesus Christ*

It is not necessary to be of the Christian faith to make use of this power- it works for any faith. I use whatever works - and this works!

If you sense the presence of any darker energies in your home or energy field, it's time to bring out the big guns - the power of Jesus Christ.

When Jesus was in physical form he commanded many dark energies to leave. The same power is available for us to use today. It does not matter what religion you are or what you believe about Jesus, there is power in the sacred name.

Here is a simple prayer you can use.

*I call upon the power of Jesus Christ to
cleanse and release any dark energies from
my energy field and my home.*

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*I ask the angels to escort these energies to the light.
Amen.*

Caution - it is very important not to have a spiteful attitude, or carry hatred for the darker energies.

These are negative energies, and it will only give them more power.

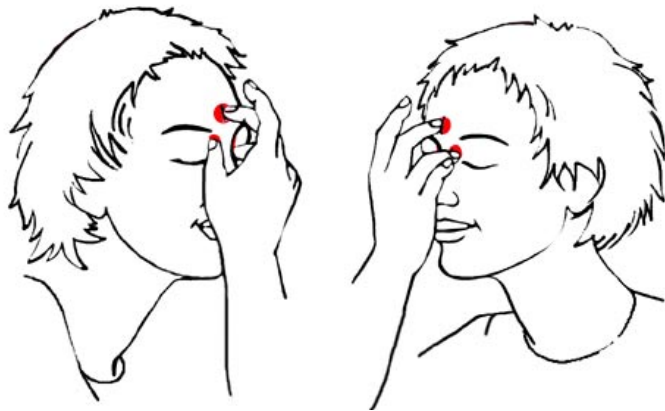
It will also put you in a state of fear - the opposite of love!

Simply say the prayer and leave it up to Jesus and the angels to escort any darker energies out of your energy field.

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6. *Curse Removal*

The most powerful way to remove a curse is through the power of forgiveness and love. If you feel you have been cursed in any way you will want to use this exercise.



You cannot *hate* your way out of this, you can only *love* your way out of it.

Keep in mind that a curse can be simply energetic thoughts of envy or hatred that someone has directed towards you, setting up an interfering or chaotic energy pattern.

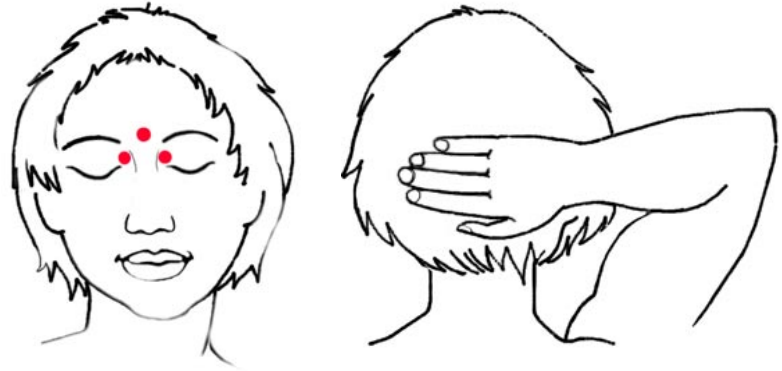
Here we will use an energy therapy called TAT (Tapas Acupressure Technique - see tapasfleming.com).

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Put your hands in the TAT position and say,

I feel cursed

Allow your feelings to come to the surface, and continue the treatment, holding your hands in the TAT position (as shown on this and the preceding page).



Declare out loud:

I ask divine light to assist me in complete forgiveness of this person, or persons, known or unknown.

I release any need to blame them or make them pay for any harm that has been done.

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I release any need to get sympathy or attention because of these conditions.

I ask and allow divine light and love to cleanse and balance my energy field, my physical body, mental body, and spiritual body.

I completely release any effects of this curse to the light.

I ask divine light to fill my being with the energy of continued forgiveness.

I am grateful. Amen.

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7. Protection

It is important to follow up the cleansings with a protection exercise.

Use one of your own choosing, and/or simply say this prayer.

I ask and allow divine light to cleanse, balance, and protect me from this moment forth.

I ask divine light to heal and soothe any tears in my auric field.

I ask divine light to form a protective layer of light all around me.

I am grateful. Amen.

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