**Basic House Clearing Instructions**

Space clearing is similar to personal spiritual bathing as we use water and herbs. We also bring in the elements of Air, Fire and Earth and use incense/smudging here. You will need an herb wash, prepared as for the spiritual bath or a commercial floor wash, like Chinese Wash and herbs/incense for burning.

1. Start with a fairly physically clean house.
2. Clear from top to bottom and from back to front: top back to top front then bottom back to bottom front and out the front door. Make sure you have some windows open in each room.
3. Call in your spirit help and have a clear intention of clearing your space.
4. Incense/smudge first going top to bottom, back to front, praying as you go. You want to state that you are clearing all energies, emotions, spirits and imprints from each room. These things are no longer allowed in your space. Crack open a window so energies can leave.
5. Aspersion – sprinkle your water/herb/wash in the corners of each room or fill a spray bottle and spray the floor. Dab a “5-spot” on each window (each corner and in the middle of the window). Do this in each room with intention. Dispose of your water off your property. In the street is fine.
6. Blessing. Finish up with a blessing spray, inviting peace, tranquility, Divine Light etc. into your space and asking your guides to help. You can also fill the space with Reiki or ask Angels to fill your space.
7. It’s a good idea to take a spiritual bath after space clearing.

**Notes:**

* You can wash hard floors with the herb mix or floor wash, too.
* You may want to do a patch test if your herb wash is dark or you use a commercial wash.
* Frequency recommended: twice a week to start then a monthly maintenance. If you’re trying to shift really heavy energies then clear daily with incense followed by a blessing type water.
* Hydrosols are awesome for light space clearing & blessing.
* Incense. I use both incense sticks (for light shifts in energy & really, the only ones I like are Maroma incense sticks or handmade ones from Blessed Maine Herb Farm)) and resin tears (when heavier shifts in energy are needed or when I know there’s something in my house that I don’t want there). For the resin tears I use either charcoal on a bed of sand, salt (non-iodized) or ashes in a ceramic pot or an electric resin burner, depending on what I’m doing. For smudging the whole house I use the charcoal-pot method with a feather or a fan of heavy paper. If I’m working in just one room or just my downstairs (I have a small house) I’ll use the burner, especially if I just want to shift things a little bit.
* Burnable resins and hydrosols are available from Mountainrose Herbs ([www.mountainroseherbs.com](http://www.mountainroseherbs.com)), StarWest Botanicals (<https://www.starwest-botanicals.com/>) or Amazon
* Peace Spray and other blessing waters are available at Original Botanica ([www.originalbotanica.com](http://www.originalbotanica.com)) or Lucky Mojo (<http://www.luckymojo.com/catalogue.html>). Lucky Mojo makes great products , although their website is a bit hard to navigate. I really like their Chinese Wash & Buffalo Ammonia.