

PART 1

# Energy Clearing

FOR SPACES





# ENERGY CLEARING FOR SPACES

Welcome to the Energy Clearing for Spaces Course. I am really delighted that you have chosen this course to help you to clear the energy of your space!

In this course, I'm going to teach you how to identify (and clear) ten common energetic issues that contaminate our spaces. We're going to do this with the help of Divine-level energies, and some carefully crafted spiritual prayers and ceremonies, so that your space feels lighter, clearer and more harmonious. The aim is to realign the energy of your space so that it supports your happiness, health and prosperity! After that, we're going to learn how to keep these negative energies out of your space in the future.

If you follow this course from start to finish, you will learn how to identify the energetic pollutants that are affecting your space and how to clear them.

## HOW THIS COURSE IS STRUCTURED

This course consists of five written chapters.

In **Part 1**, we are going to cover some introductory information around space clearing in general.

You're going to learn how to connect with Divine-level energies such as Ascended Masters and Archangels, and you are also going to learn how to dowse using a pendulum. Both the Divine-level energies and your pendulum will help you to identify what is contaminating your space.





In **Part 2**, we will cover the full list of what I call ‘energy contaminants’ – that is, negative energies that can pollute your space. In order to diagnose and clear these possible issues, you need to have a really good understanding of what they are.

In **Part 3**, you will learn my process for identifying and diagnosing the energetic issues that are affecting your space in particular.

Once you have diagnosed the issues, in **Part 4**, I am going to teach you how these clear these negative energies.

And in **Part 5**, I will teach you a protective blessing which you can use to help you to protect your space from negative energies in future.

So let’s get started with Part 1.





## PART 1

# INTRODUCTION TO SPACE CLEARING

## WHY IS SPACE CLEARING HELPFUL?

Just as we can benefit from cleaning and tidying our homes regularly to bring order to our space and remove dust and dirt, it can also be beneficial to cleanse the energy of our homes.

The reason for this is: everything that happens has an energetic component to it, and our homes are also made of energy.

Our spaces and belongings absorb the energies of our interactions, thoughts and feelings and those of the people we live with. These energies get absorbed into the land and the fabric of the building – the walls, the building materials, the foundations, the floor, the carpets, furniture and the ceiling. We can be affected not only by negative energies that we and our families have contributed to a space, but also by the energies left by previous owners.

The home should be a sanctuary – it is where we live, eat, sleep and recuperate. The energies of our home should ideally support us in this. The wrong energies can directly and indirectly affect our sleep (and especially that of any children in the house), our relationships with family members and people we live with, our love life and even our financial situation.

By doing a space reading and clearing, we can research whether we are being affected by any negative energies in our space. If we wish, we can find out what they are and where they came from, and then remove these old energies which may be affecting us





subconsciously. We can also protect our space against such negative energies in the future.

## WHEN IS AN APPROPRIATE TIME OR SITUATION FOR A SPACE CLEARING?

HERE ARE LOTS OF SITUATIONS WHEN A SPACE CLEARING WOULD BE  
APPROPRIATE:

- ★ When you have moved into a new home, but for whatever reason, it doesn't really feel like yours yet
- ★ After a breakup or divorce, or when a partner, spouse, roommate or someone with whom you cohabited has moved out
- ★ If you have had a negative event happen recently or have experienced very strong, ongoing negative feelings or thoughts at home
- ★ After an argument
- ★ After a spring clean
- ★ After an illness
- ★ After a death
- ★ After you purchase a second-hand item
- ★ When you feel as if you're experiencing a new beginning in your life and want to bring new energies in





- ★ Someone has smoked cannabis, got high, or had an addiction to something in the space or building you live in
- ★ When you're trying to sell a property
- ★ When you've had what you believe to be unexplained spiritual phenomena in the property
- ★ Someone has used a ouija board in the property
- ★ You have a sensitive child who has nightmares/night terrors and is generally afraid of being in the space

As you can see from the list above, space clearing is an excellent tool to have in your toolkit for your own life.

## WHO BENEFITS MOST FROM A SPACE CLEARING?

### 1. YOUNG CHILDREN AND BABIES

The youngest occupants of our spaces are most often affected by negative energies found there, simply because they haven't been out of the spirit world for very long and so their chakras are naturally more open at that age. (For most children, this energetic openness starts to wear off around the time they start school.)

If you have negative astral-level energies in your home, your children may have nightmares or night terrors involving ghosts or monsters. They may also be afraid of certain rooms or corners of your house for no reason. They may refuse to go into certain areas alone.





## 2. PLACE EMPATHS

Place empaths are also very sensitive to environmental energies, as they can enter a home or a building and feel ‘vibes’ from the people who have lived there, both positive and negative.

### HERE ARE SOME SIGNS YOU ARE A PLACE EMPATH:

- ★ Do you get hit with a certain ‘feeling’ or atmosphere when you walk into a building or home?
- ★ Are you able to pick up ‘vibes’ from possessions or objects?
- ★ Do you avoid buying second-hand items or going into thrift/antique stores because the energies in those places or items feel old and stale?
- ★ Do you sometimes feel strong, unexplained emotions when you travel to a new place or country?
- ★ Do you dislike hotels because of all the different energies people leave behind there?

The residues left behind in places such as hospitals, funeral parlours, cemeteries, police stations, and even historic battlefields may negatively affect place empaths. Place empaths are able to look at a photo of a home or building and get a sense for what it feels like to be inside the building, and the energies that are present there.

Personally, I am a strong place empath, and I find that being in Europe, with all its (sometimes bloody) history is an interesting experience for me.

I spent six years living in New Zealand, which has a history of human occupation going back only several hundred years, so the energy there feels relatively clear and fresh. The British Isles, on the other hand, have a history of thousands of years of human occupation, and the energy in some places can feel polluted by old emotional residues.

For example, when I first visited the Highlands of Scotland, I didn’t know much about its history. I noticed I was very comfortable in the area around Aviemore, Grantown-on-Spey and the Cairngorms, and not so comfortable in the area around Brora and Sutherland, which felt very sad to me. When I did some research into these areas, I found that





Sutherland saw a lot of human tragedy during the Highland Clearances, whereas the area around Grantown-on-Spey has had a more peaceful history. Picking up on these kinds of vibes while travelling is normal for place empaths!

Because place empaths are so open to these environmental energies, they are of course also the ones who benefit the most from having an energetically clear space.

### 3. CLAIRENTIENT PEOPLE

Clairsentience means 'clear-feeling'. It is perhaps the most down-to-earth of all the intuitive gifts, in which your emotions, physical sensations and gut feelings send you intuitive guidance. How might a 'gut feeling' manifest? Well, you may experience a feeling of discomfort and intuitively feel impulsed to look behind you, only to see someone staring at you.

Clairsentient people also obtain guidance through physical sensations such as tickling or pressure. As clairsentience is one of my gifts, I am impulsed by my guides through physical sensations. Whenever I am tuning into Spirit (talking to my Spirit Guides or Higher self) and doing a reading, I get a strong tingling sensation on both sides of my head. I also get a prickling sensation on the top of my head.

If you are clairsentient, you will be more sensitive to 'vibes' in spaces and can also benefit from this course.

### HERE ARE SOME SIGNS THAT YOU TOO ARE CLAIRENTIENT:

- ★ Do you get tingling sensations on your body for no reason?
- ★ Do you feel your emotions very deeply?
- ★ Do you feel the emotions of others?
- ★ Do you need a lot of time alone to recharge your energetic batteries?
- ★ Are you sensitive or thin-skinned?
- ★ Do you have an 'F' in your [Myers-Briggs type](#) (F for feeling)?
- ★ Do you know the right path to take according to how it feels to you?





#### 4. THIRD ORDER MEMBERS

The Third Order is a 'spiritual order' (which is essentially a group of spirits) which comes for you when you die, to help you to cross over to the other side and reach your next right place of expression as a soul. Some of us have worked in the Third Order in between our physical incarnations, and when this is the case, we often bring our Third Order skills into the physical with us.

Obviously, when you're in a physical body, you can't work as a member of the Third Order. But members of the Third Order, when they are incarnated in a physical body, are drawn to earthbound spirits, and earthbound spirits are drawn to them. Unless they actively want to be helping these spirits (which requires skills and boundaries), Third Order members can benefit from the techniques taught in this course to create an earthbound-spirit-free space for themselves!

(Sometimes students feel compelled to find out whether they are a Third Order Member or not – the best way to find out is by getting an [Akashic Record Reading](#).)

#### WHY I FIND SPACE CLEARING HELPFUL ON A PERSONAL LEVEL

Being a place empath and clairsentient, I am very attuned to the energies of spaces, and these energies can influence my mood.

At the time of writing, I am a full-time house-sitter, which means that I am often going from one house-sit (or Airbnb) to another, experiencing lots of different types of energies in other people's spaces. And there can be negative energies left behind by the current or previous owners, or previous guests – we simply do not know what a space has been used for in the past, or who has been there.

I have picked up on hauntings (especially in the UK) by ghosts (many friendly and a few not-so-friendly) and I have picked up on the discordant energies left behind by drug addiction and drug dealing, domestic violence, and suicide attempts, and the heavy emotional residues left behind by people who are affected by mental illness.





Consequently, I have needed techniques to clear these negative energies from spaces. I don't mean temporary measures such as smudging with sage to make spirits flee, but rather using methods that erase these remnants of these events and heavy emotions, keeping earthbound spirits out of my space over a longer period.

I don't just use the methods given in this course for myself. I have also used this space clearing protocol for my clients and for friends and family. It is particularly useful for people with children, and I use it to keep my sister-in-law and nieces' home clear for them. (My nieces are aged two and five, and as they are at that energetically sensitive age, they do sometimes pick up on spirits. My sister-in-law had some bad neighbours – two drug addicts who lived in the apartment above her and made her life difficult for a while – and the energetic consequences of what they brought into the building reverberated for a long time for her and her children, until we did a space clearing.)

So I am happy to be passing on this method of clearing a space – it can be really effective and helpful for both ourselves and our families.



# USING PENDULUM DOWSING FOR SPACE CLEARING

Before we get into the nitty-gritty of the negative energies you will be clearing and how you will be clearing them, I first want to teach you how to use a pendulum to dowse. The reason for this is that you will be using your pendulum to diagnose which types of energy contaminants are negatively affecting your space.

## HERE IS YOUR PREPARATORY HOMEWORK FOR THIS SECTION:

### 1. BEGIN BY GETTING YOUR HANDS ON A PENDULUM.

This is what my pendulum looks like – it's a Maori fish hook made of jade, on a long string (I am holding it about half way down)...



You can use anything which swings on a chain, such as a necklace with a pendant on the end of it. Preferably this pendant would be long and thin, so that it will swing properly. If you haven't got anything you can already use, pendulums are available in metaphysical shops, and also via Amazon.com.

#### A note on choosing a pendulum:

I personally prefer buying one in a metaphysical shop, because you can try out different pendulums by asking 'is this the right pendulum

for me?' and see if the pendulum swings for you (it doesn't matter in which direction.)



However, if you don't have access to a shop like that in your area, it is also fine to buy one online.

(Sometimes people stress about what the pendulum is made of and whether they should pick one made out of a particular crystal. It does not matter at all what your pendulum is made of, as long as you can use it and it swings well for you.)

## 2. ONCE YOU HAVE FOUND YOUR PENDULUM, YOU WILL NEED TO CLEAR IT.

This means you remove any unwanted energetic residues which are still present in the pendulum – all objects absorb energy from their environment, and the chances are that you do not know where your pendulum was made or where it has been.

### HERE ARE SOME WAYS TO CLEAR YOUR PENDULUM:

- ★ Place it in a pot plant for 24 hours and make sure it is covered with soil, or alternatively, put it outside in the soil overnight.
- ★ Place the pendulum under hot running water, then cold, visualising it becoming energetically clearer as you do this. Keep running it under water until you sense it is completely clear. (Note that some crystals such as selenite can be damaged by water, so please check online before doing this.)
- ★ Let it sit outside in the sun for 2 days (ideally in summertime, but if you don't get much sun, choose another method).
- ★ Bury it in a bowl of sea salt for 24 hours.

Once you have cleared your pendulum, you are in a position to program it so that you can receive accurate information about what is affecting your space.





## THE PENDULUM PROGRAMMING PROCESS

This programming process ensures that the answers that come through your pendulum come from your Higher Self and the Divine realm (and not your subconscious mind or emotional body). We want answers to come from your Higher self and Divine-level energies, because these see much further than your subconscious or emotional body.

So here are the steps to program your pendulum:

### 1. FIRSTLY, CHOOSE A DIVINE-LEVEL ENERGY (SUCH AS AN ARCHANGEL OR ASCENDED MASTER) TO WORK WITH, FOR THE PROGRAMMING PROCESS.

Ascended Masters are souls who have ascended beyond the need to incarnate here on Earth. They may appear on Earth in human form as healers, prophets or teachers, but this is not for their own soul growth. Instead, it is for the benefit of humankind. Over many years, so many people have called on these Masters that it has lent them energy; they have become spiritual figureheads that we can call upon for assistance and support.

Archangels are angels of a high rank, much like Ascended Masters. The prefix, 'arch', means 'chief' or 'ruling.' My work in the Akashic Records has taught me that there are seven realms of existence in the Universe, and each realm holds a particular kind of energy that we associate with life here on earth. Each realm is respectively ruled over by one of seven Archangels. For this reason, we tend to associate a certain Archangel with a certain type of energy, and we can call on each one for a specific purpose.

On [this page](#) you will find a list of the Archangels and Ascended Masters that I like to call on, with some information about each, to help you to choose one to work with for this programming process.

(If you are already familiar with an Archangel or Ascended Master from working with them previously, you might like to choose the one you're most familiar with. Alternatively, simply choose the one you feel drawn to – there is no right or wrong here! You can also choose more than one, if you wish.)





## 2. NEXT, RAISE YOUR VIBRATION THROUGH THE FOLLOWING EXERCISE:

- ★ Go inside and explore how you feel within yourself for a few moments. What is the underlying emotion you feel right now? See if you can put a word to your emotional state.
- ★ Now, bring in the energy of the Ascended Master or Archangel that you chose in the first point. To do this, say: “Archangel Michael (or whichever Divine-level energy you wish to enlist for this exercise), please be with me.”
- ★ Next, carry out the following breathing exercise: inhale to the count of four, hold your breath to the count of four, and then exhale to the count of eight. Do this three times in total.
- ★ Now check in with your emotional state – how do you feel?

## 3. NOW, SAY THE FOLLOWING PRAYER:

*My Higher Self, my Higher Self, my Higher Self, Divine Archangels, Divine Archangels, Divine Archangels, Ascended Masters, Ascended Masters, Ascended Masters.*

*I ask that this pendulum relay answers from the Divine realm and my Higher Self at all times, unless I request otherwise. I also ask that all information be in truth and accuracy, and 100% aligned with my highest good and the highest good of all.*

## 4. NEXT, HOLD YOUR PENDULUM:

(I like to hold the pendulum about half way down the string, to have good control of it.)

With the pendulum hanging, relax your hand. Ask the pendulum, “Show me a yes”, and allow the pendulum to swing. It may swing forward and backward or side to side. It may go in a clockwise circle, or in a counter-clockwise circle. When you see what your pendulum does in response to a ‘yes’, make a note of it and say “Thank you” aloud.





Next ask the pendulum, “Show me a no”. Observe what the pendulum does in response. It will move in a different way compared to when you asked for a ‘yes’. When you write down what it does, say “Thank you”.

Now you have your pendulum fully programmed, and you can use it to ask yes/no questions.

**Please note: you only need to go through the above attunement process once. After you have established which swinging direction is yes/no, that will apply for all future dowsing sessions.**

If you have ever done a pendulum programming process before (for example, if you are a student of my [Akashic Record Reading Program](#)) and you already know that your pendulum swings a certain way for ‘yes’ and ‘no’, you can omit step 4 in the process above (but do go through all of the other steps.)

When we get to the section of the course where you will use your pendulum to ask questions, I will give you detailed instructions on using it to diagnose and clear energetic issues. This means that you don’t need all the answers about how to dows just at the moment – I will cover these with you a little later.

In the next section, let’s take a look at all the energies which can contaminate a space.

