PART 2

# Energy Clearing

## FOR SPACES

PART 2

# List of Energetic Contaminants That Commonly Affect Our Spaces

Before we get into the nitty-gritty about how to actually clear your space, let's spend some time learning about all the different negative energies and situations which can affect our spaces.

Below is a list of the negative energies which are commonly found in homes. Please make sure you read through the list below **at least three times, over a period of three days or longer**. This is because you will need to integrate this information into your subconscious mind effectively in order to dowse accurately later on. (Reading the material through once is not usually sufficient to achieve this.)

With that said, let's take a look at those negative energies...

## ENERGETIC CONTAMINANT #1: ATTACHING EARTHBOUND SPIRITS

The first type of energy contaminant to consider is the earthbound spirit – and in particular, the earthbound spirits that get attached to our homes.

Earthbound spirits are dis-incarnate souls. This means that they once walked our planet, but at the point of death, for whatever reason, they did not fully cross over, leaving part of either their emotional body or their mental body (or both) behind on the earth plane.

The common feature all earthbound spirits have is that they do not want to cross over to the other side for some reason, and because of this, they resonate with negative energies such as 'stuckness,' fearfulness, unhappiness, and pain.

## HERE ARE A FEW REASONS WHY EARTHBOUND SPIRITS WON'T FULLY CROSS OVER:

- ★ Addictions (when a person is dependent upon a physical substance, such as alcohol or another drug, the emotional and mental body may be so attached to that substance that the person could be reluctant to leave the Earth plane upon death)
- ★ Fear of God's judgment
- ★ An extraordinary level of attachment to their loved ones or home
- ★ Lack of awareness of having died
- ★ No belief in the afterlife
- ★ Guilt over having committed suicide
- ★ A need for vengeance
- ★ Any other unfinished business

Earthbound spirits are commonly found in public places that have experienced a lot of sadness and pain, such as hospitals, funeral parlours, cemeteries and police stations. Some may also be drawn to places which serve alcohol, such as bars and clubs.

I often find earthbound spirits attached to, or visiting, the homes that I stay in as part of my house-sitting duties. These spirits not only attach to our spaces, but in some cases, once they are actually in our spaces, they can also attach to people. This is one of the main reasons why it is good to clear these spirits from our homes and prevent them from

coming into our space in the future. If an earthbound spirit does get into our space and attach to us, it is not a disaster, but it IS a situation that we should ideally avoid.

One of the biggest myths about earthbound spirits is that they are somehow negative – indeed, some healing modalities refer to these spirits as 'negative entities'. However, earthbound spirits are not inherently negative or demonic. The trait that they all have in common is that they are reluctant to cross over to the other side, perhaps because of addiction, fear, or pain of some kind. This can make them seem negative, but this is a state of mind – not a permanent, soul-level trait. In many ways, they are just like you and me – only not in a body, very stuck and unhappy! And if they attach to us energetically, it does have negative consequences for us. Let's explore this next.

## 3 REASONS TO AVOID EARTHBOUND SPIRITS...

### #1: THEY DRAIN OUR ENERGETIC RESOURCES

The first reason we do not want an earthbound spirit attached to us or getting into our space is that they drain energy. One earthbound spirit will drain a very small amount of energy, but the more attaching spirits we have, the more draining it can become. For example, 200 earthbound spirits would be a sizable drain on your energetic resources. 2000 would be a huge drain on your energy.

To illustrate this point, think of a small electrical appliance in your home, such as an electric alarm clock. One small appliance uses up very little electricity. But if you had two hundred such appliances plugged into your wall, you'd soon notice that you were paying a lot more for your electricity. 2000, 200 or even 20 earthbound spirits are very taxing on the human energy system, in the same way that appliances are taxing on your electricity bill.

### #2: THEY CAN AFFECT OUR EMOTIONAL STATE

The second reason why earthbound spirits are to be avoided is because by their nature they are unstable, and also susceptible to negative emotions. When earthbound spirits

attach to a person, they amplify and echo any pain and negative emotion in that person's energy field.

So, if you feel angry and have 100 earthbound spirits in your energy field, that anger will be amplified. The same goes for any other heavy or negative emotion you may be carrying.

### #3: THEY ARE OFTEN MISTAKEN FOR SPIRIT GUIDES BY BEGINNER PSYCHIC DEVELOPERS AND ACCIDENTALLY CHANNELLED

The third reason to avoid earthbound spirits is because they can affect your intuitive accuracy if you are a channeller or a psychic. If you have an earthbound spirit in your aura, you could end up channelling that spirit, assuming that it's your Spirit Guide.

The earthly equivalent of channelling and consulting an earthbound spirit is like approaching someone with significant life problems or issues that keep them very stuck (for example, someone in the throes of a severe addiction) and asking for advice. As you can probably imagine, the advice is less likely to be helpful or high-vibrational, because it is likely to come from a place of 'stuckness' or fear.

For this reason, it is better for energetically sensitive people to avoid these earthbound spirits altogether, and ideally keep them out of our spaces so they do not attach to us. This course will help you to clear any of these spirits if you do have some in your home, and prevent them from entering in future.

Now let's look at how earthbound spirits get attached to our homes...

## HOW EARTHBOUND SPIRITS END UP IN OUR SPACES...

The earthbound spirits who end up attached to our homes are sometimes there **because at one time, they used to occupy that space or visit it**.

A recent example I saw of this scenario was when I did a property clearing for someone whose house was previously occupied by a woman who fought a very public legal battle with her siblings over their parents' will, and her right to live in their house.

The conflict went on for a few years until the previous occupant became ill and died with the legal process still not resolved. Her spirit stayed in the property after death and she made her unhappiness clear that her family had sold the house to someone else once she was gone. The new owners never felt like it was theirs until the spirit of this woman left the space. She was not attached to them – she was deeply attached to her home and got stuck as a result.

Other earthbound spirits end up in a space **because they like being around the occupants of that space**. Sometimes they simply like the occupant's energy – specifically, earthbound spirits tend to favour empaths with open energy. Other times, the spirit resonates with a negative emotion or state of mind that the occupant is experiencing.

Earthbound spirits who were once addicted to an earthly substance can also favour places where partaking in that substance occurs, and also people who are addicted to that substance. When a person smokes pot or takes recreational drugs for example, they take a trip into the astral realm (and possibly the lower astral planes) and they often bring back low-vibrational spirits who are hanging on their coat tails. As a result, drug taking attracts earthbound spirits into a space.

I saw this in action when I cleared the apartment belonging to my niece and my sister-in-law. There were 13 earthbound spirits in the building they were living in, possibly as a result of the drug taking that went on with the previous occupants of the apartment above them. My niece also saw an old woman in her room at night. In addition, a single dad and his young daughter had moved into the upstairs apartment when the drug addicts moved out, and his daughter was having a lot of nightmares, too.

We did the clearing process to release the earthbound spirits and my nieces stopped having nightmares. In addition, the little girl who lived in the flat above stopped having nightmares too. This was not due to the power of suggestion, because the children did not

know we had cleared the space, but they stopped having bad dreams immediately once we had. So clearing these attaching spirits can definitely allow for more restful sleep for young children.

### HERE ARE SOME SIGNS THAT THERE IS AN EARTHBOUND SPIRIT ATTACHED TO, OR HANGING AROUND YOUR HOME:

- ★ You often see things moving in the corner of your eye
- ★ Your children or pets are afraid of a particular spot or room in your house
- ★ Your children frequently have nightmares or night terrors
- ★ You often feel a cold draught against your skin or temperature changes in particular places that seem to have no earthly explanation
- ★ You get a creepy sensation that you are not alone/ you're being watched

In the next section of this course, we'll also look at how you can find out for sure if there is an earthbound spirit attached to your home, and how you can clear them.

## ENERGETIC CONTAMINANT #2: VISITING EARTHBOUND SPIRITS

As mentioned above, attaching earthbound spirits are those who see a certain place as their home and although they may wander, they keep coming back to it. But not all earthbound spirits who end up in your space will be attached to it – some of them are just 'visiting'.

Visiting spirits are lost souls who are simply passing through, without any attachment to the space and without anywhere particular to go. Although the status of these spirits is

different from attaching spirits, it is also good to clear this type of spirit in case it attaches to the space, or to the occupant of that space.

Note that visiting earthbound spirits are often associated with portalways, which we'll cover a bit further on in this section.

Now let's have a look at another type of spirit that can get into your space.

## ENERGETIC CONTAMINANT #3: POLTERGEISTS

The word 'poltergeist' comes from the verb 'poltern' in German, which means to make noise, and 'geist' which means ghost. Poltergeists are also earthbound spirits, but with the power to make noise, create disturbances, interfere with electrical equipment and generally move physical matter.

A poltergeist is usually an earthbound spirit who has been earthbound for a really long time, or just a powerful, dominant spirit who is able to draw energy from an occupant of the space (it is thought that poltergeists are most likely to draw energy from pre-pubescent and pubescent girls, and people who are under a lot of stress.)

### HERE ARE SOME OF THE SIGNS A POLTERGEIST IS PRESENT IN YOUR SPACE:

- ★ You have heard footsteps, banging or knocking and there is no earthly explanation for these noises
- ★ Doors open and close of their own accord (with no wind or draughts present)
- ★ Door knobs turning and doors shaking as if there is someone struggling to open a locked door (but there is no-one on the other side...)
- ★ Furniture moves on its own

- ★ Appliances switch on and off of their own accord
- ★ Channels change on the TV
- ★ Things disappear and show up again later in totally obvious places (a friend of mine told me about a dress she had been looking for that had been missing for months, and one day it was laid out on her bed for her, beautifully pressed and on a hanger. She lived alone and kept a tidy house...she says there was no way she had put it there herself.)
- ★ Lights switch on and off by themselves
- ★ You have felt someone touching you but there is no one there.

If you experience many of the signs above, it could be that you are dealing with a poltergeist. In this course, I will teach you how to clear the spirit from your space.

## ENERGETIC CONTAMINANT #4: RESIDUAL HAUNTINGS

Residual hauntings are the energy of past events which have been imprinted onto a place. The emotions or the thoughts around the event are encoded into the imprint, and they are usually a mixture of the energies of trauma, grief and/or strong regrets.

Residual hauntings are essentially energy imprints created by individuals who were haunted by a terrible sense of suffering at one given time. They are often created by suicide attempts, suicides, murders, people going through intense suffering, such as a mental illness or grief, and similar traumas.

A famous example of this type of haunting is the ghost of Anne Boleyn, who was charged with adultery by her husband Henry VIII, and executed. She was beheaded at the Tower of

London and over the years she has been repeatedly seen with and without her head at the site of her execution, Tower Green.

The place of her execution was imprinted by the energies of these traumatic events and the imprints have manifested as a residual haunting with visual and auditory effects. Essentially, this is a bit like a stuck memory on repeat, or a music player playing the same tune over and over. The 'tune' is stuck in one place, although the person that originally created that 'tune' is long gone.

This means that residual hauntings are different from earthbound spirit hauntings. They look much like earthbound spirit hauntings, because they manifest as a spirit replaying a situation over and over again, like a record stuck on repeat. However, earthbound spirits are classed as 'intelligent hauntings', whereas residual hauntings are just echoes – they are not actual spirits. With earthbound spirits, not only can we be affected by the presence of the spirit, but also by what the spirit can do to us, such as draining energy or amplifying emotions. Yet although they freak people out, residual hauntings can't drain our energy or amplify our emotions in the way earthbound spirits do.

In this course, we'll look at how you can clear these types of imprints from your space.

## ENERGETIC CONTAMINANT #5: EMOTIONAL RESIDUES

Emotional residues are the energetic remnants of feelings which have been left behind in a space by someone who experienced them at some time or another. This is a very common type of energetic 'pollution' that can be found wherever there is a history of human occupation.

Both positive and negative emotional energy can get left behind in a space. Most of us will have picked up on positive emotional residues at some time. I had a friend who lived in an old house that had been passed down by generations of her family. They were warm, caring people, who loved to entertain and host there. The positive energy associated with the

place was felt by all. This home had the energy of a sanctuary and people felt at ease there. This is the power of accumulated positive energies, which come from the good relationships, good times and happiness experienced in a place.

By contrast, we can also find negative emotional energy which can be left behind by people who experience a trauma in the home or something from an ongoing situation, such as someone who suffers from a chronically negative emotional state.

For example, I once cleared a home and found strong emotional residues resonating with shock and anger. I knew something unpleasant had occurred there but was not sure what. The owner revealed to me that they had been targeted by burglars on multiple occasions and that they had found these events very upsetting.

During other clearings I have found emotional residues which appear to me to have been created not from single events but ongoing suffering that occurs in the property, such as social isolation or illness.

These are the energetic equivalent of dirty old paintwork, or mouldy wallpaper in your home, polluting your space in a very subtle way. Some people will pick up on it, without knowing where it has come from, or why they feel it. Others will be unconsciously influenced by the residues without realising.
(Also note that it is not unusual for negative emotional residues left behind in a home to attract earthbound spirits who may resonate with those energies and consequently feel ‘at home’ there.)

A bit further on in this course, we’ll learn how to clear these residues.

Now let’s look at another source of energetic pollution which affects our spaces.

## ENERGETIC CONTAMINANT #6: NEGATIVE THOUGHT FORMS

Negative thought forms are energies created by repeated negative thoughts and words.

Not all of the thoughts we think become thought forms – the energy of most thoughts dissipates once it is spent. But if we (or another person) give our negative thoughts enough energy, and they are repeated over and over, they can take shape as a negative thought form. They can even take up residence in land, buildings and possessions and contribute their underlying negative energies to us.
Negative thought forms are often created by people who complain and gossip, and by those with a lot of negative self-talk. Wherever there are negative people, you will generally find negative thought forms. Often, these thought forms are 'left behind' in a space by someone who created them while they were in that space.
In other cases, negative thought forms can be created about a space, or directed at a space by someone. Here's an imaginary example of this kind of scenario:
Imagine a wealthy family who lived a few hundred years ago, and employed some local workers in their business, treating them poorly. The family build an opulent mansion in their town. Many townspeople resent this family, and when they see the house and walk past it, they think uncharitable thoughts about the owners. Over time, some of these thought forms attach to and accumulate in the building, polluting the fabric of the place. In this way, the place may then become associated with the energies of exploitation, resentment and greed, and these energies can affect subsequent owners, and how visitors experience the place when they enter the building.

Objects, too, can take on the negative thought forms of their owners, and second-hand objects or garments are often filled with negative thought forms. The reason for this is because someone has already had a relationship with these items and may not have even liked the items. Or perhaps the item has been associated with a negative event or situation in the past which has allowed them to become contaminated with those energies.

An example of this might be as follows:

Let's say that every Christmas, your Aunty Dora knits you a sweater. She thinks that you love your knitted sweater collection, but you don't have the heart to tell her wool makes you itch and that the sweaters she knits are not to your taste. Because of this, the sweaters get shoved to the back of your wardrobe each time you receive one, and every time you see the sweater collection, you feel bad. You tell yourself that you really need to tell Aunty Dora not to knit you any more sweaters, but simply don't know how to tell her without offending her.

By the time this sweater collection makes its way to the thrift store to find a new owner, the sweaters could be filled with negative thought forms. If the new owner is sensitive to energy, they will sense the underlying negative thought forms present in the garment and will be affected by them in a subtle way.

For this reason, if you are more sensitive, you may find that the energies in thrift stores will often feel a bit 'off'. Sometimes, the items and garments within them can be loaded with negative thought forms.

## ENERGETIC CONTAMINANT #7: WOLFPACKS

Wolfpacks are clusters of negative thought forms surrounding a person who engages in a lot of negative thinking. Think of them as being like negative thought forms on steroids – they are like concentrated clusters of different negative thought forms. They tend to be created by people who complain chronically, gossip, create drama, who resonate with the energy of victimhood and who don't take responsibility for their actions or their lives.

Wolfpacks are not created by the average person who suffers from anxiety or by someone who ruminates a lot. Generally, I associate them more with toxicity and cynicism, and particularly with those who tend to see the bad in everything and other people (and will often bitch about other people). People who have a long-term habit of engaging in these behaviours may carry a worldview that breeds negativity and this can sometimes be so consistent that it might be considered part of their personality.

People can bring these negative thought form clusters with them wherever they go and can leave remnants of them behind in places. I found a lot of these when I cleared my sister-in-law's apartment from the energies brought in by the neighbours previously living upstairs above her.

## ENERGETIC CONTAMINANT #8: UNWANTED INFLUENCING ENERGY

Unwanted influencing energy is essentially the unseen energetic component of controlling, nagging, bossing and coercing behaviours.

This type of energy typically comes from friends, family and acquaintances who have an agenda for how you should live your life. It can be sent out about absolutely anything: how you spend your money, your daily routine, which university degree you should choose, how you should dress, what you should look like, how you should raise your children, your political or religious views, and even your sexual orientation.

Sometimes this type of energy can end up in our auric fields, and other times it ends up in our spaces (usually when someone comes into our space and bosses us around). This energy can also be sent at a distance and can even come from advertisers and political organisations. I also associate this type of energy with Jehovah's Witnesses and people belonging to other religious organisations who come to your door with a strong idea about what you should believe in, and how you should live your life accordingly.

Unwanted influencing energy in objects and homes can affect us while we are in the space. It can make us feel that other peoples' desires and agendas are weighing heavily on us, to the point that they outweigh our own desires. When our space is affected by this type of energy, we may find it more difficult to recognise our own needs and desires, and this can contribute to a feeling of stuckness.

Luckily, this energy can also be cleared from our spaces and a bit further on in this course I'll show you how.

## ENERGETIC CONTAMINANT #9: PORTALWAYS

Portalways are invisible passageways to the astral realm, and they are often found in our homes.

Before we go into what exactly the astral realm is, let's look at the other realm of existence that humans can work with when exploring their spirituality or developing their psychic side.

The first realm is the Divine realm. This realm is where Archangels, God* and Ascended Masters reside.

*(*If you do not like the word 'God', feel free to substitute a word of your preference, such as 'Source', 'the Creator', 'the Love that rules the Universe' or 'the Creative Intelligence'.)*

In this Divine realm, we find pure and perfected God energy, in the form of Source (which is the 'impersonal' aspect of God) and in the form of Archangels and Ascended Masters (which are 'personal' aspects of God). Your soul (or Higher Self) also resides on this level and is a piece of God or Source energy.

It is the Divine realm which is explored and connected with through a variety of spiritual pathways and religions. (A bit further on in this course, we will call on these Divine energies to help us to move any negative energies out of our space!)

By contrast, the realm we connect with when we explore our psychic development is the astral realm.

The astral realm is home to astral-level entities, such as:

- ★ Spirit Guides
- ★ Guardian Angels
- ★ Ghosts and earthbound spirits
- ★ Elementals and fairies

Within the astral realm, there are different planes of existence. We have the higher planes, which resonate with high-vibrational energies and where our Spirit Guides and Angels hang out. These are the positive spirits who are meant to be with us on our path, and who resonate with energies such as peace, joy and love.

Then, we have the lower planes which are denser, and these are the planes where low-vibrational astral beings, such as earthbound spirits, hang out. These spirits and these lower astral realms resonate with heavy energies such as fear, stuckness and pain.

The astral realm, with these varied planes of existence, exist in tandem with our material world as an overlay. We access the astral planes through our dreams and during our psychic development, and the type of plane we access depends on our emotional or vibrational state. If we are in a positive state of mind and healthy, we are more likely to connect with the higher astral realms, and even visit them in our dreams. If we are in a negative state of mind, or if we're unwell, we may be more inclined to visit the negative astral realms when we sleep.

Sometimes, regardless of our own vibrational state or health status, portalways to these low-vibrational astral planes may exist in our homes, through which low-vibrational astral energies can leak into our space from that realm of existence. If this happens, earthbound spirits can use your home as a passageway to travel from one place to the next. When a portalway is located in or near a bedroom, we may also find ourselves having nightmares. This is a clear sign that the energies coming into your space are not aligned with how you want to live your life.

### WHAT IS IT LIKE TO HAVE A PORTALWAY IN YOUR HOME?

These portalways are often found in the corners we don't go into, or the spaces or cupboards we don't use. There is often a strange smell associated with them, and children or pets often won't go near them. When a portalway is present, a home can become inundated with local earthbound spirits who are using the home as part of an energetic highway.

Further on in this course we'll look at how to find out if you have one of these portalways in your space, and how to remove it.

## ENERGETIC CONTAMINANT #10: OUTDATED LAND ASSIGNMENT

Not all negative energies come from energetic debris such as earthbound spirits or emotional residues. Sometimes our space may not feel right because the land it was built on was once consecrated for a particular use which it is not aligned with in the present, simply by being your living space.

Here are some examples of how this can manifest:

### ★ BUILDING A HOME ON A BURIAL GROUND

Burial grounds have at one time been consecrated as a place of rest, and so the energy of the land has been assigned to belong to the dead and those who visit them. Building on burial grounds, even ancient ones, can create discordant and hostile energies – and if there is a sense that something has been disturbed or trespassed upon, this may bring these energies into the homes that are built over these grounds. There may also be some hostile spirits attached to these sites who are not happy that their resting place has been built upon.

## ★ BUILDING A HOME ON OR NEAR A SACRED SITE

When we build on a sacred site that has been used as a place to commune with the Divine (a space belonging to God), it is hard to feel at home there. It would be like setting up your home in a cathedral or a church – you would feel quite uncomfortable being there!

## ★ BUILDING A HOME ON OR NEAR A BATTLEGROUND

Before or during a battle, the battleground land may have been assigned or consecrated (depending on the spiritual beliefs of those fighting) for the purpose of battle and victory. This can bring the energy of upheaval, fear, desperation, conflict or grief into your home – definitely not conducive to a happy home.

Later, we will learn how to break the consecration of battlegrounds, sacred sites and burial grounds, and reassign the space as a living space instead.

## ★ BUILDING A HOME ON INDIGENOUS LANDS STILL PROTECTED BY ANCESTRAL SPIRITS

Over the last several hundred years, it has been quite common all over the world for land that once belonged to a certain tribe or group of people to have been stolen or colonised by someone else.

As a result, indigenous lands in the USA, Canada, Australia and New Zealand, for example, are often now owned by the ancestors of those who colonised the country.

Let's take New Zealand as an example (as that is where I am currently residing):

When the European settlers colonised the country in the 19th century, land was taken from the indigenous (Maori) people and given to the new settlers to farm. As there was a language gap, in some cases the Maori people did not understand that they were giving away the rights to their land completely in exchange for the goods given by the settlers. The meaning of written agreements was sometimes lost in translation. These

misunderstandings and the greed of the colonisers resulted in many disagreements, which turned into skirmishes and wars during the 19th century.

This is obviously not an isolated scenario, but one which has been repeated throughout history in other areas of the world as well, such as the USA, Canada and Australia.

It is worth remembering that places such as these belonged to tribes and peoples who spent hundreds or thousands of years there before the colonists arrived. These people were often spiritually attuned to their sense of place and performed powerful ceremonies and rituals which cemented their feeling of belonging on that land. As a result, we often find ancestral land spirits still residing on the land.

Ancestral land spirits are spiritual guardians of the land, associated with the tribes that were once there. They are not the same as earthbound spirits, but they are something between elemental spirits and ancestors. It is not necessary to clear these spirits or ask them to leave because they are not hostile or unfriendly. Instead, it is preferable to honour and live in harmony with them, and to enlist their help in protecting the space. It is also good to welcome them into our spaces and honour their culture if we can. If we fail to do this when living on native land, we can sometimes feel a sense of not quite belonging there, or not having permission to be there.

I often find this situation apparent when I do space clearings for clients in the USA. For a recent client, we found that her home was built on a Native American land that had been occupied by the people of that culture for a long time. We therefore arranged for the ancestral land spirits associated with this land to be involved in the protective blessing for the home (– you will learn how to do this towards the end of this course.)

I also felt a strong sense that these spirits wanted her to bring a symbol of their culture into her home, and funnily enough, she said she had been planning to buy a dream catcher to put in her bedroom. Bringing a symbol of the indigenous peoples into a home can bring harmonious, protective energies into the space, and sends the message that we honour what has gone before. So if we pick up that we are living on indigenous land that is

protected by ancestral spirits, it is a good idea to honour the culture with a material object placed into the space. More on this later.

We've now looked at all of the different situations which can negatively affect our spaces, and I expect at this point you may be wondering which of these situations your home may be affected by! In the next section, we'll find out.

**Please don't forget to read this section repeatedly, over three consecutive days if possible**, to make sure that it really integrates your subconscious mind and becomes a clear frame of reference you can draw upon when you are dowsing with your pendulum and asking which energies your space is being affected by.