

PART 3

Energy Clearing

FOR SPACES





PART 3

HOW TO IDENTIFY THE NEGATIVE ENERGIES IN YOUR SPACE

Welcome to Part 3!

In this part of the course, I am going to teach you how to pinpoint what is affecting your space.

Before you can clear your space, you need to find out exactly which energies are affecting it. This can both help to validate what you are sensing in the space, and also allow you to target your clearing effectively. I have broken the process down here into two steps.

I recommend that you read these steps through carefully to get a sense of what you are going to be doing in this section.

Then, once you've read through the material and you have some peace and quiet and time to spare, sit yourself down with the following items in hand:

1. A printed copy of the 'Space Clearing Worksheet' document
2. Your pendulum
3. The 'negative energies' chart

For your dowsing session, do make sure that you choose a time when you know that you will be alone, with no people or pets in the vicinity, and that you will not be disturbed for the duration. Also, be aware that ideally, you will do the research and the clearing process (parts 3 & 4) at the same time, so you need to set aside 1-2 hours for this whole process.

Then, when you are ready, go through the following two steps:





STEP 1 - BRING IN A DIVINE ENERGY

Firstly, you need to bring in a Divine being to help you position your energy at the Divine level and receive accurate information about what might be lurking in your space.

HERE'S HOW TO DO THAT:

1. First, choose a Divine-level energy (I usually choose Archangel Michael, but feel free to choose any one you like. If you wish to see a full list of the Ascended Masters and Archangels that you can bring in for this exercise, please visit [this page on my website](#)).
2. Next, say: **Archangel Michael** (or whichever being you have chosen for your session), *please be with me*.
3. Then, do the following breathing exercise: inhale to the count of four, hold your breath to the count of four, then exhale to the count of eight. Do this three times in total. The presence of the Divine energy will now be with you.
4. Now say the following:

Dear Divine Presence, I surrender this dowsing session to you. I ask for the temples of love, light and truth to descend and expand, and I ask to receive truthful and accurate information about what is affecting my space, in my highest good and in the highest good of all. Thank you, thank you, thank you.

STEP 2 - ASK THE FOLLOWING SERIES OF QUESTIONS USING YOUR PENDULUM

After this, you will need to ask questions about your space and receive answers via your pendulum. The questions to ask are as follows:

1. ARE THERE EARTHBOUND SPIRITS ATTACHED TO THE SPACE?

- ★ If so, how many?
- ★ If so, what kind of negative energy does this spirit resonate with?
- ★ Is the spirit male or female?



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- ★ How long has it been attached to the space for?

2. ARE THERE EARTHBOUND SPIRITS CURRENTLY VISITING THE SPACE?

- ★ If so, how many?
- ★ If so, what kind of negative energy does this spirit resonate with?
- ★ Is the spirit male or female?

3. ARE THERE ANY POLTERGEISTS IN THE SPACE? (I.E. HAVE ANY OF THE ATTACHING EARTHBOUND SPIRITS AMASSED ENOUGH ENERGY TO MOVE PHYSICAL MATTER OR AFFECT ELECTRONICS?)

- ★ If so, how many?
- ★ How long has it been attached to the space for?

4. ARE THERE ANY RESIDUAL HAUNTINGS IN THE SPACE?

- ★ If so, how many?
- ★ If so, what kind of negative energy does this imprint resonate with?

5. ARE THERE EMOTIONAL RESIDUES IN THE SPACE?

- ★ How many different types?
- ★ What kind of energies do these resonate with?
- ★ Were they created by the current occupants or past occupants? (or neither?)

6. ARE THERE NEGATIVE THOUGHT FORMS IN THE SPACE?

- ★ How many different types?
- ★ If so, what kind of energies do these resonate with?
- ★ Were they created by the current occupants or past occupants? (or neither?)

7. ARE THERE WOLFPACKS IN THE SPACE?

- ★ How many different ones?
- ★ If so, what kind of energies do these resonate with?

8. IS THERE UNWANTED INFLUENCING ENERGY IN THE SPACE?

9. ARE THERE ANY PORTALWAYS TO NEGATIVE ASTRAL PLANES IN THE SPACE?

- ★ If so, how many?
 - ★ Where are they?
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10. HAS THIS PROPERTY AND THE LAND IT IS BUILT ON EVER BEEN ASSIGNED AS A BURIAL GROUND?

11. HAS IT EVER BEEN ASSIGNED AS A SACRED SITE?

12. HAS IT EVER BEEN ASSIGNED AS A BATTLEGROUND?

13. IS THIS PROPERTY BUILT ON (INDIGENOUS) LANDS STILL PROTECTED BY ANCESTRAL SPIRITS?

You can ask these questions either using your 'inner voice' or out loud, it doesn't matter which. And then, allow your pendulum to swing, either 'yes' or 'no', in response.

YOU DO NOT NEED TO GET ANSWERS TO ALL OF THE QUESTIONS ABOVE

Please note that in order to be able to clear your space, you only need answers to the questions which are numbered. (So for example, to find out whether your space has earthbound spirits attached to it, or a residual haunting, you simply need to ask the numbered question and receive a basic 'yes' or 'no' in response.)

I have also listed some extra bullet pointed questions beneath each of the numbered ones.

Please note, these extra questions are very much optional, and really just for your interest only. It is not essential to have the answer to these bullet point questions in order to move ahead with the clearing in the next section, and while you definitely need to know whether earthbound spirits are in your space, you do not need to know whether they are male or female, or exactly how many there are. So if you are short of time or not particularly interested, feel free to skip these extra questions if you prefer.

However, if you do decide to ask these extra questions, this can add more detail to your research and help to validate what you might have been picking up on, as an energetically sensitive person.

Answering these questions does require a bit more skill with dowsing. So here is how to get answers to these optional questions.





HOW TO DOWSE ON 'HOW MANY' OR 'HOW LONG' QUESTIONS:

For example: When researching earthbound spirits and how many there are in your space, one way to find out an answer to this is to ask, "Is there more than one earthbound spirit?" and let your pendulum swing for 'yes' or 'no'.

If the answer happens to be 'yes' (in this case, indicating that there is more than one spirit present in the space), you can then ask if there are more than two spirits in the space. If the answer is still yes, you can then keep going until you reach the right number.

To make this a quicker process, I tend to ask in increments of five or ten. So if the pendulum says there is more than one spirit, I then ask if there are more than five. If the answer is still yes, I then ask if there are more than ten, more than 20, and so on, until I have narrowed it down to the right number.

If the answer is 'no', indicating that there are not more than ten spirits present, I then work my way downwards again, asking, "Are there more than five? More than six? More than seven?" and so on, until I've got to the correct number.

Similarly, in the case of finding out how long the spirit has been there, try asking, "has it been present for longer than six months? One year? Two years? Five years?" and so on, until you have the right time frame.

HOW TO DOWSE ON 'LOCATION' QUESTIONS:

If you want to find out where a portalway is located in your home, you can ask: "Is it in the kitchen/living room/bathroom/my bedroom/my son's bedroom/basement/in the garden?" and so on, until you find that the pendulum swings for 'yes'.

If you are asking about an attached earthbound spirit, you can also ask if it is attached to the house, garden or land (or common areas if you live in an apartment building).





HOW TO DOWSE ON 'SOURCE OF NEGATIVE ENERGY' QUESTIONS:

While researching negative energies such as emotional residues, it can be interesting or validating to find out where these energies came from. For example, were they created by the current occupants (including you and your family) or by past occupants? Or perhaps neither, because these energies can be created by outsiders or visitors too.

HOW TO DOWSE ON 'TYPES OF NEGATIVE ENERGY' QUESTIONS:

For some questions, you may also wish to find out more details about the type of negative energies that are affecting your home. For example, if you find that you have three types of emotional residue in the space, how do you find out what they are? Alternatively, if you have an earthbound spirit, you might be interested to know which negative emotional energy it is that the spirit resonates with.

If you possess some channelling ability, you can often find this out through channelling. However, not everyone has this ability.

So to get around this issue, I have created a handy 'negative energies' chart which you can use to dowse on this. (You will find it included on the Course Members page, and can download it there.)

HOW TO DOWSE USING THE NEGATIVE ENERGIES CHART

Here's how to use the negative energies chart:

- ★ Locate the relevant negative energy by having the chart in front of you and asking "In which row is the negative energy connected to this emotional residue? Is it in row 1/row 2/row 3?" until you have found the right row.
- ★ Next, enquire, "In which column is the negative energy connected to this residue? Is it column 1/2/3?" until you have found the right column.





By locating both the row and the column, you have narrowed the possibilities down to one box.

Next, you can dowse on each energy within that particular box, asking “is it X/Y/Z?” until you have located the correct one.

The answer that you will be given during this process will be the most accurate word that Spirit can find on the chart to describe the negative energy. Sometimes it may be an energy that is not included in the chart, and in that case, you’ll either be given the most similar energy to it, or you’ll be pointed to the option of ‘Other’ (which is at the end of the chart.)

If you are a psychic or channeller, as you go through this process, you may spontaneously pick up additional information about the negative energies you find in your space. For example, you might pick up information about why earthbound spirits are attached to a space, or what the story was behind a particular residual haunting, or a particular negative thought form. You may even sense who brought wolfpacks into the space. It is not necessary to pick up this information to do an effective clearing, but it can be validating information to have.

A NOTE ON THE WORDING ‘IN THE SPACE/PROPERTY’

Be aware that when you go through this process, you’re researching all of the space you occupy and have rights to, in and around your home.

When asking the questions above using the words ‘in the space’ or ‘on this property’, this refers not only to the home which you are aiming to cleanse, but also the land around it which is within its boundaries, such as any gardens or land attached to it.

If you live in an apartment building, these phrases also refer to common areas such as elevators, stairwells and entrances, as you also have a right to clear these.



DOWSING INSTRUCTIONS & TROUBLESHOOTING

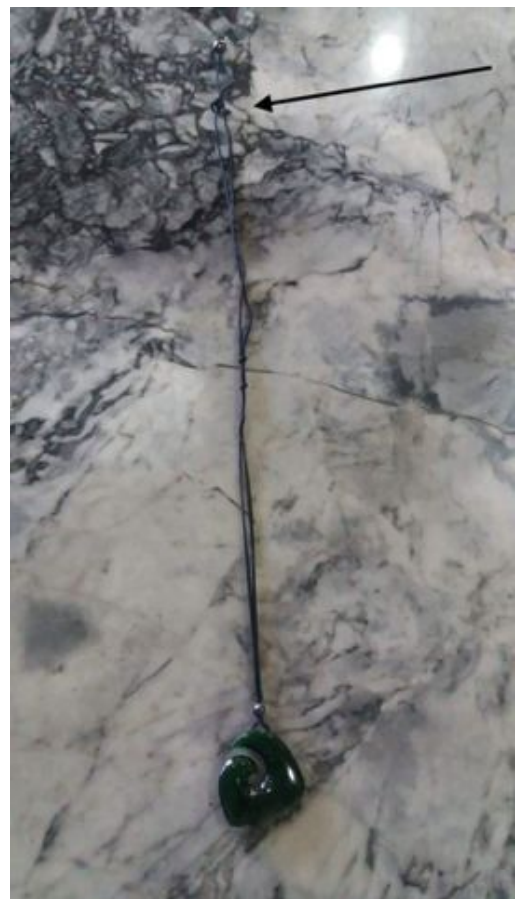
The tool that you will use to research your space will be your pendulum. So in case you are new to pendulum dowsing, here are some basic dowsing tips.

TIP #1: HOLD YOUR PENDULUM IN THE RIGHT PLACE

Just a quick note on where to hold your pendulum: I have found that dowsing beginners sometimes hold their pendulum close to the end of the string, at the top:

Unfortunately, that's not ideal, because the movement of the pendulum will very likely be too slow if you hold right at the top.

In fact, to have sufficient control, the ideal place to hold your pendulum is about half way down the string, about 6 inches from the pendulum.



In the photo below, you can see some little knots which I have tied for myself around the place on the string that I like to hold my pendulum:



Try not to hold the string too close to the pendulum either, because if it's too close, the movement will be too fast. In the middle of the string is best.

TIP #2: SUPPORT YOUR ARM PROPERLY

When you dowse, I also recommend that you rest your elbow on something. If not, you can end up clenching your arm muscles to support the pendulum, and that can lead to smaller or slower movements. I usually rest my elbow (the elbow on the arm I am using to dowse) on a table.



Alternatively, if I don't have a surface in front of me, I rest it in my other hand. (I have my other arm across my belly and with the hand just underneath the other elbow.)

TIP #3: RELAX YOUR ARM

Sometimes when people dowse, they hold their arms in a tense state which makes it difficult for the movements to come through. This is often connected to some worry about 'getting it right'.



Just remember that the information during your dowsing session is going to come through from the Divine realm down to your Higher self, and then into your subconscious mind – and it is this which makes the tiny movements in your arms, hands and wrists.

So try relaxing your muscles if you can – you won't get more accurate answers by clenching your arm. In fact, the opposite is often true, and it might actually prevent the information from coming through.

To help prevent this from becoming an issue, here is a relaxation exercise which I recommend before dowsing:

Clench every muscle in your body really hard, including your insides, your pelvic floor, and your face. (You may want to avoid doing this in public or around other people as it can look really funny!) Hold that pose for ten seconds before letting go. You will now be slightly more relaxed than you were before. You may need to repeat this several times if necessary.

TIP #4: IF THE ANSWER TO ONE OF THE QUESTIONS POPS INTO YOUR HEAD JUST BEFORE YOUR PENDULUM GIVES YOU THE ANSWER, DON'T BE PUT OFF!

Sometimes a student will ask the pendulum a question and the answer pops into their head just before the pendulum responds. This can be quite off-putting as it can make you feel as if you are making the answers up and that your thoughts are taking over.

However, it is actually completely normal for the answers to pop into your head before the pendulum has time to respond. It frequently happens to my students. It doesn't generally indicate that your thoughts are taking over. Rather, it shows that you have some claircognizance which is kicking in.

TIP #5: ALWAYS GO WITH YOUR FIRST ANSWER

With dowsing, it is wise never to ask the same question twice. Instead, go with your first answer.





The reason is that if you start second-guessing your first answer, it can mess up the whole process and bring the energy of doubt into your mind. Asking multiple times is also like saying to Spirit: "I'm not sure about the first answer," or "that answer wasn't good enough; can you give me a different one?"

This then means you will be affecting the outcome of the dowsing based on the answer that your ego wants, which is not productive.

TIP #6: RELEASE ANY RESISTANCE WITH THE FOLLOWING PRAYER...

When students struggle with dowsing, it can sometimes be the result of unconscious blocks or fears around using a pendulum. This could come from a past life when we were killed or hurt for using our intuitive skills or spiritual guidance, or it could just be the conscious mind telling us that we can't make dowsing work for us.

If this is the case for you, using one or more of the following clearing statements should help you to get the pendulum to respond to your questions. These affirmations were passed on to me by a colleague of mine, and I recommend saying them out loud:

"I release all fear of using the pendulum. I release all belief, perception, and judgment that I cannot or should not use a pendulum. I release all need and desire to believe that I cannot or should not use a pendulum. I now completely accept and believe and instruct my subconscious to accept and believe on every level of my being, conscious and subconscious, that I can use a pendulum, and that I will receive strong signals and accurate information."

"I release all fear of answering the question. I release all resistance to the answer. I give my subconscious mind permission to answer the question."

These statements reprogram the subconscious mind to replace fear or resistance with acceptance.

In the beginning, you may find it necessary to use these releasing statements several times to obtain a 'yes' or 'no' answer from your pendulum.





TIP #7: QUIET YOUR MIND BEFORE A DOWSING SESSION

Sometimes, your pendulum can seem to do something a little bit crazy, like responding to a question in an erratic way or in a way that doesn't make sense. This can sometimes be because you're having a thought in addition to asking the question, which then leads to the pendulum responding to the thought as well as the question.

For example, you may be dowsing and ask a question, but because you are hungry, a thought about dinner comes into your mind at exactly the same moment.

As funny as it sounds, your pendulum will respond to that thought just as it would respond to a question. This is because we can either ask a question out loud, or we can use our inner voice inside our head. So speaking out loud is just the same as having a thought, and your pendulum will respond to whatever is going on in your head. It is good to be aware of this.

For obvious reasons, the ideal is to not have any thoughts coming into your head whilst dowsing at all. Yet this is very hard to achieve because it's difficult to have a completely still mind while you're dowsing. So if your pendulum does at some point behave a little strangely, this will probably be the cause.

For more on quieting your mind, take a look at this article: [The Alpha State - Why Is It Essential to Psychic Development.](#)

Once you have completed your research, please move on to Part 4, where I will teach you how to clear the negative energies you have found in your space.

Note: Leaving a duration of longer than several hours between researching and clearing a space is not recommended. For this reason, once you have completed this section, please move on to part 4 as soon as you are able.

