CHEAT SHEET

Space Clearing & Research

In this cheat sheet, I have given you the entire process for researching and clearing a space, from start to finish, with none of the fluff or extra bits that you don't need to know about. You can refer back to it as needed, whenever you are doing space research and clearing.

STEP 1 - BRING IN A DIVINE ENERGY:

Firstly, if you have a candle, light it.

1. Then, choose a Divine-level energy (I usually choose Archangel Michael, but feel free to choose any one you like, and if you wish to see a full list of the Ascended Masters and Archangels that we 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:

(Write down your findings in the space clearing worksheet.)

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?
- ★ 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?

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?

STEP 3 - PREPARE FOR THE CLEARING...

Archangel Michael, please be with me and help me in this process of clearing this property and the land connected with it. I ask for the clearing processes which I will be using to be carried out by the Divine realm, through time and space, and in all versions.

- ★ Next, do the following breathing exercises: inhale to the count of four, hold to the count of four, and exhale to the count of eight. Do this a total of three times.
- ★ Go within and see if you can put a word on what you are feeling. You might notice a little difference now that you have called in the Archangel, or you may not – either way, this is fine.
- ★ Next, ask for violet flames and gold and silver light for the room you are in, by saying:

  Archangel Michael (or the being you called in for this), ***please place violet flames in every corner of this property.***

  Also please place gold and silver light around the edges of this property. This is to seal the energy in this place, so that only energies of the highest vibration may enter.

  I ask for a temple of love, light, healing and transformation to be anchored through me now. I send my heart energy into the heart of Mother Earth to ground and centre me.

STEP 4 - SELECT THE PRAYERS YOU NEED FOR YOUR CLEARING & USE THEM...

CLEARING ATTACHING & VISITING EARTHBOUND SPIRITS (& POLTERGEISTS):

I call forth all earthbound spirits attached to or visiting the property, for healing now. This is a ceremony to bring you release from the earth plane.

Know that your life on earth is over. It is completely finished. It was whatever it was, and now it is time to let it go.
Dear souls, you are healed and forgiven (repeat until you are sleepy, sigh, yawn or until you feel that the spirits have released their earthly ties. This usually takes somewhere between 10 seconds and five minutes).

You are free from fear, pain and the Earth's vibrations.

Dear souls, you are filled with Divine light, to illuminate the way forward to your next right place of expression. You are filled with Divine love, as you are beloved by the Creator. You are filled with Divine truth, which helps you to see that this plane is no longer your home. There is a better place for you to go to.

Dear souls, it is now time for you to move on to the other side, where your loved ones are waiting for you to join them in Spirit. Archangel Michael will help you personally to go to the other side. The energies of love, joy and peace await you there.
I ask Archangel Michael to bring down a stream of golden light to personally guide each of these souls to their next right place of expression.

I call upon Archangel Michael to fill me and my home with the light of love and protection.

I send my thanks to Archangel Michael.

I also call on Archangel Michael (or whichever Divine-level energy you called on before) to hereby release all psychic ties between the earthbound spirits that we have helped today and the property, and between me and any earthbound spirits we have helped today. I ask Archangel Michael to dissolve these ties of energy in every dimension with a golden light beam.

Now bring in new love, light and peace for everyone concerned. Thank you. It is done, it is done, it is done.

CLEARING RESIDUAL HAUNTINGS:

I call on Archangel Michael (or whichever Divine energy you called on before) ***to transmute any memories or events with the resonance of _____ (state the energy here if you know what it is) which are imprinted on this property. I ask for***

all visual, kinaesthetic and auditory manifestations of this haunting to be cleared from the fabric of this property and the land it is built on, and please send healing energy as appropriate to the soul who originally created this memory.

Now bring in new love, light and peace for everyone concerned. Thank you. It is done, it is done, it is done.

* If you don't know which negative energy the residual haunting resonates with, instead just say:

> "I call on Archangel Michael (or whichever Divine-level energy you called on before) to transmute any memories or events which are imprinted with negative energy on this property. I ask for all visual, kinaesthetic and auditory manifestations of this haunting to be cleared from the fabric of this property and the land it is built on, and please send healing energy as appropriate to the soul who originally created this memory.
>
> Now bring in new love, light and peace for everyone concerned. Thank you. It is done, it is done, it is done."

CLEARING EMOTIONAL RESIDUES:

Archangel Michael (or whichever Divine-level energy you have chosen)***, please cleanse from this property and the belongings within it _____ (name the type of emotional residue, if you know what it is*) or any other negative emotional energy that is imprinted or stored in the fabric of this property and everything contained within it. Thank you. It is done; it is done; it is done.***

* If you don't know which negative energy the emotional residues resonate with, instead just say:

> "Archangel Michael, please cleanse from this property and the belongings within it, all negative emotional residues that are imprinted or stored in the fabric of this property and everything contained within it. Thank you. It is done; it is done; it is done."

CLEARING WOLFPACKS & NEGATIVE THOUGHT FORMS:

Archangel Michael (or whichever Divine energy you have chosen), ***please bring forward all negative thought forms and any remnants of wolfpacks that have taken up residence or been left in the property, or absorbed by any belongings in the property, and transmute those thought forms and wolfpacks (name the energies here, if you know what they are) so that they dissolve into pure light. Please replace those thought forms with the energies of love, peace, truth, joy and harmony.***

Thank you. It is done; it is done; it is done.

CLEARING UNWANTED INFLUENCING ENERGIES:

Archangel Michael (or whichever Divine Being you have chosen), ***please bring forward any and all negative influencing energies in the property and all belongings contained within it. I am referring to influencing energies from unwanted sources which do not support or align with my authenticity, personal power, peace of mind or prosperity in this world.***

Please dissolve those negative energies into pure light, so that I feel free to give myself permission to live my life in the way that I choose, according to my own values, desires and opinions.

I call upon Archangel Michael to dissolve all psychic ties which exist between the property and any sources of unwanted influencing energy in my life that are not in my highest good. Please dissolve these with a beam of gold light, in every dimension, through time and space. Please fill me with new love, truth, light and power. Thank you. It is done; it is done; it is done.

CLEARING ENERGETIC PORTALWAYS TO NEGATIVE ASTRALS:

Archangel Michael (or whichever Divine-level energy you have chosen), ***please close the door on the portalway(s) within my space, and fill it/them with a golden light of healing, so that it/they can never be re-opened.***

Also assign a Guardian Angel to guard this location, so that the portalway(s) remain shut.

If I or any other occupant of this space has travelled to a negative astral in our sleep, via this portalway/these portalways, please sever all psychic ties which exist between us/me and the negative astral planes. Please dissolve these with a beam of gold light, in every dimension, through time and space. Please fill us with new love, light and power. Thank you. It is done; it is done; it is done.

Additionally, please assign beings from the angelic realms to locate any astral being which has passed through the portalway(s) which exist in this space to the negative astrals. Please take them to their next right place of expression and dissolve any psychic ties which exist between said beings and this/these portalway(s).

REASSIGNING THE SPACE:

Archangel Michael (or whichever Divine-level energy you have chosen)***, please assign teams from the Angelic and Devic realms to perform the transformation and reassignment of this location from _____ to _____ (e.g. home.)***

We honour all that has come before. We ask for the blessing of the land and nature spirits of this property in this new reassignment for all that is to come. Thank you. It is done; it is done; it is done.

HONOURING & WELCOMING (INDIGENOUS) LAND SPIRITS:

I welcome the ancestral spirits of this land and ask for the blessing of those who once lived in this place and whose emissaries or ancestors still help to protect this place. We acknowledge your presence and history in this place and honour what has come before. We thank you for your presence and respectfully ask you to help protect this land/place and those who live in/on it. Thank you. It is done; it is done; it is done.

ENERGETICALLY COMPLETING THE CLEARING ONCE IT IS DONE:

> ***Thank you Archangel Michael for bringing the healing energy of this session*** (or substitute 'Archangel Michael' for whichever Divine energy you called upon to help you.)
>
> ***I call on you Archangel Michael to fill and surround me with Divine Love, Divine Truth, and Divine Light. Please close off my energy field to all except my Higher Self and those beings of the highest consciousness who are meant to be with me on my spiritual path.***
>
> ***I am now fully grounded and back in my body. This clearing is complete.***

Next, blow out your candle.

If this is the first time you have cleared the space, move on to the protective blessing process, which is included in Part 5.