

PART 5

Energy Clearing

FOR SPACES





PART 5

KEEPING NEGATIVE ENERGIES OUT OF YOUR SPACE

A common question that students have once they have cleared their space is:

“Is there a way to keep these negative energies out of my home in the future?”

The answer to that question is yes, and in this section I will teach you how.

HOW TO KEEP NEGATIVE ENERGIES OUT OF YOUR SPACE

We can keep negative energies out by doing a protective blessing (which means placing energetic protection around the space) with the help of a Divine-level being, such as an Archangel or an Ascended Master.

HOW TO DO A PROTECTIVE BLESSING

The protective blessing I am going to pass on to you involves charging crystals with the energy of spiritual protection and then placing them at the four corners of your space.

HERE ARE THE STEPS TO DO THIS:

1. Lay your hands on four crystals - these should be one of the following:

- Amethyst
- Black tourmaline
- Fluorite





- Tourmalinated quartz
- Black obsidian
- Jasper
- Smokey quartz

The crystals above are known for their protective qualities. You can choose the same type of crystal or a variety of types. You can also use crystals you already own, or you can buy new ones. And it does not matter what size the crystals are - you can use large ones or small ones.

2. Next, clear the crystals. You can do this by alternating washing them in hot and cold water (alternate between the two six times.) Or you can clear them by burying them in a pot plant or in soil outside for 24 hours. You could also place them in bright sunshine for two days (only do this in sunny weather). Or bury them in a bowl of sea salt for 24 hours.

3. Once the crystals are cleared, you will want to charge them. To do this, hold them in your hands or in your lap, and say the following:

Archangel Michael, please be with me for this protective blessing.

Then 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.

Next, say the following prayer:

I call upon Archangel Michael, and the Guardians of the Four Directions to bring down a protective column of white light in the centre of this property and four columns of white light for each corner of the property. (Take a moment to see this happening, if you are able to visualise it.)

I ask for the crystals which will soon be placed at the four corners of this property to be charged with these energies of protection. Please connect these energy columns and crystals to one another to form a protective structure around this property.



Specifically, I ask for incoming earthbound spirits, negative thought forms, wolfpacks, and unwanted influencing energy to be disallowed from entering this space.

I ask Archangel Michael to place violet flames – one in every corner of this property – to clear and transmute any negative energy that is created from within. I also ask for these to remain in place as long as I occupy this space.

I ask for emissaries of Archangel Michael to stand watch and protect this property at the four corners to deflect any other incoming negative energy, and to make this place as if invisible to anyone with negative or malicious intent. I also ask for the benevolent elemental spirits connected to the land to guard this space.

Thank you for being here. I ask for the blessing of Archangel Michael, any ancestral land spirits that may be here, and Mother Earth and Father Sky on this property. Please fill this space with the energies of love, light, grace, harmony, prosperity and joy.

Thank you. It is done, it is done, it is done.

4. Finally, once you have said the prayer, the four crystals need to be put at the four corners of your space.

Here are some guidelines for putting them in place:

If the property consists of a house and garden at the back and in front of the house, then the crystals should be placed in the furthest corners (i.e. in the gardens). If you have soil in the four corners of your space (i.e. the furthest corners of your property are in a garden) then full or partial burial is also a good idea. (However, if you can't bury the crystals, then this is still okay. If you live in an apartment, for instance, then the crystals can be placed in the internal four corners of the inside space.)

If you do not want to use crystals or don't have access to any, however, you can still use the prayer to do a protective blessing for your space. Having crystals in place is definitely more powerful and long-lasting in terms of protection, but in the absence of crystals, a space can still benefit from having the blessing done without them.

In that case, here is an alternative version of the prayer that you can use:



I call upon Archangel Michael, and the Guardians of the four Directions to bring down a protective column of white light in the centre of this property and four columns of white light for each corner of the property. (Take a moment to see this happening, if you are able to visualise it.)

Please connect these energy columns to one another to form a protective structure around this property.

Specifically, I ask for incoming earthbound spirits, negative thought forms, wolfpacks, and unwanted influencing energy to be disallowed from entering this space.

I ask Archangel Michael to place violet flames – one in every corner of this property – to clear and transmute any negative energy that is created from within. And for these to burn as long as I occupy this space.

I ask for emissaries of Archangel Michael to stand watch and protect this property at the four corners to deflect any other incoming negative energy, and to make this place as if invisible to anyone with negative or malicious intent. I also ask for the benevolent elemental spirits connected to the land to guard this space. Thank you for being here. I ask for the blessing of Archangel Michael, any ancestral land spirits that may be here, and Mother Earth and Father Sky on this property. Please fill it with the energies of love, light, grace, harmony, prosperity and joy.

Thank you. It is done, it is done, it is done.

And just in case you have a niggly question about the process of space clearing, here are my answers to some commonly-asked questions about clearing a space:

SPACE CLEARING FAQ

Below, I have answered some Frequently Asked Questions about space clearing:





Q #1: Do I physically need to be in the property in order to clear it?

You do not need to physically be in your home in order for the research and for the clearing prayers to work. This process works with energy, and as a result, it can be done at a distance.

Q #2: I rent a room in someone's house. Is it possible to clear the whole house?

If you live in someone else's house with them, and you share common spaces with that person, ideally you should get their permission before clearing the common spaces. In my experience, researching someone else's space without their permission can sometimes give an inaccurate reading about the negative energies that are present. Clearing the space without that person's permission can also often result in a less-than-effective clearing – it may work, but it may also not work.

However, it is perfectly possible to clear any space that is exclusively yours, such as the room that you are renting. Within your own space, all the research and clearing that you do should work well.

Q #3: I have a rental property that is currently occupied by tenants. Can I clear it?

If you have rights to the space and you are the occupant at this time, you should be able to clear the space. However, if you rent your property out, and you are not the current occupant, you cannot clear it effectively. It will be possible for you to clear the place between tenancies though, once it is empty.

Q #4: Is it OK to clear hotel rooms and other temporary accommodation?

If you are staying in a hotel or some other form of temporary accommodation (such as an Airbnb), and you are the current occupant of the space, then you can clear it.





Q #5: Can we clear public spaces?

That depends on who owns the public space. If you own it, go ahead. However, if you don't own the space, or have a big enough stake (at least half) in the property or land, you usually will not be able to.

If you're referring to a communal space in an apartment building where you live, you can usually clear these.

Q #6: I am a healer/intuitive. Can I use these techniques to clear spaces for my clients?

The information in the course is designed to allow you to clear your own space. It isn't a professional training and it's not possible to use this course to do professional clearings for people – for a variety of reasons the information isn't suited to that.

If you wish to do professional space clearings for clients, there will be a practitioner version of the program that will become available at a later date. This professional version of the program will certify you in clearing properties and also will offer mentoring in case you need support while learning to perform this service for paying clients.

It will allow you to access the Akashic records for properties, so that you can find out information about your clients' properties and the negative energies contained within. It will also give you a protective blessing that you can pass on to your clients, and some email templates which will allow you to do property clearing reports quickly and easily

Q #7: Do we need to do a space clearing repeatedly?

The protective blessing given above should protect against many of the negative energies covered here. It protects against the following:

- ★ Earthbound spirits, wolfpacks and unwanted influencing energy (when they are entering your space from outside)
- ★ Portalways (when they are being created from within)





The protective blessing also protects against any emotional residues or negative thought forms (created in the space by you) remaining in the space. These will be transmuted by the violet flames that you set up as part of the protective blessing. I would probably only re-do a space clearing if something traumatic or really painful happens within the property or is experienced by one of the occupants, or if someone gets high on drugs in the space.

Some might like to repeat the space clearing process every couple of years as a matter of course, while others may not feel the need again, once the clearing is done.

Q #8: I have Maori land spirits protecting my home here in New Zealand. Is there anything I should do to honour their presence?

Apart from the prayer to welcome in indigenous land spirits, you may also wish to bring in a symbol of the indigenous culture or people into your home. This might be a piece of art or some other representation of something that is sacred to that culture.

I used to have an engraving of a Maori chief on my wall when I lived on land with a history of Maori occupation. Click here for [some examples](#) of what you could utilise along these lines. (You do not have to spend a lot of money though – a postcard will be enough.)

If you have Native American land spirits (or the ancestral spirits belonging to other cultures) protecting your space, you might wish to do a bit of research on their tribe or culture and find something that is meaningful to that group.

Q #9: I brought a second-hand object into my home after I did a clearing, but I think there may be negative energies connected to the object. Should I clear my home again?

Objects can pick up emotional residues, negative thought forms and unwanted influencing energy, so if you are bringing in a second-hand object, you may wish to check specifically for those types of energy (& clear them where necessary.)



SPACE CLEARING CAVEATS

In my experience as a healer, these space clearing and protection techniques are powerful and highly effective. However, occasionally, your space clearing may not feel as successful as you had hoped.

Below, I have listed some possible reasons why this might occur, so you can take additional steps to ensure that the effects of your clearing are more perceptible and long lasting:

1. Your space could be cleaner/tidier

Bear in mind that energy clearing is not the only factor that affects how a space feels. You can cleanse the energy of a space, but if it remains untidy, full of clutter or could be cleaner in the physical, you will still be affected by living amidst untidiness and clutter. To get a better result, physically clean your space first, and then cleanse the energy.

2. You share your space with someone whose behaviour is emotionally/psychologically draining

If you share your property with a person who displays toxic behaviours (someone who constantly complains or criticises, gossips, disrespects you or others, manipulates or creates drama) and this person has equal rights and access to your space (e.g. a spouse), it will be more challenging to keep your property clear of energies such as wolfpacks, even if you do the protective blessings. Regular space clearing may be necessary in such a situation.

3. You share your space with someone who is a cannabis smoker

When a person gets high on cannabis, they are easily able to access the low-vibrational astral planes, which are teeming with astral-level beings and other kinds of astral energies. The smoker often brings these low-vibrational energies back to their experience when the drug wears off. These can then clutter up the person's energy field and in particular invite earthbound spirits into their space.



For this reason, if you share a home with someone who smokes this drug, and they have equal rights and access to the space, there is not a lot you can do to keep earthbound spirits out of the space on a permanent basis.

The ideal course of action for a clear aura and home over the long term is for you, and anyone you live with, to avoid partaking in cannabis altogether, as this drug in particular unfortunately does often attract low-vibrational astral energies.

Failing this, make sure that you clear your home of earthbound spirits regularly.

4. Your home is affected by environmental contamination

Something else that can affect a space in these times is chemical contamination. Occasionally, a home may be built on former landfill or a toxic dump site (this is more common in cities). If this is the case and you are sensitive to it, the place may never feel right to you, even once you have cleared it.

5. You have an object or piece of furniture in your home which has overwhelmingly strong negative associations for you

An example of this scenario is my client “Emma”, who was still sleeping in a bed she had shared with her husband “Fred”, who cheated on her throughout their marriage. While Emma was out of town, Fred sometimes had his girlfriends to stay over at the house, without Emma’s knowledge.

After they had separated and Fred had moved out of the home, Emma then got a space clearing to release the energies of their painful separation. However, as part of the clearing, Spirit gave her clear instructions to get rid of the bed they shared and buy a new one.

Removing a piece of furniture like this from the home may be necessary in cases where there are painful energies attached to an object or piece of furniture, and these energies are too strong to be completely banished.

So if you still have negative associations with an object in your home, even after a space clearing, this is something to consider.





6. You have enlisted astral-level beings to help you to clear your space

Ascended Masters and Archangels are the only beings you should call on in the Part 4 prayers to help you to clear your space, as they are masters at healing and moving energy. By contrast, utilising astral-level beings such as Spirit Guides and Guardian Angels for the clearing will drain you, and result in a less successful clearing. Please be careful not to call on them or involve them in any way prior to this clearing process.

If you have accidentally brought in an astral-level being to help you clear a space, I recommend that you do the clearing again, but this time only calling on Divine-level beings such as Archangels and Ascended Masters.

FURTHER READING

I hope you have found going through this course an enlightening experience, and that your space now feels lighter and clearer.

We can only protect against negative energies in our own spaces. However, if you are an empath who feels burdened by negative energies that you are picking up in environments other than your home, you may be interested to read my book: [The Empath's Toolkit: A Guide to Recovery For The Overwhelmed Empath](#). This book teaches you how to clear your aura of various energies that empaths commonly pick up.

