

# Raising the Energy in Your Home

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In many cultures throughout history, performing an energy cleansing of the home was a normal routine. When you cleanse your home you are raising good energy, impacting everyone living there.

Before you begin:

1. Have the intent
2. Incense or Rose water (any kind you like)
3. A little bell or drum (any noise maker)

If you're using Rose or Salt water, you need to bless the water before you begin. A simple prayer with some good intention will do.

Example:

*"Bless this Water and drive out its impurities, that it may be used for this work."*

If you're using Salt water, add a pinch of the salt into the water and stir. If you're using Rose water, add a few drops of Rose Essence and stir.

Then carry it around the rooms you want to clear. Sprinkle it in the corners, and say a prayer you believe in and state your intent to remove all negative energy, protect the room, cleanse, etc.

Visualize that the negative energy is being pushed out and neutralized. Visualize that you are replacing it with a healthy 'glow' of positive energy. You can choose a golden or white light. It is up to you.

Once you begin, it is important to start and finish in the same area of the house.

If you start with the front door, say *"with the golden light coming from above I am transforming all the negative energy into a positive clean energy."*

Go around the frame of the front door with the incense or water. Sprinkle the water or wave the incense around, and ring the bell as you say your prayer 3 times. Then blow out 3 times.

Open the door while saying your prayer, and visualize that you are letting in the good energy (do the same for the windows when you're cleansing the rooms).

Repeat this process for each room, focusing on every single corner. Ringing the bell helps to move any stagnant energy. Use the bell, incense / water, and pray (3) times. Starting in one corner, follow a circular path around the room. Once you've finished, move on to the next room. Follow a fluid path from one room to the next.

Focus on the place where you watch TV and over the BED and the sides of the bed. Don't forget the bathrooms.

If you're using incense bring it close to the air vents and pray there too. This will help spread the cleansing throughout all parts of the home.

**Visualize, believe, and see that every room is being cleansed. What you see IS happening.**

It is also important to keep the home as clutter free as possible.

Don't forget to perform a cleansing on yourself when you are done with your home.

Drink and eat something (This is to ground yourself after the cleansing process).

Happy cleansing!

Rana