

HOUSE / OFFICE CLEANSING AND CLEARING SUGGESTIONS

The full moon is a great time to let go of things, new moon is good for bringing in new things to your life. You can use the seasons too with the beginning of a new season being a great time to clean your fridge and any part of your home or work space that needs it. Use the weekend to do whatever you need to reset yourself to a new season with new fresh goals and intentions.

USE THE ELEMENTS:

Wind (smoke, incense, breath), Fire (candle), Water (fresh, clean), Earth (crystals, stones, sand, salt) and bring in some sound too to break up stuck areas – clapping, clicking fingers, toning, singing, any musical instrument. Metal can be brought in through the equipment used but avoid knives unless using them with knowledge and the right intention.

SMUDGING

Smudge sticks made from Sage of various kinds or pieces of Palo Santo wood bought in esoteric or crystal shops and markets are great as a start. Make sure that they come from an ethical place and use your discretion and intuition when buying them, if it doesn't feel right don't buy it. Incense sticks work well too for clearing spaces. Nag Champa, White Sage, Frankincense, Myrrh, Palo Santo are great cleansers of negative energies. You can add in Dragonsblood to amplify the effect. Alternatively try putting Epsom salts in a bowl with a little rubbing alcohol and then lighting it. A candle works too, you get black and white clearing candles otherwise work with the colour of the candle with knowledge and intention. Light it and instruct the flame to consume any old and stagnant energy as you walk around your space.

Remember that the smoke takes the intention to the Gods so be very clear in what you are doing. Work with the intention that what is to be is for the highest good of all. Sometimes things are happening for us to learn and grow from, try to find the lesson in what is happening to you and around you.

SALT MIX

Use any kind of salt that feels right – coarse, fine, sea, desert, Himalayan, etc. Add in herbs from your garden e.g. Artemisia Afra (Wormwood), Rosemary, Lavender, etc. and leave to infuse overnight. Some uses:

- Sprinkle across doors and window entrances on the outside to cleanse entry points
- Put in a bowl in a room overnight to absorb stale or negative energies (add a white tea light to amplify the effect)
- Sprinkle around the outside of your home or property to keep things from coming in.

Allow it to stand for however long feels right and then throw it away in the dustbin or sweep into the garden.

CLEANING SECOND HAND / ANTIQUE FURNITURE

(for some extra deep cleaning as well as or besides any of the above)

Bucket of water

1 cup of Vodka

9 drops Frankincense essential oil

Roll of mutton cloth & Gloves

Use a clean strip of cloth each time you wipe. Avoid getting the water get dirty, keep it fresh, i.e. don't rinse your cloth in it. Pour any remaining water down the toilet and place the used cloths in the dustbin when you've finished.



RAISING CONSCIOUS VIBRATIONS

www.rcvibrations.org | info@rcvibrations.org