

Psychic Cleansing

Cleansing your environment:

A bowl of water beside the bed to collect emotions in the bedroom as you sleep. Change the water daily for up to two weeks. Place a handful of sea salt in the water for more effective cleansing.

Keep fish bowls and tanks covered in rooms filled with negativity as the water absorbs negativity and the fish may suffer.

Lighted candles lift the energy of a room. Do not leave candles unattended.

Cloudy ammonia solution for cleaning walls, windows, ledges, floors etc. This is particularly good for when you first move into a house, and once a year thereafter. 250ml in a bucket of soapy water makes a good solution.

Incense. The American Indian block incense is best for heavy duty cleansing but stick incense if okay for everyday use.

Smudge sticks. Burning a smudge stick indoors (dried herbs such as lavender or sage bound together with fine string) helps shift stubborn or longstanding negative energy. Close all windows while burning it and then air the house.

Fire. An open fire helps to dissipate negativity and lift the energy of a room.

Open the doors and windows on a fine day to allow airflow to cleanse away negativity.

In the office you can disguise a bowl of water to absorb negative emotions with a vase of flowers.

Meditation using a whirlwind of energy to sweep a room clean and collect energetic debris along the way. This can be done at work or at home.

Clapping can shift some types of negativity, and Buddhist monks sometimes use clapping to dispel negativity.

A clear sound such as a bell or tuneful wind chimes can be used to restore harmony to a room. Playing soft classical music can also help to restore harmony in a room after an argument.

