

Make Room for True Love – Clear Your Space and Your Mind

As you begin to put your attention on manifesting your soul mate, you will want to do a space clearing throughout your home to release negative or obstructive energies left over from previous relationships. Even if you are in a new home or apartment, there can be residual negative energies from your past, or even the previous occupants or just from the environment. By intentionally clearing your energetic space you can begin with a clean slate.

Simple Energy Clearing Techniques:

The Native American practice of “smudging” is the practice of cleansing away negative energy with smoke from various herbs or resins including sage, cedar, sweetgrass and lavender. The tradition of smudging is becoming more commonplace and is one of the most popular clearing techniques.

Your local metaphysical bookstore will have a variety of products available including smudge sticks, smudge wands, and smudge bundles. Select one that feels most comfortable to you. I prefer to use California sage and I like to smudge during the day. I begin by opening all the doors and windows and letting in as much sunshine as possible. I like to begin at the front door and systematically go through the entire home. You want to reach every corner, closet and room of your entire home. As you do this be mindful of your intention and your thoughts. In the Native American tradition it is common to pray throughout the entire process. You can use the prayers that feel most comfortable to you and something as simple as “I am grateful for the purification of this space” will also work. Your purpose is to clear all negative energy from your personal space and to welcome in new, fresh, positive energy that is supportive and loving.

If you don't like the smell of sage, or live in a small place or a home with less-than-excellent ventilation, here are some other space clearing techniques:

Use your favorite incense. Move around your home in the same way as described above with three lit incense sticks.

Pour a glass of clean water, add in a bit of your favorite perfume, then walk around the house dabbing the tip of a hankerchief in the cup and then generously “spritzing” the perfumed waters all about with the flick of a wrist.

Another way to clear energy is to fill shot glasses with salt and put them in the corners of each room for several days.

Place crystals with different properties in strategic areas to draw out and fend off negative energies.

About the Author

Arielle Ford is a professional, previously unmarried woman who is revealing her secret to finding romance, love, marriage, and a perfect soulmate. She discovered how to take her professional success and apply it to her personal life, and she has never been happier. Now she wants to share that secret with you. Learn how to find your soulmate at <http://www.SoulMateKit.com>.

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