

Clearing Unwanted Energies from a Place.

By Lourdes Lebron

Unfortunately, in this world where positive energy exists, there is also a high probability of encountering negative energy. Many people sense this negative energy but do not realize it at the time. It may come across as a “gut feeling,” pain, or sense of unease. For some, it manifests itself as a headache, nauseousness, pressure on the body, chills, a humming sound, a dark mist, or even a sense of doom. For others, emotions may shift quickly and where a person was happy a feeling of anger and sadness is now present.

If you suspect you may be encountering negative energy you may wonder what actions you can take to get rid of it. The first step is always to rule out any physical pollutants causing this reaction. Many chemical and ingredients in our modern society can cause the same reactions. If physical, environmental pollutants are ruled out, then the presence of negative energy can be considered as a strong possibility.

The next step in working to remove unwanted energy is to physically remove objects that are contributing to energy blockages. Negative vibes like to collect where energy is stagnant. Energy can become stagnant if there is too much clutter, no sunlight, no air circulation, or little room to move around. Corners are prime areas that collect unwanted vibes. Get rid of anything that you no longer use or don't have a particularly fond association with. Even if it something “valuable,” if you don't like it the energy connected with that piece is not favorable. Donate it, give it to someone who would appreciate it, or sell it. The goal is to have only things that you love or have a positive association with surrounding you.

Once you have removed broken, unwanted, or unneeded pieces, it is time to physically clean. The most important aspect of cleaning is having the intention to remove the unwanted energies. Intention is key to making this cleansing work. First, open any windows. Depending on the season you are doing this, you may not wish to open the windows fully; even opening them a crack will help. If curtains are blocking light, move them out of the way and possibly wash them, at very least vacuum them. Clean your windows with a natural product that may have an essential oil product to add more positive vibes to your space. If you have a bucket

with water, add a few drops of an essential oil like Clary Sage or Peppermint to help with energetic cleansing. As you dust, sweep, mop, vacuum, and wipe away the physical grime imagine removing the unwanted energies also. Personally, I like to go North to South, East to West so the elements can aide me.

After cleaning the space you may wish to use music, tingshas, chimes, tuning forks, or singing bowls to disperse more energy. I like to go corner to corner with any of the tools above and ding (with tingshas, chimes, tuning forks, etc...) each area. If you don't have any of the above, you can play drumming music or music from singing bowls in the space.

Another great tool for energetic cleansing is smoke that is produced from [Sage](#), [Palo Alto](#) sticks and [incense](#). You can place any of them in a fireproof /heatproof container and walk around the room, letting the smoke waft into each corner. Visualize it going through the walls and floor and dissolving anything that is polluting your space.

To seal in the good vibes, I like to use water that has a pinch of sea salt in it (can use regular table salt too). I spray this mixture in the air and imagine white light or droplets permeating the space. If you work with a particular deity, you can ask their assistance in cleaning and protecting the room as you spray. Use caution when spraying near electronics, woods, upholstery, curtains, or any other object that may be damaged by water.

Once you are finished, it is time to protect the space. [Selenite rods](#) in the corners of the room work well to grid the room. You can take the [Selenite rods](#) and infuse them with the intention to protect your space from unwanted energies. As you place them in the corners, imagine lines coming forth from them and connecting with each other to form a protective barrier. Placing [Smokey Quartz](#) or [Obsidian](#) on each window sill will also aid in adding more protection. If you are familiar with [Runes](#), you can draw the Algiz symbol with your hand or a crystal about 5 – 6 inches from the window. If you practice Reiki, you can use the CKR symbol in the same fashion. As you draw imagine either of these symbols becoming three-dimensional and infusing itself onto the surface it was drawn upon. Proceed to do the same thing to any doors.

The final touch is placing an [Amethyst druze](#) or protective grid being in the room. Placing either one high on a book case, mantle, or shelf allows it to emit a spiritually protective light into the space more easily. It can be infused with the intention to protect or you can let it vibrate without an intention. If you are unfamiliar with making grids, [here is a link to a video](#) that shows you how to make one. If you don't have an Amethyst, you can use a large [Smokey Quartz](#), [Black Tourmaline](#), [Jet](#), [Black Onyx](#), or [Black Obsidian](#) for protection.

If you don't have the crystals mentioned above, use pictures of them until you can get some. Let your intention permeate through the image and use them like you would the actual stone.

What will make the biggest difference throughout this process is intention. You can clean the whole day but without the intention, the work you did will not carry the same weight as someone who only did half the work, but had the intention to remove the negative vibrations.

Bibliography

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