



Cleanse Your Home of Heavy Energy

**A Simple Journal to Deepen Your Intuition
& Receive Daily Guidance**



Release what does not belong

Reset the energy in your home

Anchor in a higher, protected frequency

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If your home has been feeling heavy, tense, or draining to be in...

there is often energy sitting within the space that hasn't been cleared.

Energy moves through your home every day. From emotions, conversations, stress, and external influences... it can begin to settle into the walls, corners, and atmosphere.

This process will guide you through fully clearing that energy and restoring your space back into alignment.

Move through this slowly and intentionally.

You are not just cleaning your home... you are resetting the energy within it.



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PREPARING YOUR SPACE

Before you begin, we open the home and prepare it to release.



- Open windows and doors to allow energy to move out
- Lightly clear clutter from surfaces and floors
- Make space for energy to flow freely (crystals and energy do not move well in cluttered environments)
- Take a breath and ground yourself into the space

Set your intention:

“I am clearing all energy that is not for my
(or our if more you have others that live
with you) highest good.”



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BEGIN THE CLEANSING

(FRONT TO BACK)

We always begin at the front of the home and move through to the back, guiding energy out as we go.



Prepare your cleansing blend:

Sage, palo santo, rosemary or your preferred cleansing herbs.

Light your herbs to create a soft cleansing smoking and begin at the entrance. Have this in a heat safe bowl and use a feather or your hand to softly guide the smoke.

Move slowly through each room

- Guide the smoke into corners, doorways, and along walls
- Focus on areas that feel heavy or stagnant
- Continue moving energy toward the back of the home

As you move, speak your intention aloud:
“I release all energy that is not mine.
This space is cleared, reset, and protected.”

Your voice carries power here. Set your intentions and make them strong!



SOUND ACTIVATION

(BREAKING RESIDUAL ENERGY)

Once the entire home has been cleared with the smoke and your intentions, return to each room.

Now we break up any remaining stagnant energy using sound.



Use a sound bowl, chime, or
your voice

Clap in corners, along walls, and near
doorways

Allow the sound to move through the
space

Sound penetrates where smoke
cannot.

It breaks up any remaining
density and completes the
clearing.

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PROTECTION + SEALING THE SPACE

Now we anchor protection into the home.

Place cleansed protection crystals above doorways or within key areas

Apply protection oils or lightly cleanse door frames with salt water

Place salt at entry points

Move through each room with intention

As you do this, say:

*“This space is protected.
Only aligned, supportive energy may enter.”*

(If you would like to go deeper into protection practices, I guide this more fully inside [Sacred Shield](#))



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WELCOMING NEW ENERGY

Now we shift from clearing... to receiving.

Light a candle or sit in stillness
Breathe into the space
Feel the difference in the energy

Set your intention:

“I welcome in peace, clarity,
protection, and high vibrational
energy into this home.”

Allow yourself to feel it anchor.

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GROUNDING THE NEW FREQUENCY

This step is often missed... but it is important.

Sit or stand in your space for a few moments
Allow your body to settle
Notice how the space feels now

Welcome in the grounding energy of the Earth.

*This is where the new energy
integrates.*

Your awareness helps hold the
frequency in place and
grounding the energy in will
assist the Earth to continue to
support your homes energy.

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You've now cleared and reset your space.

If you've felt the difference in your home...
you may also be noticing how much energy you
carry within your own field.

*If you're ready to protect your energy more deeply
and create lasting energetic boundaries...*





The Sacred Shield

Energy Protection & Vibrational Mastery

Instant Access!

This is where I guide you through protecting your energy, your home, and your field on a deeper level. I would love to walk you through my mini protection and energy elevation program - which can be completed in one afternoon. It has helped hundreds of souls feel more balance and protected in their own energy, I would love to support you too! It really is the next step in energy protection.

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