

Clearing Unwanted Energies from a Place

In this world where positive energy exists, there is also the probability of encountering negative energy. Many people sense this negative energy but don't 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, nausea, 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, the first step in removing it is always to rule out physical pollutants, as many chemicals in our society can cause the same reactions.

The next step to remove unwanted energy is to physically remove objects that are contributing to energy blockages. Negative vibes like to collect where energy is stagnant, especially if there is too much clutter, no sunlight, or no air circulation. Corners are prime areas that collect unwanted vibes. Get rid of anything that you no longer use or don't have a fond association with. Even if it's valuable; if you don't like it, the energy connected with it is not favorable. Donate it, give it away, or sell it. The goal is to have only things that you love or have a positive association with surrounding you.

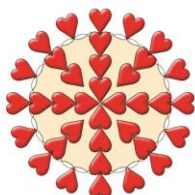
Once you've removed broken, unwanted pieces, it's time to physically clean. The most important aspect of cleaning is having the intention to remove the unwanted energies. First, open any windows (even opening them a crack will help). As you dust, sweep, mop, and vacuum away the physical grime, imagine removing the unwanted energies also. Another tool for energetic cleansing is smoke that is produced from [Sage](#), [Palo Alto](#) sticks and [incense](#). Place any of them in a fireproof /heatproof container and walk around the room, letting the smoke waft into each corner. Visualize it dissolving anything that is negative.

Once you're finished, it's 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 protection.

The final touch is placing an [Amethyst Druze](#) in the room to emit a spiritually protective light into the space. You can also use [Smokey Quartz](#), [Black Tourmaline](#), [Jet](#), [Black Onyx](#), or [Black Obsidian](#) for protection. If you don't have the crystals mentioned above, use pictures instead. Let your intention permeate through the image(s) and use them like you would the actual stone.

What makes the biggest difference through this process is intention. You can clean the whole day but without the intention, the work you did won't carry the same weight as someone who only did half the work, but had the intention to remove the negative vibrations.

- Lourdes Lebron



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