A close-up photograph of a person's hands holding a smudge stick. The smudge stick is made of dried herbs and feathers, with a black and white polka-dot fabric wrapped around the base. The person is wearing a white long-sleeved shirt and a gold bracelet on their left wrist. The background is blurred, showing green foliage. The entire image is set against a solid orange background.

sacred
space
clearing
explained

dana croy

SACRED SPACE CLEARING EXPLAINED



I will never forget the first time

I was “smudged” with sacred sage.

It was in 1997 and I had been invited by my best girlfriend to join her for a weekend with her sacred women’s spirituality group. The group facilitator had brought a Shaman named Mackie in from New Zealand to teach for the weekend. All of the women sat in a circle and Grandfather Mackie went around the circle smudging each woman and sharing a message. When he got to me it was as if he could see into my soul and he seemed to spend a great deal of time fanning me with the feathers, sending the sacred smoke over me and around me. His words to me were

“Unveil, Unveil Sister, Unveil”.

I have had moments of unveiling in the last 19 years but it has truly been in the last year that the message has worked its way into my heart in the way it was intended.

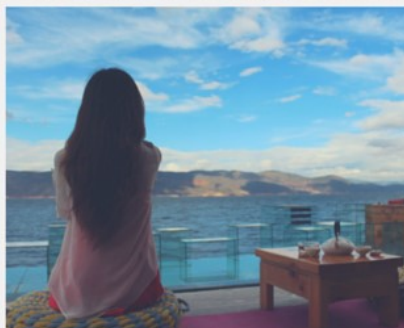
Since then, I have learned many other techniques and incorporate many things into my space clearing routine. While **sacred smoke/white sage** are my “go-to”, I know to use:

SACRED SPACE CLEARING EXPLAINED



fresh flowers, sound, water, visualization & prayer

when cleansing my home, work space or self. And, I have learned that while sacred smoke is often most effective, it is our intentions behind as well as our lens of experience and relationship with Spirit that colors the other tools available to us.



SACRED SPACE CLEARING EXPLAINED



As a Feng Shui Practitioner (Nine Harmonies School of Feng Shui, 2005), I would like to tell you to

**begin with a thorough house
cleaning/decluttering session.**

When our home is unclean and filled with “stuff” we no longer want, things that we have purchased to fill an empty place in our soul, half-finished projects staring us in the face and “gifts” given to us by well-meaning folks, energy becomes stagnant and negative.

**I want to tell you to begin with
cleaning and decluttering, but I won't.**

SACRED SPACE CLEARING EXPLAINED



While it is true that:

Cleanliness is next to Godliness

(think about that one for a minute!)

I would rather see you move forward into “energetically” clean your space which should give you the added energy to move into a thorough cleaning and decluttering. At the end of this I will give many resources not only for more information on Space Clearing but decluttering as well! So, let’s begin with the act of energetically clearing your space then you can begin the physical clearing.

To Smudge Your Home, You Need These Tools:

- **White Sage**
- **Smudge Fan (or single feather)**
- **Vessel (to hold your sage)**
- **Matches or Lighter**

I like to assemble my tools all in one space. I might group them all together on a clean countertop in my kitchen or place them all on a large tray in a central location for easy access as I cleanse my space. I like to think of this as a movable altar.

SACRED SPACE CLEARING EXPLAINED



The Power of VISUALIZATION

You have gathered your tools. Now What? Before you begin, spend some time, either in meditation or just in a quiet space in your home thinking about what you are trying to accomplish. A peaceful home? A home that “feels” good? A place where you are rested and free from stress? Are you trying to rid your home of negative energies from illness, anger or depression? Are you using this to release fear and unhappiness? Now that you know what you want to accomplish, you want to go to “the other side” of any negativity you are wanting to release and

**focus on the feeling you will have
once the space clearing is complete.**



SACRED SPACE CLEARING EXPLAINED



Visualization and Prayer.

In my world, visualization and prayer go hand and hand. That may not be the case in your world. If it is part of your practice, then invoke a prayer that brings you peace of mind and ask God/Spirit to be with you. I often use one of the 72 Sacred Names of God (Hebrew) when cleansing my home, work-space, self or others.

If prayer or God are not in your vocabulary, read on!

If the word “prayer” or the name God is not in your vocabulary, I want to encourage you to suspend preconceived notions of those meanings and consider asking the “Universe” or “Universal Consciousness” or “Divine Light” or “Spirit” or your own “Higher Self” to assist you in this endeavor to bring peace and calm to your space.



SACRED SPACE CLEARING EXPLAINED



Once when spending a weekend meditating with the Ishaya monks, I heard a woman use the word “BLUE” when speaking of a higher source. It represented the ocean, which for her, was the most profound representation of the Source.



NOW, LET'S BEGIN!

SACRED SPACE CLEARING EXPLAINED



1. **Prepare a plate or tray** or other space such as a countertop to be a central location for your tools.
2. **Light your sage**, continuing to visualize the outcome and if desired, issuing a prayer to the Universe. The sage should be smoldering and smoking but not flaming.
3. **Beginning at your front door**, moving sunwise (or toward your right), use your feather to fan the smoke around the front door and around your home. From your front door, move to your right until you come to another doorway. Fan smoke around that doorway (and each doorway) as you move into that room. Again, going sunrise, move around that room, paying particular attention to doorways, windows and mirrors.
4. **Continue to visualize** the outcome you desire, continue praying and continue moving to the right to cleanse the space with the sacred smoke. Move through your entire home until reaching your starting point.
5. **Open the front door** after completing your entire home, fanning the smoke through the door and allowing the energies that no longer serve your purpose to be released.
6. **Give Thanks to the Source!**

SACRED SPACE CLEARING EXPLAINED



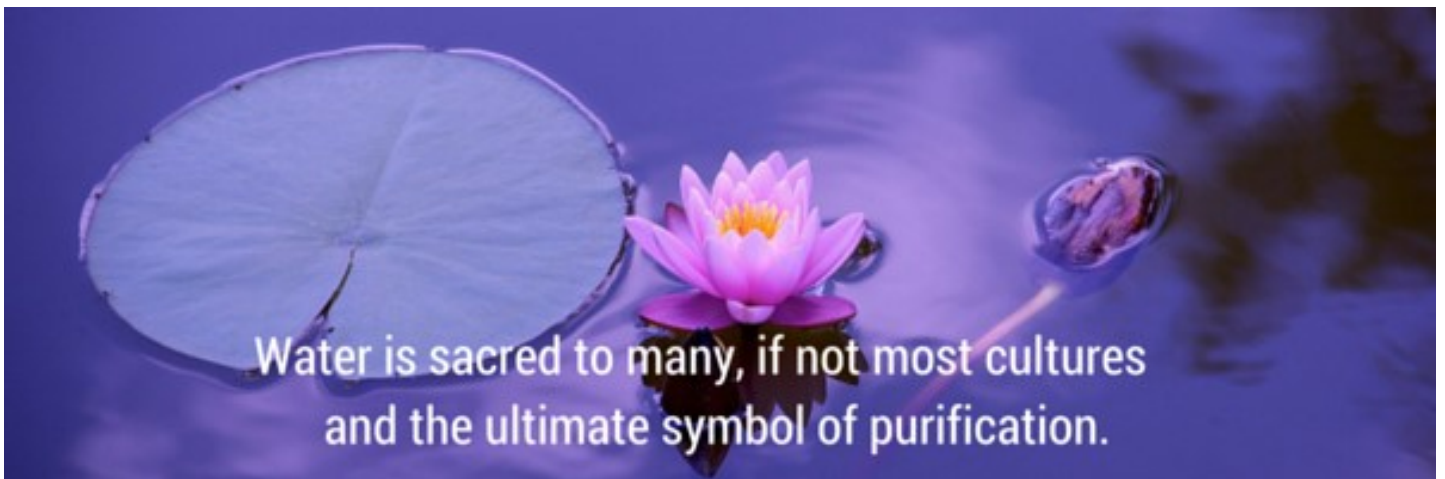
We've now discussed a few tools — primarily **Sacred Smoke/Sage and Visualization/Prayer**. What about the others? Let's talk about water and flowers. I want to share with you the first time I ever participated in a Puja ceremony. I studied with a group of monks who traveled the globe teaching meditation. The monks would share a series of four mantras with their students and after the fourth was shared, they took the students through a Puja or prayer ceremony connecting us with the Divine. (See, yet another word for the Source.) During this puja, an un-sniffed flower was dipped in blessed water and sprinkled upon us.



SACRED SPACE CLEARING EXPLAINED



Water and flowers have long been used physically and symbolically for clearing and blessing. Many times, after clearing my home with sage, I will use an un-sniffed flower and water that I have blessed and walk through my home sprinkling water in much the same way that I smudged.



As a water sign, this technique brings me much peace and calm! When doing this, again, move to the right, go through each room and visualize!



SACRED SPACE CLEARING EXPLAINED



Let's make some noise and shake things up!

Remember when we discussed visualizing your outcome? There is an idea that space clearing only serves to bring peace and calm. Maybe you need to stir things up. Maybe you have some unsavory energy hanging around. Or, perhaps you are finding yourself stagnant and listless. Music can serve to move the energy of your space in a healthy way to help you get moving!

Think of a dance party and walking away feeling energized and joyful!



SACRED SPACE CLEARING EXPLAINED



Relax, You Deserve It

As stated previously, water is a tool used for energetic cleansing and purification in many if not most cultures. When I have completed cleansing my home or work area, I take a shower or Epsom Salt bath to cleanse myself in an effort to close the energetic loop and ensure that the practice is complete.

If you choose to do this—and I highly recommend you do—, you are not only completing the cleansing, but giving yourself another moment to visualize the outcome of the cleanse. Visualize a clean, healthy, organized space and any other outcome you set prior to beginning the work.

If you have the space, light a candle and play meditation music to further allow you to cleanse, release and visualize.



SACRED SPACE CLEARING EXPLAINED



**Though you follow the same
steps as you would if smudging,**

when using music to move the energy in your home, you may want to consider making it a double hitter. While sage, flowers and water are all calming influences, (even with the element of fire represented), music carries a different energy.

Begin with music, then follow with sacred sage to smooth and further clear the energies. Remember to begin at the door, go sun-wise or to your right, all through the home, moving the energies out the front door when you are finished.



SACRED SPACE CLEARING EXPLAINED



When to Cleanse

Generally speaking, the time between the full and the new moon is ideal for cleansing your home. HOWEVER, anytime is truly a good time. Maybe you are recovering from an illness or healing from a broken relationship. Perhaps you have left a job and are finding stagnancy in the search. Or, maybe you just decided that it is HERE AND NOW and nothing will stand in your way. If any of these things apply to you, then go for it! **There is no time like the present!**

Putting It All Together

In this guide you were given 5 primary tools (with accessories) to use when clearing the space in your home. These tools are easily acquired easily applied and now it is time to use them! They are:

- **White Sage**
- **Flowers**
- **Water**
- **Music**
- **Prayer and Visualization**

SACRED SPACE CLEARING EXPLAINED



Now that you have the tools, the instructions and the understanding, it is time to put your knowledge to use. Once you have moved through your first cleansing, you should have the energy to begin the act of physically cleaning and decluttering your home. On this page, you'll find lists of resources to assist you in the next stage of bringing the sacred into your home.

<http://www.angeltherapy.com/blog/why-sage-and-smudging-clear-your-energy>

<http://www.learn.hayhouseuniversity.com/elementalspaceclearing-index2>

<https://vimeo.com/hayhouse/review/107666267/6ffd265d36>

<http://spiritualityhealth.com/articles/ancient-art-smudging>

<http://www.chopra.com/ccl/clear-your-energy-and-lift-your-spirits-with-the-sacred-art-of-smudging>

<http://www.sageandsmudge.com/smudgeahouse.htm#.VvwGa-IrLIU>



SACRED SPACE CLEARING EXPLAINED



BOOKS

I have many books on Feng Shui and Space Clearing. However, my favorite, the one that is best suited for this teaching is **Space Clearing** by Denise Linn, which can be found on Amazon or on Denise Linn's website at www.deniselinn.com.

Is Home Your Happy Place?: The Unruly Woman's Approach to Space Healing by Christy Farr. Released in 2015, Christy's book is an honest approach to why we fill our space with and hold on to things that no longer serve us.

Feng Shui Step by Step: How to Arrange Your Home for Health and Happiness by T. Raphael Simons. This is my go-to Feng Shui book. I have purchased, check out, downloaded, countless books on Feng Shui. This is by far the easiest to understand and apply without stripping or watering down the essence of Feng Shui.

To book a session with me, please email me at dana@danacroy.com or call at (615)300-2057. You can also find me at www.twitter.com/danacroy or www.facebook.com/iamfengshuimama. And, you can join my online clearing group at <https://www.facebook.com/groups/fengshuimama/>