**SRMT AND LIFE EMPOWERMENT PROGRAM**

**SPACE CLEANSING OUTLINE**

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NOTES

You will find additional suggestions for tending to your own healing room environments in the *Shamanic Reiki* book.

Primary to energetically cleansing any space make sure the space is physically clean and orderly. An unclean space, and piles of unused and dusty items or a packed messy closet are places where energy can collect and stagnate.

If the space has never been energetically cleansed, or it’s been a long time since it’s been done, or you feel for whatever reason that particularly dense energy has collected in the space – you can (or ask the owner to) clean the walls and woodwork with sea salt water and also clean the windows before you begin energetically cleansing the space.

As you will see, light and sound vibration are used together for the Space Cleansing with flowers, candle, and fire from the Palo Santo, sound vibration from the drum, rattles, stones, and bells. If you find yourself needing to cleanse a space and you don’t have any tools with you, you can clap your hands to disperse energy and work with your Spirit Guides, intention and Shamanic Reiki Spiral. Intention is what directs the energy. Tools and rituals support and embody the intention.

See how you resonate with the process as it is described below, and feel free to adjust or bring in steps or tools of your own. You may be working with one room, or a whole house, apartment, office, etc. Remember that there is no "right" way to go about this in terms of which room to start in or how to move around the room (clockwise or counterclockwise). There are no rules! Once you do a few Space Cleansings you’ll have a sense of what works for you, what feels just right, and also how to adjust according to the needs of each space.

SPACE CLEANSING TOOLS

Palo Santo or other Gentle Aromatic Incense or Smudge

Beeswax or other Natural Unscented Light Colored Candles

Drum, Rattles, and/or Bells

Fresh Flowers of Colors and Varieties that Call to You

Two to Four Cleansed Stones

Glass or Ceramic or Wooden Bowl of Moon/Star-Infused Water

Clean Glass Spray Bottle filled with Sea Salt Water

PREPARATION

Have all tools on hand

Take a shower and wear clean clothes

Open all windows for at least 15 minutes before cleansing

Smudge yourself before the cleansing

Meditate upon/with the Sacred Triad: Form + Intent + Sacredness = the Mystery. The more you do this, the more naturally and quickly it will come to you.

Form: have the items you will use on hand and ready, and know the mechanics of what you will do to enact a space cleansing and brightening. Survey the list above, and the ceremony, below.

Intent: Your intention is for the space to be bright and energized. Think about this in your mind; really see the space luminous and energized, as if it has already happened. Fill your mind with this reality. Then transform those thoughts into energy that you allow to descend from your mind into your heart. Now, FEEL this reality in your heart area. Next, allow these feelings in your heart area to radiate throughout your entire body and beyond - BE your Intent. You are one-pointed, one with your intent.

Sacredness: “Bring the Spirit In”: Invoke the Shamanic Reiki Energy Spiral in the room. Feel its loving intention and the spiral’s ability to sweep up and out – and to immediately transmute discordant or confused or stagnant energies. Light Breathe. Feel the presence of your Shamanic Reiki Spirit Guides. Invoke, draw, or see the Reiki symbols in the space as a golden or violet light. Or, see what color they present as. (You can also go to your Sacred Place or Inner Sanctum and *shapeshift* into your Shamanic Reiki Spirit Guides and symbols if you choose.) You don’t have to be overly serious, but stay focused - “Be Your Intent” - and hold reverence.

CEREMONY

If you are able, take a walk around the building and make offerings of tobacco or cornmeal or flower petals to the Earth outside before you do an internal Space Cleansing. Thank the Earth for supporting this building, and this work.

Go inside and place a fresh, new, and natural and unscented light colored candle in a safe place in the room. Place your fresh flowers and a stone next to the candle. The flowers can be in a vase or strewn beautifully on the floor. Flowers bring in the good spirits, those drawn to the beauty and fragrance and frequency of the flowers. All the items we use illuminate and recharge the room. The stone can neutralize any unwanted energies in the room, and it also brings strength and resilience, in similar ways that we use the stones, flowers, and candles in our client healing practices.

Also place your Moon-Starlight Water and have your other stones and your rattle and/or drum, etc. nearby.

When you are ready to proceed, light some Palo Santo and gently waft the smoke throughout the room remembering to smudge the corners of the room, where energy can collect and stagnate. Feel the energies loosen and clear. You can whistle or chant whilst you do this, or speak silently or aloud to the Spirit of the Place.

Allowing your intuition to guide you, intuitively feel what tools call to you. You can choose to do the following or change it in the way that works best for you:

Spray sea salt water in the air around the room.

Walk around the room either clockwise or counterclockwise whilst you clap your hands, or click two of the stones together, or beat your drum, or rattle. Start at ground level then, work into mid-level, and then upwards towards the ceiling. You can do this three times, or what calls to you. As always, there are no rules!

Then stand near the center of the room near the candle and flowers and Moon Water to verbalize your intention. Your guides are there to help you and the Shamanic Reiki Spiral also continuously lifts up and out, and, transmutes any energy that is ready to release from the space. You may say something simple like:

"I release and transmute all energies that are no longer of the highest intention for this space."

Dip the flower heads into the Moon Water and flick this water around the room as a blessing.

Lastly, use the bells to recharge the space and to seal the work – the cleansing, that you have enacted. You can move in a circular fashion around the room, in either direction, ring the bells from the center of the room, or what feels right. Strike the bell(s) three distinct times, or what seems right.

Leave the room as is for at least 15 minutes. Window(s) are open. You may be moving to the next room. When the room or all rooms are complete you (or your Space Cleansing client) can offer the flowers and Moon-Starlight Water to the Earth. Stones that have offered themselves solely for this ceremony should also be offered back to the Earth. The Earth will absorb any residual energy.

Keep your stones that are your personal shamanic tools, such the stones that you clicked together. These you will cleanse, as outlined in the book *Shamanic Reiki* and take back to your personal altar.

After the room or rooms are cleansed, close the windows. Take a moment to offer gratitude to the Spirit of the Place for the experience. Intend that the Shamanic Reiki Spiral stay in place. Go to your Sacred Place and thank your Spirits Guides. *Shapeshift* back to “you”, then gently allow the guides to fade away.