PURIFICATION, CLEANSING, AND BREAKING UP STAGNANT ENERGY

PURIFICATION

The second step of your space clearing is Purification. It is in this stage that you are releasing negativity and clearing out old energy. When energy is cleared the room looks brighter, it might look bigger, colors are brighter, corners are sharper, sounds are clearer, the air smells great, and your body feels uplifted. These are the steps to do this:

1. Place tools on Blessing Tray: At the completion of your prayers at the Blessing Altar, place any tools you will be using on a small tray (called a Blessing Tray) to take them with you, room to room. For example, if you are using a bell, a chime, a bowl of salt, and a small glass enclosed votive candle, for your space clearing ceremonies, you would place these items on your tray to easily take them into each room with you. Any kind of tray can be used, however it should provide a stable surface for your clearing items and be easy to carry. Place it in the room that you are going to clear.

2. Attune: Stand at the entrance of the room that you are going to clear and take a few minutes to be still to attune to the space. Radiate your intention into the room and send prayers to the Creator for guidance and assistance.

3. Sensitize your hands: Breathe slowly and deeply. Sense the energy of the space. Circle the room with your hands extended, or use any of your senses to perceive the energy in the room.

4. Break up the stagnant energy: Using the tool(s) that you have chosen, gradually break up the stagnant energy. As a general rule, circle the room clockwise in the Northern Hemisphere and anti-clockwise in the Southern Hemisphere, but your intuition may direct you otherwise. (In Mecca pilgrims go counter-clockwise around their sacred stone enshrined in the Ka’ba. Buddhists walk clockwise around stupas.) Generally it is good to work your way from the bottom floors to the top floors, as this directs the energy upwards.

5. Smooth the energy of the space: After you have cleared each room, then smooth the energy of the space. To do this you can run your hand gently around the periphery of the room, just as though you were petting a cat, until you sense that it feels settled and smooth. (You can also use a tool to smooth the energy.)

6. Go slow: Remember to silence your mind, and go slowly with each step of the space clearing. This allows you to perceive subtle energy flows.

7. Complete each room at the entrance where you began and make a figure eight with your tool or with your hands to seal the circle.
INVOCATION AND BLESSINGS

The invocation and blessing stage in a space clearing ceremony entails calling on a higher power for assistance, support, and inspiration for filling a living space with blessings. If the purification stage of space clearing was likened to washing a dirty vase, the invocation stage could be compared to placing beautiful fresh flowers in the vase. Here are the steps for this:

1. Invoke blessings: After a room is cleared, imagine that it is filled with light and love, while asking for support and guidance from the spiritual realms. You can pray silently or aloud to do this. (You can circle the room again while doing this, or simply invoke energy into the space from the door where you completed your purification stage.)
2. Bless each household member: When you have completed all the rooms, cleanse and bless each household member. This is essential because it aligns their energy with the newly cleansed energy of your home.
3. Completion blessings: Return to the Blessing Altar. Offer thanks and ask for good fortune for the home and all its occupants and visitors. This is the most important aspect of the clearing and must be done with reverence, respect, and devotion. The time and energy you spend at the Blessing Altar at the end of the ceremony will integrate the space clearing that you have performed and decrease the chance of upheaval after the clearing. The length of time that this takes may vary. Usually the completion Blessing Ceremony lasts about ten minutes, but it may last longer depending on individual needs.
4. Wash your hands: Wash with cool water all the way to the elbows. Shake a few times before you dry your hands.
Once you have purified a space and then blessed it, it is valuable to preserve the wonderful energy that you have created. Here are a few methods:

1. Plant a prayer: To preserve the energy that you have created, you might want to “plant a prayer.” To do this, write a prayer or blessing on a piece of paper during your completion at the Blessing Altar and bury it in a favorite plant in the home. Thus every time the plant is watered, the prayer will be symbolically energized.

2. A symbol: You might also draw a symbol or write a special word on a stone to either place tucked away by the front door, by a plant, or in an elevated place in the home.

3. A figurine or object from the Blessings Altar: Also, placing a figurine of an angel, an object or stone from the Blessing Altar, or some other representation of the divine realms in a special place in the home can help to preserve the beautiful energy created by the space clearing ceremony. If you made a special essential oil blend for the clearing you can put this blend into a sprayer that your client can use to renew the wonderful energy that was instilled during the ceremony.

4. Bathing: Everyone, including you and all members of the household, should bathe within 6 hours after the space clearing. Doing this not only cleanses the body, but also it symbolically refreshes the spirit and helps preserve the energy you have created in your home. Bathing in salt water is especially beneficial. A salt bath is created by dissolving ½ pound of regular salt or Epsom salts in the bath water. If no bathtub is available, you can rub your body with salt before showering, ending with a cold rinse. If salt is not available a simple shower or bath with a cold rinse is still very helpful.
SACRED SOUND

Many space clearing tools are effective because of the sound that they generate. If you choose to use clearing tools that create sound, it’s valuable to understand a bit about this vibrational energy in space clearing.

Sound has the ability to mystically restore harmony in objects, people, and environments. The results obtained are real and lasting. For this reason, sound has been highly valued for space clearing for thousands of years. In ancient cultures, sound was traditionally used to shift energy and to allow access to altered states of consciousness. In monasteries and temples throughout history, sacred sound was used to create hallowed ground. Healers, shamans, priestesses, and priests have used sound for healing, purification, and blessing rituals. You can use these same techniques to harmonize your home; however, it is valuable to first gain an understanding of the spiritual nature of sound.

An early creation myth of our planet states that all life began with primordial sound. As the sound spiraled round and round, it combined with matter to create the varying forms of animate and inanimate life on earth, and each form was imbued with its own sound. These ancient beliefs are consistent with the principles of modern physics, which state that all atoms and molecules are in a constant state of movement, thus creating a resonance that can be described as a kind of sound vibration. It’s as if each atom is singing its own unique song, which combines with the sounds of other atoms to create a collective harmonic.

When a shaman speaks of the “song of the grasses,” they are referring to the fact that they can actually perceive the silent - but very real - harmonic vibration created in nature. They understand that there are two aspects of sound: audible sound and silent sound. Audible sound can touch our emotions and even create a physical vibration that can shatter glass. However, the most powerful sounds are those that you don’t hear. These can also be some of the most beautiful. Both audible and silent sounds are used in space clearing.

The energy of both of these kinds of sound surrounds you continuously. Sound is vibration and each flower, stone, river - in fact, every single thing around us - has its own vibration. Even man-made objects have their own sound. The oak dresser, the antique rug, and the glass vase all have their unique sound vibrations. And when the vibration of a person, place, or thing is out of synchronization with its own innate rhythm, the result is discord. When sound is used as a space clearing tool, it can bring everything in a room back into harmony.

If you ring a bell or clap in a room that is out of balance, the sound will seem dull and muffled. After the negative energy of the room has been cleared, you can hear the difference; sounds will be crisper, sharper, and much clearer. When you use a musical instrument to cleanse the energy of an environment, the sounds created actually “tune” every board, brick, wall, and object within that environment.

Sound creates geometric forms. Photographs taken of fine powder placed on a membrane, while varying sounds are played, show the powder arranging itself into beautiful mandala-like formations and symbols. Changes in pitch and tone even cause some patterns to spiral in geometric configurations, resembling the images seen in a kaleidoscope, precise and dramatic. The sounds created in space clearing utilize the energy imprints of these shapes, orchestrating a kind of synchronization and resonance that attunes the entire area.
CLEARING A ROOM USING SOUND

Any musical instrument can be effectively used for space clearing. Traditionally drums, rattles, gongs, bells, chimes, wooden click sticks, and tingsha cymbals have been used for space clearing. However, your own voice, the clapping of your hands, a rain stick, a simple reed flute, or an instrument you have made yourself can all be used. The single most important consideration is the personal connection you feel to the instrument you have chosen. A tool that is loved will emanate a strong and vibrant energy. A tool that means nothing to you or one that is treated carelessly will not be as effective, no matter how much it cost or where it came from.

Sound alone cannot harmonize the energy in a room. It is the magical combination of sound, empowered by your intention, which creates a miraculous shift of energy. Effective space clearing happens only when your heart is open and your intention is clear ... only then can you effectively project energy through your tool.

Before your clearing, hold your instrument close to you and imagine your energy merging with its spirit. Enter into the realm where you are not separate from the tool - where it becomes a part of you. As you create a sound, shift your consciousness so you can feel it resonate inside of you. Imagine sound radiating out from you to fill the room, tuning each and every corner and object in the room. You are the conductor and every object in the room is being harmonized under your direction.

When using sound, it can be helpful to employ a range of sizes of the same instrument. For example, if you are using bells, you can begin with a large bell to break up the heavy, stagnant energy, and then move to a small bell to refine and distill fresh new energy. You might circle the room once with the larger bell and then again with the higher pitched bell.
CLEARING INDIVIDUALS USING SOUND

Shamans have used sound for balancing and healing people’s energy fields since prehistoric times. After you have cleared the energy of a home or office using sound, it is valuable to also attune the energy of the people who will be using the space. This aligns their energy with the newly cleared space. This can be done with the individual in a sitting, standing, or lying down position, depending on the personal preferences and comfort concerns of the person being cleared.

To clear a person’s energy using sound, take your bell, singing bowl, gong, drum, tuning fork, or other sound instrument and create sounds as you move the instrument up and down the body. Important: Make sure no loud sounds are made next to the ears, as this can be uncomfortable. As you work, listen carefully to the sounds you are making. If you find any place where the sound seems more muffled or where you sense that energy is stuck, continue to concentrate sound in that area of the body until you feel the energy shift. If the person is lying down you can magnify the effect of the sound by positioning stones or gems on the body in relation to the seven chakras:

Place stones:
1. Near the base of spine, or on the pubic bone
2. On the center of the abdomen
3. On the diaphragm area
4. On the center of the chest
5. On the throat
6. On the center of the forehead
7. On the floor/bed above the head

You can also lay stones, shells, or flowers in a ring around the person to create a circle of protective and healing energy. This will enhance the energy created by the sound work you are doing.
BELLS

Bells have the ability to shatter accumulated stagnant energy by producing a sound that permeates the molecules of a space. The tone increases the flow of energy and restores vibrational balance. Concentric circles of sound continue to tone a room long after the sound has faded into silence.

Historically, bells have often been associated with mysticism. Ancient metal smiths believed a kind of alchemy could be achieved during the bell making process. In some cultures bells were made of seven metals, each was thought to carry the energy of a different planet, an idea originally postulated by Aristotle. When such a bell was rung, it was believed that it generated universal forces capable of aligning a dwelling space with the cosmos. Iron was associated with Mars because of its rusty red color and importance in ancient warfare. Lead, heavy and sluggish, was linked to Saturn.

The metal mercury was associated with the planet Mercury because of its quick movements. Silver represented the moon, while the Sun was gold. Emperors such as Holy Roman Emperor Rudolf II commissioned bells made of these seven Hermetic metals, believing that they could inspire tremendous energy. In some traditions the ringing of metal was thought to drive away harmful spirits and negative energy. Hebrew rabbis rang bells before entering the most sacred areas of a temple to keep negativity at bay. In Medieval Europe church bells rang out not only to call people to worship, but also to dispel dark forces. At the same time sacred bells were being crafted and used in Europe, they were also being used in the temples, monasteries, and ceremonies of Japan, China, Tibet, Indonesia, India, and the Middle East. In Buddhist cultures, the sound of the bell was an offering to Buddha. Egyptian drawings on tomb walls show priests ringing bells to bestow blessings.
BALINESE BELLS

There are many different types of bells. Balinese bells are often used for space clearing because of their superior tone. Perhaps part of the power of these remarkable bells comes from the fact that their creation is synchronized with the phases of the moon, with prayers and blessings to the gods offered at each step of the process.

Making a bell can take two months or longer, but on the auspicious day when it’s finally done, a beautiful consecration ceremony calls life into the newborn bell.

TIBETAN BELLS

Tibetan bells (ghanta) are excellent tools for space clearing. Although originally made in Tibet, after the takeover of Tibet by the Chinese, Tibetan refugees have created these highly symbolic bells in Northern India and Nepal.

Every part of a Tibetan bell is richly laden with meaning. The bell always comes with a small metal object called a dorje, which represents the male principle, power, and salvation.

The bell itself represents the feminine principle, wisdom, and the great void. Using the ghanta and the dorje together is thought to restore balance in a room because they represent yin and yang, the two opposing, yet harmonious, forces in the universe. Their combination creates an inner mystical unity, a balance of the two primordial creative forces of life.

Sometimes frightening faces are imprinted on the surface of Tibetan bells. These images of gods and goddesses are intended to dispel forces of evil and darkness.

On the top of the bell is often a mandala of eight lotus leaves symbolizing the voices of the gods. Along the bottom edge of the bell are images of 51 dorjes, representing 51 challenges that can be resolved by the ringing of the bell.

Traditionally a Lama would ring the bell while doing mudras (ritualistic gestures) with the dorje, which represented the dance of the gods. Tibetan bells can also be played in the same manner as a singing bowl by circling a wooden mallet around the circumference of the bell.

OTHER BELLS

There are beautiful bells made all around the world. Their sounds and the metals they are made from will vary with the traditions of their origin. Any bell can be used for space clearing if you feel a sense of connection with it and love its sound. The history and folklore surrounding bells could fill an entire book. Use your intuition to find the bell that is right for you.

DECORATING YOUR BELL WITH FLOWERS

In many traditions the bell is honored by adorning it with flowers. Tibetan and Balinese bells have openings at the top through which you can intertwine flowers. Decorating your bell with flowers is a way of honoring it, and it also adds the delicate energy of the flowers to your clearing.

On your Blessing Altar you may want to have a stand for your bell that can also be decorated with flowers.

TINGSHA CYMBALS

Tingsha cymbals are two small cymbals attached by a leather thong. Tibetan in origin, they have been used by Buddhist monks as well as in shamanistic traditions. Like Tibetan bells, they are often decorated with symbolic patterns that affect the energy of the sound.

Tingshas are excellent for breaking up stagnant energy because they create a sharp piercing sound when struck at right angles to each other. They can be used for smoothing the energy afterwards by dangling...
cymbals by their cords and gently tapping them together.

**CHIMING SPHERES**

Sometimes called fairy balls, druid balls, Mayan balls, or harmony balls, chiming spheres are small metal balls filled with tiny metal beads that roll around inside to create a magical chiming sound. These are excellent for smoothing the energy of a space after space clearing.

Cup the chiming spheres in your hands and imagine they are filled with blessings for the entire household. Then take one in each hand and imagine that you are sprinkling stardust and light into the space as you shake them throughout the room. Magic!

**CHIMES**

Many manufacturers of wind chimes also make hand-held chimes that can be used for meditation or space clearing. Because of the focused precision of their sound, these are excellent to use in a bedroom, especially after an illness or if a couple hasn’t been getting along.

They are also great to use if you have been feeling unfocused and muddled in life, because they bring an energy of pure clarity and direct focus. When you use these chimes, you can sweep the walls (and the bed) in long, flowing movements.

Long sweeping movements with chimes are also effective for clearing yourself or another person after the clearing.

**TUNING FORKS**

Whenever you use tuning forks, you are producing pure musical resonance based on mathematical proportions known as Pythagorean tunings. These tones reflect the sonic ratios inherent in nature.

The sound from tuning forks creates archetypal resonance that creates a re-patterning of form and spirit.

Tuning forks are remarkable for clearing wooden antiques or solid objects. Antiques often hold residual energy, which may be negative in nature, so it is very important to clear them.

Strike the tuning fork on your hand and then take the end of the fork and place it on the antique. You will hear the sound as it vibrates and travels along the grain of the wood.

Continue to place the tuning fork on various places on the antique until you sense that the sound is clear.
When choosing a tuning fork, listen to each one first to decide which one you are the most attuned to - this will be the best note for you to use for space clearing.

If you only choose one, choose an F sharp as this opens the heart chakra.

GONGS AND SINGING BOWLS

The use of singing bowls and gongs in Asia dates back to over 3,000 years ago.

Over time it was discovered that different metals created different energies in the sounds.

The mixture of seven specific metals - gold, silver, nickel, copper, iron, zinc, and antimony - was believed to create a unique and powerful energy.

Many bells, gongs, and singing bowls, especially in Tibet, were created out of this combination of metals. Some of the older gongs and singing bowls (those made in Tibet before the Chinese takeover) are said to contain iron ore taken from meteorites.

Singing bowls are made of metal and can be used as a traditional gong by striking it, or you can run the wooden mallet around the rim to create a reverberating sound.

Gongs are known for the specific shapes and sounds that seem to linger in the air long after they are struck or rung. They are very powerful tools for creating sacred space.

HANGING GONGS

Hanging gongs are used in temples throughout Asia as a call to worship. It is believed that if your spirit can truly follow the sound of the gong, you will reach the Creator.

Shaped like a large platter, hanging gongs usually range from 12 to 24 inches in diameter. The vigor and expanse of the sounds they create can clear a room instantly.

Their ability to immediately break up and clear large amounts of negative energy make them perfect for using in very large spaces, such as a large office complex or a warehouse.

Because many of these types of gongs are large, heavy, and difficult to move about, they do not adapt easily to the clearing of smaller rooms.

A large gong can be hung from a stand and placed at the Blessing Altar. However, a small hanging gong can be used in the center of the rooms you clear by holding it by its cord, striking it and then swinging it back and forth to send the sound in all the directions of the room.

BOWL GONGS

These types of gong are shaped like a bowl. They range in size from two to thirty six inches across. The resounding intensity that can be created when the wooden mallet strikes the rim is remarkable. It can feel as if it is vibrating deep into your core.

Bowl gongs have a penetrating sound that lingers in the air long after they are struck. Tibetan bowl gongs contain the seven metals mentioned above and can be used as singing bowls as well as gongs.

Chinese bowl gongs do not function as singing bowls. They are the most durable of all the gongs and can usually retain their tone even after being dropped.

Bowl gongs from Japan tend to be smaller than the Tibetan or Chinese gongs and therefore are excellent for travel. They create a very pure, clear tone.
CLEARING A ROOM WITH A BOWL GONG

Place the bowl in your palm. (If it is a small gong, place the small cushion in your palm with the gong resting on top of it.) Whenever you enter a new room, strike the gong three times with your mallet to declare your intention. Walk around the periphery of the room striking once wherever you feel it is needed or whenever the sound fades. Continue to move the sound throughout the space until it feels clear.

SINGING BOWLS

The monk cradles the large metal bowl in his hand. His fingers rest gently on the cold smooth surface as the weight of the bowl lays heavy on his palm. Focused and deliberate, he strikes the rim with a wooden beater and slowly begins to circle its edge. A deep reverberating hum begins to build powerfully, majestically. His eyes close. His breathing becomes slow and deep. Sound fills him until he experiences disappearing into the sound. Ripples of sound undulate through him and fill the room. Softly laying down the mallet, he sits quietly until the sound becomes a whisper... then stillness. Slowly opening his eyes, he looks at the space around him. The entire room seems to glisten with energy and light.

Tibetan singing bowls, sometimes called Himalayan bowls, come from Tibet, Nepal, or Northern India and have an outstanding ability to purify the energy in a home. These remarkable objects can create a sound vibration so powerful it can feel as if the walls are coming down. The vibration of the sound seems to reach deep inside your soul. Some western doctors use singing bowls with cancer patients because they have found the sounds produced can have an impact on diseased cells. When used for spiritual purposes the sound of the singing bowl can also project powerful energy forms.
Alexandra David-Néel, an intrepid French adventurer who spent 14 years exploring Tibet in the early 1900s, described an event in a remote lamasery.

She described seeing flashes of light coming out of a singing bowl played by a lama. The holy man said the sound from the singing bowl could create shapes and even spiritual beings. He declared that one’s thoughts and intention could travel on the sound of the singing bowl to create manifestations of energy.

HOW TO GET YOUR BOWL TO SING

Hold your gong close to your heart. Imagine filling it with love and heart energy until you feel as though you are merging with its spirit.

When you are you ready to play, hold the bowl in one hand. Keep your fingers free from the sides of the gong, or they will interfere with its sound.

Gently tap the edge of the rim with the beater (this is said to “wake up” the bowl), and then slowly begin to circle the gong in an easy manner. Going fast does not produce a better sound.

Press firmly and evenly against the rim. If you press too lightly the stick will vibrate against the rim and cause a rattling sound.

Allow the tone to increase in intensity. If there is an unpleasant sound of wood on metal, you can cover the part of your mallet that touches the metal with a strong smooth tape. With large singing bowls, sometimes rubbing the stick back and forth on a small section of the rim creates a more pleasing sound than circling the entire rim.

CLEARING A ROOM WITH THE SINGING BOWL

Slowly and carefully circle around the room, holding the bowl in one hand while you are “singing” it with the other hand.

Allow your entire body to be involved so that it is an extension of the singing bowl. Let your awareness travel on the sound to every part of the room. Visualize filling the space with vitality, light, and heartfelt energy.

If there is a place where the sound seems dull or where the energy seems stagnant, continue singing the bowl in that area until the sound is clear and bright.

CRYSTAL SINGING BOWLS

Quartz crystal singing bowls have a special ability to harmonize the subtle energy of light in a room. The energy produced by them is almost alchemical in nature and can dramatically raise the consciousness of a space. Crystals have been used for spiritual practices for thousands of years. They have the ability to transmit information and energy, and hence are used in quartz radios. Crystal bowls are best used where the energy of a space is already pristine and refined, such as in a meditation room or healing center. They are less effective for clearing very dense, heavy energy.

Crystal singing bowls range in size from six to twenty inches in diameter. Different sizes produce different tones.

When selecting a crystal singing bowl, let your intuition guide you to the one that is best for you

Because of their delicate nature, crystal singing bowls are usually played at a Blessing Altar rather than carried around the room. Alternatively, they can be carefully placed in the center of each room and played there.

These ethereal looking singing bowls can be played by gently tapping them with a padded wooden mallet to create a pure bell-like sound. You can also circle the circumference of the crystal bowl with a rubber-coated mallet until it begins to sing.

Be careful not to allow the vibration to become too intense for too long, as this can crack the crystal. The spiraling movement of the sound creates mystic spirals in the energy of the room.
SINGING BOWLS AND WATER

One remarkable way to use a singing bowl (metal or crystal) is to fill it part way with water (ideally water that has been energized.) This combines the power of sound with the Spirit of Water.

When you circle the bowl with your mallet, the water will vibrate in small concentric patterns. Eventually small waves meet each other and tiny sparkling droplets jump up off the surface of the water making tiny fountains.

Using a singing bowl in this way combines the energy of sound with the purifying quality of water. You can keep adding water until you reach a pitch that feels right. This is a wonderful cleansing way to harmonize the energy in a room.

The water from the bowl can be saved and used for a water cleansing ceremony. (If using metal be sure to wipe it dry to prevent water stains.)

CHOOSING A GONG OR SINGING BOWL

Don’t be concerned about the beauty or symmetry of a gong or bowl when you first look at it. Regardless of its outward appearance, the gong that is meant to be yours will seem to emanate a unique inner beauty.

Take the gong and hold it close to your heart chakra and gently strike it. If it is truly yours, it will seem to resonate through your entire body.

When choosing a metal gong, some people prefer a hand-hammered one to a machine-made, symmetrical one.

Although hand-hammered gongs are usually older, the sound and spirit of a new gong can equal an old one. It is a matter of personal preference. Most metal gongs are sold by weight, so heavier ones will be more costly.

A purchase of a singing bowl will usually come with a beater. This wooden mallet should be heavy and smooth, as the denser the wood and the smoother the surface, the better the tone produced in the bowl.

You may also want to purchase an additional beater covered with felt or leather for striking your gong rather than circling it. Different mallets will bring out different sounds from your gong or singing bowl, so you may want to have several of them.

However, with a strong intention a piano can clear an entire small wooden house as the sound penetrates through the wood. A flute, whether made of silver, wood, or reed, is very well suited for space clearing.

As with any tool, the most important elements are your focused attention and the attunement of your body to the spirit of the tool.

Anything that makes a pleasant, soothing or even amusing sound can be effectively used in space clearing.

Little “squeakies,” the kind of toys made for babies or animals, although not technically a musical instrument are nonetheless excellent for dispelling heavy or overly serious energy. They bring a spirit of laughter to a space and are very good for children’s rooms or anywhere you want to instill an atmosphere of fun and light-hearted joy.

Laughter can also be an extraordinary space clearing tool.

CLAPPING

If you don’t have any space clearing tools with you, and you need a quick fix right now. No problem. Use your hands!

Walk around the circumference of the room with one hand extended to sense the energy. Anyplace where the energy feels stuck, give three swift claps. Sense the energy and then clap again to see if
the energy has changed. The sound should be crisper and brighter the second time. Once the area is clear, take your hand and smooth the energy and continue on.

CHANTING, SINGING, AND TONING

One of the most sacred and ancient uses of the human voice is for clearing and blessing a space. Chanting, singing, and toning are time-honored methods for clearing energy. The sound resonates directly through your body so that it becomes the space clearing tool.

CHANTING

Chanting is a powerful tool because it combines sound vibration with sacred words. In ancient times sages and mystics understood the great power of words.

Chants were created to combine a powerful meaning of a word with a particular vibration of a sound. You can recreate this tradition by repetitively chanting words that have a special meaning for you.

For example you could chant the word “peace” over and over again in your space clearing with the intention that each of the occupants of your household would feel at home with themselves wherever they are.

OM

One of the best-known examples of chanting is the use of the mantra, “Om.”

This powerful Sanskrit word signifies the sound of the Divine and the totality of all life. It is believed that this sound has the ability to release suffering and create profound transformation.

To create this sound simply relax, breathe, and gently exhale the sound “Ah-Ohhhh-Mmmm.” Let yourself merge with the sound until you sense that you are filling the space around you. Go slowly.

Allow the sound to find its own octave and rhythm.
OM MANI PADME HUM

Pronounced “Ah-Ohhh-Mmm Mah-Nee Pad-May Hum,” this Sanskrit mantra is translated as “the jewel in the lotus.” It is believed that this combination of sound links you directly to the Creator, empowers anything that you do, and can activate compassion and love both within you and in the space around you.

*Om:* The totality of all of life.

*Mani:* The jewel symbolizing which is of most precious value

*Padme:* The lotus rising out of darkness into the light as it moves up through the muddy pond. A symbol of awakening wisdom

*Hum:* The sound of this word awakens consciousness

TONING

Toning is the creation of tones or vowel-like sounds without the structure of a chant. It is a primal sound resonating through your entire body.

Toning can be extraordinarily powerful. To tone, reach deep inside of yourself to find your primal sound. It is that most essential sound within you, the quintessential expression of who you are.

One way to find your sound is to go up and down the musical scale, humming until you find a note that seems to resonate through your entire body. Once you have found this, stand in the middle of the room, open your mouth and allow this single note to flow out from your body to fill the entire space. As you tone, you may find that the pitch of your sound spontaneously changes.

Sometimes a room will respond to a lower note first, and then later you may find yourself using higher notes as the vibratory energy of the room raises.

You will know when the space has been toned because it will feel balanced and calm.

You can also tone an individual object in a room. Do this by bringing your mouth close to it and then cup your hands by your mouth to direct the sound toward the object.

Because this mantra has the power to awaken spiritual forces within any space, it is an excellent way to end and begin any space clearing.
TIBETAN PRAYER WHEEL AS CHANTING

Mystical swirling Tibetan Prayer Wheels send prayers of peace out to the four corners of the universe.

These wonderful tools, which were once only used in Tibetan monasteries as a way to send blessings to the world, are now being used by spaceclearers. Atop an ornately decorated wooden handle rests a metal cylinder, which contains thousands of hand printed prayers. (You can also take one apart to add your own prayers.) Every squeaky swirl of the wheel sends these prayers into the home.

Spinning the prayer wheel as you chant is a very effective way of deepening the power of the chant. These are also excellent to use for blessing the land around a home.

HEY-YA

Although there are over 600 Native American recognized tribes in the United States, each with their own traditions and language, there is a mantra-like chant that is used in most of these tribes. That word is “Hey-Ya.”

This word calls Spirit and is similar in sound and meaning to words used in other earth-based cultures around the world. A repetitive chant of this word before during and after your space clearing can dispel stuck energy and call the natural forces of the earth into balance in a dwelling. The emphasis is on the “Hey” with a forcible amount of air being projected as you say it.

RECORDED MUSIC

Sometimes music can be a helpful adjunct to space clearing. A very soothing melody, ambient music, or recorded sacred chanting can form a powerful backdrop to the clearing that you are doing. It can help you remain focused while you work and help balance the energy in an unoccupied room. However, there are times when music can distract your ability to sense energy fields, so it’s important be aware if the music is enhancing or detracting your space clearing. You should be guided by your intuition to decide what is best. If you do use an MP3 player or a CD player during your clearing, then as a suggestion house it in something beautiful, so that it matches the sacred energy of your blessings altar.
RATTLES AND DRUMS

Drumming speaks to us directly of the basic rhythm of life. It recreates the primordial pulse of life, as we first knew it in the womb. The beating of the drum can align a living space to the universal tempo within all things.

In ancient times drumming was used to sanctify and cleanse homes before moving in and after sickness or death. Tibetan, Japanese, African, Chinese, Indonesian, Middle Eastern, Inuit, Saami, and Native American cultures all have used the drum to bring harmony to living spaces.

TYPES OF DRUMS

The most common type of drum for space clearing is the frame drum, which is a handheld drum about 12”-15” in diameter. However, other kinds of drums can be used, such as the African drum, which is usually carried with a strap over the shoulders.

Irish drums (bodhráns) can be used both for toning as well as for rhythmic cadence. They have a magnificent ability to amplify the sound of your toning or chanting into a space.

To use the bodhrán in this way, hold it close to your mouth without actually touching it. Cup your hand against your mouth directing the sound to the drum skin and begin to tone. The skin of the drum will vibrate with your sound, radiating the sound into the room.

In Australian aborigine tradition, click sticks are used instead of the drum. The rhythmic sound of click sticks produces the same shifts of energy as the sound of a drum.

It is easy to make your own click sticks (also sometimes called clap sticks) from wooden dowels or two sticks you find in nature.

You can use them plain or you can sand them until they are smooth and then decorate them. They can be painted or carved with symbols that are sacred to you. The most important thing is the sound. It should be sharp and crisp.

HOW TO USE DRUMS FOR SPACE CLEARING

Different rhythms will produce different effects on you and the space you are clearing. Instead of deciding what tempo you want to use, let your drum tell you what to do! It will tell you the cadence, strength of beat, and even where on the drum surface to strike as you allow its energy to flow through you.

As you begin, hold your drum close to your heart and imagine that you are breathing life into it. Hold an intention of your desire for your clearing. Then rub your hand around the surface of the drum to warm and greet it.

If no rhythm emerges immediately, begin with a two-beat. This is the same rhythm as a heart-beat and will allow you to enter into a deeper state of consciousness where you can sense subtle energy.

As you begin to walk around the perimeter of the room, notice any differences in the sound of the drum. If there are places where the sound is dull, pay attention to those areas. Often varied rhythms will spontaneously occur as you enter different areas of a room. You will intuitively find the exact rhythms that are needed for each part of the room.
An ancient Cherokee saying says, “The Sun and the Moon are the drumsticks playing upon the Earth, bringing harmony and peace to all the Earth’s children.”

Drums carry the heartbeat of Mother Earth or the Spirit of Life. The drum is feminine and the drumstick is masculine. Bringing them together helps harmonize the yin and yang forces of the universe. Drums are circles of power and they are highly respected in native and ancient cultures.

The difference between drums and other space clearing tools is that drums can break up heavy, dense, thick energy quickly. Whereas bells, chimes, essential oils, feathers, and incense are well suited for more subtle energy.

Drums should be stored in a dry area out of direct sunlight.

The tension of the head of the drum will fluctuate in response to weather conditions: the humidity and heat in the air.

If you live in a damp climate and your drum sounds a bit flat, this is natural. You may need to gently warm your drum in front of a fire or over a lamp, taking care not to burn the hide.

If your drum sounds like a tin can, it may be too dry. In this case you can gently mist it with water until the tone you desire is obtained.

A drum should be kept in a place of honor (either hung securely on a wall, stored in a beautiful bag or case, or placed on display with its face up).

Make sure that you spend time honoring the animal and the tree spirits from which the drum was made. This is essential to gain the best energy. (In recent years, there are now wonderful synthetic drums available with excellent sound.)

**RATTLES**

Rattles are an excellent complement to the use of a drum in space clearing. While a drum is excellent for breaking up accumulated energy, the rattle is good for smoothing energy afterwards.

It operates on the same principles as the drum, but is more smoothing in nature.

You can make your own rattles from the kind of plastic eggs, which are usually sold around Easter. Fill them with tiny decorative beads used in crafts called seed beads. Close them securely, and then decorate or paint them.

These simple tools can smooth the creases out of any space.
**HOW TO DRUM**

Hold drum close to your heart and imagine love flowing to your drum. Greet your drum by slowly rubbing your hand around in a circle on your drum. Address your drum by name or with a reverent title.

Be still and allow the energy inside of you to build.

When the energy is at its peak, (express it as a shout or just begin to drum). This calls Spirit and asks for assistance. Now begin drumming.

Keep drumstick hand really loose. Allow wrist to be flexible so the movement comes from the wrist instead of the arm.

Heartbeat is a good rhythm to begin with. It’s a primal sound for humans, as we hear it in the womb. This aligns and balances the yin and yang forces of the universe.

Allow your breath to deepen and your body to relax.

Eventually allow the energy and feeling inside of you to come through your drumming. Trust your intuition. Get out of the way and allow the drumming to happen. Connect with the spirit of the drum.

End as you began. Energy builds to a peak and let out a shout as a thank you to Great Spirit for assisting you (or simply be still and allow Spirit to fill the space and you.)