How To Create Sacred Space

5 ways to Clear Negative Energy & have your Home Inspire you to Thrive!

Incredible Health, Incredible Life
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SACRED SPACE
CLEANSING AND
CREATION
IN EVERYTHING TRUST YOUR INTUITION

You don’t have to use all of the tools in this kit at once; you can start with one and discover how it transforms your Health and your space.

All that you need is inside of you!

This kit helps you to remember that which you already know. It brings to you ancient teachings to add to your own personal tool kit. Whenever your home, office, art studio, workshop, yoga studio and other spaces that you reside in feel funky or stagnant you can return to this kit and choose another tool to use and experiment with. There are other ways then what I have outlined to cleanse and create sacred space; I encourage you to explore what else might resonate with you.

Creating your own Sanctuary isn’t just about how your space feels or how it looks, it is about the potential it holds in transforming our inner life and your Health.

Your external space can have a positive and healing effect on your Health.

I can guarantee you that you won’t find a healthy person in body, emotion and spirit living or working in a space that is cluttered, stagnant, dirty, musty, funky or a negative or heavy feeling to it. Their Space will reflect their inner state, it is an extension of them, something that isn’t experienced or perceived as separate. It is all part of the whole for them. They realise the power that a space can hold.
WELCOME TO YOUR CREATING SACRED SPACE PATH.

I know the feeling when your spaces, be they your home or your office, aren’t feeling right. You struggle to relax and feel inspired in the them, it feels funky and stagnant. Something isn’t quite right and no matter what you have tried this feeling just hasn’t gone away.

Maybe there has just been an argument in your house.

Maybe there is still some negative, funky and heavy energy left from the previous occupants.

Maybe you’re just looking for an addition to a good old fashioned spring clean.

This is where Clearing you Space will change those feelings, sensations and will create Sacred Space for you to relax in, feel inspired in and feel a sense of flow again in your home/office and life.

It’s important to remember that our External World has an effect on our Internal State and our Health, be it Physically, Mentally, Emotionally and Spiritually. Therefore our External World needs attention and balancing as much as our Internal State does. They are a reflection of one another. When we make change to either one, changes occur for the other also. What wonderful Synergy that is!

Why clear and cleanse your space? Because it’s utterly Wonderful when our Living Space calls to us, supports our needs and lifts our spirits. It is truly spectacular when your Living Space becomes a Sanctuary, a Haven for you to Thrive In.

We want the spaces that we reside in to Lift us, to Support us, to Inspire us and to feel like our own personal Haven, so Thriving in our life becomes easy and attainable. This is what I want for you and I know that you can create synergy, peace and the Incredible Health that you deserve. You might just not have the tools you need to create it. This is where this kit comes in; it’s here to give you simple and effective tools.

So, let’s get exploring and creating together! Let’s get started!
There are numerous ways to tread this path; some choose to smudge themselves in preparation, some choose to do it on a waxing or waning moon, others choose to ground themselves before hand, cleanse their bodies, do it during the dark night or as the sunrises, do it when everyone else is out the house, some choose to involve others in the cleansing, others dance to drumming music while doing it and then there are some that choose to do none of that and simply pick a tool and start.

How do you know which way is for you?

_There is no right way, and there is no wrong way. There is only your way!_

Try whichever way feels exciting to you, that lights you up, that you are curious about and want to explore, that calls to your creative intuition and what seems fun and simple for you. If we make it too complicated we experience resistance and then the inspiration fades.
When to cleanse your space

- When there has been an emotional upset or argument in your space
- When you and/or another has done some emotional processing and releasing
- When you move into a new space
- When you are embarking on beautiful spring cleaning
- When you are needing some inspiration
- Before you partake in ceremony or sacred creative work
- When you detect stagnant, negative or heavy energy
- When you are sleeping poorly or experiencing restless dreams at night
- When your child is having nightmares
- When you are experiencing Health issues
- When you are feeling depressed and need uplifting
- When your intuition calls to you

Which Tool or Tools to Choose

Asking your Intuition to guide you
A fun way for you to decide can be to put all the tools you have gathered in front of you. Then close your eyes, take a few deep breaths and ask yourself the question ‘Which tool will serve me best in my intention to cleanse my space of all negativity and welcome in positive, healing energy?’ Then, hold your hand out above the tools, pick one or several, and trust where your inner guidance leads you.

Using a Intuition guiding tool – a crystal pendulum
If you own a crystal pendulum you can hold the pendulum above each tool and ask the same question as above or one that resonates more with you. Then wait and see which tool your pendulum circles clockwise over (that means yes). A crystal pendulum is just another tool that accesses your intuition and helps you to hear the guidance being spoken to you.

Let your Curiosity rule
If there is a specific tool that you have excited curiosity about, then give that one a try.

Different Tools at different times
You also might find that different tools call to you at different times for different purposes. It is helpful not to second guess your inner voice or inclination. Just go with it.
Your 5 Sacred Space Cleansing and Creating Tools

Cleansing and Clearing Tools

1. Smudging your space and yourself
2. Creating Cleansing and Nourishing Sprays
   - The use of Salt Lamps and Candles
3. Attuning Sounds

Sacred Space Creation

4. Intention and Altar Creation
5. Feng Shui

Your Intentions Create Miracles! Be Clear with your Intentions and Love yourself and your Space while making them.
Smudging is an Ancient Native American cleansing technique that has been used for centuries to wash away bad feelings, negative thoughts, bad spirits and negative energy.

Smudging sticks are dried herbs made of Cedar, Sage or Sweetgrass.

Sage – Is mainly used for clearing negative energy, thoughts and feelings. It is also used for protecting your space from negative energy.

Cedar – Carries your intentions to creation and purifies a space.

Sweetgrass – Brings in positive energy and positive influences. It’s very rare these days and now can be bought at Native American retail stores.

All of the different kinds of Smudging sticks have the power to cleanse your space, so choose the one you like the aroma of the most.
How to use your Smudge Stick

- Take your Smudge Stick in your hand with the top end pointed to the ground, then use a match or a lighter to light that end. Let the stick burn for a bit, until you’re sure that it is burning evenly. Then Blow gently on it until it becomes glowing embers and is giving off smoke.
- Intention or prayer is a very important part of the smudging ritual. Hold your intention or prayer in my mind, or speak it out loud, during your space cleansing. This is a healing ritual for your space and for yourself.
- Now that your stick is lit and your intention is held in your mind, you hold your stick in one hand and in the other either have a feather or some sort of fan (if you want to use this), otherwise you can just use your hand.
- Cleanse yourself first before your space to make sure you’re not bringing anything you don’t want to into the space. You do this by rubbing your hands in the smoke and then gathering the smoke and bringing it to your body. Starting at your head and working your way to your feet, both for the front and back body, don't forget the bottom of your feet.

After Purifying yourself it’s time to start Purifying your Space.

- Begin at the doorway and work through the whole room, wafting the smoke with you hand or feather into the corners, behind and under furniture, into the closets and make sure the smoke rises to the ceiling.
- Spend time holding the intention that you want for the space, the feeling you are want to experience. You can also speak your intention either in your mind or out loud if that works better for you.
- While you’re going around the room, notice whether there are any places that feel denser or heavier than others. If that is the case, then spend a little more time with your smudge stick there. Keep on smudging until you feel the energy or feeling of the room is transformed.

You can Smudge your whole house, office or studio, otherwise you can choose a specific room, or just an area of a room.
Essential Oils: Creating Cleansing and Healing Sprays

How and why to use Candles and Salt Lamps.

Using Sprays is another blissful way of cleansing your space and creating an uplifting energy. It is also a great replacement or alternative to using a smudging stick. The smoke from smudging sticks isn’t always helpful, especially if you experience asthma, have other lung issues, find yourself allergic to the smoke, or have babies in the house.
You can make your own spray bottles at home, no need to go and buy them from a store. Making your own also helps to fully infuse your intention into the water, because with each step of the creating process you are giving more power to your intention.

Using Essential oils in your sprays has the potential of creating two effects. They cleanse and purify, but at the same time hold the potential for Healing. Each Essential Oil holds a healing energy within it, and when you release it into the air, you are changing the energy of the space and when you breathe it in you effect change and transformation within your body, your emotions and your mind. Your home, your space and you will smell beautiful and fresh.

You can also use essential oils in your bath, for more specific self-healing and nourishing. The other way to infuse essential oils for cleansing and nourishing are through a diffuser.

They are several types of Essential Oil Diffusers. They all produce the same effect, just in different ways and one is not better than the other. The Choice is yours.

Which Essential Oils to use

I recommend choosing the ones that you are most drawn to. Trust your sense of smell, it can tell you a lot about which resonates with you and which doesn’t. You can also spend a little time researching which essential oil holds energetic potential that you want to bring into your space.
Here are a few examples:

**Bergamot** – Draws in Abundance of Wealth and brings about encouragement, balance and uplifts your spirit.

**Citronella** – Purifies and brings Optimism.

**Jasmine** – Draws in Money and Love and raises vibrations and spiritual love.

**Leongrass** – Expands Psychic powers and passion. It Invigorates, refreshes, relaxes and calms.

**Rose** – Inspires Love and Strengthens your Heart Chakra.

**Sage** – Creates Wisdom, Protection and Purification. It also Cleanses, Balances and Strengthens.

You can also buy Essential Oil Mixes that have been created with specific intentions. [Young Living Essential Oil Company](https://www.youngliving.com) and others provide these types of Essential Oils.

Once you have chosen your Essential Oil or Oils, fill up your spray bottle with water and add roughly 10% Essential Oil.

**How to Use:**

Once your Spray Bottle is ready with all of the essential oils, crystals, intentions and whatever else you felt called to include, you are ready to start spraying in the spaces that you want to create Harmony, Peace and Healing.

I enjoy having different Spray bottles for different rooms. For example if you, your partner, your children or your pets are having trouble sleeping you can create a bottle with either Cedarwood, Lavender or Heliotrope Essential Oils, an Amethyst Crystal added to the water and then write an intention like Deep Sleep, Peaceful Sleep or Rejuvenating Sleep on the bottle.

To add a bit of romance or love into your bedroom, you can create a spray bottle with Rose or Ylang Ylang and a rose quartz crystal, with the intention Love or Passion written on it.

There are so many combinations for you to create, have fun with and grow with. Experiment, listen to your intuition, trust your sense of smell and transform your space, balance your body, emotions and spirit.
Candles and Salt Lamps

Candles aid in keeping the space that you have created filled with positive energy that reinforces your intention and adds wonderful aromas. When choosing your candles I recommend making sure that they are made of natural ingredients. If they are made with artificial fragrances you can guarantee there are chemicals in them. Chemicals have the potential of adding toxicity to your environment and therefore negative energy into your spaces. I recommend either Soy or Bee’s Wax Candles, fragranced with natural (organic if possible) essential oils. If you can’t find any in your local stores then any healthfood store will carry them or you can always buy them online.

Maintaining what you have encouraged, created and infused in your spaces is just as important as cleansing them in the first place. Attending to your Miracles anchors them.

Salt Lamps either by way of a bulb or a candle causes the salt to emit negative ions, these ions bond with pollutants in the air and neutralises them. These negative ions also combat electro-smog caused by electronic devices. The Salt Lamps have a cleansing effect on your spaces and are beautiful to look at, while they emit wonderful, tranquil and calming lighting. They also help heal and balance stress, migraines, tiredness, insomnia and anxiety.
Attuning Sounds

When sound and intention are combined they become a sacred tool for us to cleanse our homes and make the energy in them sing and vibrate with vitality.

There are several sounds that you can use and I encourage you to discover the sounds that light you up. For this E-Kit we will focus on 5 different attuning sounds to cleanse and nourish you home.

1. Singing Bowls
2. Drumming
3. Chimes and Bells
4. Voice
5. Inspiring Music

I encourage you to try as many as you feel curious about and inspired towards, so you can experience the different feels and effects. It truly is miraculous what sound and vibration can do.

Singing Bowls

Singing Bowls are used for uplifting the energy in a space and bringing clarity. They can bring brightness and lightness to any space you play them in. These Bowls create sweet, beautiful zing sounds, along with vibration. Vibration breaks up negativity and any stagnant energy.

They can be used to set the atmosphere and energy for meditation.

Singing Bowls are one of the Attuning Sound Tools. The Vibration they produce transforms the energy of your space to one of healing, peace and flow.
Using your Singing Bowls

1. Set your Intention/s for the creation of your Beautiful Haven
2. Play the bowls by tapping the outside rim and then use the clothed or leather clad end of the stick to run around the outer edge of the bowl. Keep on running the stick around the rim until you are happy with the energy shift. Otherwise you could just tap the bowls rim and leave it to vibrate in your hand and then tap it again. Both ways work perfectly.
3. Play the Bowl/s all over the house, focusing on the places that you intuitively know need it the most.
4. The Vibrations attune your space with yourself and vice versa. This unification and balance creation brings about healing and Incredible Health.
5. Remember always trust your intuition and your gut. Follow your hearts inspiration.
6. Then experience your space become a Sanctuary and your emotions settle and your body balance.

Enjoy these Magical Moments that you create, breathe them in!

Drumming

Drumming has been used for centuries in many sacred rituals, rites of passage and for healing the body, emotions and spirit.

Native American Drumming Technique for healing and energy balancing.

Native Americans have used their hand held drums for centuries to heal. If you own one of these drums then you can experiment with this technique. You will be amazed by its effects.

You can have the person standing or laying down, and then hold the drum close to their body, with the drum skin pointed towards you and then play it while you move the drum over their body. There might be a certain area of the body were the drum makes a deadened sound, like a thunk instead of the normal drumming thud. This indicates an area of the body that requires balancing. To create balance once again in this area you
keep on playing the drum over the same area until you hear the normal drumming resonance.

*This is a wonderful healing technique and easy to administer, on yourself or another. You can even do it on your pets, but I recommend very soft drumming so as not to scare them.*

When using drums to clear your space of negativity and break up any stagnant energy, you first set your intention for this sacred ritual/practice. Holding you intention in your mind or speaking it out loud you start drumming. There might also be times that the drum makes a thunk (deadened sound), it’s the same as when you are using the drum for healing. This sound means that a little more time and attention needs to be paid to it, so keep drumming until the sound changes.

I have while using this sacred space clearing and creating tool, found myself singing and dancing around my house. If you feel so moved to do this, then do it, trust your inner urges and guidance. I personally find it a lot of fun and at the end of it my home feels spectacular and I’ve had a good old body shake in the process. The singing and the dancing is part of rebalancing your own energy.

*Whichever way you choose to drum, enjoy it, play with it, trust your urges and get into the rhythm.*
Bells and Chimes play an important part in Feng Shui. What is Feng Shui? I will talk more about that later. But for now, bells are used to return energy to your space, stop energy leaking out of your space and also for calling energy into a certain area. There higher pitched sound breaks up stagnation and replaces this new cleared space with intentional, fluid and powerful energy.

At this point I think you have probably gathered how important it is to set, hold your intentions in your mind and then release them into your space by way of tools. When using Bells and chimes this still applies, especially as you can leave bells and chimes in certain places to keep your intentions in that area and to protect your spaces from negative and stagnant energy from gathering again and your intentional, nourishing energy from leaking out. Hang them on doors, or over your bed, in a window, on your work desk or outside in your garden.

You can hang Chimes on all your back doors to stop any energy leaking out, which will help with fatigue, depression and frustration.

Energy also leaks out of your space via drains and the toilets. Therefore, you can hang a bell or a chime on the bathroom and toilet door to help prevent this from happening.

Chimes and Bells can also be used just like drums, or singing bowls. You can play them throughout your space; remember to pay attention to the areas that we often forget.

The Areas in our Space we often Forget and Where Energy can Stagnate:

Under your Bed,  
In Closets,  
Under the Stairs,  
If a particular piece of furniture is at an angle to the wall, the space that is created behind it,  
In Cupboards,  
Attics,  
Garages,  
And anything else you can think of that you often forget or don’t think to pay attention to.

Hanging Chimes or Wind Chimes in your garden help to keep the energy to your home flowing smoothly; they also carry any negative energy away and protect your home.
Using Your Gifted Voice

Your Voice is a beautiful, powerful gift that you have and can utilise to cleanse your home, nourish your home and open up and clear your throat chakra.

Your Throat Chakra is located at the base of your throat and holds the conscious aspect of expressing and receiving.

Expression can be in the form of communicating your wants and needs, along with what you are feeling, thinking or experiencing. It can also be an artistic or creative expression. Your creative expression doesn’t have to be something artistic. It can be as simple as making your tea in the way you love it, with the intention of enjoyment, or how you clean your house, or journaling, or dancing around your living room, arranging your photos etc. There are many ways to express your creativity.

It’s about listening to your guidance, so you can optimise the energy flow in your life, which aids you in realising and actualising your goals and dreams. Your voice is linked to abundance, unconditional receiving and trusting that your needs will be meet. The throat Chakra also represents your relationship with your space and the experiences that are playing around you. If you are experiencing any issues that could be linked with your throat chakra, it’s time to sing your truth.

As using our voice opens, clear and nourished our throat chakra there is a large healing potential to using this technique to clear the energy in your spaces.

Your Voice is your Souls Vibration, the Sacred Sound of your Spirit.
Ways to Express Your Voice

🌟 Sing ❤️ Chant

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Hum ☺️ Say your Intention out loud

Remember to be as Authentic as possible, if you are worried about someone hearing you, then please do it when no one else is around. Allow yourself to be as uninhibited as possible. Be proud of your voice and your intentions.
As always have fun, enjoy the process and treasure your moments of cleansing and creating.

Inspiring Music

We have all experienced the shifts and transformations that music can have on us. It can light our spirits, trigger memories, bring about introspection, cultivate peace and tranquility, and fire up our energy, among other things.

It also has the ability to effect transformation in your spaces and home when set with intention, Furthermore, it can be helpful in visualisation.

*When you put on your music make it a beautiful and soulful ritual, allow the music to permeate every nook and corner of your space/home and yourself.*

*Visualise the music as waves in your space and as the waves move through your space, watch how it clears, refreshes, nourishes and revitalises all areas that it touches. Now take a breath of crystalline air, feel it spread through your whole being, bringing balance and peace. Breathe out all your stress and worries and trust that your newly cleansed and clear space will transform what you have just let go of!**
Intention and Altar Creation

Creating and Altar is simply about having a place in your home that is a sacred reminder to you to connect with your intentions, goals and dreams. When you look at your altar, clean it, add new things to it and rearrange it. Each time, you are focusing your energy into the symbolism of the items placed on it.

Every time you see your altar you will be reminded of your spirits wish.

I’ve already written a lot about setting Intentions, but there’s so much more to say.

Creating your Altar Checklist

✓ Set your Intention for what you want your Altar to Create
✓ Discover where you are going to place it
✓ Clear the space and clean it
✓ Decide what to place on your Altar. Play around with the items you have chosen to find the feel and energy that resonates with you
✓ Bless your Altar

An Altar is a physical prayer that can hold and call in your Powerful Intentions.
Creating your Altar Worksheet

What do you most want in your life right now?

What Elements do you most want to feel when you look at your Altar?

What Intention do you want your Altar to be?
Altar Intention Examples

- Blessings
- Peace and Tranquility
- Health and Healing
- Abundance and Prosperity
- Happiness
- Love
Where to place your Altar

Place your Altar in a space where you can see it every day, where you can attend to it every day, where you can connect with it. It’s important to keep the symbolism and the intention of the altar in your consciousness every day; this adds commitment to your intention and what gives it Power. What you Focus on and what you Commit to, you will create.

Have it in a place you can call your own, where others in your house aren’t going to be rearranging, moving or cluttering it. Although it can be a place where others can admire it and possibly learn from it, as they learn from about you and what’s important to you.

Remember to trust your gut, your intuition and the perfect place will call to you. You can incorporate Feng Shui areas of a room to inspire your placement of your Altar, and you might be surprised that where you felt it is needed correlates with the same Feng Shui area. It’s wonderful when that happens! Refer to the Feng Shui section for the information on areas.

It can be anyway except right next to a back door, as this will encourage the power and energy that you have created in this Altar to fly out the back door.

Some ideas for Altar Placement:

Small table

On top of a chest of draws

On a bookshelf

A window sill

On a covered box

Another place you feel inspired to use
Creating Space for your Altar

1. Clean the area that you have chosen with natural non-toxic cleaning materials. I like to use water, vinegar with a little essential oil in the spray bottle. Wipe down the table or whatever else you’ve chosen to set your Altar on with natural cleaning products also.

2. If there are windows, mirrors or other reflective surfaces near or right next to your Altar area, then clean these too. What this does is allow light seen and unseen to flow better, along with cleansing the energy being reflected by these objects.

3. Now comes the part where you use the other tools you have learnt in this E-Kit to cleanse your area, the altar itself and any items that you already have ready to put on it. You can use a combination of the tools or just one, follow your heart.

I like to use a Smudging Stick of Sage, a candle and, play some Native American drumming music while I’m creating and cleansing my Altar and its space. While I’m creating my Altar and Altar Space, I hold the intention that I want my Altar to represent, nourish, remind and create in my life.

Intention is the Seed of Creation and Action.

Yeah!!! Your Altar Space is Cleansed and Infused with your Intention, it’s ready to shine brilliance, health, and prosperity into your life!
Items to Place on your Altar

There are many items that you can be placed on your Altar. With your Intention in mind, experiment and discover which items call to you and aid you in remembering your prayer/intention every day. I recommend writing your intention down on a piece of paper, be creative with this, use colour or stylized writing, draw on it etc.

You can use photos, flowers, oracles card/s, incense, statues, notes, your own artwork, paintings, candles, essential oils, jewelry, mala beads, charms, feathers, bells and anything else that calls to you. Get your kids and partner involved...place items that call to them als!
Blessing your Altar Worksheet

Now that you have finished Cleansing your Altar space, Setting your Intention and Placing your items that symbolise your intention on your Altar, It is time to Bless it in 5 easy steps.

Step 1 - Take a few minutes to connect with your Altar and Infuse it with positive, creating, loving energy.

Step 2 - Stand in front of your Altar and take several deep breaths, feel your whole body all the way down to your feet, and feel your feet connected to the ground. Feel your belly rise with the inhale and fall with the exhale.

Step 3 - Place your hands over your Altar and say, either out loud or in your head, it makes no difference.

“I ask my guides (insert any name that connects you to a higher being or energy) to help me in infusing this Altar with positive, loving, fluid and creating energy.

I ask to feel and experience.................................................. when ever I look at, attend to or clean this Altar”

Step 4 - Imagine Golden Energy and Light (choose another colour if you prefer) pouring from your hands over and around your Altar. Allow yourself to experience your Altar space and Altar Shinning and radiating with positivity.

Step 5 – When you are ready, take a grounding deep breath, feel your feet on the ground, place your hands into prayer position over your heart and give deep sincere Thanks to your guides (or other entity). Feel peace and vibrancy flowing through your sense of self and body.

Congratulations on your New Altar, may it serve your highest good.
FENG SHUI

Making your Home into a Physical Intention.
How to Create your Personal space to facilitate Healing and Transformation.
Feng Shui

Provides ways to create an ideal living or work space to bring prosperity, productivity, Peace and Incredible Health. Feng Shui is an Ancient practice that is part of the Chinese medical System in conjunction with Acupuncture, Tui Na, Herbs and Tai Chi. It is the sacred art of placement, as your space reflects your inner life and your Health on all levels. There is also a large amount of common sense that goes with the art of Feng Shui. For example, if the door sticks, fix it, if a bulb burns out, replace it, if a faucet is leaking, stop it and either fix or tighten the faucet. As you read these examples you might be thinking, well sure that is what happens in a space, and on some level you are correct. However the Chinese have a poetic and literal way of experiencing life. Therefore you begin to ask yourself, “What else is leaking out of my life right now, what else has burned out in your life, or how am I burning out, what else is stuck or sticking in my life at the moment that I want to flow”?

Your Space is a Mirror of yourself and your life.

The adjustments in Feng Shui can be small and subtle, they don’t have to be rearranging your whole house, buying all new furniture, going for the minimalist style, although if that calls to you then wonderful. The adjustments are usually affordable and sometimes not obvious to the look or aesthetic of your space, but huge for the energy and feel of your space.

They are many books out there that go into far more detail then we are going to be doing here.

First Step – How to use the Bagua Area Map

Place the Bagua over your house layout, or draw your house layout over the map on the next page, placing your front door (not the door you use regularly, the front door) at the bottom of the map. The front door often falls into the Career zone.

If your house is an odd shape you can draw out the Bagua yourself. If you find there are certain areas in your house that stick out or are sunken in, this means that either there is more energy in the zone or less depending.

Feng Shui Magnifies your Intentions. The stronger your intent the greater shifts and transformations occur.
Bagua – Feng Shui Area Map

Wealth
Prosperity
Fortunate Blessings
Purple | Wood
Appreciation & Gratitude

Fame
Reputation
Illumination
Red | Fire
Clarity & Integrity

Relationship
Love
Partnership
Pink | Earth
Receptivity & Openness

Family
Elders
Community
Green | Wood
Group Support & Strength

Health
Heart of Chi
Unifying Forces
Yellow | Earth
Balance & Vitality

Creativity
Children
Future
White | Metal
Joy & Inspiration

Wisdom
Inner Knowledge
Self-Improvement
Blue | Earth
Stillness & Introspection

Career
Mission
Life Journey
Black | Water
Purpose & Courage

Helpful People
Unseen Assistance
Travel
Gray | Metal
Benevolence & Synchronicity

[ Align this side with the Main Entrance ]
Second Step

Now that you have discovered which areas of your life are represented by the areas of your house, it’s time to delve a little deeper and ask yourself some questions:

- Do you find any connection between where clutter is and areas of stagnation in your life?

- What can you do right now to make changes in these areas in your space?

- What would you like to make your home/space a living Intention for?
**In Which areas in your home/space do you have clutter?**

**Which areas in your home/space feel stagnant, heavy or funky?**

**Which areas of your life would you like to transform or put more energy into?**
Third Step

To Make Your Own Fung Shui Living Intention

✓ Trust your Intuition

✓ Love the space you live in and the things you put in it. If you don’t like something in your space sell it or donate it.

✓ Don’t have anything that you allow to create negative feelings in your space.

✓ To Claim your space and start creating your sanctuary clear the space using any of the tools you’ve discovered here.

✓ Is there a particular area of your life that requires attention? For example, does money continue to be a concern for you? Are you challenged with Health issues? Locate these areas you’ve identified, in your home and in your bedroom.

✓ Use objects in the Feng Shui areas that symbolise to you what they represent. For example, if you’re wanting to create more free flowing money in your life, then you can use a plant to symbolise growth or a dollar bill to symbolise
money, you can even use monopoly money. It needs to be something that is suited to your taste and engages your intention, so as to remind you of what you’re asking for.

✔ You can always tweak your intention. Nothing is set in stone. Let your Intentions flow with your Personal Growth.

✔ Work in stages, so as not to allow yourself to get overwhelmed.

✔ Each room, each closet and each hallway needs to be regarded as a pleasant event. If somewhere isn’t a pleasant experience then red flag it for your attention.

✔ Lovingly attend to all areas and things in your home. If you are finding it difficult to attend to all of it then maybe some things need to go.

✔ By changing your environment you change your perspective on yourself, your relationships, your health and the world.

✔ Your Home can be your anchor, your still point, your place of rest and rejuvenation.

Let’s Get Started on your Living Intention!
Prosperity and Wealth

Locate your Wealth zone in your house, the back left corner from the front door. You can also locate the wealth area in your bedroom, in your office and your desk. They are all at the back left corner as you’re facing their entrance.

Ensure there is no clutter or mess and that it is sparkling clean. You now can place objects in this area that to you symbolises wealth and prosperity.

Money and water are always connected in Feng Shui.

Adding a water fountain in your Wealth and Prosperity area will create a flow of money in your life.

- **Having a back door in your Wealth area** creates the energy of your Money to flow too quickly out of your life. You can change this in several ways: Hang a curtain over your door or some form of barrier that keeps the energy from leaving too freely, put a bell or chime on both sides of the door to call the money energy back into your life. You can also just put a bell or chime on the outside of the door. Hang a round faceted crystal in a window near the back door. You can also paint the inside of your back door a colour that represents wealth and prosperity to you. If you’re following Feng Shui colours then red, purple, lavender, green and gold are the colours that represent wealth.

- **Pay attention to the wealth area of your desk.** All clutter or unfinished filing or projects should either be tossed or stored, but not in your abundance and wealth area. Now you can place a plant that symbolizes growth, a small fountain to symbolise the flow of money into your life, a candle or diffuser with a rich gorgeous aroma or a bell that symbolises calling abundance into your life.

- **Adding a Fountain.** When adding a fountain it is imperative that you maintain it and attend to it. If the water is getting low, fill it, if the water is getting murky or dirty, change it, if the motor stops

Spend your money in a state of gratitude, for what you have received for it and for having the money in the first place. Spend it in the knowledge that more money will come in to replace it. This is not a pitch to spend it as if it has no value, but to spend it without the attachment!
working, fix it or replace it. This reinforces your money intention every time you take care of it. Each time you look or hear the fountain let it remind you of fluid abundance and money in your life, or whatever specific intention you have set.

✓ **If your Money area is in your bathroom,** then it is important to make sure that you close the toilet lid and all drains when not in use. This symbolises stopping your money from going down the drain, or draining out of your life. You can also keep the bathroom door shut, or put a mirror on the outside of the door to reflect money back in. It is also imperative that if any faucet is leaking in your house, remember water represents money, that it is fixed straight away. Having an attractive, well-lit and charming bathroom can speak to your sense of wealth. Adding a lush green plant and taking care of it represents growth, care and creation of money.

✓ **Creating a small Altar.** I recommend doing this in your bedroom. Locate the back left corner from your bedroom entrance. This is just like the creating an Altar section in this kit. Choose something for your objects to be placed on, choose a wealth and abundance colour/s, green, red, purple, gold. Then place the objects that represent your wealth intentions.

1. Monopoly money or a cheque made out to you with the amount you want on it.
2. Green Precious stones or crystals
3. Pictures or statues that represent abundance
4. Anything that helps you to feel wildly wealthy

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**My bedroom wealth area is made up of an overturned buckets with a deep red silk scarf over it, singing bowls (to call in wealth and abundance), a $100 bill, a labradorite green crystal that represents manifesting dreams and is the colour green, and last I drew and made a dollar bill with the amount that I want to manifest into my savings account. It’s big, and it was a little scary to put down on paper, but I trusted my intuition and breathed through the discomfort. I look at it every day and play the singing bowls and extend gratitude for all the prosperity, abundance and wealth that my husband and I already have. Low and behold the money is flowing and that number, as it’s just a number, not a value, and not a representation of my worth, is not looking so unattainable or big anymore.**
Health

The traditional colour for Health in Fung Shui is yellow and the Health area is located in the center of your home or space.

- **Use a touch of yellow** in your Health Area, especially in your bedroom. You can paint a single wall yellow if you like the colour or you can add pictures or paintings that have a touch of yellow in them.

- **If you have a supporting wall in your Health area** – This is a perfect for painting, or adding pictures and paintings with a touch of yellow in them. You can also hanging pictures or paintings that represent Health to you, like a beautiful outdoor scene, or you and your family looking happy and vibrant.

- **Candles** – You can light and place candles that are yellow and/or with a fragrance that stimulates your energy, like lemongrass.

- **Plants** – You can place a plant in a yellow or accented yellow pot in your health area.

- **Crystals** – Hanging a crystal with a yellow ribbon promotes health and when the light catches it, it brings in more energy and vibrancy to your home and yourself.

- **Clear Clutter** – Clutter in your health area promotes the experience of feeling depressed, overwhelmed, stressed, scattered, fatigued, needy or distrustful of others. On a physical level it can promote stagnant bowels, slow metabolism, digestive issues, excess weight, trouble losing weight and put a dampener on our want to nurture ourselves and others. So clean the clutter and watch how your health physically, mentally, emotionally and spiritually is transformed by this simple act.

- **Honour your Center** – When you calm your center, you calm your life. When you have located your homes/spaces center and made the changes that represent Health to you, remember to care for it. Don’t just make the changes and leave it. When you clean the area, love cleaning it, knowing that this represents your health and your family’s health too. When you’re in your Health area remember to be grateful for the Health that you are already experiencing.

- **Select items that mirror to you feelings of delight, serenity, strength, beauty and balance.**

- **If Health is an issue** – then locate as many of your health areas in your home/space as possible. Check all your rooms, including enclosed porches and garages. At the very least clean the clutter out and cleanse the area. If your bed is the center point of your bedroom, then make sure under the bed is free of clutter and storage, and then you can place an item under the bed that represents health.
Harmony and Love

There are several areas that you can work with in your home to aid in creating the love, harmony and relationship you deserve.

Find your relationship area in your house and work with your bedroom.

- **The bedroom is best to reflect both individuals.**
- **Use pairs of items to emphasise the idea and intention of a couple.** Pairs of candles, two chairs, two side tables, two lamps, the same decorative pillows, a couple of identical plants.
- **If you don’t want a relationship** at the moment then keep things to single items until you are ready for a relationship.
- **Keeping equality in your relationship.** Having two side lamps helps the equality energy, as both partners are in control of the light. Try not having one side of the bed up against the wall, as one partner will have to climb over the other.
- **To Stabilise a relationship you need to anchor it.** This can be done by placing a large stone or boulder in the relationship/partnership area of your lot. You can also place a rose quartz crystal under your bed in the relationship area to help anchor it, or between the mattress and the bed springs also works.
- **Using your Altar to effect change in your relationship.** Intentionally placing a candle in the partnership area on a regular basis, this will create some shifts. Remember too though, when it comes to relationships, no work is more important than the interpersonal and emotional work we do on ourselves and with our partner.
- **Keeping the area where you create and prepare meals** clean, clutter free and balanced will bring harmony to your family.
- **Place pictures in your partnership area** that are of loving relationships. It can be a picture of you and your partner, or if you don’t have a partner, a picture or painting that speaks to you of love.
- **To call in a partner** that you want and deserve, you can write a letter describing your dreamy partner and place it in a wooden box.
- **Colours to use – Red, orange and pink.**
Inner Sacred Space

The ultimate purpose of Feng Shui is to enable, support and inspire you to create an inner sacred space, an inner sanctuary that you access whenever you want. Creating Sacred Space on the exterior helps you discover and create sacredness on your journey within. It is the search for wholeness, for the integration of mind, body, spirit and matter.

Sacred space is not just reserved for Cathedrals, Churches, Power spots in Sedona, or Stones Circles in Europe your home can be your temple, and you don’t have to look outside of your space for that sacred, safe environment. You can create it, with the right intention, not by controlling or manipulating your space, but by listening and working with it. As my husband often says about our house “this place needs to be a Pagoda of f&$%!#g PEACE!” He’s clearly on board! But your partner or family may not be, so introduce changes gently and invite them to take part. Bring your intuitive awareness to this practice and watch how that grows. When you start to experience the Harmony between the inner and the outer you will know that your space is or has become your Haven.

Cleaning with Intention

Cleaning with the intention of infusing sacredness into your space brings a consciousness of purity and renewal. It aids in maintaining that which you have already created and it helps to take the act of cleaning from drudgery to loving intention. This is about honouring the things that are important to you, and now that you are aware of what each area of your home represents, you now can understand what taking care of those areas is going to create, support and transform in your life. The very act of cleaning is getting the old out of your life. If you take care of your space, it will take care of you. There is no separation between your space and yourself, so treat both with love and care.
CREATING YOUR HAVEN AND SANCTUARY

Checklists, Clarifying questions, Things to Remember and Divine Cleaning
Creating your Haven Checklist

☐ Cleanse your home with A Smudge stick, Essential Oils in a diffuser or a spray bottle or incense.

☐ Create an Altar with a Specific Intention

☐ Use Feng Shui as your Living Intention, to invigorate areas of your life, to bring your outer and inner worlds close to one expression
Declutter your space to create free flowing, positive and healing energy. Focus on areas of your home using a Feng Shui Bagua Map, cleanse them, clean them and create their look and feel to represent and reflect your wish.

Play Inspiring Music with the intention of cleansing and nourishing your space.

Play Singing Bowls, use Bells, Chimes and Drum to promote healing, transformation and cleansing.
Find the Partnership/Relationship Area on your lot/land and place a large stone or boulder there to create stability (or place a rose quartz under your bed in the back right hand corner).

Find the Center of your Home and infuse the colour Yellow into it with the intention of peace, stillness and perfect health.

Add Water to your Space, either a fountain or a bird bath to call in prosperity.

Attend, Love and Care for your Space, it is a Reflection of you.
Important things to Remember

✓ Trust your Intuition! Trust yourself, what you feel called to participate in, practice and use are exactly what you need.

✓ Your Home, Office and any other space is here to support you, to reflect for you areas that you need to attend to, care for and make small but profound transformations.

✓ Your Home is one of your best teachers in self-awareness and self-empowered healing. Take what it is offering you and express your gratitude.

✓ That this E-kit is just a guide, if the information fits then play with it, otherwise listen to your Heart’s guidance.
Maintaining your Haven and Divine Cleaning

Maintaining what you have created by using some or all of these tools in this E-Kit will ensure a thriving, sacred, peaceful, transformative and healing space for years to come.

Maintaining your sacred space is easy. You have already done the work.

✓ Cleanse your space after an argument, or when you bring negative energy home with you.
✓ Partake in Meditative practices at home, like breathing exercises, sitting meditation, yoga, contemplative time, journaling, quiet tea time, peaceful baths or another form that resonates with you.
✓ Light candles on a regular basis
✓ Use your Essential oil sprays to maintain intentions
✓ Keep implementing Feng Shui techniques to enhance your intentions and your evolving growth.
✓ Use Essential oil burners and diffuser, along with salt lamps to keep the energy of your home miraculous.
✓ Regularly Clean your home with Divine, intentional cleaning.
✓ Maintain any fountains that you have, change the water regularly.
✓ Care, love, clean and look at your Altar. Let it remind you of all you have put out to create.
✓ Keep all drains closed when not in use and keep the toilet seat down.
Divine Cleaning

“What is Divine Cleaning?” I hear you ask. It is a way to transform what has often become a drudgery task into a conscious, intentional and loving act. This is part of maintaining what you have created in all your other work. It keeps you on top of not creating clutter once again; it infuses you and your space with nurturing, healthy energy.

The first step is to notice what type of cleaning products you use. Are they filled with chemicals? If yes, then what you use to cleanse and clean will actually put in toxic energy into your space. Choosing natural cleaning products without chemicals works with the sacred energy, it takes a way negative energy and infuses a Healthy Environment for you to thrive in. Plus, you significantly reduce the risk of little ones poising themselves and any possible adverse health risks to you!

You can even make your own cleaning products out of vinegar, water and essential oils. For the more difficult tasks use baking soda with a little water and vinegar and always add essential oil for a beautiful smell. For wood items you can use olive oil, water, vinegar and essential oils. However there are plenty of natural cleaning products on the market, including drain cleaners, toilet cleaners and window cleaners.

When cleaning, make that time sacred time by play music that you love. Enjoy the freshness and vitality you are creating. Set your Intention every time you clean and express gratitude for all that you have. Make sure to clean regularly, even if it’s a little bit every day. Then put the less regular cleaning, like cleaning your fridge on your schedule monthly.

Remember to get the whole family involved.
Dynamic Decluttering and how it Creates Miracles!

In this E-Kit I have spoken quite a bit about decluttering, but darling I can’t express enough how it creates Miracles in your life. If you do nothing else out of this E-Kit please do this. When you own so much stuff that you struggle to care for it, it creates issues in our lives, it creates health problems, relationship problems, work problems, issues with your kids and even your pets. Why does it do this? Everything is energy at its core. It all comes down to atoms and Higgs Bosons and other star stuff; therefore, your stuff is energy also. Clutter creates a breeding ground for stagnant energy, it creates obstacles to fluidity, and where there is stagnation there is die-ease. There is nothing better than a good old clear out where, you can feel the energy of your space shift, flow and open up. You will feel different in the space and you will be able to relax far more.

The essential piece to remember is, if you are struggling to attend and care for what you have, then you are probably living with clutter. I include cupboards, closets, garages and outdoor spaces in this too.

When you free the energy in your space, it can move and create, and that is when Miracles occur. Just in this act, you are creating Intention, you are loving yourself and you are telling yourself I am worth it, I deserve to live in sacred space, or a Pagoda of f-ing Peace(god love my husband). A space that supports me and helps me to transform my life and live my dreams. Go fourth and Declutter darling, create your Miracles!
What is clutter exactly?

✔ Things that you do not love or use
✔ Things that are untidy or disorganised
✔ Too many things in a small space
✔ Anything unfinished

Things that are loved and used have joyous, vibrant energy which allows the energy of your space to flow easily around them. Anything that is unused, forgotten, neglected, unwanted or unloved will cause obstruction and overtime cause stagnation. You are energetically connected to everything you own as there is no separation to the mirroring of your inner self.

Things that are untidy or disorganised represent disorder in your inner life. I’m not advocating for a house that is perfectly tidy, as this often causes a sterile energy that created problems itself. However when we have some for or order our ability to make space for creativity, stillness and peace increases. File your bills, have a place for your keys, create a place for your shoes and jackets to be easily accessible and found, creating placed for things so you know where things are. Some form of order allows for relaxation.

Too many things in a small space, means that the more stuff that is in your space the less room there is for energy to flow. Your space starts to feel like it can’t breathe and that there is constriction. This will eventually happen in other areas of your life also, even your health. You can either lessen the amount of stuff you have by moving it off the premises or donating it or increase the size of your home. It well feel amazingly good when you do one of these.

Anything unfinished puts a drain on your energy, nags at you in the back of your mind. Even if you’re not conscious of these things it will hamper your ability to relax, release and rejuvenate.

Breathe, evaluate your space, listen to what it needs and transform your life!
Now it’s time to Walk down your Sacred Space Path

You’re done it! You have finished this E-Kit filled with information that WILL transform your Health and your Life. Remember your home is a reflection of your Inner State and Health.

You have many tools now to play, experiment and have fun with. It’s time for you to create Miracles!

All of these tools have the power to change your world, all they need is YOU. I wish you blessings on this journey that you are about to embark on. I hope that is transforms your life, as it has mine. There is nothing like coming home to your Haven, your Temple and knowing that no matter what is going on you have the power to effect change in all areas of your life.

Trust yourself, discover once again your inner guidance, listen to your Heart and know that you are Whole, Worthy and Deserving.

I Believe in Your Power to Create the Health and Life you Want!

Blessings on the path you tread, may you tread lightly with wisdom, Alexandra and the Between Heaven and Earth Family.