

# How to Perform a House Cleansing

House cleansing is a practice used to remove negative energies or spirits from a space. This guide offers step-by-step instructions on performing a cleansing tailored to your beliefs and needs.

## 1. Preparing for the Cleansing

- Understand the Purpose: Identify why you're performing the cleansing.
- Gather Materials: Items may include sage, salt, candles, holy water, or sound tools like bells.
- Set an Intention: Mentally and verbally state your purpose for the cleansing.



## 2. Tools and Techniques

- Sage Smudging: Light sage and let the smoke fill the room while reciting a cleansing mantra.
- Salt Barriers: Use salt to create protective barriers near doorways and windows.
- Sound Cleansing: Use bells, singing bowls, or clapping to disperse stagnant energy.
- Prayers and Invocations: Adapt prayers to your faith or belief system to call upon positive forces.



### 3. Step-by-Step Guide

1. Start at the Entry Point: Begin cleansing from the main entrance and work clockwise around the house.
2. Focus on Trouble Spots: Spend extra time in areas where negative energy is strongest.
3. Seal the Space: Use salt or holy water to 'seal' doorways, windows, and mirrors.
4. Final Blessing: Recite a closing mantra or prayer to finish the ritual.



### 4. Maintaining a Cleansed Space

- Regular Practices: Perform mini-cleansings monthly to keep energy balanced.
- Positive Habits: Open windows for airflow, declutter spaces, and add plants or crystals for harmony.

