

# House and Property Cleansing

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Aromatherapists are sometimes asked to assist in house and property cleansing. It is a time honoured tradition and an essential in many cultures. The rituals used are used to clear away the old energies generated by the former inhabitants so the environment is free and fresh to make way for the new.

However, it's worthwhile making a few observations before signing up to live on a new property. The first is to look around and see if the neighbourhood has a lot of 'For Sale' signs. They could indicate strong negative energies in the area so it would be worthwhile investigating the local history.

One instance arose when clients built next to a stream which had been a camp-site for pre-European Maori raiding parties. Evidence of human bones had been discovered as slaves had been cannibalised there. Another troubled house was located on a former Maori battle ground so both examples had had a violent history. The latter was compounded by the negative presence of a soul who had recently died and not passed over. Because of the Maori element, a respected kaumatua was contacted to cleanse and bless the property. A trained priest or celebrant could fulfill the same task where there was a non-Maori history.

Very often when people shift house they find that things seem to change, often for the better but sometimes for the worst. Each property has its own energies and these relate to the people who live there. The centuries-old Chinese Feng Shui philosophy assesses the environment and its energies so that maximal balance and harmony are brought into the lives of the people living there. Mai'a Martin's book *Feng Shui for the Southern Hemisphere*, published by Reed, offers practical and affordable advice on how achieve this. A critical consideration is the position of the front door. Inhabitants should ensure it welcomes in positive energies and is not a passage for the negative. A Feng Shui consultant will offer invaluable guidelines for both houses and businesses.

To cleanse the inside of a building, use a bundle of dried white sage (*Salvia apiana*), the traditional herb used by the First Nation Americans in their cleansing rituals. It is usually available from health food shops. **Never ever** use the garden sage (*Salvia officinalis*) as severe poisoning could result.

Prepare the building before the cleansing takes place. Open everything inside which is closed: wardrobes, cupboards, drawers, boxes and cabinets so that the fumes can pass over every possible surface. Empty wardrobes for cleansing as they hold energies transmitted from clothing.

To begin the cleansing process, start at the front door, lighting the white sage and allowing it to burn for a short time. Put the flame out by waving it fast through the air or blowing on it to produce a smouldering smudge stick. Ask God or the Great Spirit to help you shift the energies, or say a prayer or perhaps a chant to invoke the purest light from the highest source to rid the house of all negative energy and to bless the cleansed environment.

Proceed into the first room to the left to begin the cleansing and continue clockwise around the house. Move in a straight line to every corner in each room, lifting the smoking sage from the floor and extending it high above the head to get rid of stagnant negativity. Work the smoke into the cupboards and wardrobes, taking your time and being thorough. Continue until the house has been completed and you are at the front door again.

Sweep the sage smudge around the open door and allow the bad energies to escape. Put the white sage on a plate on the doorstep to allow it to continue burning for a few minutes before extinguishing. If there is anything left, it may be used again.

A lighted candle can be used in the same way as white sage. If there is a persistently difficult space in the house, light a candle and place it there while you are in the area but apply safety rules before leaving the room and snuff the flame out.

Instead of white sage, strong smelling herbs can be substituted with rock salt and scattered around each room, paying attention to the corners. Use a tablespoon of dried herbs to a cup of rock salt. Traditionally, *lavender* is used for transcending problems, *eucalyptus leaves* for healing, *mint* for prosperity while *rosemary* is used for exorcism as it has high antiseptic qualities. They can be used singly or mixed, either fresh or dried—but dried herbs have the added value of being three times stronger than fresh ones. Leave it scattered for a minimum of 24 hours before hoovering it up.

The ring of a Tibetan bell or the sound of a newly hit gong reverberating through a building will chase negative vibrations away.

A meditation can also be undertaken in the centre of your house to get rid of unwanted bad energy. Visualise the negativity being drawn into a giant root which disappears into the soil below the house taking all the rubbish with it. Then see it being replaced and revitalised by positive purified energy coming up the root to all the corners of the house.

Rock salt can be used outside to cleanse the property. Scatter it on the ground forming a circle around the house.

When the cleansing process is over, always give thanks, then bless the building, the property and all who use them.

Most importantly cleanse yourselves after cleansing the house. This banishes any negativity from your etheric body so it doesn't attack your physical body. The most effective remedy is a bath with a couple of tablespoons of Epsom salts or rock salt dissolved in the water, plus a tablespoon of bath oil. A similar solution can be made up and used as a generous rinse after showering.

These are time honoured methods but the result is a fresh, revitalised environment.

