

# SPACE CLEARING 101

BY GIULIANA MELO

Space clearing is as important as physical  
cleaning.



# *Introduction*

## WHAT IS SPACE CLEARING



Clearing Space can involve physical or energetic aspects. Physically declutter and organize.

Energetically consider practices like smudging with sage or visualization to release negative energy. Find a method that resonates with you.

If the smoke bothers you or someone is asthmatic there are sprays that you can use instead.



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# Section 1

## SETTING INTENTION

How to prepare for your Sacred Smudge Ceremony

Set the date and time to do it and Invoke the Angels and Say a prayer before.

- ### Supplies

For a space clearing, consider using items like sage, palo santo or cedar for smudging. Light a candle, use crystals, and use a bell or a drum or sound bowls. Ensure good ventilation during smudging and set a positive intention for the clearing process. If smoke is bothersome there are sprays that you can use.



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# Section 2

## METHODS

These are some methods of space clearing



1

Smudging - herbs like sage or palo santo, let the smoke cleanse the space



2

Salt cleansing - sprinkle salt in the corners of rooms as it absorbs energy



3

sound bowls or bells help create sound that clears energy

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# Section 2

## METHODS

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4

...Visualization: Imagine a...  
bright light or pure energy  
clearing the space of  
negativity  
SAY A PRAYER!



5

...Essential oils like lavender  
or frankincense or other  
protection blends for  
purification. You can  
diffuse or spray them.



6

...Crystals cleansing and  
supporting the vibration  
of the room. Selenite or  
clear quartz or obsidian  
to transmute energy

# Section 3

## DECLUTTERING

Decluttering- only keep what you use

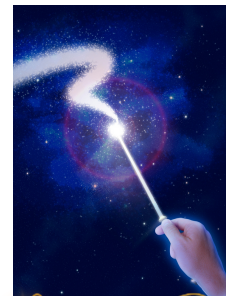
- Keep
- Give away/recycle
- Sell
- Garbage

Emotional decluttering

- Journal
- Listen to favorite music
- Spend time with family/friends
- Practice meditation
- Do something fun



Decluttering is magic  
Take the time to clean  
and clear your spaces -  
physically remove  
unnecessary items to  
create a more open and  
positive environment.





# Section 4

## ACTION STEPS

What can I do to help myself this week, month, year

1 Insert your task or questions here.

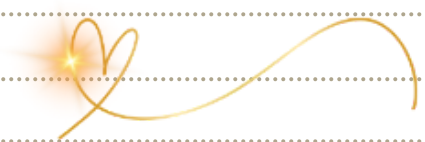
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2 Insert your task or questions here.

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3 Insert your task or questions here.

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# About THE AUTHOR

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IF you require assistance please reach out.  
Combine methods or choose one that resonates with you for effective space clearing.

DO YOU NEED  
MORE HELP?

SCHEDULE SERVICE



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