



AROMATIC SPACE CLEANSING



Aromatic space cleansing of your home, office, and work place is one of the easiest and most beneficial Feng Shui practices you can do.

All places have what is known in Feng Shui as predecessor energy; this is the residual energy left by everyone who has ever stayed there for any period of time. On an energetic level you are living with the energy of everyone who has ever occupied your home, office, and work place.

Emotions, particularly angry or negative feelings, are powerful energies that embed themselves in the walls, floors, and furnishing. If the previous occupant was unhappy or experienced financial distress, then that energy will still be lingering in your home affecting your family's health and well-being. We would never think of leaving our floors or furnishing unclean for years and years, yet that is what happens energetically when an environment is not periodically space cleansed.

Aromatic Space Cleansing Kit

This is the first complete collection of Essential Oil formulas designed specifically for the use of Feng Shui in the home, office, work place, and for practitioners. The cleansing blends contain Sage, Juniper, Pine and many other oils that traditionally have been used as smudging herbs. The use of Aromatherapy in place of smudging gives the practitioner a smoke-free, cleaner method of accomplishing the same result.

Everything you need to restore your home to a positive, energetic, and supportive environment can be found in your Aromatic Space Cleansing kit. Get to know what is inside your kit, follow the simple instructions, and ENJOY!

BEFORE YOU BEGIN

Before you begin your space cleansing there are a few simple precautions that you should follow. Essential Oils are safe and effective yet very powerful. Please follow these practical precautions and you will have a very positive experience with your space cleansing.

- Hold your mister at arm's length before misting.
- Do not allow mist to get into your eyes or those of your children or pets.
- If you should experience burning of the eyes, stop and rinse them out with a few drops of carrier oil. Wipe with a clean cloth.
- Do not spray your blends directly onto the furniture, clothing, curtains, or other fabric that might stain or water spot.
- Do not spray your blends onto electrical equipment such as televisions, computers, stereo, or other electrical appliances.

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PREPARING YOURSELF

Before you begin you should prepare yourself. You need to be in a calm and focused mood. If you are anxious, upset, or otherwise feeling out of sorts, you need to cleanse and protect your own energy field before you begin. When ready close your eyes and take in three deep breaths through the nose releasing them slowly through the mouth while visualizing your body relaxing with the exhalation of each breath. Repeat with another three breaths until you feel relaxed.

Once you are in a calm and relaxed mode, take the Gratitude mister and with your eyes closed mist around yourself starting at the top of your head, down the front and then down the back holding the mister at a full arms length from the body. Remember, this is not perfume you are applying to the body, but a protective mist you're applying to your energy field and you do not need to spray it directly onto your body.

Now that you are calm and have protected your energy field you are ready to begin.

Caution: *Do not skip this protection process, space cleansing can shift large amounts of negative energy that you will pick up into your own energy field unless you have cleansed and sealed it with Gratitude before you begin.*

GETTING STARTED

1. The first thing you need to do is find something to use as a fan, you may choose to use a hand fan, or an 8 ½ by 11 piece of cardboard. You need the fan to move the mist through the environment.
2. Before you begin misting form a clear intention of what you are doing in your mind. You need to stay focused on the intention to cleanse your space as you are misting, don't let your mind wander thinking about what you have to do the rest of the day or what you are having for dinner. It is important that you are space cleansing with intention.
3. Once you have a clear intention go through your environment and open all the doors to cupboards, drawers, closets, ovens, dishwashers etc. You don't want to leave residual stagnant or negative energy inside the closed storage areas of your home. Leave them open until you have completely finished space cleansing. It is also helpful if the weather permits to open a window or two.
4. Beginning at your front door, holding your mister of Protector (or Dragon Fire if there has been trauma or violence like a bad divorce, death, assault, etc.) at arm's length mist into the air.
 - One spray toward the ceiling, one spray at chest level and one lower toward the floor.
 - Taking your fan and using large sweeping motions disperse the mist through the environment as far as you can reach while standing in one spot.
 - Continue misting and fanning around the room clockwise, making sure that you use your fan to move some of the mist into closets and drawers.

5. When you've finished with the room your front door enters into, move through the house clockwise until you have finished every room.
6. When you come to the bedrooms you may want to strip the bed and lightly mist the mattress as the energy of everyone who has ever slept on your bed is embedded in your mattress. Protector also helps to eliminate dust mites. Don't forget basements and attics if they are being used or have been used in the past.

When you've completed the cleansing, pause and set your intention for the blessing with Cherished Place.

- You will mist, starting at the front door as before. As you are misting and fanning speak your intention for each room into the mist and a powerful and positive supporting field of energy will be created with your intention.
 - An example would be "Today I bless this kitchen that it will be a place that nourishes my family with good food and conversation bringing our family closer together as we share our meals, and the abundance of good food will represent our ever increasing prosperity and joy."
 - Or, "I bless this bedroom of my son or daughter _____ that he or she will rest peacefully here, growing strong, healthy, and full of self-confidence, and will always feel our love and protection allowing _____ to reach his or her full potential."
 - You are building a foundation of positive energy for your home, make sure at this stage you stay focused on your intention.
7. Once the space cleansing and blessing has been completed you are ready to do the sealing.

Use the Finishing Oil mister to seal each and every window, door, vent, or any other exit place in your home. You only need to seal the doors, windows, and vents that go outside; doors between rooms are not sealed.

- Mist the top, each side, and bottom of the windows. For doors, seal the top of the door, just above the door lock, and just below the lock or door knob, whichever is lower.
 - Seal vents the same as the windows by misting the center of the edges all the way around.
 - One place that you may not be aware of needing to seal is the mirrors. Mirrors are a gateway or access point for energy and need to be sealed as if they are a window. Mist the center of the top of the frame, the middle of each side, and again at the bottom of the frame.
8. Finally, we need to address another area where good energy can leak out and negative or stagnant energy can get in, and that is the drains. In China, it is believed that much of our good fortune and luck can be lost down drains and toilets.
 - Using a glass pitcher or jar, fill with distilled water and mist Finishing Oil into the water. Stir clockwise with a wooden spoon or other non-metal utensil. Pour about 1 ounce down each drain, including the toilets, to seal the good energy from going down and to prevent unwanted energies from coming in.

To keep your environment sparkling clean and energetic, repeat the entire space cleansing process monthly. This will help to prevent a buildup of stagnant or negative energy.