

NEGATIVE ENERGY CLEANSING

**A HOW TO GUIDE ON SMUDGING
AND
BANISHING NEGATIVE ENERGY FROM YOUR LIFE**

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Negative Energy Cleansing

A few things to keep in mind BEFORE you begin your cleansing.

- Everything on this earth is energy. Humans, animals, minerals, plants, thoughts, emotions --- all of it.
- When energy impacts, whether good or bad in an environment, it DOES change the vibration.
- Everything on earth has a spirit (mind, will and feelings)
- You are part of everything else. What affects one part, affects all other parts.
- Positive attracts positive. Negative attracts negative.
- Cleansing is healing and starting anew.
- You should be able to understand the importance of cleansing and how energy fields make up you and your surroundings.
- Although we might not always be sensitive to an energy imbalance; we are nevertheless affected by it.

Why is it some areas/buildings feel comfortable to us, while others may make us feel edgy, depressed or anxious to get out? Here is an example: After an intense argument in a room, the atmosphere may feel heavy and dismal.

Do you begin to feel irritable yourself? This negative energy, if allowed to exist and even grow (negative attracts negative), can adversely affect all the inhabitants in that area. Do you wonder why you, your family, your pets and everything in your house seem sick? This includes things breaking on a regular basis. I bet you never connected the two before. It will actually make your ENTIRE house sick. **Please note:** animals and children are especially vulnerable as they act as buffers for us and are not as strong and will absorb this negativity until they get physically sick.

Things to keep in mind AS YOU ARE CLEANSING, you are replacing undesirable energy (negativity/darker) with desirable or positive energy (white light).

- Anything can be cleansed – and should be from time to time. Your car, house, yard, belongings, your aura.
- If you do a cleansing ritual or procedure with anger or fear of the negativity you are trying to release, you will only exchange one kind of negativity for another. You gain absolutely nothing.
- Always enter into any cleansing process with an attitude of love. Negative energy is not bad or evil; it is simply energy that weakens you.

BEFORE YOU BEGIN THE SMUDGING PROCESS PLEASE PROTECT YOURSELF AHEAD OF TIME BY SURROUNDING YOURSELF WITH THE WHITE LIGHT OF PROTECTION (WHITE BUBBLE). VERY IMPORTANT STEP!!

IF YOU DON'T HAVE A BOOKLET WITH DIRECTIONS ON HOW TO DO THIS YOU CAN GET A FREE COPY HERE:

<http://www.pinkcoyotedreamcatchers.com/apps/documents/>

Smudging

The herb 'Sage' is often promoted as having properties that enable it to assist with the banishing of evil spirits or forces. Sage can be used to protect specific items by storing them with bundles or boughs of Sage, or the herb may be burnt through the practice of 'Smudging' in order to rid an area or home of the influences of evil spirits and demons. Smudging, (passing through smoke,) creates a cleansing smoke bath that can be used to purify people, objects, and homes of negative effects caused by evil or negative entities. Smudging is a practice utilized by many indigenous cultures including the Native American Indians... I've used it to cleanse my house, certain rooms, or smaller items and especially good for cleansing your aura once in a while. If you have moved into a new home, or your business has located to a new place, you might want to use this option.

- You can use loose sage or a **WHITE SAGE** smudge stick. I prefer a smudge stick with an abalone shell to catch the hot ashes and a large feather to waft the smoke into every crevice of the room. You can purchase the kits or just a small smudge stick inexpensively online at <http://pinkcoyotedreamcatchers.com> or <http://www.etsy.com/shop/PinkCoyoteDreams> . If you decide to buy just 1 smudge stick buy a mini or small size You will want this to be a **pure WHITE sage** smudge stick, if at all possible (sometimes they are bundled together with lavender or other plants, but **WHITE SAGE** is what does the actual cleansing).
- Next step, you will need a fireproof bowl, or any heat-resistant tray (if you do not have a kit). Metal would probably work best.
- Hold the sage smudge stick in one hand while you light the end of it. This is similar to lighting incense, in that you first let it burn for a few moments and then you blow out the flame and then the smudge stick will smolder as an incense stick does. Once you have blown out the flame, and the smudge stick is smoldering, place it on the tray or the foil you have made into a tray or bowl shape. Either you can leave the smudge stick there in the tray OR you can pick up that smudge stick with a fireproof container below it and walk through the rooms, wafting the smoke.
- Start at the farthest room in the back of the building. If you have more than one story building you want to start upstairs.

- Moving in a counter-clockwise motion walk around each room with the sage. (Counter-clockwise is usually considered banishing; clockwise is invoking) **Make sure to hit each corner and window and/or door.**

As you are cleansing each room, say something such as:

"I cleanse all negative energy from this place. All negative energy is cleansed from this.....[insert YOUR- home/building/area] NOW!"

or

"I banish all negative energy from this [insert YOUR - home/building/area] you MUST leave NOW. "

Use whatever feels appropriate to you and your situation.

- Finally, after all areas of the building are done, place the smudge stick in the area most affected by the negative energy, let the smoke fill the dwelling and allow the smudge stick to burn itself out. This totally cleanses the area of anyone and everyone's previous vibration, and cleanses the area of negative energy. We have used this many times in our own home and our clients that required this step.

PLEASE NOTE:

When performing a smudging ritual it is important to remember that if burning large quantities of Sage to avoid respiratory stress and to avoid performing the smudging ritual around infants, pregnant women, asthmatics, etc. and to take all relevant precautions while dealing with open flames.

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THIS BOOK MAY BE GIVEN TO EVERYONE YOU KNOW!

This booklet is written by Traci D. Watkins
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