

in a

CLEAR Space

LUCY HARMER

- ~ *Do you feel that your plans don't seem to materialise as you would wish?*
- ~ *Have you had to abandon any of your deepest desires?*
- ~ *Do you feel that your old emotional patterns are holding you back?*
- ~ *Have you recently moved into a flat or a house and then realised that life has become harder since the move?*
- ~ *Do you feel that, despite the work you've done on yourself, you still feel blocked?*

The purpose of space clearing is to free a place from old emotions and create a new and more harmonious interior. It is a formidable tool in all types of therapy and helps us to overcome our internal emotional patterns. Sometimes, during a healing process, we find things go well up to a certain point and then everything seems to block because the energy in our living environment is holding us in the past. Space clearing enables us to free the past, to raise the energy levels of a place and helps us to anchor those plans and desires that we hold most dear.

During a feng shui consultation, space clearing is of prime importance because it works on loosening the energies, old thoughts, repeating patterns, which have been created and left behind by the former occupants and which can have a considerable impact on the lives of the new inhabitants.

RAISING VIBRATION

Every space, home and office vibrates at a different frequency and thus has a different 'rate' of vibration. Ancient cultures knew of this phenomenon. They would often construct their temples, churches, or holy grounds in places where the astral light was the strongest. The importance of Space Clearing lies in its' capacity to raise the amount of astral light in a space. Each level of astral light represents a different level of consciousness. Whenever you find



yourself in a place where there is a great deal of astral light, the overwhelming sensation is of 'being transported' - in some cases to a different dimension.

You have probably been in a place where you've immediately felt ill at ease for no apparent reason. The atmosphere of such a place may have seemed heavy or negative or even suffocating with a low rate of vibration. Space clearing enables us to transmute the energy present and change the level of vibration in a place. It allows us to jump from one level of consciousness to another.

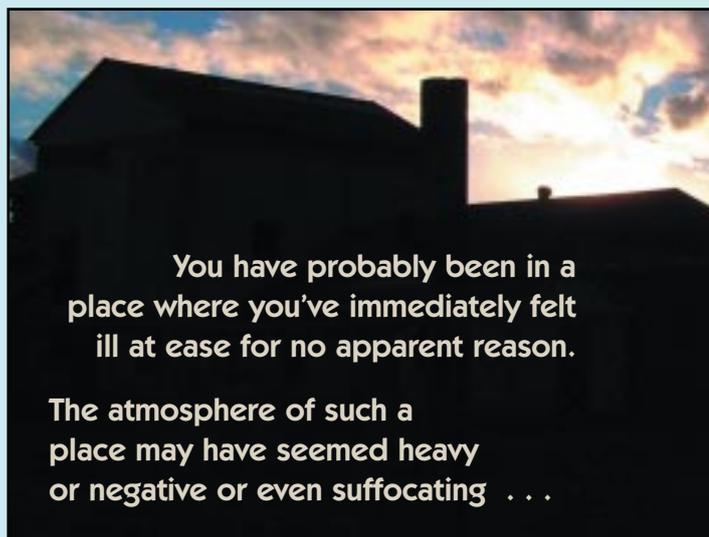
You may also have been somewhere that filled you with a deep sense of peace and well-being. It could be a place where ceremonies have been celebrated over many years and where positive energies have been created by the participants. I am sure that you have had the experience whilst in a temple or a sacred building of suddenly feeling

'connected' to the very essence of life. In Thailand, when I was visiting a Buddhist temple, I found myself naked before God. I felt as though I knew my past, present and future. Life itself seemed simple and beautiful.

REPEATING HISTORIES

The same type of situation often generates the same type of emotion and can create a cycle of energy which gets stuck to the place in question. When new owners arrive, they are influenced by the resonance emanating from the atmosphere and they will have a predisposition to reproduce the same emotional behaviour as the former owners. They will be likely to recreate the same happenings, situations, moods, etc. This is why the Chinese school of feng shui teaches that it is always preferable to know what happened to the former inhabitants before moving into a new home.

Before buying or moving to a new house or workplace, it is always advisable to find out about



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the way of life of the former occupants. If they've been happy, there is a good chance that you too will be happy. However, if they had problems with relationships, money or health, it is quite possible that sooner or later you will experience the same pattern resulting in the same problem. If the previous company went bankrupt, there is a strong possibility that you will follow the same path. If, on the other hand, the former occupiers ran a successful business, you will have luck on your side.

VITAL ENERGY

One of the basic tenets of space clearing is that the world around us is entirely made up of energy. In every culture and civilisation we find the same set of beliefs. The Chinese call this type of energy 'chi', the Japanese 'ki', the Hindus 'prana', the Polynesians 'mana', and in the western world we speak of 'vital energy' or 'life force'. From the viewpoint of quantum physics, the whole universe forms part of the consciousness of every inhabitant, and one thing will have an effect on another. This means that we are not surrounded solely by inanimate objects, but that each of these objects has its own energy and gives off a certain vibration.

Each time an object is used, it becomes impregnated with the energy of the person using it or the atmosphere of the place where it is kept. The same applies to the walls that store all the emotions that have been generated within. The stronger the emotions, such as anger or great joy, the thicker the etheric

LEFT
Consecration
space-clearing
bell ceremony
performed by
Nyoman Jiwa,
high Baliane.
This Balinese
medicine man
deals with all
black and
white magic
on the island
and maintains
the sacred
lontar texts





Incense is used in most Asian countries, such as Japan, Indonesia as well as India, to raise the vibrations of a place.



layer on the walls. The more the emotions and patterns of behaviour are repeated over a long period, the heavier the etheric layer. The role of space clearing is purely to free all the subtle etheric energy that the objects or the walls have absorbed.

Etheric webs and emotional imprints, often referred to as the memory of the walls, are neither positive nor negative. It is just that they don't always reflect the wishes of the person living or working in the place in question and they may not necessarily be beneficial. To give you an example, several years ago, during a consultation given for a young man of twenty-eight, I realised that he was being influenced by the energy in his new home. He had purchased an old house, had moved in, and from then on the only thing he seemed to want was to get married and have children, which didn't exactly accord with his new job as a reporter. During the consultation, I read the energy of the house and discovered that it had been lived in very happily by three generations of the same family. This in itself isn't a bad thing, but in that particular case it wasn't compatible with the plans of its new owner. After a space clearing session he was able to get on with his career without any difficulty.

I'm often asked to space clear houses that have been handed down in the family. In many cases the people inheriting the house don't feel able to live with all the ancient memories and especially old family scenarios, not wishing to recreate them. These people have often made a decision to sell the

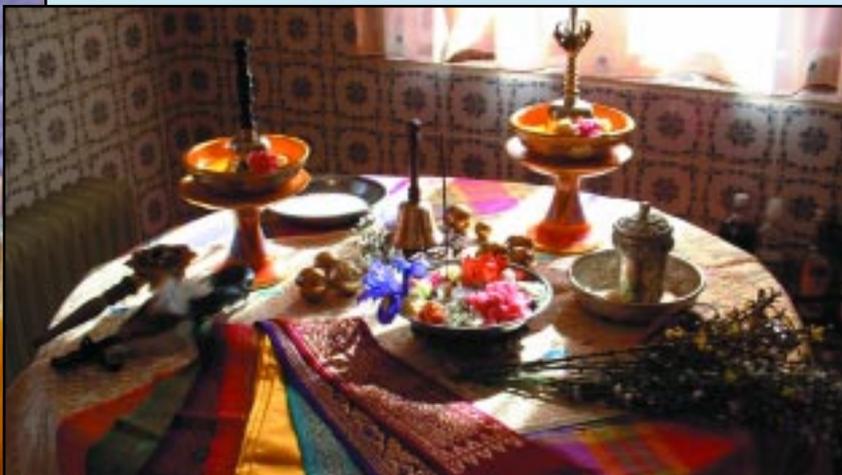
house, and are always amazed that after space clearing they feel comfortable, thereby abandoning their plans to sell.

SALT, SMOKE AND SOUND

In every culture there are certain rites and rituals which use a system of space clearing. It is interesting to note that these rituals often use similar methods.

Aromatic herbs and incense are often used to change the energy. During important ceremonies in the Catholic church, the priest will burn incense made from myrrh and frankincense. Ancient Swiss customs consist of burning different aromatic herbs such as sage, rosemary and juniper in order to change the energy in a home and to purify the atmosphere after a long illness. Native Americans regularly use white sage during their sacred ceremonies. Incense is used in most Asian countries, such as Japan, Indonesia as well as India, to raise the vibrations of a place.

You can use aromatic herbs either by burning them or by spraying them in the form of essential oils to lift or fix a specific vibration in your home. Other effective means of purification are holy water, salt, fire, clapping and sound. You can spray the perimeter of your home with holy water and you can also place bowls of salt in the four corners of the rooms you want to clear. Salt is a very powerful cleanser which absorbs the heaviness in the atmosphere, but it shouldn't be left for more than twenty-four hours, as after that time it will be saturated and will send the energy it's absorbed back into the



top: a purification ceremony after the recent bombings on Bali.

above: a table serves as an altar during a space clearing ceremony.

atmosphere. It is advisable to use either sea salt or rock salt.

In ancient times, in certain religious cultures such as India, Africa, the East, Europe and particularly among the Aborigines and the Native Americans, the practice of using sound to heal and to attain a balance has existed for a number of years, whether with bells, Tibetan bowls, chanting, drums or gamelan, didgeridoo, etc.

In order to cleanse your home with sound you can use any musical instrument. Be creative and invent your own instrument. It's not so much the instrument that counts as your intentions.

To cleanse a room with a musical instrument, imagine that the instrument itself is giving out your intentions in the form of sound. Walk round the room until it starts to vibrate in tune with the instrument you're using.

THE CLEANSING FIRE

One of the cleansing techniques which wipes off the emotional web contained in the walls is to purify with fire. In many traditions, people light fires in a house to drive out spirits or errant souls. In the Tiwi Islands, the Aborigines light a fire in a home where a person has died, and smoke out the entire house. They believe that smoke from the fire has a deep cleansing effect on the house and helps the soul of the deceased leave for its new life.

In Bali during a consecration ceremony for a new home, a fire of bamboo and coconut is lit in the center of the home. When, due to the heat, the bamboo and coconut explode, the noise resonates throughout the house and drives away any spirits and demons that have come to live there. After this ceremony - once the space has been cleared - the family move back into the house immediately and sleep there that same evening, in order to prevent the demons and spirits moving back in again.

In the same way, the ancient tradition of burning the Yule log in the West was a way of helping to clear the home of all spirits and errant souls at least once a year. Every year, at Solstice (and later at Christmas), families would light the fire with a log they had kept especially from last years' fire. Traditionally this log would be bound by ivy. Because the Yule log

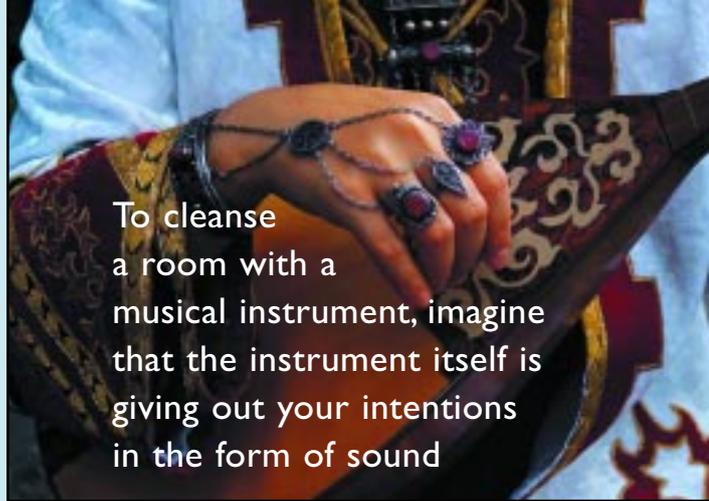
was so dry, it would expand faster than the ivy and eventually 'explode', making a great deal of noise and releasing a huge amount of energy which would drive away any stagnant energy in the house. You can obtain the same effect at home by burning a mixture of surgical spirit and salt which will crackle in the heat.

BALINESE COMMUNAL RITUAL

In Bali, traditions relating to space clearing are among the most complex in the world. All the inhabitants of the island purify their homes daily; they organize even more elaborate ceremonies, where an entire village is purified. They even practice a ceremony called Eka Dasa Rudra, which takes place about every one hundred years, and is dedicated to the purification of the planet.

Each year around March, the Nyepi festival is celebrated. It is a purification ceremony for the entire island and marks the beginning of the Balinese New Year. The aim of Nyepi is to purify the island by keeping at bay and clearing out the lesser demons called, *buta kalas*. The *buta kalas* represent pockets of heavy, harmful and negative energy which accumulate in certain places such as crossroads, thereby causing accidents. Across the island the Balinese make giant paper mâché masks representing enormous demons known as *ogoooh-ogoooh*. On the eve of Nyepi, these huge masks are levied by young men onto bamboo structures and are paraded around the village. These floats are accompanied by gamelan and cymbal musicians who make a great deal of noise. The idea is to make the most noise possible to wake up the demons and the harmful pockets of energy in order to later disperse them. It is as if the Balinese are waking the demons to say, "Here are your offerings, now take them and leave."

At midnight, the impressive masks are left at road intersections and crossroads, and burnt with many offerings dedicated to appease the *buta-kalas*. The next day, the entire island comes to a standstill. The Balinese are not allowed to cook, nor can they use any sort of machine. They don't go out, but rather use the day to quietly meditate, contemplate their lives and listen to the silence for a whole day.



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NEW OPPORTUNITIES

When doing space clearing, the power of the offerings and prayers during the process permits us to let go of our negative emotions (which induce low frequencies), open up to divine grace, and anchor a higher level of astral light. Negative emotions prevent the attraction of divine grace and the increase of the level of astral energy. Space clearing lifts us up to a different astral plane, where we can tap into our intuition, find ourselves, and rediscover our own spiritual power. Space clearing opens a whole new dimension - a dimension where it is easy to let your own intuition be your guide, and where multiple possibilities exist. When you raise the vibrational frequency or level of consciousness in this way, new windows of opportunities arise naturally and it becomes much easier to manifest one's desires.

So if you feel emotionally blocked or you feel a heaviness in the atmosphere in your home or workplace, bring back these ancient customs by cleansing your own space. Once this has been done, don't forget to anchor your dreams and intentions. To do that you should write out a list of the things you want to manifest in your life and read it out loud in your space.

LUCY HARMER is a Reiki Master and has been a Feng Shui and Space Clearing consultant for the last 12 years.

She has a degree in philosophy, politics and economics and has lived in Singapore and Bali where she studied the art of Feng Shui and space clearing ceremonies. She has also studied and worked with many shamanic teachers and is currently based in Geneva, where she facilitates workshops and seminars throughout Western Europe.

Lucy is the author of 'Get to Know your Animal Guide' and 'The Art of Space Clearing and Intuitive Feng Shui'. For more information www.innerelf.com

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