

HOW TO PREPARE FOR A SPACE CLEARING CEREMONY

by Karen Kingston

Here are some guidelines to help you to get the most from a space clearing ceremony.



HOW TO CHOOSE THE BEST DATE

Choose a date when...

- You will be sleeping at home for at least a week after the ceremony (ie. you will not be travelling)
- You will be able to stay at home for the rest of the day after the ceremony
- You are not likely to have any interruptions or visitors during the ceremony or that evening
- You can make arrangements for any children under 8 years old to be taken care of away from the home during the ceremony

HOW TO PREPARE YOUR HOME

You'll get the most benefit from the space clearing if you clean, tidy and clutter clear your entire home before the consultation, but not to the point of exhaustion. Stop at 5.00pm the previous day so that you'll be well rested before the ceremony.

HEALTH

If anyone in your home is sick or taking any medications, please be sure to let your space clearing practitioner know at the time of booking. This includes adults, children, and also pets.

YOUR FOCUS FOR THE CONSULTATION

At least a few days before the consultation, write a list of your main priorities in life at this time, with a short description of each one. If you share your home with other people, invite them to do the same if they would like to (it's not essential but it's good to include them if they'd like to be involved). Some examples of priorities are health, relationships, prosperity, career, your spiritual path, and so on. If you only have one main priority, that's fine.