Maybe that feeling is caused by the mountains of unread junk mail. But it could also be caused unseen energy blocks - blocks that are keeping you from the clear, easy, fun home that you want + deserve.

Let’s talk about 6 ways to clear your home of energy roadblocks. Like, today.

1. Smudging
Smudging is a Native American custom designed to clear a space of any negative energy or spirits that may be causing problems in the land of the living. It’s a powerful way to clear your home and a fun subject to research if you feel guided.

**Supplies:**
matches
smudge stick (you can use sage, cedar, incense)
a plate to cash ashes
you might want a feather to steer smoke, but your hand will work just as well!

Start with an intention to clear away any dense or heavy energy and bring light + love into your home. I start in the bottom of my home and work my way up. I just repeat my prayer or affirmation and spend a little extra time in the parts of my home that feel heavy or dark. Then I open windows + doors to allow the energy to move outside where nature can take care of it. I work my way to the top floor and leave through the front door and walk around the house to smudge outside. You
can’t be too thorough!

2. **Ring out the bad juju**
I learned this from a Feng Shui expert when I had a house full of spirits. We live across from a church and occasionally our home is a bit of a magnet for that energy. When we first moved in I even saw a ghost sitting in one of our rocking chairs!

**Supplies:**
One very loud bell.

Open everything - drawers, doors, windows, closets, the stove, the fridge, the freezer. Can it be opened? Open it.

Take a very loud bell and starting in the center of your home, ring that bell as loud as you possibly can. Let the sound of the bell resonate through the house. Starting on the main floor, work your way up and down the house, leaving the doors open so the energy can move outside. Ring the bell in corners, under beds, in closets, anywhere that heavy, dense energy can hide. (Apologize to your pets and neighbors later.)

Move that energy out. The sound and vibration of the bell moves it back where it belongs.

3. **Vacuum or sweep**
When my home needs a quick update or people are stopping by I give my home a quick vacuum. I can immediately feel a shift in my house - it’s like a new haircut! This also helps you declutter those spaces that are blocking energy. When you vacuum, the energy moves and you move, then all of a sudden you’re cleaning and decluttering and your space is clear + clean + inspiring!

4. **Get your boogie on**
Music can change energy within seconds. Seconds! The vibration of your home can be uplifted and changed with the first few bars of a good song! Not surprisingly, moving your body along with the music will bring you your own vibration shift. Bonus points for singing along!

5. **Say a prayer**
Ask archangel Michael to enter your home. Here’s a prayer that I like from Sunny Dawn Johnston:

“I invoke the blue light of Archangel Michael to surround and protect this home from any negative energy or entities, seen or unseen......and so it is! “

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Don’t be afraid to feel your way through this and do it in a way that works for you: open or closed eyes, saying a prayer to whomever or whatever works for you.

6. Have your house dowsed
Ideas 1-5 are totally doable, totally implementable, powerful ways to clear away the surface energy that affects us. **So maybe you’re feeling just a little bit stuck.** A tiny bit uninspired. Not 100% totally-over-the-top in love with your life.

**And you’re not sure why, exactly, you feel like this.**

But you know that as soon as you walk through your front door you feel tired and overwhelmed and, honestly, kinda crappy. All of a sudden, you just want to nap or watch terrible tv or pick a fight about the nearly empty milk carton.

**Yuck.**

**But dowsing goes deeper.** We head into the foundation that needs healing and dig into the deeper part of your home that needs help. When we go deep into your home, we’re going deep into your own fears + blocks and freeing your home and your heart.

**Dowsing moves energy in huge ways; doors to opportunity are opened + life begins to heal + move forward.** Goodbye, stuck! Adios, stale, uninspired space!

**Ready for a super serious home cleansing?**
**Book** a dowsing session with me.

**Want to see what it’s all about?**
Book a 15 minute freebie with me and I’ll give you the lowdown!