

HOUSE IMPOSTERS

The health of your house affects that of your body, so make sure your home isn't plagued by any of these toxic intruders:

Radon

This naturally-occurring gas is produced when uranium decays in the ground and can cause lung cancer.

Mould

Some toxic strains of mould grow on porous materials such as wood, wallboard, ceiling tiles and insulation, particularly if your house is wet or has suffered from water damage.

Carbon monoxide

This odourless, colourless gas from faulty fuel-burning appliances such as boilers, gas ranges and fireplaces can cause headaches, vomiting and nausea.

Lead

Lead-based paint is common in many houses built before 1960, often beneath a few layers of new paint, and can cause brain-damage and developmental disorders.

“*Know and feel that your property has been rebalanced*”



BLESS YOUR HOME

This is a powerful blessing to help the energy in your house to stay positive:

1. Take three deep breaths to allow yourself to relax and focus on the intention that the energies within your home will become balanced, and say the following: “With intent I ask the highest divine healing energies / universe [whichever resonates] and spirit of the place/ guardian to bless, balance and recharge any non-beneficial energies into beneficial within this home, as appropriate for all the occupants, visitors, pets, plants and other relevant life, with love and gratitude”
2. Once said, know and feel that our property has been rebalanced and visualise a golden orb of protection around your home with the intention of reflecting any non-beneficial energies.

PLANTS & COLOURS

Peace lilies, spider plants and African violets are all good for rebalancing energy, so make these your plants of choice. Choose fresh blooms rather than dried or artificial flowers. Don't hold on to dead or dying houseplants and acknowledge when cut flowers have passed their best and give thanks for the pleasure they gave you. Are you a person that hides behind dark colours? Even if you like black, a splash of bright colour can lift your spirits. Ask yourself which colours will make you feel good and use them to bring life and energy into your house.

CLEARING CLUTTER

Clutter harbours negative energy and the clearing process will help re-energise your house. If the task seems overwhelming, focus your efforts on one area at a time and use the strategy: ‘If I don't use it or

love it, get rid of it’, to make decisions. When you have made a start on the clearing, put a little rock salt in a small bowl of water and place by a window to continue the cleansing process.

SMUDGING RITUAL

Try this traditional Native American white sage ritual to help rebalance energy and bring positivity in to your home:

1. Focus your energy knowing the sage will cleanse your home. Place the smudging stick (available online or make one yourself from dried sage from the garden) on a flameproof container and light the end of the sage, then wave gently in the air until the flame goes out and the tip just smoulders.
2. Breathe in a relaxed manner as you start to disperse the smoke clockwise around your house. The front door is a good place to start and gently wave the smoke into the air.
3. Make sure you spend more time in the corners of rooms where stagnant energy can collect. Ensure all floors and garages are cleansed and open any cupboard doors. Feel the cleansing smoke permeating everything and re-energising your entire home.

PRACTICE GRATITUDE

You have nothing to lose by showing gratitude to your home and its guardian for keeping you and your family protected. Being genuinely thankful and grateful for everything in your life including your house, friends and family will raise positive energy. Every night when you go to bed, try saying to yourself: “With infinite love and gratitude I am thankful for...” listing all the things that you are grateful for in your life. A deep sense of appreciation from the heart is powerful and transformative in a home.