



ADRIENNE THATCHER
FENG SHUI

2025

MY PERFECT
GUIDE TO
Space Clearing

www.fengshuiworks.org



WHEN TO BURN SAGE

- When you've been arguing.
- When someone in your home is sick
- When visitors leave.
- When you buy secondhand items.
- When the vibe feels icky.
- When you've been depressed.
- When you're grieving a loss.
- During the full moon.
- When anxiety strikes.
- When you've had a nightmare.
- While doing chores.
- Before meditation/spells.
- To clear crystals & spiritual tools.
- When you move into a new home.



WHAT IS SMUDGING?

While there are different definitions, in general, “smudging” refers to a technique of blessing and purification that involves the burning of botanicals, such as herbs and resins. The burning of the material creates smoke which can energetically cleanse spaces, objects, and people. The most popular and well-known smudging herbs are white sage and PALO SANTO



In feng shui, the ceremonial burning of substances for space clearing is often used in tandem with other adjustments to improve the flow of qi in the environment. From the feng shui point of view, it's helpful to clear your spaces on a regular basis. ·



Smudging is a way to energetically cleanse a space to invite positive energy. When smudging a space, you burn plant material. The smoke fills and purifies the environment. As the smoke rises, it takes your wishes and intentions and mingles them with the universe as a way to connect heaven, earth, and humanity. Burning aromatic herbs and resins was practiced in antiquity and is found in many cultures and spiritual religions. There are many different plant materials you can use for smudging.

Some common ones include sage, cedar, sweet grass, and Lavender. White sage is probably the most common and popular herb for smudging. It is associated with purity and has a strong and heavy presence. It's very useful when you need a major space cleansing.

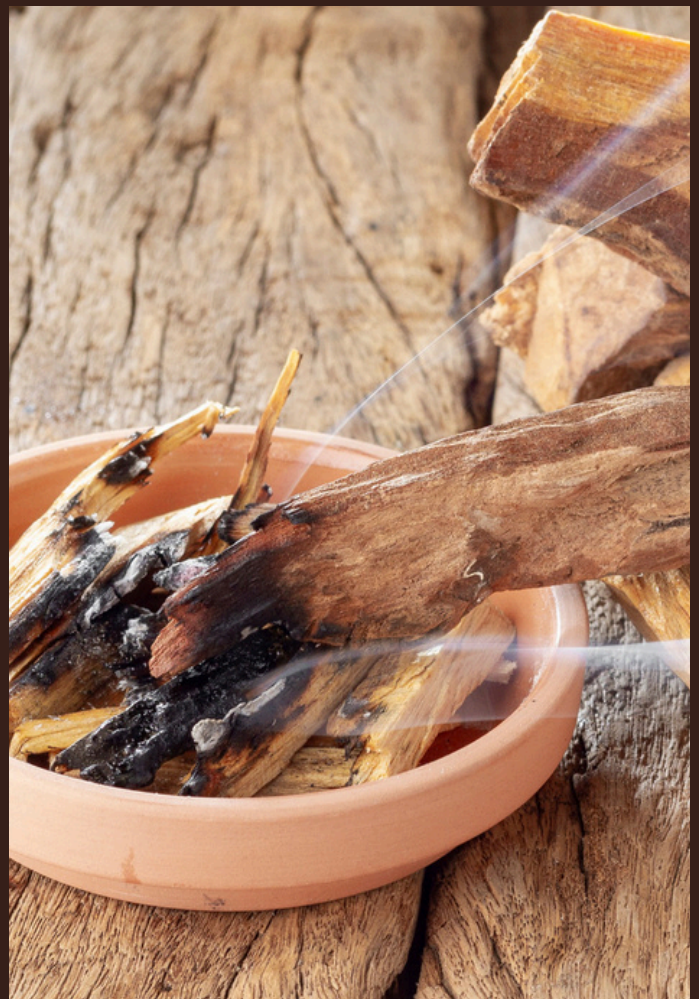
PALO SANTO-ETHICALLY SUSTAINABLE

Palo santo translates to “holy wood” in Spanish. Traditionally, you would burn sticks of palo santo to create smoke to smudge a space, person, or thing. An alternative is a PALO SANTO MISH. This mist can be created by diffusing the essential oil in a space.

You can make a palo santo smoke-free mist by combining palo santo essential oil, water, and alcohol in a clean spray bottle. Another option is to brew a tea with palo santo.

RECOMMENDED!

Palo Santo Premium Sticks High Resine Natural Certified from Peru (NOT Ecuador). Ethically Sustainably Harvested. [Ethically sustainable palo santo](#)



CLEARING WITH SOUND

Magic Bowls - Pots and Pans - Bells - Clapping

Although we can't see sound, the vibrations move through the space and form within our homes. Beautiful sounds can cut through and transform negative qi into positive energy.

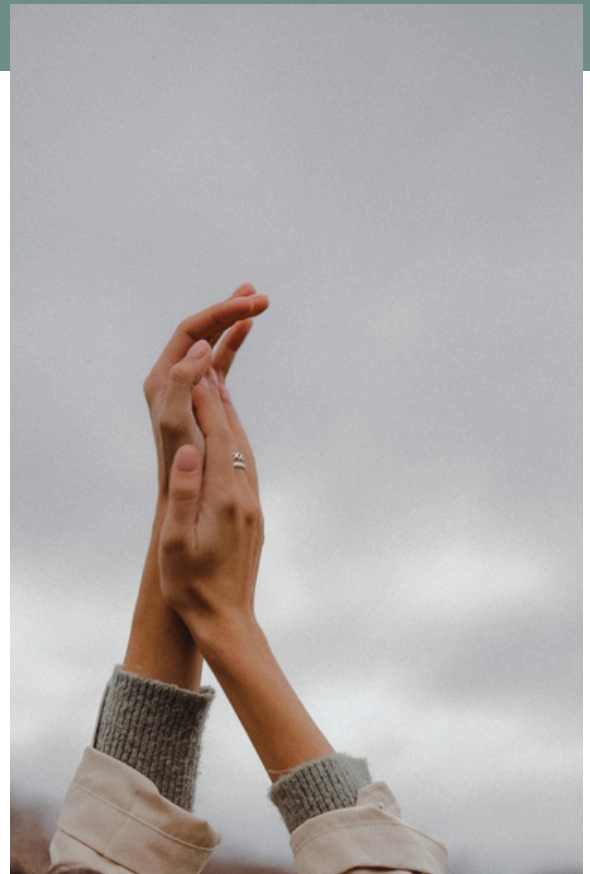
The vibration of sounds radiate through spaces, people, and objects, and can, in turn, bless and purify.

If you play an instrument, melodic sounds can be used. You can also sing from the heart. What makes your heart sing?



Use a mantra or repeat an affirmation to shift energy. Singing can uplift and bring in more joy. It can open up the heart when you "let your heart sing."

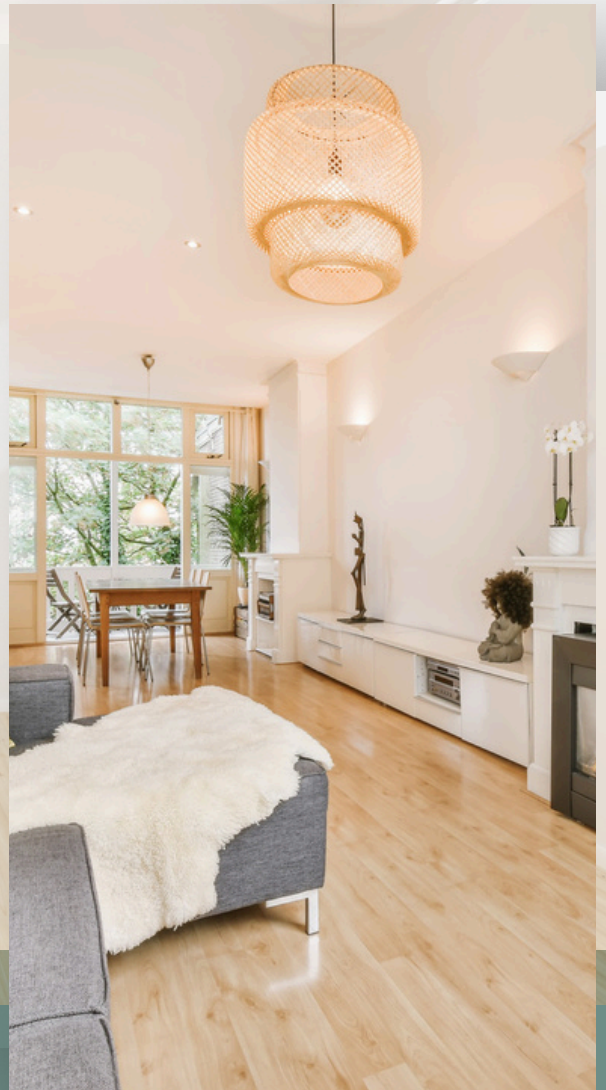
The metal element can be invoked with metal singing bowls. You can go to your kitchen and grab a pot or pan and a wooden spoon, then bang! Bells and even clapping. Make sure you are getting to every corner of your home, and you will feel the vibrations dancing around. The sound may bring more vibrations in one part of your home than another, but it's working.



BEFORE YOU BEGIN

Before you begin the ceremony to sage your house, it's important to take a couple of other steps. First, tidy up your home. Then, take your time to gather materials for the ritual. The mindfulness of a smoke ritual begins when you collect your supplies, so practice this with ease and care. Do your best to slow down and not rush through this first step.

Create a ritual by starting at your front door and walking around the space in a clockwise direction.



SET YOUR INTENTIONS
for you and your
home.

EXAMPLE: Whatever does not serve me anymore, it is okay to leave! I welcome new and positive Chi into my home.



Candles, lighter and Matches

It's recommended to have a candle nearby to relight the smudge stick during the smudging ceremony.

Matches or a lighter is used to light the candle. You will light the smudge stick with the candle flame.

Bowl of Sand

A bowl of sand is a good idea, but not a must. It is used to properly extinguish the smudge stick safely after the ritual is complete.

Allow enough space and time for the ritual so you don't feel rushed. If possible, meditate for at least five minutes to calm your mind and heart.



ALONE OR WITH FAMILY MEMBERS

It's calming to smudge a home by yourself. But, if anyone else is present during this smudging ceremony, you can include them in the ritual. Prepare some OTHER SPACE CLEARING TOOLS that they can use while you are smudging. For instance, they can work with sound and ring bells.

Remember when performing a space clearing, your intention is key. Take some time to contemplate what your wishes are for your home and family. When you clear your house, there's a vacuum that's created. You want to welcome your intentions into the newly cleared and open space.



Now that you have all your tools and preparations in place, you can begin the smudging ritual.

- Take a deep inhale and exhale.
- Ground yourself. Mediate. Envision a bubble of light around you to protect yourself from negative chi that you are releasing from your home.
- Set an intention.(s)
- Clear the space with the alternative technique.
- Set an intention again.
- Complete the ritual with a deep inhale and exhale.
- Shower

WHERE TO START

1. Start at the front door.

Start at the front door of the home and light your smudge stick. Then, begin to move slowly around the home. Move mindfully and with care, walking clockwise around the entire interior perimeter of the home. Be sure to allow the smoke to drift into even the hidden spaces, like inside closets, basements, and dark corners. If there are stairs, just go up or down when you encounter them so you can smudge the upper or lower levels in the same manner.



2. Keep moving clockwise, one room at a time

Keep moving clockwise until you meet back at the front door. You can go down or up the stairs and then resume smudging on the main floor.

Moving around a space like this is called “circumambulation.” It’s a practice that’s been done for centuries in ancient cultures to make a space more sacred.

If you feel comfortable doing so, there are things you can say when you sage your house. It’s helpful to chant a mantra or a prayer that is meaningful to you as a way to fill the space with more cleansing vibrations.



ADD ROSE WATER TO YOUR SAGING CEREMONY



SPRAY ROSE WATER

For house blessing, clearing space for rituals, clearing auras, or consecrating items, proceed the same way you would with smudging, misting your rose water the way you would direct the smoke. Spray throughout your home when you are done with your ceremony. Rose water is a simple addition to your saging ceremony that will also help for clearing negative energy from physical and spiritual space.

ABOUT ROSE WATER BENEFITS

Rosewater was developed in 1969 with two simple ingredients — roses and water. Simple, right?! Over the years, our Rosewater ingredients have not changed, and now celebrates a true fanbase who are obsessed with the plentiful benefits of our soothing, refreshing, clean and pure rosewater formula.



HYDRATES SKIN & HAIR

Rosewater is a hydrator and can be used to give your skin and hair the refreshing pick-me-up it's craving. Spray rosewater on your skin as often as you like to help moisturize and revitalize your skin and leave it feeling soft. Rosewater is also an astringent, which can help reduce oiliness.

An additional benefit of rosewater is that it can calm redness and is perfect for sensitive or problematic skin. Rose petals also contain a handful of antioxidants and can provide nutrients that your skin craves — basically a superfood.

PROMOTES RELAXATION

The scent of roses has been known to have a relaxing effect. Just spritz some rosewater on your pillow to help you sleep and wake up relaxed, refreshed, and ready to take on the day.

REFRESHES ENERGY

In addition to refreshing your skin, rosewater can leave your mind and space feeling refreshed and energized as well. Rosewater is believed to have strong spiritual properties that can clear out negative energy that may be weighing you down. After cleansing your home with our Aura Mist, spray rosewater throughout the room for an extra layer of refreshing energy. No excuses to skip yoga, now.



SUPPORTS POSITIVITY

The scent of roses is often used in aromatherapy to give you a boost in positivity. Rose petals carry a cooling nature, which can help support a balanced mind and heart.

Space Clearing

CEREMONY PREPERATION & CLOSING



Creating a sacred and energetically clean space is essential for maintaining harmony and balance in your home. Follow these steps for a successful space-clearing ceremony:

PREPARATION:

- Set Aside Time: Dedicate uninterrupted time for the ceremony, ensuring you can focus fully on the process.

GROUND YOURSELF:

- Stand with your feet firmly planted on the ground.
- Close your eyes and visualize a bright beam of light flowing down from the heavens to the top of your head.
- See this light entering through your crown, flowing down your body, through your legs, and connecting deeply to Mother Earth.
- Envision yourself surrounded by a protective bubble of light, reinforced with thorns on the outside to block any negative energy from entering your space.

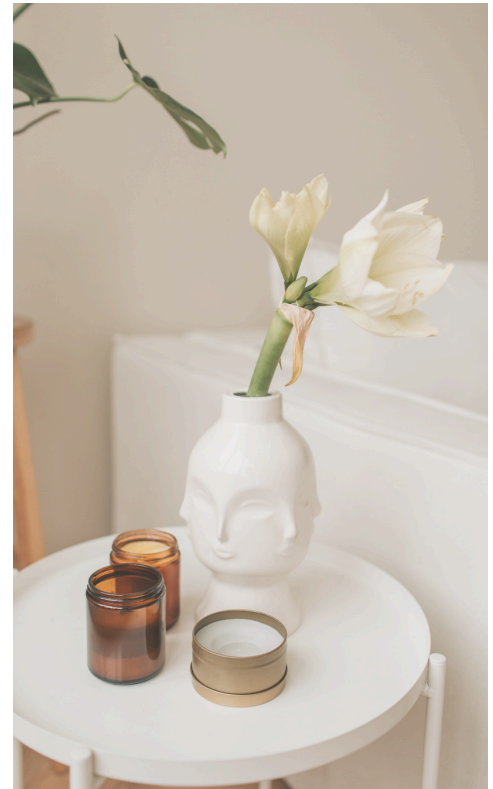
During the Ceremony:

CREATE VIBRATIONAL SOUND:

- Play the **House Cleansing Ceremony video** from YouTube [My Favorite House Cleansing Music](#) to amplify the vibrational energy and support the clearing process.
- Open a Window: Ensure a window is open to provide a path for negative energy to leave your home.

Use Palo Santo:

- Light the Palo Santo, allowing it to burn briefly before blowing it out to produce smoke.
- Spend extra time in areas where the smoke is heaviest, as this indicates stagnant or negative energy.
- Re-light the Palo Santo as needed, taking your time to move intentionally through each space.



After the Ceremony:

CLEANSE YOURSELF

- Take a refreshing shower or indulge in a luxurious bath to wash away any lingering negative energy and further enhance your energetic clarity.

By dedicating time, and intention, and incorporating vibrational sound, your space-clearing ceremony will create a clean, protective environment that supports your goals and well-being. For additional guidance, refer to the Space Clearing Guide in your Google folder.

CLOSING THE CEREMONY

When you arrive back at the front door, chant your final mantra or prayer. Visualize the entire home filled with bright white sunlight. Then speak your intention one last time to close the smudging ceremony.

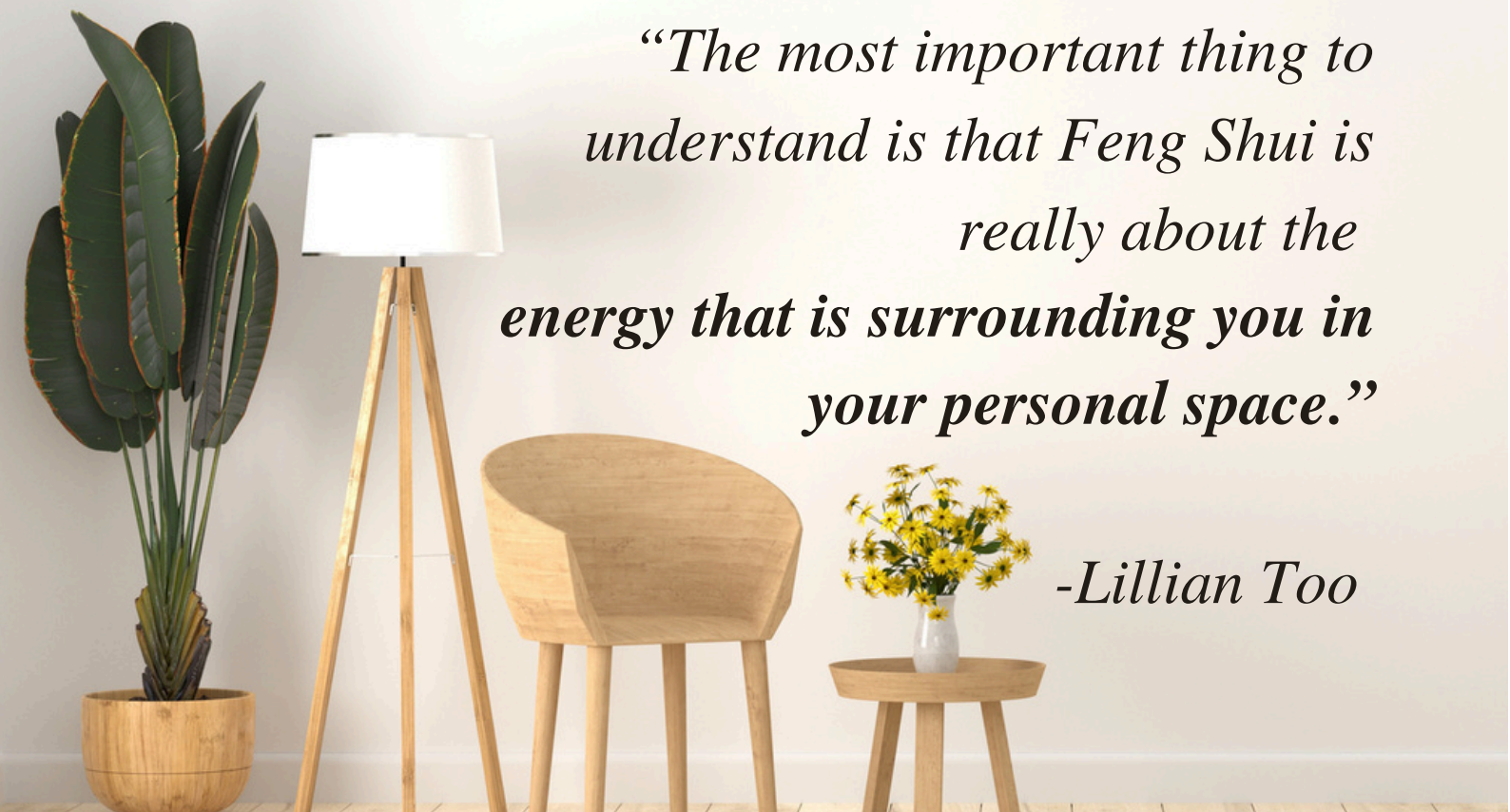
A smudging ritual is a beautiful and effective technique to clear a space. You'll know if smudging worked because you will likely feel better after each ritual. A smudging ritual can be done annually, once a season, or more often. It's especially powerful to perform a space clearing as part of the cleaning process when you first move into a new home.

TAKE A SHOWER

By taking a shower will help you rid yourself of any energy that may have invaded your energy field.

How do you feel? Tell me about your Space Clearing Ritual! Post on our Private Facebook Group and let me know about your Space Clearing Ritual and how you feel!

[DISCOVER CLASSICAL FLYING STARS WITH ADRIENNE](#)



“The most important thing to understand is that Feng Shui is really about the energy that is surrounding you in your personal space.”

-Lillian Too



THANK YOU!

I am truly grateful to share my skills and knowledge of Feng Shui with you.

BOOK A COMPLIMENTARY CALL

JOIN ME!! Feng shui Tips, Live Webinars, Freebies, and more. Join my private Facebook Group: DISCOVER Classical Flying Stars FENG SHUI WITH ADRIENNE

You can also email me at:
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