

HOW TO CLEANSE YOUR ROOM



There are several different methods to cleanse your room, however, my favourite ones are Sage cleansing or Palo Santo cleansing (smudging). Smudging is an ancient ritual established by Native Americans used for centuries to promote spiritual, emotional, and physical well-being. This practise involves burning Palo Santo wood or White Sage to allow the smoke to envelop the room. Sage cleansing purifies the air and removes stagnant energy, creating a calming atmosphere. Palo Santo has a sweet aroma that not only clears negative energy but also attracts positive energy. Both rituals act as a bridge to connect nature and the spiritual world to create a sense of peace and grounding that creates a meaningful experience and honours the cultural heritage behind them.

Set an intention

Use this affirmation or a mantra of choice:

I pray that only energies of Love, Light, and Peace surround me- and welcome those into my space.

Repeat this affirmation (or your chosen one) slowly and allow each word to resonate with you. Visualise the energy you would like to introduce to your space. By setting this intention you are actively participating in an energy transformation. This allows you to enhance your cleansing ritual as well as connect to the positive forces in your life.

How to smudge

Open a door or window before lighting the Sage/Palo Santo and set an intention.

Light the Sage or Palo Santo, hold it at a 45 degree angle whilst pointing the tip down towards the flame. Then let it burn for 30 seconds and blow it out.

For smudging walk around the room, object or person fanning the smoke everywhere and focusing on the negative energy.

When you have finished, push positive energy into the space to maintain balance by declaring the intention you would like to set out loud or say it in your head.

Congratulations you have completed your first cleanse.

I love cleansing my room to feel mentally relaxed and safe. Whether I've been feeling unwell or there is a bad energy lingering, it helps me reset and feel balanced again. Creating a peaceful space for me to get back on track with life. I believe everyone should incorporate cleansing into their lives to cultivate more positive energy into their lives.

