

WHY CLEAR ENERGY?

It's good "hygiene" to clear your home or office from time to time. It's especially important if there has been sickness, crisis, or other heaviness, or if you're moving into a new space, since the energies of past occupants can stick around.

Our body's energy fields are like personal windshields that can pick up "buggy" energy from basic interactions (no offense to bugs). Plus, we process our own feelings in ways that can stick to the *inside* of that windshield. Clearing makes it easier for us to "see," clarify good decisions, get grounded, and heal.

SET YOUR INTENTION

Why are choosing to do this now? Why are you hoping to clear out anything stagnant? What new energies are you welcoming in? Set an intention at the start of your practice.

Use positive language: for example say "I welcome full health and vitality" rather than "I hate being sick." Imagine and speak the best outcomes - your words are powerful!

CLEAR YOURSELF

Ways to clear your own field:

- Smoke clearing (aka "smudge" *)
- Baths with salt in the water / time in the ocean
- Sweating with intention (sauna, exercise, etc)
- Prayer: ask your wise and kind allies to clear you of anything that needs to go. Visualize it happening.

CLEAR YOUR SPACE

Start with a good cleaning. Clear clutter. Show care for your surroundings.

Use a rattle, gongs, bells, or simply clap your hands in corners, under tables, and behind doors. Break up and shift whatever feels congested to you (trust your instincts!).

Then, light a plant-based clearing stick or resin * and waft the smoke through your space.

Smoke clearing is common to many traditions throughout the world. However, "smudging" with white sage is a specific practice that's very sacred to Native American communities. Palo santo is likewise sacred to South American cultures and is not always harvested respectfully.

As an alternative, use plants or resins that are local, sustainable, safe to burn, and /or personal to you, like juniper, cedar, mugwort, mullein, bay, or lavender.

CREATE AN ALTAR

Altars don't have to be religious. Consider what will remind you of your intentions in the coming weeks, like colors, animals, plants, candles, pictures of supportive allies, or vision boards, and dedicate a small space to this purpose. It's a lovely way to anchor your intentions in a tangible, visible way, Meditate, pray, or make offerings here to keep the energy of your intentions moving in good directions - and keep yourself focused, too. Your intention and attention are powerful tools.



REACH OUT TO MIKKI

If you'd like more thorough or specific support, reach out for space clearing, shamanic healing, and spiritual guidance:

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