



PROGRAM: Cleansing Yourself & Space

DESCRIPTION

Your Energy

Everything is made of energy, including you. And everything is in a constant state of receiving and giving energy. The frequencies of these energies fall on a spectrum between the energies of love and fear. You are attracting experiences and relationships into your life that are aligned with your energy frequency.

Where are you on the spectrum? Are you living your life from a place of love or fear? When you pause before you speak or act, you can choose your response. Each time you face obstacles and/or challenges in your life, you have a choice in how you would like to respond. These are opportunities for spiritual growth by giving people an opportunity to turn to the Light.

The goal of energy work is to clear the way so you may align with your purpose and be connected to the Divine. Some individuals are Empaths. They are highly sensitive individuals able to feel and connect to the energies of the individuals around them. Empaths will take on the emotions of others. They are like a vacuum cleaner, sucking up the emotions of everyone in the space.

Your Space

Your home should be a sacred sanctuary that is holding space for you to recharge and fill your energy tanks. It should be holding loving and peaceful energies for you.

It is important to keep your home space clean, organized, and free of clutter. Energy should be able to move easily within your space. If you have things stacked up all around your home, it prevents the energy from flowing freely through the area.

Your space is a representative view of your life. If your space is cluttered and disorganized, it is showing a realistic picture of you and your energetic state. The space you live, and work in, is a container of energy. Each space holds the energies of the individuals within based on their thoughts and emotions.

- Are the individuals stressed?
- Are the individuals happy?
- Are the individuals overwhelmed?
- Are the individuals peaceful?

Everyone seems to be driven by their To Do list and the multitude of tasks at hand. This aspect of our culture is controlling you instead of encouraging you to take control of your own life. If you want to be the magical manifestor of your own experiences, it's time to take back control of your space (and your life.)

PRE-REQUISITE: NA

WHO SHOULD TAKE THIS PROGRAM:

- Individuals that are impacted by other individual's emotions.
- Individuals that are highly sensitive to the energies around them.
- Individuals that are emotionally overwhelmed.
- Individuals that are energetically drained after leaving a public place.

- Individuals that are stuck in the same negative cycles.
- Individuals that want to learn about cleansing their own energies.
- Individuals ready to embrace the freedom of managing the energies around them.

OBJECTIVES

As a result of this course, you will have practical tools to:

- Recognize how energies impact you.
- Be aware of the energies around them.
- Assess how sensitive you are to the energies.
- Cleanse the energies that you are influencing your emotions and moods.
- Clear the energies in your space.

COURSE OUTLINE

CLEANSE YOURSELF

- Are you an Empath?
- Different Techniques
- Set Your Intention
- Be Present
- Get Physical
- Run Your Energy
- Deep Breaths
- Sixty Second Pause
- Cleansing Crystals
- Essential Oils for Clearing
- Drumming
- Lean into a Tree
- Salt Bath
- Smudging
- Selenite Wand
- Singing Bowls
- Ring Bells
- Importance
- Closing

CLEANSE YOUR SPACE

- Control the Energies
- Cleanliness & Tidy
- Freshen Things Up
- Mirrors
- Cleansing Your Space
- Your Routine
- Some Tools & Resources
- Spider Plants
- Saltwater Bowl Clearing
- Crystal Grid
- Cleansing Crystals
- Sound Clearing
- Water Cleansing
- Essential Oils for Mopping
- Diffuse Essential Oils
- Crystals & Essential Oil Rituals
- Smudge Herbs
- Pendulum & Etheric Weaver
- Windchime Blessing
- Magical Broom Cleansing
- Closing

COURSEWORK

This program will provide practical tools to cleanse yourself and space.

- Introduction to the importance of cleansing energies.
- Awareness of how energies directly impact your emotions and mood.
- Practical techniques for cleansing your energy daily.
- Practical techniques for clearing the energies of your space.

RECOMMENDED READING

Magical Housekeeping by Tess Whitehurst

COURSE COMPLETION

Requirements:

- Successful completion of the online program.