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6 Steps to Change the Energy in Your Home

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In these challenging economic times, we're exploring "stay-cations" and focusing on our home as a retreat from the distractions and turmoil of the outside world. Now more than ever, our home is required to provide a feeling of serenity and comfort.

The focus on interior design to bring harmony between people and their homes has always been valued throughout history. One of the most respected traditions is feng shui. In feng shui, one of the most important cures (a correction to adjust the energy in a space) is to restore order by the removal of clutter and negative energy from the home. This allows positive energy (chi) to circulate fully throughout the room. By removing overwhelming stimuli (clutter) a more peaceful environment is created. Intuitively, many of us perform this act in a ritual we call spring cleaning, but what if that's only getting half the job done? Is it possible that along with the clutter, that we can also remove the negative energy in our home?

In my book, "9 Life Altering Lessons: Secrets of the Mystery Schools Unveiled," I explain how it is possible to cleanse the "energy" in the home.

"Humanity was created with free will to do in general whatever they please and given a gift they often overlook until it is pointed out to them, which is the power of speech, the power to communicate and to say the word. If we consider the ancient stories of how Earth was created with a Word, what power do you think exists in this form of communication? How important are your words and what do you create with them?"

"Energy does not die, it just changes form. In the same respect, words do not die. Picture your home. Once you have the image of your home in mind, think about what conversations (words) occurred in your home in the past year. The energy in words have a sticky substance to them. They attach themselves to people, places and things, especially in homes, which hold energy as we spend so much time indoors, especially during the fall and winter months. Take a moment and imagine that you are holding a blue light, similar to what is used in crime scenes to detect invisible stains, which cannot be viewed with the naked eye. Shine this blue light on the walls of your home and visualize every word spoken in your home during the past year. All of these words are stuck on the walls of your home, like wallpaper and each of them have energy in them reflecting off of your walls. Ask yourself, what kind of energy has been created in my home?"

Would you like to remove the old energy from your home and restore your home with positive new energy? Here's how!

Think Before Speaking

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Your home is your temple and should be treated with love and respect. The temple of your home protects your family from the elements, provides comfort and shelter and brings the family together to share in many activities. Consciously cleansing the home will clear the air and using your words with conscious thought will have a positive impact on the entire family.

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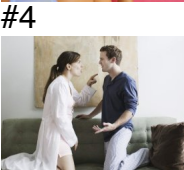
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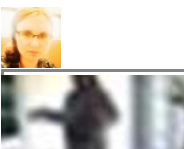
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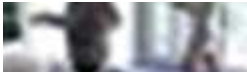


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