

# Space Clearing For Your Home And Soul English Edi

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## VILLARREAL KIDD

*Simply Spaced* Weiser Books

In this book, Davina MacKail, a feng shui expert with over 20 years' experience, explains how the design of our home and the objects we own have a direct and profound impact on every aspect of our life. She shows how you can make subtle changes to your living space to create significant shifts in your health, wealth and happiness.

*The Feng Shui Home* Sterling Publishing Company, Inc.

*Simply Spaced* is your step-by-step guide for clearing clutter and styling a beautiful home that aligns with your passion and purpose. Broken into projects by room, across a "year of clear," the 3-step method dispels the myth that you can't learn to be organized. *Simply Spaced* teaches you to think like a professional organizer. Learn to simplify like a pro by implementing the fail-safe method to declutter any space, keeping only what you love, need, and use. Streamline your home and take back control by optimizing space with strategic storage. And finally, style your home to inspire creativity and connection. Monica Leed, CEO and owner of *Simply Spaced*, will reshape how you think about your home and belongings. Her practical tips make getting organized desirable, achievable, and sustainable. She's made this all possible through a belief that simplicity and order create the mental and physical space we all need to thrive. Complete with checklists and tear-out worksheets, Monica shares her best advice on how to create a home that "rises up to meet you." Each chapter includes: 5 clutter culprits 5 pro tips to combat clutter 15 things to let go of now Style tips for every room From kitchens and closets to kids' spaces and storage, Monica will inspire you to conquer one room at a time, overcoming overwhelm and organizing it all. The *Simply Spaced* method, born from the LA-based professional organizing service and lifestyle company *Simply Spaced*, has helped countless clients tap into their creativity for profound change. Get ready to be inspired as you clear the physical and mental clutter that's been holding you back from living your best life. It all starts at home.

**Clear Your Clutter with Feng Shui (Revised and Updated)** Judy Piatkus

Feng Shui is the ancient oriental art of enhancing and harmonising the flow of energy in our surroundings. For more than thirty years, Karen Kingston has pioneered the study of a specialised branch of Feng Shui which she called Space Clearing. In this fascinating and easy-to-follow guide she shows how you can use Space Clearing and Feng Shui to enhance the flow of energy in your home or workplace to create happiness and harmony in your life. You will learn: \* simple and effective Space Clearing techniques which you can use to clear stuck energy and create sacred space \* how to consecrate your home \* the benefits of living a clutter-free existence \* how to safeguard yourself against electromagnetic and geopathic stress \* how to use furniture placement, mirrors, windchimes and other Feng Shui enhancements to create abundance in every area of your life.

*Do-It-Yourself Space Clearing Kit* McGraw-Hill/Contemporary

Learn mystical methods for clearing and uplifting the energy in your home, including feng shui, clearing clutter (physical, emotional, or spiritual), essential oils, and crystals. Space clearing is the art of cleansing and harmonizing the energy within an environment. This ancient practice has the power to not only make your home feel good but also help those within to feel more positive and energetic, to bring balance to relationships, and to remove blocks for increased abundance, creativity, and well-being. In this comprehensive guide to space clearing, internationally best-selling author Denise Linn distills more than 50 years of experience as a leading authority in energy healing to guide you through sacred ceremonies and modern techniques for regaining control of the energy in any environment, including your home and your body. You'll learn how to transform any space using feng shui, clutter clearing, prayer, crystals, essential oils, mystic mudras, holy water, pendulums, and more!

**Clear Your Clutter with Feng Shui (Revised and Updated)** Sterling Publishing (NY)

"Sharing the ancient tradition of space clearing with sacred smoke, this comprehensive introduction to smudging teaches you how to empower your life, your home and your heart"—Back cover.

**The Magic of Space Clearing** Space Clearing Kit

In *Space Clearing A-Z*, Denise Linn, the internationally acclaimed author of *Sacred Space*, reveals ancient secrets for cleansing and balancing the energy in your home. These sacred traditions are gaining tremendous momentum right now for a very simple reason—they work!

*Get Over 'I Got It'* Hierophant Publishing

We have all walked into a home or office and felt uncomfortable. Sometimes we feel like there is someone watching us, or we just have an uneasy feeling. This can affect your home sales, because if you feel it, so do others. Trying to sell homes? Why not clear away any negative energy that may be present? Create a warm, welcoming feeling for prospective buyers! Getting ready to buy a new home? Often homes that are on the market have just been through tremendous turmoil; this unpleasant negative energy can linger in the home and can be cleared away before you move in [The Healing Power of Smudging](#) Chronicle Books

Living in clutter drains your energy, relationships, and finances and keeps you stuck in a rut. If you're surviving rather than thriving, *The Ultimate Guide to Clearing your Clutter* will help you declutter your home and make way for new energy and opportunities in your life. In the first section, use simple feng shui techniques to under your connection to your junk and why it can be so hard to get rid of it. Learn how to clear out what you don't need, room by room, with step-by-step methods to declutter using just five refuse bags, so you'll soon have a clear and tidy living space. Cleanse and energize the atmosphere with powerful and ancient space-clearing techniques, such as working with crystals—and create a positive environment that inspires your confidence, health, relationships, and career. The second section is project-based with specific clutter-clearing tasks. Each one is timed so that you can choose what to do according to how much time you have. Questionnaires help you identify clutter overload areas, while sample room plans highlight how typical energy flow is obstructed by clutter. This guide is packed with ideas for storing your treasured objects and getting really organized—so the junk stays away from your home for good!

**Space Clearing** Broadway

An Inspiring, Full-Color, Photo-Packed Guide to Cleansing Your Home of Negative Energy Invite happiness and power into your life! Sharing the ancient tradition of space clearing with sacred smoke, this comprehensive introduction to smudging teaches you how to empower your life, your home, and your heart. With step-by-step tutorials, colorful photos, and expert advice, this book makes it easy to: • Smudge your home, yourself, and others • Craft your own smudge stick and fan

• Choose sacred herbs, oils, and resins • Select the ideal day and time to smudge • Add crystals to your smudging altar • Perform rituals for all occasions

**A Year to Clear** Random House

Provides simple and effective techniques on how to create harmony and abundance by clearing and enhancing home and workplace energies, and explains the link between inner peace and the buildings in which we live. Original.

*Spiritual Cleansing* Rock Point

This unique new kit explains in simple terms how to purify your living space safely, at home or at work.

**Secrets of Space Clearing** Ryland Peters & Small

*Crystal Muse* explores how you can transform life's challenges into opportunities for growth by being equipped with the right crystals and mindset. Learn how you can connect with crystals and empower your life by using this guide to set such transformational intentions as: —Attracting love through learning to love yourself —Relieving anxiety by surrendering to meditation —Becoming a magnet for prosperity —Crystallizing a breakthrough —Consciously conceiving a new life —Cutting your unhealthy energy cords —Getting rid of insomnia to sleep with your mind fully at rest —Cultivating the connection with your creative spirit —Aligning with the energy of the moon —Grounding yourself with the energy of the earth; and —Finding the temple within These practices are a collection of over 25 years of rigorous research, world travel, and spiritual quests by holistic healer and crystal expert, Heather Askinosie. For over two decades, Heather and her business partner, Timmi Jandro, have been offering insights into crystals through their crystal healing business, *Energy Muse*. Throughout *Crystal Muse*, Heather and Timmi share their personal stories on the path toward alternative practice, and explain how these remedies can work for the reader's life too.

*The Home Organizing Workbook* Hay House, Inc

A complete yearlong course in clearing yourself of excess stress and stuff, this book features short contemplations, personal stories, tools, tips, one-minute practices, guided meditations, and wonderful questions to help readers create spaciousness in their lives. Stephanie Bennett Vogt will teach you how to unplug, detach, and clear to create more space and serenity in your life, what she describes as "the sacred process of removing clutter from both your house and your mind." Included are 365 daily lessons organized into 52 weekly segments, with each lesson building on the others to develop one's clearing muscle and grow new habits that will last a lifetime. The week usually begins with a personal story to introduce the theme and ends on the 7th day with a "Check In" to review and integrate the experience. Sprinkled throughout are meditations, Q&As, and testimonials. At the end of each lesson the author gives the reader an opportunity to "explore" a topic with several open-ended statements designed to bypass the thinking mind and open the channels to one's highest wisdom. Weekly themes covered include: Moving Stuck EnergyConnecting with HomeBeing EnoughShining Light on Invisible ClutterLiving ImperfectlyWaiting It OutCultivating StillnessForgivingFlourishing

[The Healing Power of Smudging](#) Harmony

In this revised and updated edition of her classic, bestselling book, Karen Kingston draws on her wealth of experience as a clutter clearing, space-clearing, and feng shui practitioner to show you how to transform your life by letting go of clutter. Her unique approach lies in understanding that clutter is stuck energy that has far-reaching physical, mental, emotional, and spiritual effects. You'll be motivated to clutter clear as never before when you realize just how much your junk has been holding you back! You will learn: - Why people keep clutter - How clutter causes stagnation in your life - How to clear clutter quickly and effectively - How to live clutter-free

*Feng Shui Your Life* Hay House, Inc

Best Healing Book 2019 - Soul & Spirit Magazine Packed with stunning, full-colour photographs, *The Chakra Project* is a brilliant introduction to the power of chakras. The chakra system is an energy map, connecting your body and soul. Fine-tuning your chakras can help to strengthen your physical body, nourish creativity, fire-up motivation, nurture your heart, inspire self-expression, clarify your intuition and help you to shine. When our energy is flowing, we feel rooted, connected and joyful. Each chapter of this book is beautifully designed, with inspiring photographs to illustrate the colours, elements and practices associated with the 7 chakras. Chapters include: - An introduction to each chakra and what it represents - The symbols, colours, elements, crystals, essential oils and emotional states associated with each one - Signs of when a chakra is healthy, and signs that you might have old or blocked energy that needs to be cleared - Simple, accessible ways to cleanse, heal and nourish each chakra Georgia Coleridge is an experienced healer. Her fresh, inspiring approach can help you experience the power of chakras, create positive energy and transform your life. 'I couldn't put it down; it's very easy reading.... The best chakra book I've come across yet' - Emma Mumford, Soul & Spirit Magazine, Judge for Best Healing Book category

*Harmonize Your Home 52 Tips to Energize Your Work from Home Life for Greater Success* Sharon Sinclair

PRACTICAL, METAPHYSICAL, TRANSFORMATIONAL A home is a place to return to for safety, nurturing, rejuvenation and love. So one would wish. What fills the space in your place? Does your home sanctuary nurture and support you, does it fill you with pleasure and enjoyment? Do you feel safe there? Look around your home... how does it feel to you, what does it say about you? How does it reflect you? Wherever you live, are you able to set up a place and space that can give you Serenity or revitalise you whenever you need it to? If the answer is no, then this book can take you through the processes that may be necessary to change your space and change your life - and give you plenty of metaphysical and Space Clearing Techniques for helping others too. \* Decluttering and Releasing. How Emotions Impact 'Flow'\* Feng Shui and Zen\* Metaphysical Techniques\* Clearing Portals and Orbs\* Clearing Imprints and Negative Energies\* Guardians\* Relocations\* Using Colour, Bowls, Oils, Sprays\* Lots of Ideas and Tools for you to achieve the harmony and enjoyment essential to a healthy and happy life.\* Including a section on Affirmations designed to assist you to Clear and to Change more easily Myra Sri is an Energy Worker, Vibrational Healer, Specialized Kinesiologist and Instructor with over 25 Years experience.

[Secrets to Serene Space](#) Hay House, Inc

Failing the *Mary Poppins'* snap-the-fingers approach to cleaning, here's the next best thing: an utterly practical handbook that offers lasting results for anyone looking to banish clutter from every room in the house. Home organizer par excellence Meryl Starr offers up her hardworking organizing solutions in *The Home Organizing Workbook*, a straightforward guide to getting organized. The room chapters begin with targeted questionnaires that help the reader identify specific organizational

problems, followed by hundreds of hardworking solutions and strategic maintenance tips. Those itching to get started can dive right in with step-by-step organizing projects ranging from quick-and-easy weeknight jobs, like overhauling the spice cabinet, to more intensive endeavors such as reorganizing the bedroom closet. Accessory lists at the end of each chapter feature dozens of the best products available, from lazy susans to shelf dividers, and explain exactly how they can be used to optimum effect in each room, while the extensive resource list shows where to get them. Ready to clear that clutter and keep it that way? The Home Organizing Workbook is the ultimate guide to preserving open spaces.

[Clear Home, Clear Heart](#) Aster

IT'S A JUNGLE . . . IN HERE! Behind our stress, clutter, and confusion is an infinitely spacious place one might call stillness or joy. This is our natural state of being, but we usually don't experience it, because we are caught in a web of material possessions, desires, and fears. Our clutter often becomes another member of the family that we feed, house, and lug around. In *Your Spacious Self*, author and professional space clearing expert Stephanie Bennett Vogt shows us that it's not our stuff but the holding on to it that creates a force field of stuck-ness that clouds our perceptions and paralyzes our lives. Clutter is not just the junk spilling out of the closet. It is anything or thought that prevents us from experiencing who we truly are. With daily tips, meditations, and a decluttering checklist, *Your Spacious Self* will show you how to: CLEAR THE CLUTTER in your home and in your life REVEL IN YOUR OWN SPACIOUSNESS, a place of stillness and joy LET GO OF THE PEOPLE, PLACES, AND THINGS that no longer serve the joyous being that you are Radical in its message and

elegant in its simplicity, *Your Spacious Self* offers a new model that combines the ancient wisdom of space clearing with the modern practicality of clutter clearing. It teaches us that clearing is not just something we do but is also a powerful way to be—one small step, drawer, or moment at a time.

**Sacred Space** Hay House, Inc

An easy to follow, step-by-step guide on how to use 'Space Clearing' to clear negative energy in your home or business left from previous owners, illness, divorce, loss or financial struggles (just to name a few). This energy can stay in our homes or businesses and can affect our own energy and well-being. By clearing this energy and replacing it with your own positive energy your home or business is revitalised which will improve the quality of your life. Covid as completely changed the way we work with more of us than ever working from home, so it is vitally important to make sure are homes a healthy and positive place to live and work. The book covers: \* Predecessor Law \* Protection \* Preparations \* Step by Step guide to performing a space clearing ceremony \* Australian Bush Flower Essences \* Feng Shui \* The Bagua \* Geopathic Stress \* plus, a bonus chapter on how to shift specific energy or something needs a boost

**Feng Shui Made Easy** WellSpring/Ballantine

The ancient art of space clearing is now being recognized by a growing number of people as a simple and effective way to heal many aspects of their lives. In this practical and beautifully illustrated book, Denise Linn, author of the international bestseller *Sacred Space*, explains the four key steps to space clearing and the different methods involved -- from using bells, drums, and rattles to feathers, smoke, and sacred dance. She also offers simple guidelines on preserving the atmosphere after a clearing, including special blessings and prayers.