

## Witchful Thinking

### *The Home as a Reflection of Self*

We do more than just live in our homes. In fact, our homes are reflections of our mental states. I want you to take a moment and consider the archetype of the absent-minded professor. Someone whose mind jumps from thought to thought, never finishing a complete sentence. What state would you expect this person's home to be in? Is it neat and orderly or does it have piles of paper stacked everywhere? Are the books neatly on the shelves or are they strewn about the rooms, some open to a recently-referenced page, some turned upside down in wild abandon? If you answered that this person's living space is in complete disarray, you're probably right.

This connection between our environment and our mental states is nothing new. The ancient Chinese system of Feng Shui teaches that clutter and disorganization can be the root cause of unwanted mental states. In fact, this connection between the physical environment and the mental state of the individual is at the very heart of Feng Shui!

I don't know whether the condition of our physical surroundings causes our mental states or whether our mental states contribute to the condition of our surroundings. I suspect that it's probably a little bit of both actually. Ultimately, though, it doesn't matter. The important thing to recognize here is that a connection between the two states exists. You can change either one by focusing on the other. However, since it is often more difficult to change an emotional state than to make a physical adjustment in your life, this exercise is going to focus on changing the physical to affect the emotional. Now that's what I like to call "Witchful Thinking!"

Compare the present state of your house to your thoughts and feelings. Do they seem to match up? What condition is your living space in? Is it clean or dirty? Is it orderly or cluttered? Is it oppressive, or is it your own unique brand of comfortable?

Next, consider your current moods **on average**. Take a snapshot of the past couple months of your life. How have you felt? Does your home reflect that condition? Are you like our absent-minded professor whose over-crowded mind has cascaded into his living space, or does your space reflect the calm reflective mind of a Zen master?

If you are more like the absent-minded professor than the Zen master, do not stress. We have this covered!

## ***Magickal Cleaning***

The hoodoo practitioners of the American South (often called “rootworkers”) know how to clean a house on every plane of existence. They use magickal floor washes, which cleanse both the physical surfaces as well as the energies of the space.

Essentially, hoodoo magickal floor washes are water magick. Nearly every culture has recognized the sacred power of water to purify, heal, remove, and transform all that it comes in contact with. Combine that with other natural ingredients, such as salts, herbs, essential oils, etc. and you have a potent brew indeed!

Many of the standard hoodoo floor washes only attack one area of your life. They help with love or prosperity, but, because we want to create a happy home, **Gussied-Up Tar Heel Wash** covers all the bases. If your home is going to be your haven, all the elements involved in your concept of “home” have to be functioning at optimal levels. This wash will remove the negative energies that might be lingering around your house. It will attract good energies to fill the vacuum left by the removal of the negative energies, and it will protect your home in the future.

Now, remember: Nature abhors a vacuum. We know this from our middle school science classes. If you do not take charge of filling the void left by the removal of the negative energies, Nature will fill the void with the very first thing available. So, if you are cleansing your house of negativity, please decide what you would like to fill it with as well. Do you want to strengthen the love of the people in the house? Build new friendships or strengthen ties with neighbors? Do you want to promote healing? How about starting over from past mistakes? Whatever you decide, don’t leave your happiness to chance! Take an active role in deciding what energies you invite into your home.

The very best way to do this is to know what energies are already present in your home before you begin. Remember when I had you look around your space and determine its condition? Was it was cluttered, disorganized, or oppressive? Or was it clean, neat, and comfortable? If you don’t remember me asking this, refer back to the previous page and give it some thought now. If you felt that your space needed improvement, now is the time to make that change.

## ***Before the Bucket or the Broom***

Everything has an energy signature. That includes our stuff. When we accumulate a lot of items in one space, their energies mix and mingle, creating an overall feel for the space they are housed in. If the items are complimentary (i.e. they communicate what we want them to communicate to us and about us), the space feels cohesive and makes sense. If the items present a contradictory picture, the space feels jumbled and disorienting.

I know you are in a hurry to see progress and to do the magick, but whatever you do, please do not skip this step. Decluttering and reorganizing your space is important to the creation of your happy home. Any witch worth his or her black salt knows that before working on a magickal level for something, we should seek to lay the foundation for our spellwork through the necessary mundane actions. It does little to no good to work a spell to get a job if you haven't sent out any resumes. The same holds true for what we are doing here. You want your house to feel [*fill in the blank*]. We are going to work magickally for that to happen, but, before we can, we have to make sure that we lay the foundation so that our clutter doesn't interfere with our future magickal efforts.

If the stuff around your house is blocking your general flow through the space or it is contributing to a negative feeling in the space, the time has come to re-evaluate your attachment to it. This may actually be the hardest part of this whole journey we are on together, because you are not just re-organizing your house; you are dealing with the skeletons that you've tucked away in the closets.

Give yourself permission to take your time. You did not accumulate all your stuff in a day. Odds are you will not get it completely under control in a day, either. That's okay! What's important is that you are present and aware when dealing with your stuff and that you make conscious choices about what to keep and what to discard.

When deciding what to keep and what to either throw away or give away, follow the **Love-Need Rule** in combination with the **Last Year Rule**. If you don't absolutely love it, or if you don't legitimately need it for something, say goodbye to it. There may be some things that make it through the Love-Need Rule, which is where the Last Year Rule comes in. If you haven't used it, worn it, or interacted with it in some positive way over the last year, odds are that you probably don't love it or need it. Consider getting rid of it.

The first thing to keep in mind is that you are not simply cleaning your house. You are actually working magick. It is important that you keep yourself in a magickal mindset the entire time that you are working. Don't think about how much you hate to clean. Just be present in the actual moment. Before you begin, take a brief pause to ground and center yourself.

Start by closing your eyes. Take 3-5 deep belly breaths, expanding your stomach, your rib cage, then your chest on the inhale. On the exhale, expel your breath in the reverse order. Visualize a beam of beautiful white light coming down from the sky into your body through your crown chakra (the top of

your skull). See that beam of white light move through your body, passing into the earth beneath your feet. Now, visualize your feet merging with the ground beneath you, like the roots of a tree. See a beautiful beam of earthy energy coming up from the ground into your body. (Choose a color that represents the earth to you. I usually choose green because I associate it with tree leaves. Whatever works for you, though, is fine.) When the two beams of light meet in your naval, swirl their energies together and focus your point of awareness there for as long as you like. When you're ready, open your eyes.

Begin at your back door and work your way to the front of your house. Start at the top back corners of the room and work your way down and forward. Do this for every room until you reach your front door. Mop the floors. Wipe down the trim, the windowsills, and the floorboards. Use an affirmation that fits your goal the entire time you are cleaning. Something like "My house is a safe and peaceful place where people feel at home." If you have carpeted floors, you can dampen a broom with the floor wash and lightly brush it across the carpet. (Word of warning: Some washes do stain! Use your own discretion on this one.) Make sure to clean all the surfaces! Use the floor wash to dust your bookshelf or coffee table. Leave no surface unwashed!

Once you have reached the front door, wipe down the entire threshold and molding of the door. Next, take your bucket and mop outside and work your way in toward your door. At this point in the cleansing, you want to focus on bringing the desirable energies into your house to replace the negative energies you have just removed. Wipe down the threshold and molding from the other side as well.

Finally, take the water to a large sturdy tree and ask the tree to absorb the energies for its benefit. Say, "In the name of the Maiden, Mother, and Crone!" as you toss the water. Walk away without looking back, and know that your magick is working.

## ***Turning Your Home into Harmony***

Your home should be a place of enlightenment, harmony, and protection. If your home doesn't measure up to your spiritual expectations, then the time has come for you to do something to transmute the negative energies that have collected there. Houses, like people, can, and do, harbor negative energy. To live a harmonious, magickal life, many individuals have found it necessary to cleanse the home mundanely and spiritually at least every four months. If you have someone living with you who has sucked in anger, sorrow, hatred, or other negative energies, you may need to spiritually cleanse your house often until that person either leaves or works themselves out of the negative state. No such thing exists in magickal housecleaning as "once and done". Just like mundane housecleaning, you have to keep at it.

The Craft teaches you to enhance your spiritual home (your body and mind) with every exercise, spell, and ritual that you work. The Craft also instructs you how to create sacred space to do the work of the soul. I've designed this chapter to show you how to turn your home, whether you live in a Hollywood palace or a one room apartment, into a place of sacred and secure living. You can be the most spiritual person in the world, but if you live in a place that bombards you with negative energy, whether the energy has collected there, or emanates from another person, just how spiritual will you turn out to be?

### **Mundane House Clearing**

Let's start with a pitching spree, shall we? Put on some great music, grab some trash cans, and start cleaning house. If you think the task will reach monumental proportions, then work room by room. Get rid of all the broken stuff. Throw out those dead plants. Clean out the junk drawers and toss all that little clutter that manages to grow into mountains when you're not looking. Throw away all things given to you by negative people. I'm not kidding. If your sister-in-law gave you a great crystal bowl, but you dislike her intensely and never use the thing, why are you keeping the bowl around? What? Because it is worth money? Oh, please! If you can't bear to throw these things away, then give them away, or take them to the Salvation Army or other charity organization. Discard torn or stained clothing, anything that you'll never fit into again, or things that you know "look terrible on you", so you don't wear them. Take down pictures that don't appeal to you anymore. Jettison old projects you just never managed to finish, like that half-knitted sweater for Cousin Alfie's baby, who just turned twenty-six yesterday. If you can afford it, repaint. If not, wash the walls with holy water and fresh lemon mixed into your wash pail. Remove negative memorabilia. That boyfriend that punched your face in on the evening of August 10th, 1998? Why do you still have the vacation pictures you took of the two of you in Disneyland the year before? Throw that crap away!

Now look again. Remove all visual clutter. Take a plastic garbage bag and start at one end of your house or apartment. Walk slowly through every room and dump what you can, put away what you can't. Every day clutter breaks up the flow of energy in your home.

Even if you live with people who would not approve of a magickal cleansing ritual, there is no fool on earth who will turn down your cleaning services. Cleanse, consecrate, and empower all cleaning supplies. Hold that bottle of Windex in your hands and fill the bottle with white light. Ask the Mother to help you clean away all negative residue in your home. Do the same with your dust rag and the vacuum cleaner. While you work, light a white votive candle, asking the Lord and Lady to give you strength while you clean.

### **Empowering Your Cleaning Supplies for Success**

Moon Phase: New or Waxing

Day of the Week: Sunday

Planetary Ruler/Hour: Sun or Jupiter

Candle Color: Orange

Quarter to Open: South

Element: Fire

1. You will need: basil, parsley, willow leaves, A gold candle
2. Gather all your cleaning supplies together. Put them on your altar or shrine. If you don't have one of these, use a tabletop.
- 3.. Crush the basil (for sympathy in objects and people), parsley (for prosperity) and the willow (universal love and abundance) together with mortar and pestle. Hold the mortar in your hands and ask your higher power to empower the herbs to bring success and universal love into your home. Sprinkle a bit of the herb into each cleaning supply container. Put some of the herbs in the bottom of a new vacuum cleaner bag.
4. Dress and empower the gold candle with lilac oil in Success. Light the candle and hold the candle out above your head. Ask to bless your home and cleaning supplies with success and Universal Love.
5. With both hands out before you, project success and universal love into your cleaning supplies (don't forget your vacuum cleaner).
7. Let the gold candle burn until nothing remains. If you have a candle stub, bury the stub in your back yard, or in a flowerpot in your apartment.

As you clean your house, repeat the affirmation: I bring success and universal love into my home."

### **Spiritual Housecleaning**

Your home should function as your sanctuary. Now that you've cleaned the place up, let's talk about the energies that curl patiently in the corners, hiding under the sofa, or simply floating in the air. Your home should be the vortex of your energy, simply because you live there, think there, weep there, have sex there, love there... well, I could go on and on, but you understand what I'm saying. Your home should assist you in manifesting your desires, not defeat your purpose. By the time you finish working through the material in this chapter, your home will pulse with positive energy.

Your home isn't just ... there. The place where you reside has a consciousness of its own. No one should determine what that consciousness should resonate, except you. Endless forms of energy undulate in your home. From the ground on which your home or apartment sets, to the highest peak on the roof, your house connects with a multitude of energy fields. Whether you believe it or not, your consciousness connects deeply with the place where you live.

Your house or apartment has an aura just like you do. What you do inside your house (or what someone else does) affects this aura either in a positive or negative way. If you clean away the clutter in your home (as we did earlier) then you acknowledge to the universe that you will not allow useless things to clutter your life. You have prepared yourself to move on to bigger and better things. If you throw out worn and broken things, and other trash, your comment to the universe indicates that you are willing to throw out the garbage in your life. When you mentally and spiritually clear your home, you are also mentally and spiritually cleaning your life.

My reasoning for physically and psychically cleaning my house may be different from yours. For example, when I do a house cleaning and clearing, I'm focusing on making my place a safe haven for others and myself. My intention also revolves around building power to protect and enhance my spiritual success. Finally, I usually get the cleaning bug when I feel my life is in chaos, and at least if I clean my house and put that mess in order, I'll be able to think better. There have been times when I've cleared houses or apartments after the occupants have experienced divorce, a run of bad luck, or nagging sickness. You can tailor your housecleaning ritual to the needs of yourself and others. When you clean your home mundanely and spiritually you will be causing an energy shift in the house or apartment. The more debris you cart away, the better, as this debris carries negative energy.

### **Don't Forget the Magickal Part of Your Life**

Let's say you have practiced the Craft for about two years. You've progressed through many stages, collected lots of fun magickal gadgets, clothing, tools, etc. Lately, though, a lot of your stuff has been sitting in a closet, gathering dust. You just don't use some of it anymore. What does this mean? Are you any less of a Witch? Not at all! You are simply growing and changing, which is exactly what you set out to do in the first place. So-o-o-o, what do you do with all that "stuff"? Time to recycle. Look through your things and determine what you want to keep (one or two things for sentimental reasons), what you can turn into something else (goodie! new projects!), what you want to give away, and what you want to discard. If you plan to trash the item, be sure to de-magick the piece in a small ceremony, then throw the item away.

### Putting Housecleaning in a New Perspective

When you work a spell or perform a ritual, the first thing on the agenda involves the specifications of the project. This is true for a spiritual housecleaning as well. To continue this project, you will need some 3x5 cards -- one for the overall intention of your work, and one for each room in your house, including the attic, basement, and any large, walk-in closets (because closets can be little rooms within themselves). On the top of the first card, write the words "Over All". Underneath that title, write down precisely what over-all energies you wish to manifest in your home. You can have more than one, but don't have tons. Peace and prosperity go well together, so I'll use those two ideas throughout our example. Under that, write the following:

1. How that energy would feel to you if you could touch it. You might say, soft, warm, loving, etc.
2. What color that energy brings to your mind.
3. What deity, or deities correspond to that type of energy (in your mind -- not someone else's).
4. What magickal symbol you would associate with that energy.
5. Write the totem animal that corresponds to that energy.
6. Write the element which you feel corresponds to that energy.

### Organizing Your Spiritual Housecleaning

There are five main parts to spiritual housecleaning: 1) Removing all negative energy fields. 2) Filling the house or apartment with your positive energy. 3) Invoking divine energies to meet a specific

need. 4) Aligning elemental energies to fit your specific needs. 5) Securing the positive energies within the home. Keep these five parts in your mind as we go further into the art of magickal housecleaning.

### Astrological Correspondences for Spiritual Housecleaning

To get the most out of your spiritual housecleaning, you may wish to plan your activities around auspicious astrological correspondences, especially if you have an essential intent for a particular room. I've listed some suggested correspondences to help you in your planning; however, learn to look at what fits your schedule as well as your purpose. Perhaps you have the intuitive feeling to do that house cleaning THIS week, then concentrate more on the days of the week and the planetary hours, rather than worry about the moon phase or other correspondences. If you have time to leisurely plan, then by all means, wait for as many compatible correspondences as possible. You may wish to jot down some of the following information on your 3x5 cards.

#### General Whole House --

Good Days: Sunday, Monday, Friday, or Wednesday.

Good Planetary Hours: Sun, Moon, Mercury, Venus.

Moon Phases: Full or New.

The Moon In The Signs: Moon in Aries (new beginnings), Moon in Leo (strength), Moon in Virgo (practicality)

Asteroids: When Ceres or Pallas are in Taurus, Virgo, or Capricorn

Wiccan Holidays: Beltaine or Samhain, Summer Solstice or Yule

Standard Holidays: The day before Thanksgiving or Christmas

Candle Color: White

Angelic Influences: Four Arch Angels -- Michael, Raphael, Gabriel, Uriel

Spirit: Marchosais (Strength); Alloses (Wisdom)

Deity: Hertha, Vesta, Danu, Dagda

Herbal or Floorwash: Wisteria and honeysuckle.<sup>1</sup>

---

<sup>1</sup>Folk customs throughout America include several recipes for holy water that can be used as floor washes. These blends of water, a pinch of alcohol, and pulverized herbs were strained

Totem: Frog (Protection); Goose (Love of home)

Elements: All

Quarters: All

Rune: Odal (my house is my castle) or Dagaz (transformation)  
--depending upon your intent)

General Earth Mother Magickal Powder: Nutmeg, Orris, Rosemary, Myrrh, Benzoin, Patchouli, Allspice, Chamomile, Bay, Cinnamon, Cloves, Orange Peel, Vervain (Empower to Ana or Gaia)

Affirmation: I bring the sacredness of the divine into my home.

#### Banish House of a Particular Nasty

Good Days: Saturday (Best), Sunday

Good Planetary Hours: Saturn (Best), Sun

Moon Phases: Dark of the Moon, Full Moon, or Waning Moon

The Moon In the Signs: Moon in Scorpio, Moon in Libra

Asteroids: When Vesta is in Aries, Leo, or Sagittarius

Wiccan Holidays: Samhain or Fall Equinox

Standard Holidays: Halloween or New Year's Eve

Other: Lunar Eclipse

Candle Color: Black or Purple Black

Angelic Influence: Michael or Uriel; Saturn Angels; Dark Moon Angels

Spirit: Vassago (protection)

Herbal or Floorwash: Angelica and Clove

Deity: Cerridwyn or Hecate

---

through cheesecloth and used a general cleanser of negativity, or sprinkled about in an effort to rid negativity and/or heal people, places, and things. The basic formula:

8 ounces of water

1/4 ounce isopropyl alcohol

herbs selected for their magickal properties

Element: Water

Quarter: West

Rune: Algiz

Energy Movement: Widdershins

General Protection Magickal Powder: Cloves, Rosemary, Angelica, Rue, Basil, Holly, Ivy, Marigold, Mistletoe, Sage, Solomon's Seal, Vervain, and Yarrow. All, or any combination of 3, 7, or nine. (Empower Hecate, Cerridwen, or the Morrigan)

Affirmation: I banish all negativity, now!

### The Intent of Creativity

Good Days: Sunday, Monday, Wednesday, or Friday

Good Planetary Hours: Sun, Moon, Mercury, Venus

Moon Phases: New or Waxing

The Moon In the Signs: Moon in Aries, Moon in Gemini, Moon in Sagittarius

Asteroids: Pallas or Vesta in any sign.

Wiccan Holidays: Candlemas, Beltainne, Spring Equinox

Candle Color: Orange, Gold, or Orange-Red

Floor Wash: Frankincense, myrrh, cinnamon

Angelic Influences: Akriel; Angels of Vesta; Full Moon Angels

Spirit: Astaroth (success)

Deity: Brigit

Element: Fire

Quarter: South

Totem Animal: Whale (Creativity)

Rune: Cen

Energy Movement: Deosil

Magickal Powder: Lavender, Hyssop, Patchouli (Bless in the name of Brigit)

Affirmation: I am a worthy and creative individual.

### The Intent of Prosperity

Good Days: Sunday or Thursday

Good Planetary Hours: Sun or Jupiter

Moon Phases: New Moon, Waxing Moon, Full Moon

The Moon in the Signs: Moon in Taurus; Moon in Cancer; Moon in Capricorn

Asteroids: Vesta

The Wiccan Holidays: Candlemas, Beltaine, Spring Equinox, Summer Solstice

Standard Holidays: New Year's Eve or New Year's Day

Candle Color: Green or Orange

Element: Earth

Quarter: North

Floor Wash: Cinnamon and parsley

Angelic Influences: Barbelo (female -- goodness, faith, integrity, success)

Spirit: Bune

Deity: Dagda (If you wish to work in balance -- Dagda and Danu)

Totem Animal: Buffalo (Abundance)

Rune: Feoh

Energy Movement: Deosil

Magickal Powder: Allspice, Patchouli, Myrrh, Cinnamon, Sandalwood, Orris, Orange Peel (Can also be used as an incense, oil, bath, or floorwash)

Affirmation: My life fills with abundance and all my needs are met.

### Healing

Good Days: Sunday or Friday (Saturday for banishing illness)

Good Hours: Sun or Venus (Saturn for banishing illness)

Moon Phases: Dark Moon for Banishing Illness; New Moon for good health

Moon in the Signs: Moon in Scorpio for Banishing; Moon in Leo

Asteroids: Ceres in Leo (for good health)

Wiccan Holidays: Samhain for Banishing; Beltaine for good health

Standard Holidays: Halloween for Banishing; Christmas or New Year's for good health

Candle Color: Green (for healing power); Black (for banishing illness)

Quarters: West and North

Elements: Water and Earth

Angelic Influences: Gabriel, Anael; Virtues (for miracles)

Floor Wash: Eucalyptus, pine, and orange peel.

Spirit: Buer

Deity: Ana, Sulis, Argante

Rune: Uruz, Birca

Totem Animal: Eagle, Ox

Energy Movement: Deosil to promote healing; Widdershins to banish illness

Healing Powder: Carnation, Rose, Gardenia; or, Angelica, Boneset, Chamomile, Cinquefoil, Horehound, Bay, Mistletoe, Mugwort, and Vervain (Empower in the name of the Holy Mother).

Affirmation: My immune system works in perfect order for my body every second of every day;

Banishing illness: I banish illness from my body, now!

### Love

Good Days: Sunday, Friday

Good Planetary Hours: Sun, Venus

Moon Phases: Full Moon

Moon in the Signs:

Asteroids: Juno (relationships)

Wiccan Holidays: Beltaine, Summer Solstice

Standard Holidays: Valentine's Day, Christmas

Candle Color: Red (for passion) Rose (for true love) Pink (companionship)

Quarter: West (to begin) South (to grow) North (to maintain)

Element: Water (to begin) Fire (to grow) Earth (to maintain)

Angelic Influence: Gabriel; Angels of Venus; Angels of the Full Moon

Spirit: Sallos (Love); Beleth (Passion)

Floor Wash: Jasmine, rose, and lavender.

Deity: Venus, Pan, Branwyn

Totem Animal: Turtle (healing)

Rune: Birca (to grow) Gyfu (to form a partnership)

Energy Movement: Deosil

Magickal Powder: Patchouli, Lavender, Orris, Lemon Peel, Bay, Musk (Empower to Venus).

Affirmation: I bring the correct person to me who will fulfill my needs in a positive manner.

Obviously you won't use all the correspondences listed. The magickal information under each topic gives you a selection of common energies to manipulate. What you choose, and how you decide to manipulate that energy rests in your magickal lap. How did I get this information? By pawing through stacks of books and interviewing various magickal people, asking them what energies they felt were common to the desired goal.

### Apartment Living

Not all of us live in a single home. Many urban witches populate our major cities as well as small-town USA in apartment buildings, duplexes, condominiums, and single houses now functioning as several family dwellings. Even if you cleanse and consecrate your living space often, you still have to deal with the rest of the building, other people, and energies that you neither created nor invited. What do you do?

First, I suggest completing this lesson and learning how to cleanse your living area, then try some or all of the ideas given below:

1. On the outside of your front door, draw a pentacle or the Helm of Awe in clove oil or holy water. Do this every week on Sunday (best if done during the hour of the sun).<sup>2</sup> If you live in a high crime area, or for some reason you are having trouble with your neighbors, draw your selected symbol on the door every day.

2. Sprinkle holy water, basil, or salt (or all three) in the vestibule of the apartment building, outside the elevator doors on your floor, or at the top step that leads onto your floor.

3. Consider creating an elemental to guard the entrance to your apartment or living quarters .

4. Walk the perimeter of your building once a month sprinkling holy water, salt, or angelica as you go. If you put a bag in your pocket, no one will take notice.

5. Drop garlic cloves underneath your window (on the outside) and around all the doors that lead into the complex.

6. Hang a small mirror on your front and back doors to ward off negativity.

Magickal individuals who live in multi-family dwellings may find it necessary to do a thorough cleansing of their living area once a month, rather than every four or six months, simply because of the greater activity around them. If you share a wall with an abusive neighbor, try sprinkling basil mixed with angelica ground into a fine powder along your baseboard to keep the negative energies from coming through the wall (angelica) and promoting harmony (basil). Evict difficult neighbors with loving kindness, rather than hatred. To do this, mix cayenne pepper, black pepper, yarrow, nettle, and angelica into a fine powder. Ask the Universe to find the troublemakers a home where they will find love and support and where they can evolve to a higher spiritual existence as you empower the powder. Place the powder on their doorstep during the dark of the moon, or on a Saturday in the hour of Venus. At the same time you should ask the Universe to bring neighbors who are loving, open-minded, ecumenical, and courteous. Do not be surprised, however, if the universe chooses to allow them to remain, and sends you packing to a better home.

### Noting Negative Energy Fields

Before you bounce around the house with bell, book and proverbial candle, I want you to walk around your house with your 3x5 cards and a pencil or pen. With your left or right hand extended, feel the energy patterns of your home. See where it feels "sticky, "light" or "heavy"; "soft" or "hard"; "hot" or "cold". Briefly make note of these areas on the back of the corresponding card. Don't worry if you think you aren't good enough at sensing energy to do this, your higher self can sense energies, you only need to shut out that argumentative, negative chatter of the logical mind. The more you practice, the better you will get.

Cold areas indicate emotional voids. Hot areas represent highly charged energy fields, usually due either to a preponderance of good or bad emotional residue. A heavy or sticky feeling may clue you as a buildup of energy-muck. Soft or light energy often appears in refined areas, such as your personal sacred space, and around your altar or shrine. When you have finished the spiritual housecleaning steps in this book, your whole house should contain soft or light, refined energy.

### Removing Negative Energy Fields

Your next step in a thorough spiritual cleaning begins in the basement, or first floor (if you have no basement). Items such as a drum, a rattle, a singing bowl, bells, cymbals, or windchimes work very well for clearing a room of negative energies. If you don't have a rattle, an empty soup can with a handful of dried beans or unpopped popcorn will work just as well. Remember to cleanse and consecrate these items before you use them. Other supplies needed to cleanse a home (especially for the first time) are: A white candle, holy water, a mister or completely clean empty spray bottle, salt, incense (with feather to help dispense, if you like), an item representing the element you've chosen for the room, and clove oil.

### Complete the House

Follow the aforementioned procedures for each room in the house. When you finish, go to the room that closest resembles the core of your home. In the Goddess position, expand your energy field from the core (where you are standing) to the outer reaches of the house. Imagine that the entire house fills with pure, white light. Hold this visualization as long as you can.

Then say something like:

*From foundation to roof*

*From concrete to timber*

*I declare this house cleansed, consecrated and blessed.*

*In the name of \_\_\_\_\_.*

*May all who live and visit here find this house a sacred sanctuary*

*Of love*

*Of harmony*

*Of peace*

*Of patience, prosperity and protection.*

*So mote it be!*

Check the information on your card marked "Universal", and pull in the corresponding energies, watching them mix in your mind throughout the entire house.

### Sealing and Preserving Your Spiritual Housecleaning

Take the item you chose to seal the house (crystal, picture, statue) and place this item somewhere near the core of your home. For non-magickal people, this would most likely be near the center of the house. For magickal people, however, the core of the home may reside at your altar or a favorite shrine. In essence, the area where you commune with divinity on a regular basis.

Cleanse, consecrate, and empower the item to the specifics you wrote on your 3x5 card. You remember, the card where you wrote your universal housecleaning intentions? Then place that card under the item. Secure the item by drawing the equal-armed cross in the air above it. In the days (or evenings) following your spiritual housecleaning, you can light a white candle empowered to the same intention. This will help to keep the area fresh. Other longevity ideas include boiling basil in water on the stove to promote sympathy and harmony, or boiling cinnamon and clove in water on the stove to promote prosperity and protection, putting an onion on the windowsill until the onion sprouts to protect the occupants in the house or apartment, putting crushed garlic under your bed to ward off bad dreams, putting lavender under your pillow to promote restful, healing sleep, etc.

How often should you give your house a thorough spiritual cleaning? Actually, that depends on your lifestyle. If you have lots of activities in your home, or you have many people living there, then once a month might be necessary. If your lifestyle moves on the more sedentary back roads of

existence with only an occasional rut or two, then quarterly, near the cross-quarters, would be fine. If life trundles along fairly smoothly, then every six months may work well for you. If you want to make a change in your life, even though you've enjoyed the serene life, then I would do the housecleaning before I implement the change, regardless of your normal housecleaning timing. If you have experienced a major disaster or illness, then definitely do a housecleaning to remove the negativity the malfunction has caused.

How do you know your spiritual housecleaning has worked? You should feel better. Colors in your home may appear brighter, sounds may be more pleasing to the ear, or you may breathe easier. The emotional stability of others in the home should also improve.