
7 ways to heal your home
with
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Keeping the energy high in your home is a lovely thing to do. As I work with People they often ask what they can do themselves to maintain the higher vibration of their space after I've home healed

it or in between my "peace of mind" sessions.

So I've put together these seven tips...

While this list is by no means exhaustive, it will provide you with a good starting place. Choose the ones that appeal to you, or even better, try them all!

There are other top tips on my website and in coming blogs, home healing can be a rewarding but complex process, try and gauge what works in your home.

Tip 1

Declutter and organise

Now, whenever “now” is. Now is always a great time to declutter and organise. You don’t need to wait for the New Year, September or your birthday.

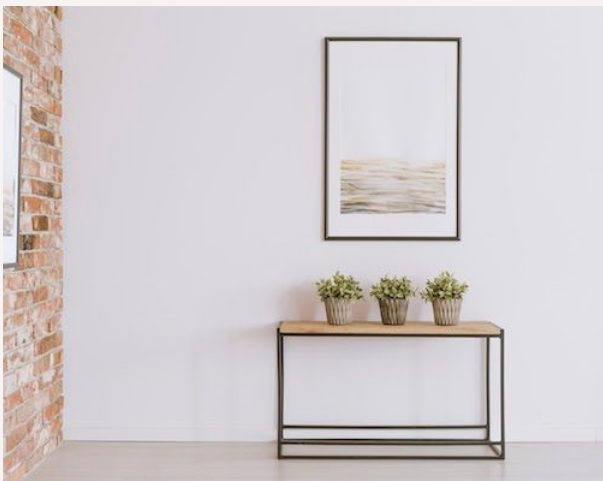


Right where and when you are is perfect because it will be the right time for you. Divine timing.

If we have lots of stuff in our homes that we don’t use or love, or that don’t bring us joy, we carry the energy of these things with us and then we attract more of the same energy.

Instead only have things that are useful or that give us pleasure and make us smile and the level of positive energy will soar.

Sell, give away or recycle anything that doesn’t meet your new, exacting standards and keep the bar high.



Tip 2

Keep your home physically clean

Giving your home a good clean encourages the energy to flow and stops it from becoming stagnant. A good, deep clean shakes up and uplifts the energy and the whole home will feel so much fresher and brighter.

There are rituals that you can use to “chase” any stagnant energy from the corners and edges of rooms and if you feel so inspired use one of these too



Tip 3

Keep the fresh air flowing

Allow the fresh air and the sunshine into your space. Make sure that blinds and curtains are open and open the windows to allow the air to flow for at least a few minutes each day.

Even when the weather is cold.

This will clear stagnant energy and again, if something still doesn't feel right try a space clearing ritual as mentioned previously.

Tip 4

Change things around

Think about changing things around in your home.

Move the furniture; change the order of your books on your shelves; the position of objects on display; your cushions!





Tip 5

Use essential oils

It's widely known that scent affects your mood and therefore your energetic vibration.

Citrus oils in particular are known to promote positive energy and lift your mood and

spirits. Essential oils such as Wild Orange, Tangerine, Lemon or Lime are wonderful mood and energy enhancers.

When you or your home is in need of an energy overhaul diffuse something like peppermint or spearmint with citrus oil.

If you're looking to create a relaxing atmosphere Lavender, Frankincense, Cedarwood and Clary sage are great choices.

Again, these are just suggestions and you will find the ones that work best for you and your home.

Tip 6

Crystals to Cleanse and Enhance Energy in the Home

Crystals placed in the home can help to clear and cleanse



the energy and provide protection as well as enhance energy bringing feelings of harmony and balance.

BLACK OBSIDIAN

Is a great crystal for absorbing negative energy. It's also known as the warrior stone, as our Paleo-Indian ancestors used it to protect them against invaders and the dangers of hunting. Obsidian also consists of grounding and stabilizing properties, which can help with scattered energy.

BLACK TOURMALINE

A great crystal for cleansing, it also lends an extra layer of protection so is good for placing near the entrance of your home. BLACK OBSIDIAN So not only does black tourmaline help to absorb your negative energy, it also shields your energy field from taking on more.

HEMATITE

A very protective and grounding stone and good for creating a calm, peaceful environment

RED JASPER

Red Jasper is gently stimulating and also an extremely protective stone. It can neutralise radiation and other forms of environmental and electromagnetic pollution.

YELLOW JASPER

Another extremely protective stone, Yellow Jasper also has the ability to neutralise radiation and other forms of environmental and electromagnetic pollution.

SELENITE

Selenite is like liquid light, it's energy flows through and washes away the darkness adding a soft inviting energy. A good one to place anywhere there has been disharmony. Selenite is the ultimate purifier and can cleanse and charge all other crystals and healing tools.

Tip 7



Adopt an Attitude of Gratitude

It has been scientifically proven that people who keep gratitude journals are happier than those who do not.

Keeping awareness of all of the things in our lives that we are grateful for sends out an amazing message to the universe of appreciation and like attracts like when it comes to energy.

So, make sure that you have things in each room that make you smile and that you feel grateful for having in your life. Things that make you feel blessed when you look at them: a beautiful picture, a comfy cushion, an arrangement of books, flowers or family photographs.

Make sure that you notice and enjoy them every single day.



Find out more about how Lesley can help you make your house in to a home with her online learning and one to one services at www.lesleybeattie.com