

How to Clear a Space and Keep it Clean

(by Susan Aaron, with examples from Aline Dzikewich)

When we help people release energy through psychodrama and/or bodywork, we have a responsibility to ourselves, our clients and our environment, to clean the space. It doesn't matter if we can see the energy or not. The energy is there and has an impact. So that guideline by itself means that if we do this work we need to take steps to clean the space.

1. What happens with energy when we do action/emotional therapeutic work?

When we work with emotions as we do in psychodrama and bodywork, we help people release old emotions, holding patterns and blocks. This is released in the form of energy, and those people who can 'see' this energy say that it has a dark colour or makes everything look cloudy or foggy. When this energy is released it stays in a space or attaches itself to other people. This creates problems. For one thing, people can become ill, carrying this dark energy that has already been released from someone else. It doesn't belong to them and its presence does no good. Also the physical environment where the dark energy lands, becomes unpleasant to be in. People who enter the space will have different levels of reaction to the dark energy. Most people can't see the energy, but they will feel it on a kinesthetic level at the very least. They may feel anywhere on a continuum from mild discomfort to a huge physical illness response. People who work continually in an unclean space will often become ill, and never know why.

2. How do we recognize that a space has 'energy' that needs to be moved out?

If you enter a room and feel discomfort. Start considering the possibility that the energy in the room is not clear. Sometimes people dismiss this initial sensation and they leave themselves open to picking up this energy themselves and feeling 'not their best' as they stay in the room, and even after they leave.

Some people will hear an inner voice that tells them that they're not comfortable in a room. Let yourself listen to this voice and again, consider that it's a message

from that part of you that is sensitive to energy, that you need to do something to clear the energy of the room.

The other thing that can happen in a work space, is that things will start to break down and not function smoothly. There are several examples of plumbing problems that have happened in environments that were in great need of cleaning. The water provided a way of clearing the space. This can be quite costly since water damage can ruin walls and floors.

3. How to move the energy using prayer, sage, cedar water, sound (bells) etc.?

This may seem somewhat 'unbelievable' to some people. This expressed energy wants/needs to be sent on its way to a place where it can do no harm. It needs to be sent to the light, transformed, transmuted into white light.

This actually can be done with very simple, easy and efficient techniques. If a space has a backlog of unexpressed fear, then the cleansing process may need to be repeated a few times until the space is cleared. Recently a space I worked in hadn't been cleaned in a very long time. The first cleaning in the morning was a very thorough burning of sage. When that didn't complete the job we used drums, bells, sounds and prayers. That was fine until the afternoon when several people noticed that there were still traces of the negative energy left. We proceeded to do another burning of sage of the entire room, and used sound in various forms to move the energy. After 3 attempts the room felt clean.

These are some of the tools/techniques that can be employed. All of the following techniques require prayers and intention. Simply ask that the dark energy be taken away to the light and transmuted and/or transformed and/or sent to a place where it can do no harm. Direct your prayer to whatever spiritual force you believe in.

burning sage (Start by a door, pushing the energy ahead of you sending it out windows and doors until you return to the original door. Allow the energy to leave and then close the door. If no windows or doors open to the outside, then ask that the energy leave through the glass and not remain in the space).

burning incense

spraying aromatherapy oil liquid solutions or burning the oil, so that the scent is released slowly over time into the space. Rosemary and sage are two useful scents.

spraying cedar water (You can make cedar water very easily. Instructions appear at the end of the article)

ringing bells in all areas of the room to break up the energy and send it away.

beating a drum in all areas of the room

playing or singing spiritual chants, songs etc. in the space. You can even leave the room with the chants playing on a CD or tape player so that it will be clear when you return.

open the windows and doors wide and let the fresh air blow through the space.

Burn sweet-grass.

Wave a pine branch ahead of you as you proceed through the room, breaking up the energy and moving it towards the exits out the window or door.

Imagine a cleansing rain falling in the room and washing away all of the dark energy. You can use any of these techniques, or go with your own intuition about how to clear the space. Remember, that the most important ingredients are prayer and intention.

For those people of Jewish background, you might consider what a rabbi shared recently about consecrating a space. "All one needs to do is to walk around the space seven times, singing psalms and perhaps blowing a shofar. He said this is the way a sanctuary is consecrated, and any other space one wants to consecrate."

4. How to maintain a clean space.

Use the clearing techniques regularly.

Light a candle while you work.

Have a bowl of sea salt in the room to help absorb negative energy, and replace it on a regular basis.

Put branches of cedar above the doorways and replace them on regular intervals.

Keep crystals in the space and clean them regularly with sea salt baths.

Keep sacred objects covered (ie keep drums, rattles etc. in a bag or covered with a cloth). Otherwise they will absorb the energy and no longer be useful as sacred objects.

Clean the space during and/or after a particularly 'heavy' session with whatever technique feels appropriate. Don't always wait until the end of the workday to clear out the space. It could be as simple as opening a window between sessions.

Use prayer either silently or out loud to ask for help in keeping the space safe for you and those you are working with, at all times.

Examples of clearing energy by Aline Dzikewich

Aline is someone who sees energy very clearly. When she enters a space that is unclean she will either see dark clouds, or the room will appear foggy or she will see 'spider-web' like forms in the places where the dark energy has collected. The following are two examples of her experience in therapy spaces that had not been kept clean.

Example One

When I walked into the house my shoulder started to feel as if I was carrying a bolder on it. My shoulder was fine during the drive to the house. The sensation only started when I arrived and entered the place. Someone noticed that I looked uncomfortable and that my shoulder was dropped. The group that was gathered in the basement didn't look right. The color around them was not strong or powerful as it usually would be. There were musical instruments and power objects there. They were all uncovered. There was very little energy emanating from them. I started by praying and asking my spirit guide to help me and to protect me. Then I proceeded around the room downstairs in a clockwise direction. I let the energy out the huge sliding doors and windows whenever possible. I went into every room, including the laundry room downstairs. It's important to be thorough. Then I proceeded upstairs. The open concept living room, the kitchen and the bathroom and closet all needed attention. The kitchen table required that I circle it 3 times. I then moved upstairs into the bedrooms and upstairs bathroom, under the beds and

into the closets. All areas must be done, or the energy just hides out in the areas that you missed.

My shoulder started to feel a little better, and others noticed that my energy had shifted and I didn't look as heavy.

This initial clearing helped a great deal, but the place would have required several more thorough clearings in order to move all of the dark energy out.

I protected myself while I was there during the day. Unfortunately during the night I had a lot of powerful dreams that I later found out were connected to the energy that was still in the space. I had dreamed about (someone in a car accident, someone being stabbed by a knife). Another group member had a similar experience. For me this was a confirmation that the beds were badly infected with other people's released energy and they needed to be thoroughly cleared.

Example Two

When entering a different work place, several of our group had reactions to being in the space. One woman felt a strong need to stand in the center of the space. When she did so, she started to scream and then gagged. Later we discovered that the leader who uses the space, regularly asks group members to shake off the energy that they don't want to take home with them, and direct it into the center of the space. Other members of our group felt great discomfort and unpleasant body sensations.

Because Aline had experience moving energy, she volunteered to clear the space for us. Because of the accumulation of energy, it took two sessions of clearing to make the space feel clear. This is her description of the clearing.

Before I entered the space I gave tobacco and said a prayer asking for help (and protecting myself) before entering this work place. I asked my spirit guides to help me. I faced each direction and called in the spirits. First I faced the east (it's important to start with the east because it's the doorway), then south, then west, then north. Then, I stated my intention to clear old energy in whatever form it is in and for whatever reason that it was left there. I said that I wanted to work and be in a clear clean energy field and for everything to leave. I stated that I would be

open to see and feel whatever was new and belonged there only in this present time.

I burned sage (smudging) in every room, on every floor, including the attic and basement. I included every closet and bathroom everywhere. I moved clockwise. I prayed to release wherever possible through doors and windows since the energy was so heavy, I didn't want it to accumulate I asked the spirits to take care of the energy, (which ever one was equipped to handle it). I trusted the spirit guides to help me. I trusted that Mother Earth or Grandfather sky would take care of this job.

Someone followed behind me with a cedar water, so that I wouldn't get any of the energy attaching itself to me. The person who is doing the clearing is vulnerable and literally needs 'back-up'.

At the end of the clearing I made sure to thank all the spirit guides. I also asked them to be aware if I missed anything or was feeling anything! I then proceeded to smudge myself and my helper again, in order to remove any energy that could have attached itself to us.

Directions for Making Cedar Water

(These instructions were given to me by Glenna Jacobs, and I am passing it on to you as she taught it to me. I was given permission to pass on this information to others that could benefit from it.)

First you go to a group of cedar trees. You face a central tree, give it some tobacco and ask it permission to take several branches from the nearby trees. At this time you also state the purpose. I usually ask that it be for making cedar water for drinking, cleaning space, and for cleansing baths. This way, if I've named all 3 possibilities, I can use the cedar water for all 3 purposes. Then you wait for the tree to give you an answer. If the tree says yes, then you thank the tree and take the branches that you require (not from that tree, but from the nearby trees). You take these branches and place them in a pot. Cover the branches with water and boil for 30 - 45 minutes. When it has cooled down take the branches, and give them back to the earth with thanks and tobacco.

Now you need to refrigerate the cedar water in glass containers. You may put the cedar water into a glass spray jar and spray a room. If you leave it in a warm

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space too long, or use a plastic container, the essence of the cedar is changed and is no longer a useful medicine.