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Advice

Confused as to what kind of house cleansing I should perform?

(self.Paranormal)

submitted 2 months ago by [SweetsByKitty](#)

My mother's house has a lot of unusual activity and energy. To avoid getting into too much detail we frequently experience things being displaced, phones turning off, random drafts of cold air in specific spots, unexplained noises (voices, furniture moving, so on) etc. Not to mention the cats stare and follow movement we can't see.

My mother and I get this feeling that this energy was once of this world and is attached to the house. However we also feel that there is perhaps negative energy also attached to this house. It's winter here and before we seal up the windows I thought we should cleanse the house as the energy recently has felt more "pressure" if that makes sense.

My concern is how to properly rid the house of both energies with a focus on keeping the negative one out forever. I understand that some energies not able to find the light may return as they feel lost. If the better energy of the two truly means no harm I don't mind them hanging around but would prefer to cleanse the house completely.

I have white sage but have read that that may not be the way to go. If anyone has any advice on burning herbs and woods, crystals, incantations, anything at all, if would be VERY much appreciated as Google hasn't helped me at all. Please feel free to ask any questions that can better clarify. Thank you!!

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[–] **OllieOllieOli** 0 points 2 months ago

What are "negative energies" and how do you know they're there and causing a problem?

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[–] **SweetsByKitty** [S] 2 points 2 months ago

Idk. I couldn't answer that. It's only a feeling we get. Something... off? So maybe it's not negative but it certainly doesn't seem friendly.

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[–] **OllieOllieOli** 1 point 2 months ago

I would suggest that the first phase should be establishing the source of this feeling before asking for a remedy. I know that's hard to do, but at least once you're past phase 1 you'll have a much better chance of finding the right solution.

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[–] **Blackcat1206** 3 points 2 months ago

I come from a family of healers and sensitives so I've had paranormal and supernatural experiences all my life as has the rest of my family.

We also practice Earth and Candle magic as Gran and generations of her people did back in the Motherland.

I use white sage to smudge the home once a month (also like Gran did) it banishes negative energy as well as unwanted spirits.

We also burn incense and keep candles alight to ward off darker entities.

We also line our doors and windows with regular salt, we believe spirits cannot pass salt.

I can only speak from my own experience but these do the trick for my Cousins and I.

Good luck with what you decide to do!

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[–] [SweetsByKitty](#) [S] 2 points 2 months ago

Thank you! Someone else mentioned salt as well. It's funny bc my mother has a big salt rock in her room and a lot of the activity occurs in the complete opposite side of the house. Very interesting. I used to use incense a lot and only recently stopped so I'll definitely be buying some more. Thanks again!

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[–] [Blackcat1206](#) 2 points 2 months ago

Please do! They don't have to be expensive candles, just regular household ones work well. Salt is a big part of Earth magic because it is a mineral and minerals come from the Earth I use salt all the time in my candle blessings and spells.

No worries, and if you need more information or advice don't hesitate to ask. Stay safe and Blessed Be!

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[–] [GrimDaggz](#) 3 points 2 months ago

I'm not sure if you follow a particular Spiritual Path (as some paths have specific Rites or Practices for Cleansing/Purifying).

Here is how I will typically cleanse and protect my space. The items I use are dried white sage (held in a miniature cast-iron cauldron with a handle, so I don't get burnt while holding it), a Thurible (also known as an incense burner/censor), a charcoal puck, some incense (typically a combination of Frankincense and Copal, though others can be used), and a visualisation. Light the charcoal puck, put it on the Thurible, and put some incense on it (you can use incense sticks if you don't have a Thurible) and place it on the floor in the middle of the room you are working on. Stand in the North-East corner of the room, light the sage (you want it smoking, but not flaming), and place it in the cauldron/holder to spread the smoke without burning yourself.

Then walk along the room in a clockwise motion, holding the sage close to the walls (make sure you outline the window frames / door frames / electrical outlets), and moving towards the center of the room and back out to the North-East corner. Go around the room three times while visualising the energies around you as exiting the building entirely (I visualise dissipation of mist).

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Repeat in each room, or go from one room into the next and circle back to your starting place to complete the circuit. Once you feel the space has been rid of all energies except the energies of the people physically living there, stand in the center-point of the space (This part is best when you have everyone who lives there, especially if they are Spiritually/Spatially aware of people, places, and things around them).

At this point, everyone involved should imagine a bubble of One-way mirrors facing outward around the house (You can see out, but nothing can see in). You'll want the bubble to extend several feet outwards from every direction, including above and below. Three feet from the Physical boundaries [Walls, roof, foundations] is a reasonable distance. You'll want to "Mirror coat" your space three times. (This is called creating a Triple Mirror. These are used to prevent unwanted energies, auras, beings, etc. from locating and entering your space. Only that which you invite will be able to enter.)

Hope this helps.

~Daggz

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[–] [SweetsByKitty](#) [S] 2 points 2 months ago

This is great! Thank you so much for all the detail. I really appreciate this.

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[–] [GrimDaggz](#) 1 point 2 months ago

You're welcome! I hope it helps!

~Daggz

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[–] [amberdwn](#) 2 points 2 months ago

Selenite on window sills and doorways, and I personally like pine for smoke cleansing, but there's a million cleansing herbs you can use. Other types of sage (blue, desert, etc), rosemary, bay leaves.

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[–] [SweetsByKitty](#) [S] 1 point 2 months ago

Awesome, thank you! I definitely want to look more into crystals, maybe talk my mom into buying some with me. Thanks again.

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