
Sacred Space Clearing and Cleansing

The space you inhabit is sacred.

The space within your body and within your cells is sacred.

The space between your thoughts is sacred.

Everything around you and in you is a sacred space.

The respect you give to those sacred spaces will support your health in the 4 Levels of Quadrality: Physical, Mental, Emotional and Spiritual.

Balancing the Quadrality

PLEASE NOTE: The Patient Protocols listed below are available exclusively for current patients of Thermography for Health NY. If you are a patient, you can find them on the Patient Resources page of my website. If you are not a current patient, call the office and schedule an appointment so we can support your path to optimal health and wellness.

My favorite products listed below can be found at TammysFavorites.com.

You can order any of the doTerra essential oils listed at my website: HealthyOilsWeb.com.



PHYSICAL HEALTH:

Detoxify your body with the following...

- Cleanses
- Drinking pure water
- Infrared saunas
- Quality sleep
- Fun exercises and movement (try the rebounder!)
- Anti-inflammatory foods

Supportive Protocols:

- Psyllium/bentonite
- Infrared sauna,
- Water is Alive (PUR2o filtration)
- EMF protection
- Rebounder to move lymph





MENTAL HEALTH:

Detoxify your thoughts with the following...

- Become aware of your thoughts that are negative towards you, others, or circumstances.
- Try some guided meditations and rituals to clear that SPACE that exists between thoughts. (For example, try the "In The Moment" meditation.)

Supportive Protocols:

- Bath rituals
- Meditations
- Sleep Quality Checklist



EMOTIONAL HEALTH:

Balance your emotional health with the following...

- Allow your emotions to be felt and released by dance and movement.
- Diffuse quality essential oils to break up negative vibrations.
- Practice journaling to help you access your inner navigation system which will get you back on track.
- Try some guided meditations for a positive frequency input.

Supportive Protocols:

- Diffuse Essential Oils
- Sleep Quality checklist
- Meditations
- Bath Rituals



SPIRITUAL HEALTH:

Deepen your spiritual connection...

- Clear your home, office or any environment that has clutter. Start by releasing and clearing out a few things at a time to gain momentum, until you eventually clear all of your physical space.
- Moving out the old, unused, nonfunctional clutter will restore beauty.
- Create a special space for things from the past that hold good memories. Hold on to things that are beautiful, functional and useful.

Supportive Protocols:

- All of the above!

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RITUALS

- **Smudging:** Carry a smudge stick of Sage or Palo Santo around your home. Let the smoke waft past all corners of your home and into closets. It will dispel any “stagnant” energy and detoxify your space. It also chases away negative frequency beings that are not serving you.
- *Want further instructions and product recommendations? See the information I’ve included at the end of this document.*

DIFFUSING

- While I clean my home I diffuse the Purify Blend essential oil by doTERRA. It has an amazing purification frequency that permeates the air and supports the cleansing of the home.

Other good oils for space clearing and cleansing are:

- OnGuard: protects against negative frequencies and boosts the immune system.
- Tea Tree (Melaleuca): excellent for mold and fungus.
- Citrus Blend: lifts the mood and cleanses the energy of depression.
- Peppermint and Wild Orange – creates a buoyant heart and floods in happiness.
- Cedar wood – burned by the natives for a powerful spiritual cleansing.

Note – In general, essential oils have properties that are considered to be cleansing, purifying and antimicrobial.

Order all of your favorite doTerra essential oils at my website:

HealthyOilsWeb.com



[PURIFY BLEND](#)



[ON GUARD](#)



[TEA TREE \(MELALEUCA\)](#)



[CITRUS BLEND](#)



[PEPPERMINT](#)



[WILD ORANGE](#)



[CEDARWOOD](#)



[VOLO™ ULTRASONIC
DIFFUSER](#)

Instructions for Your Space Clearing Smudging Ritual

You will need something to light your sage and smudge kit. You can use a candle, lighter, or a match. (My favorite is to use a beeswax candle.)

You also need a fireproof bowl to catch any ashes or embers from your smudge stick. Native Americans use an abalone shell for this to bring in a water element. Some sage and smudge kits include this shell. But if the one you bought doesn't have one, you can use any fireproof container. Please make sure that you only use that container for smudging ceremonies. You also need a bit of sand in your abalone shell or other fireproof container to extinguish the stick safely after the ritual.

Don't feel rushed when starting the smudging ritual.

Calm yourself and remember that intention is key. Contemplate what your wishes are for your home and yourself.

To start the ritual, begin at your front door and light the smudge stick. Have your abalone shell or other fireproof container with you.

Move mindfully and with care. Begin by walking clockwise around your home. Walk throughout your home, maintaining a clockwise direction. While walking through each room, you can chant or add a mantra or simply repeat your intention.

Walk back to where you started and chant a final prayer or mantra.

Visualize that your home is filled with bright white sunlight. Speak your intention one last time to close the smudging ceremony. Put out your smudge stick or sage bundle in the sand.



Products to Support Your Smudging Ritual



[BEESWAX VOTIVE CANDLE](#)



[PALO SANTO STICKS](#)



[SAGE BUNDLES](#)



[SAGE SMUDGE KIT](#)

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