



## The HomeHearted Practice for Moving into a New Home

Arrive at your new home through the front door. Before entering, greet the house and ask permission to enter. This practice is about respecting the energy and connection between two entities. Don't get hung up on the "right" things to say. There are no rules here. Just express what comes to your heart. You can greet the house silently in your head or speak the words out loud.

*"Hello beautiful. My name is \_\_\_\_\_ and thank you for allowing me (or us) to enter. You are the new home for my family, and we all look forward to our many years together."*

As you enter the house, move towards the center or "heart" of the house. Many consider it the kitchen, the living room or perhaps the family room or fireplace. Take a couple deep breaths and notice your first impressions of the empty space. What do you see? What is the light like? Any smells? What colours do you see? Does the air feel warm or cool? Does being in the space evoke any physical sensations? Do you feel a positive vibe to the space or is the house in need of repair and has a "lonely" feel to it? Don't judge these feelings and observations as they arise. Just be present and mindful.

Walk slowly through the space and enter each room, again noticing any feelings that arise. Are you drawn to certain rooms? Does a room or area not feel right? Some people may even feel the energy imprint of the previous owners, especially if there were negative interactions within the space or dysfunction within the family. What do I mean? Just like the human body can "hold" the energy of trauma and pain within its tissues, so too can a house absorb the energy of its inhabitants. A home is in fact an ecosystem of the shared energy between the physical dwelling and the family that lives within its walls.

### Purification

After your initial walk through of the house, it's now time to purify the space in preparation for your family. There are three ways to do this – intentions, visualizations and smudging. You can use one or all three. Choose whatever feels right.





### *Intentions*

I am a firm believer of the power of intention – energy always follows intent or desire. If you want to remove the energies left behind by the previous owners and fill the space with love, you just need to state that and believe it. It's that simple.

Walk through each room stating your intention out loud. An example would be:

"I call upon Your warrior angels to cleanse and clear this space of all negativity and fill and shield it with Your love."

You can substitute different words to reflect your spiritual beliefs:

"I call upon God and His warrior angels to cleanse and clear this space of all negativity and fill and shield it with His divine love."

"I call upon the Universal divine love to cleanse and clear this space of all negativity and fill and shield it with love and light."

Be creative with your intention! There are no hard and fast rules here. Use whatever language brings joy to your heart.

### *Visualization*

As you walk through each room stating your intention, visualize white light filling the space and spilling into all the nooks and crannies. Take a few deep breaths and picture this light in your mind. Connect to the feelings you want your home to radiate – warmth, peace and love. White light visualizations are powerful and infuse your purification practice with additional positive energy.

### *Smudging*

If you want a more "tangible" method of purification, consider smudging, an Indigenous technique involving the burning of plant materials. Sage is commonly used, but also consider cedar, sweetgrass or lavender. You can make your own smudge sticks by wrapping the herbs with cotton twine, or they can be purchased from new age bookstores or even health food stores.





Since you'll be burning herbs, it is important to use a fireproof container to capture ashes as you move around the house. Consider a shell (I have a large abalone shell), or an earthenware bowl. Touch the smudge stick to an open flame and allow it to catch fire for a minute or two before blowing it out. The ends of the dry herbs should be glowing red and give off smoke. Lightly blowing on the embers will increase the smoke but do it gently so the ashes don't drift all over the space.

You can also use incense purchased from a retailer in a scent or formula specifically prepared for purification. Single scents like cedar, sage, lavender and frankincense are popular choices. Lighting instructions are the same as with smudging herbs.

With your smudge stick/incense smouldering, walk through each room fanning the smoke with your hand or a large feather. Remember to state your intention as the smoke drifts throughout the space. Add the light visualization if you wish. Don't forget closets and storage rooms – these are considered dead spaces that can catch stale and/or negative energy.

Depending on the size of your new home, it could take upwards of an hour to smudge all the rooms. Don't rush the practice. Enjoy this special time getting acquainted with your new home and performing this ritual. When you are finished, be careful extinguishing your smudge/incense stick. Run water over the burning end and wrap it in tinfoil for storage.

Don't worry if the space smells strongly of smoke. It will dissipate within an hour or two. Go back to the heart of the space (kitchen, living room or fireplace) and take a few minutes to meditate over the purification practice you have just completed. Breathe deeply and connect into the new energy of the space. Again, visualize your space as a whole and wrap white light around its perimeter. Feel how it pulses with love and positive energy...almost like it is breathing.

## Blessing

Finish the practice with a blessing. An example could be:

"I bless this home with love and light. May it protect my family and nurture us with comfort, peace and joy."

Of course, feel free to change the blessing to reflect your spiritual beliefs.





Walk through your home repeating this blessing in every room.

Welcome to your new home and congratulations!

