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Sacred House Guide

A Psychic Medium's guide to making
your home
spiritually aligned

Welcome

So Happy You're Here!

Hi! I'm [Heather](#). I am a psychic medium, spiritual coach, and life enthusiast. My passion is to help others open up to their unique gifts, and share it with the world. I didn't find my gift until later in life, and once I found it- I realized it wasn't a gift at all!

I am now on a mission to help others awaken to their true selves, embrace their abilities so they can live a life they truly LOVE.

However, working in the spiritual realm comes a lot of responsibility. It isn't easy feeling what others are feeling- from this world or the next. That is why after a long day of talking with Spirit, I have to make sure that my home is energetically clean.

Whether or not you are open to your gifts, it is important to have a spiritually aligned space

This is a place that invites in good energy, is spiritually friendly, and makes you feel good! Once you have this space, your life will transform because you will have a go to place to get centered and away from stress of reality.

This [spiritual method](#) I am going to show you will help you cleanse the energy of your house, and make room for new and better things to come your way. It will not only help you feel better throughout the day, but it will also help you sleep better at night.

I've broken down this guide into a few parts

Energy Flow
Boundaries
Tips and Tricks



Some things are of this world, and others... well, not so much.

Are you ready to get started?

*I am!
Let's go!*

Energy Flow



Energy is around every single thing here on Earth. We're effected by energy on a moment to moment basis, but often don't even realize it. It's important to make your home energetically friendly.

Check out the list below. These small changes to your home will help move that energy around, increasing it's vibration, and making room for some new, clean energy.

When you make room for more energy, this can manifest in some REALLY cool ways.
Like new opportunities, more abundance, and even more LOVE!



Open windows to allow energy to flow

Open windows that face East if possible, this also welcomes new beginnings
Opening the windows will allow the static energy to move, and allows for new energy to enter
Set the intention you are breaking up an energy that is stored in the corners.



Get rid of excess energy build up

Set the intention of breaking up static energy by clapping in the corners of the rooms.
You can also do this with a candle, allowing the flame to break up the energy
A crystal (I recommend clear quartz) can also do this as well



Clean and Declutter as much as you can

Try to keep items that make you feel good.
Rid yourself of things in your house that hold bad memories
or move them to a room you do not visit often.
The more items in a room, the more energy inside of it.



Seriously, get rid of more stuff

When you let go of anything in life, you make room for something better to come along.
This is true for relationships, and even household items.
You will make way for bigger, better blessings!
It sends a shout out to the Universe that you're ready for change.



Pay Special Attention to items in your bedroom

What items are in your bedroom?
Anything from previous relationships?
Anything that gets you pumped up like really excited or angry?
Try to ensure items in the bedroom offer calm, peaceful, and loving memories.



Sit with antiques or used items in your home

Be weary of bringing antiques and other used items from garage sales or thrift stores
Energy from previous owners may still be on the item, and you may be subconsciously effected by it
If a person loved an item in life, they may attach themselves to it after death.
Sit with the 'used' items you have already or will purchase. Pay attention to how it makes you feel.
If you feel good, then feel free to bring it home or keep it. But rid yourself of anything that doesn't

Boundaries



Now since you've taken inventory of the energy in your house regarding your belongings, it's important to also give your space boundaries as well. This is especially important if you work with the spiritual realm, or a sensitive soul.

The truth is, we have the authority here on Earth to say who is allowed in our space whether or not they have a physical body. So, it's important to set your intentions of what is allowed in your space. Remember, the more intention you put in doing the following, the stronger it will be.

✓ **Set Boundaries for passed loved ones**

Would you mind if your passed loved ones visited you in your home?
I don't mind, but I do limit which of them can come while I am a sleep.
Too many loved ones while I sleep, will keep me awake.
Even if you don't think you can feel or see them, you do!
Tell them out loud or in your mind times they can come visit you.

✓ **Set Boundaries with other spirits**

Other spirits may be drawn to us, especially if we're open to the spiritual realm.
You have to create boundaries with them too.
Set your intention on when they can visit, if at all.
Don't think of them as 'negative' spirits, but loved ones of other people you know.
Example:
Your neighbors dog passed away, they may come to you because you're sensitive.
But this can be difficult for you to have a ghost dog because it upsets your cat.
Set boundaries by saying out loud or in your head what you want.
Set your terms. They can be really simple. Mine goes something like this:

"I Only 100% love and Light of God can come into my space".

I also allow Archangel Michael along with my mom and grams who have passed to determine what other spirits/loved ones are allowed into my space.

Note: If you feel that you are dealing with a spirit that is not a passed loved one, or someone you know, you can still do this, but please reach out to a professional for assistance.

✓ **Set Boundaries with people of this world**

Now since you've told the spirit world what you want, it's important to tell people of this world too.
Block off time where you won't allow any visitors or phone calls.
For me, this is between 630-730pm everynight while I enjoy "TV Time" with my fam.
I make sure everyone knows I will be MIA during this time.
What time can you make MIA? Besides when you are sleeping (LOL)
This could be in the morning before everyone awakes, or after they go to bed
Make sure it's a time when you aren't distracted. Including loved ones can be a BONUS!

Tips & Tricks



Your home and your spirit should be feeling good! These next steps can be really fun if you're open, and want to try something new. Intention is everything, and when we use tools- it strengthens our intentions.

Below are some ideas to really help your home
manifest what you really want.



Hang up a windchime

It is said that windchimes fight off bad vibes and welcome good luck.



Bring more plants and Herbs into your home

Many plants & household herbs that you cook with can increase the positive energy
Barley & Basil ward off bad vibes.

Cactus and succulents are excellent for spiritual protection



'Smudge' with sage, palo santo, or bay leaves

Smudging has been an ancient practice in ancient civilizations.

The smoke has healing properties that can make any old energy feel as good as new!



Update/Change your pictures

To emphasize bringing the new and good vibes in your home

update the pictures that are hung up. Update them with pictures that make you happy, bring up good memories, and times where you've made a dream or small goal come true



Improve Energy with lemons

Lemons have the ability to absorb negative energy.

Place three lemons in different areas of your house,
and replace when they're turning brown

This is fun because you can see how the lemon is effected in these different rooms



For your eyes only- Sacred Space

No matter if your place is big or small, try to find our very own sacred space.

It doesn't have to be a place to meditate, just a section that is yours alone

Think about your favorite things, and add it to that place.

Whenever things are going less than perfect, you can go to this space
and it will help uplift you because it's filled it with things you love !

Thank you!



Honestly, there's a lot more that you can do with your home to keep increasing its good vibes, and making it your very own sanctuary. I hope though this gives you some ideas that you can run away with! Never underestimate the power of

intention

prayer

and

visualizing

The mind is more powerful than we think!

If you had a great experience and want to share or if you have any questions, please post them to my Facebook group:

Rise Into Your Power

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