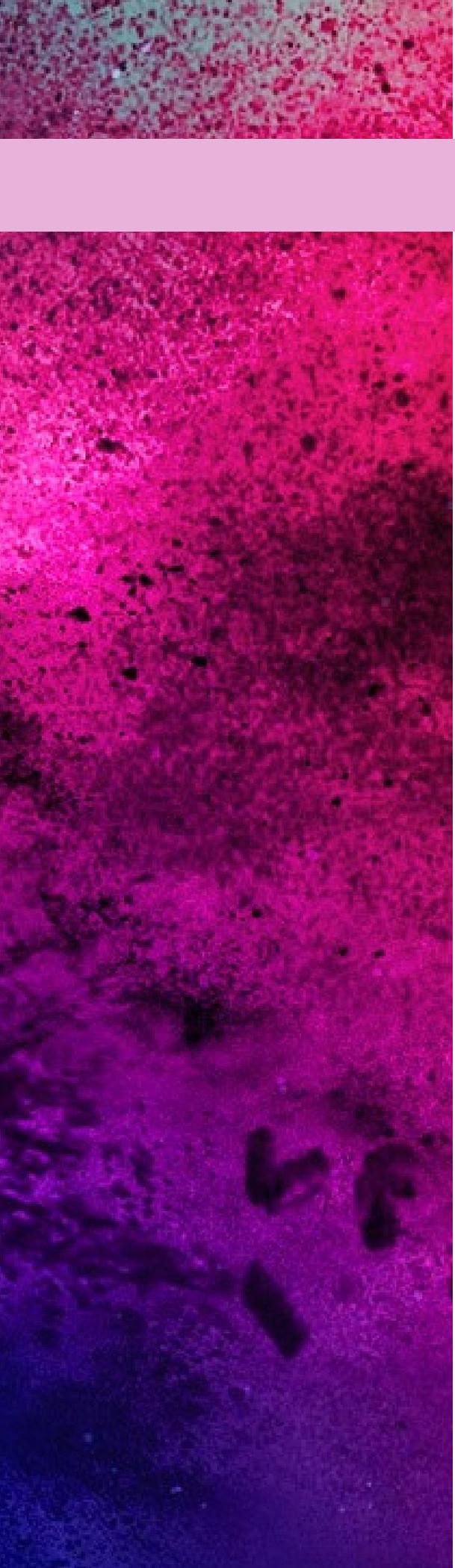


PERSONAL + HOME ENERGY

*Cleansing Prayers*

*Jodie Harvala*



## *Spirit Cleansing Prayer*

I am now choosing to cleanse myself  
and release any and all thought forms,  
beings, situations, and energies that are  
no longer of service  
to my highest and greatest good...  
across all planes of existence,  
across all universes, and across all  
lifetimes.

I ask that all energies that are less than love  
be transmuted for the highest good of all.  
and so it is.

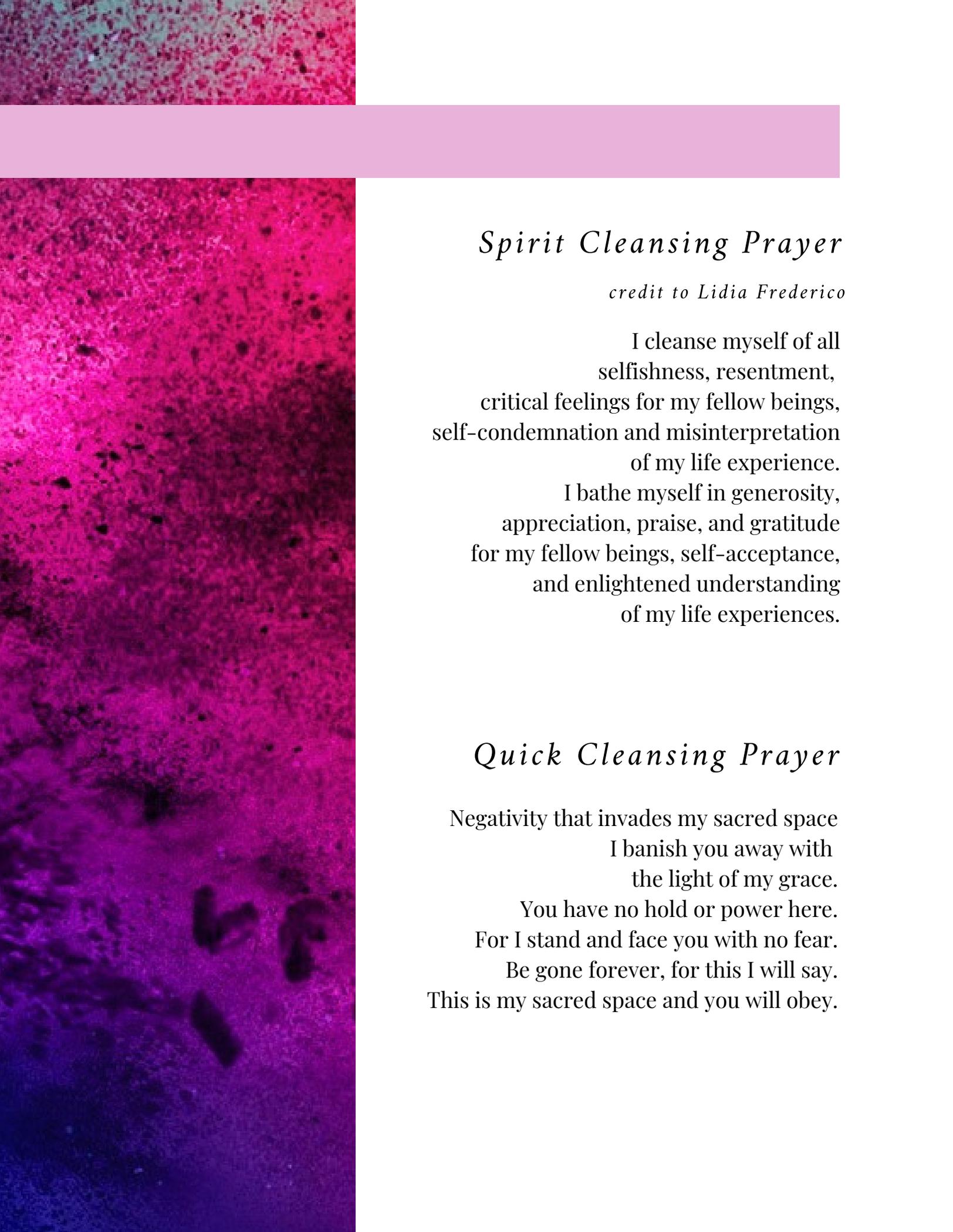
## *Cleansing with Angels*

I call on Archangel Michael,  
Archangel Raphael, Archangel Gabriel,  
and Archangel Uriel.

Please draw near and clear any and all  
low vibrating and unwanted energies from  
this space.

I ask that the room be filled with only the  
highest love and love.

Thank you for your assistance. Amen.



## *Spirit Cleansing Prayer*

*credit to Lidia Frederico*

I cleanse myself of all  
selfishness, resentment,  
critical feelings for my fellow beings,  
self-condemnation and misinterpretation  
of my life experience.

I bathe myself in generosity,  
appreciation, praise, and gratitude  
for my fellow beings, self-acceptance,  
and enlightened understanding  
of my life experiences.

## *Quick Cleansing Prayer*

Negativity that invades my sacred space

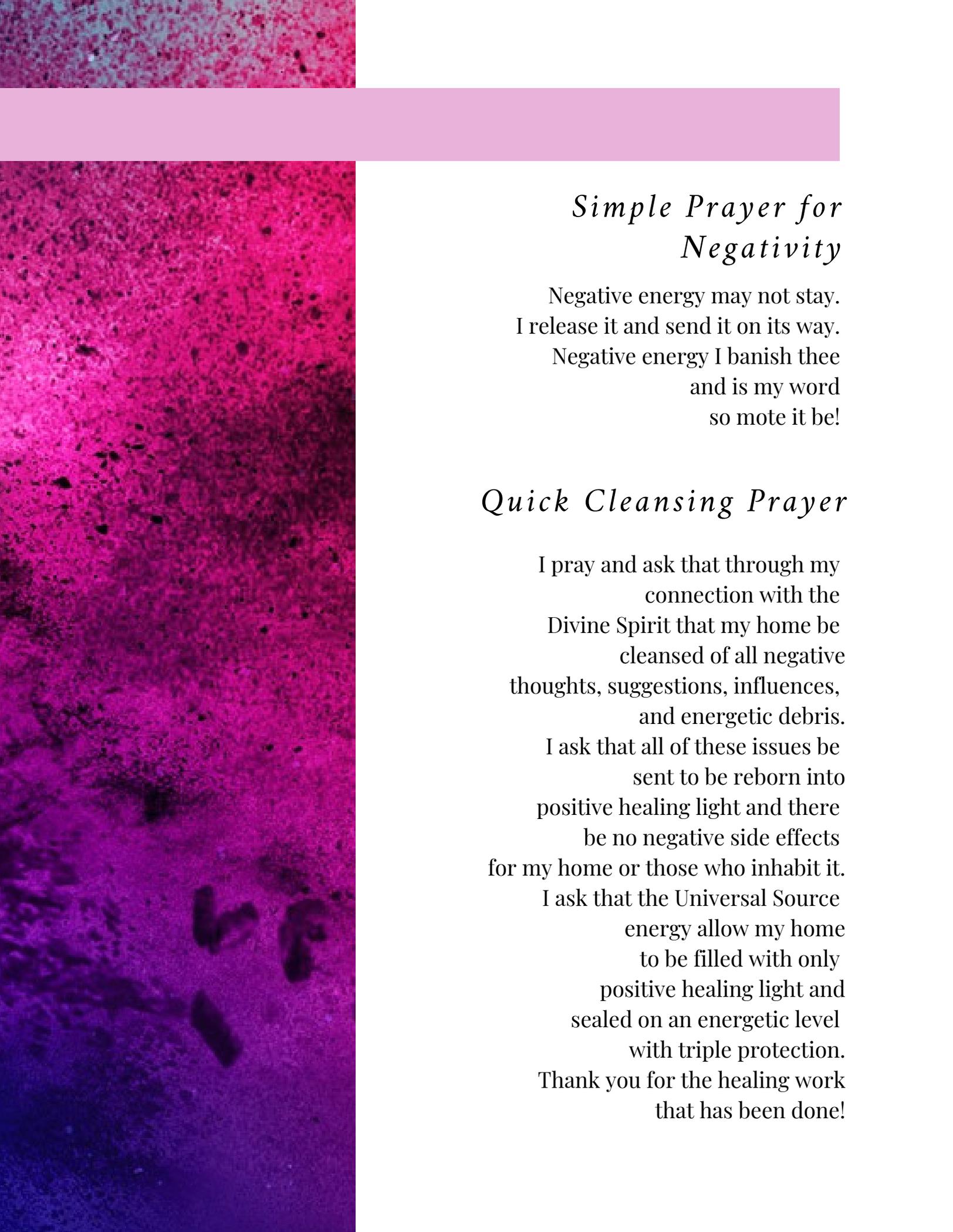
I banish you away with  
the light of my grace.

You have no hold or power here.

For I stand and face you with no fear.

Be gone forever, for this I will say.

This is my sacred space and you will obey.



*Simple Prayer for  
Negativity*

Negative energy may not stay.  
I release it and send it on its way.  
Negative energy I banish thee  
and is my word  
so mote it be!

*Quick Cleansing Prayer*

I pray and ask that through my  
connection with the  
Divine Spirit that my home be  
cleansed of all negative  
thoughts, suggestions, influences,  
and energetic debris.  
I ask that all of these issues be  
sent to be reborn into  
positive healing light and there  
be no negative side effects  
for my home or those who inhabit it.  
I ask that the Universal Source  
energy allow my home  
to be filled with only  
positive healing light and  
sealed on an energetic level  
with triple protection.  
Thank you for the healing work  
that has been done!

# *Some helpful tips*

## *prepare yourself before the cleansing*

For the best results, find a quiet place where you can be alone. Get in the right frame of mind by taking a few minutes to focus on your breathing and calm your mind. Once you are feeling centered, imagine yourself protected by the white light of Spirit and allow it to fill the room. Finally, focus in on the feelings of love and gratitude by thinking of the people, places, and things that bring you joy. Once your vibration is running high, you're ready to go!

## *personalize your ritual*

There's no special turn of phrase or magical words to make things happen. It's the feeling that the words give us that put the energy into your clearing. Feel free to use the phrasing that feels best for you. If you prefer to use the term God, Universe, Spirit, Source, etc., substitute your preference into the prayers in this guide. You can also browse the internet for other prayers that speak to you by searching for "Energy Cleansing Prayers" on Google.

## *be consistent*

There's no perfect time to do a clearing but you will always get better results when you make it a part of your life. Find a schedule that works for you and stick with it!