

Cleansing a house of a haunting:

1. Set up an alter/table
2. Two candles: one white to represent you and your home; the other black to represent the haunting you wish to remove)
3. Disposable cloth – wash down table with blessed salt and holy water
4. Open all the windows, Smudge/smoke with sage (plate to catch ashes) –
 - ◆ Start at the furthest corner of the house, end at front door, and out door. As you burn the sage walk around the house and ask the spirit to leave. Be strong, yet respectful, friendly and firm. You can say “It is time to move on now” or “Look up and you’ll see a light. The light is good. It’s where you need to be. Someone special is waiting for you; they want you to acknowledge them and follow them through the light where all things are good. There’s no punishment, just awareness and love. That which you deserve. Go to the light, dear one. Be with those who will guide you and provide you with everything you could ever need. Go to the Light and discover something grand and wonderful. I want you to see the Light, because I want what’s best for you. I give my love that this be so.”
5. Place white votive candle in left upper corner of alter table; black votive in right upper corner. Sage or sandalwood incense in the middle. Light each with matches.
6. Meditate/reflect for a moment (may say a Psalm like Psalm 104 or other comforting verse to focus your intention). Let the entire ritual burn itself out.

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- ✓ Important to remember you are just trying to help guide the spirit to move on or to better understand its reason for being there.
 - ✓ Try not to be closed minded in this situation as the spirit may even be someone you used to know, or a spirit of the family that has passed.
 - ✓ They cannot harm you unless you feel overly emotional, or have fear or doubt as this causes you to be weak and ghosts feed off emotions and extreme negativity. Be aware that this is part of the cure of ridding them.
 - ✓ BELIEVE it will work (use whatever will increase your belief: holy water, a bible, etc ... it’s the power of your intention and belief that will assist the ghost to leave ... and LOVE).
 - ✓ Once finished you can go around with sea salt or pure or kosher salt and line the edges of the walls with it, or at the least, each corner of the house. This is said to block negativity and spirits from returning. Crystals are also helpful stored in the corners.