

Every person's home should be their safe and sacred space

This newsletter is dedicated to your success in all areas of life. Over the past few newsletters, we have focused on concepts that are mainly applied to work and leadership. An aspect of career success and leadership that most people don't acknowledge is the fact that our home environment greatly impacts – either positively or negatively – our job performance and overall success. Therefore, today's newsletter is taking the conversation back home.

People are very sensitive to the energies that a space holds. You might have noticed how a store or restaurant “feels” when you walk in. The “feeling” may be a reaction to how a place is organized, how it smells, the lighting, the mood or attitude of the people serving the customer, and there is an inviting, nurturing, or just pampering feeling that keeps you coming back. These feelings can be attributed to the energy, or “vibe”, of the place.

The energy of a place is highly influenced by events that have transpired there, especially if those events were emotionally charged. Examples of events that leave energetic imprints are divorce, death, violence, burglaries, financial loss, job loss, foreclosure, and many more life and business events that leave the owners and visitors feeling lost, defeated, afraid, and depressed. Because emotions are just another form of energy, that energy can linger. Subsequent events can either counter that residual energy or further strengthen it. If that residual energy becomes strong enough it can be sensed by the average person. So, even if you are not intuitive, and cannot explain in detail what has happened there, you can sense that something does not “feel” right. To this point we can even go to real estate where most states require that a death in the home by violence or suicide must be disclosed to potential buyers. And some states go as far as to require that a seller disclose if they believe their property is being haunted by the dead. Many people are affected by their ability to sense the energies in their space.

Energies in a space from emotional trauma are not limited to a home; they can be felt in places of business, and even conference rooms. I have been in corporations where a big lay off or announcement of a major product or project failure has been announced in a particular conference room, rendering that conference room unusable. Even if all other conference rooms are booked, people refuse to meet in that “cursed” conference room – the residual feelings and energy just bring people down and make the meetings there unproductive and even contentious.

What can be done to clear a space? How can a space be made to feel light, bright, welcoming, and positive? Well every culture has its own techniques for shifting the energy in a space, some religious and some not. I have cleared hundreds of spaces, helped many businesses to prosper and many people to find peace and joy in their homes and at work. Sometimes it is as quick and easy as doing a prayer or chant (depending on the beliefs), other times it takes changing the “look and feel” of the place. For example, using Feng Shui or color design. Then, depending on the culture and spiritual beliefs, a space can be cleared with ceremonies like crystal gridding, sage smudging, drumming, and singing bowls.

Whatever your approach, the important thing is to create a space where you feel safe and free to express yourself creatively and successfully. If you have questions about this topic or need help creating a positive space in your home or business, please contact me and allow me to be of service.