



A GUIDE

**HOW TO CLEAR  
YOUR HOME OF  
NEGATIVE ENERGY**

In 15 Minutes  
or Less

TINA ESCOTO

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## Forward

This book will teach you how to clear your space of negative, harmful energy. It is intended to be used as an educational guide. As such, the results may vary, as each individual and circumstance is different and unique.

Each space also carries a unique energy signature. This also comes into play when clearing negative energy. The following techniques are those that I have used for many years for clients and have proven effective for them and myself. I personally use this method in my own home and office space.

Clearing a space of negative energy is an ongoing process. I do this when I feel an energy shift, a negative presence, or when things don't feel "quite right." The applications are endless. I clear my home after I have guests, a party, or even when I buy used items.

There are many different ways to clear a space, but this is my unique way that I use and teach in my *Awaken Your Gifts Within for Beginners* class. I have come up with my special blend of herbs that I find very effective.

On a personal note, I clear my house every time my mother-in-law comes over. Her energy is frenetic and sometimes off-the-charts crazy, and spins my household like the Tasmanian Devil. To put my house back into a Zen-like state, I clear it using this method. It has never failed me, and since my mother-in-law lives in a guest house in my back yard, I use this method daily.

Any space can be cleared, whether it's a home, office, outdoor area or vehicle. Creating a space that is filled with harmony, positive energy and happiness is easy and something anyone can do themselves. It is in this spirit of sharing that I give you my method of clearing, and the tools needed to do so.

Blessings.

Tina Escoto



## Space Clearing Kit

- Salt
- Proprietary Herbal Blend
- Candle
- Cleared and Blessed Sedona Red Dirt
- Sweet Grass
- Feather

Save time by ordering my Clearing Kit online at:  
[www.tinaescoto.com](http://www.tinaescoto.com)

## Clearing Your Space

- Gather your clearing materials.
- Light the candle, placing it on the ground, outside the front door.
- Secure the candle so the wind cannot blow it out while the space is being cleared.
- Leave the front door open. Secure your pets and/or children, so they do not leave unattended.





- Get a fireproof container, such as an ashtray, glass bowl, anything you place the sage kit in and light it without catching the container on fire.
- Place the blessed Sedona dirt on the bottom of the container. Layer the sage kit on top of the dirt.
- Light the sage kit until the mixture starts to smoke.

*Note: If the sage kit goes out while saging the space, that's an indication that there are energies present that need to be cleared. Normally the sage should stay lit throughout the process, until the clearing is finished. You may have to relight it one or two times, but not excessively. Carry your lighter during the process so the sage kit can be relit if necessary.*

- Starting in the furthest room in the space, ask all spirits and negative energies to go the white light at the front door.



*Make sure you wave the smoke from the sage kit using the feather to fan the smoke into all the spaces.*

- Open all drawers, cabinet doors, and make sure the smoke permeates throughout the entire space. Be mindful of smoke alarms and sprinkler systems, so they do not go off.
- While allowing the smoke to fill the space, keep asking all spirits and negative energies to go to the light at the front door.
- At this time, call in angels and God to bless the space and help guide the spirits and energies to the light.



- Continue throughout your space, including saging appliances such as the washer and dryer, dishwasher, oven and microwave. Don't forget to sage the inside of closets and kitchen cabinets.
- Continue to invoke the angels and God while clearing the spaces, to help the energies and spirits to go to the light.





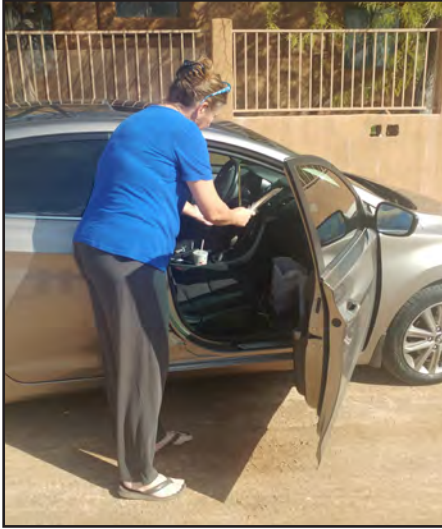
- Wave the feather over the computer keyboard as well as any desk drawers.
- Make sure to sage under beds, dressers, dresser drawers, the bathroom vanity, and any place there is a cabinet or drawer.
- Don't forget to sage the garage, especially if it is attached to the house.
- Work your way to the front of the house. When finished, walk outside, grab the candle and blow it out. Keep it outside until the wax is solid again, then dispose of it in a trash container OUTSIDE the home. Never, ever bring it back in. You don't want the energies and spirits that you've just cleared to come back into your space.

## Finishing the Clearing



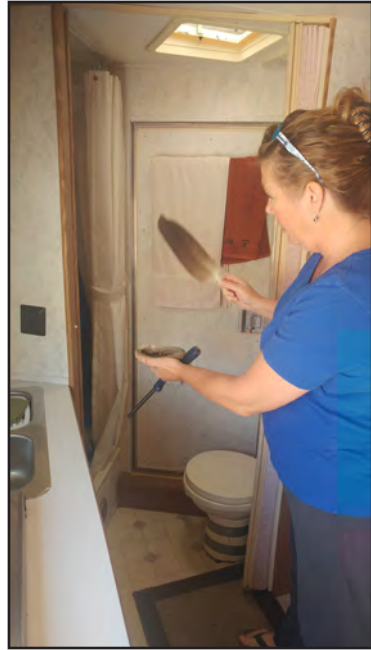
Take the salt and place it at the four corners of your property. If you live in an apartment, or a living space that has no outside area, place the salt in the corners of your rooms. I also place salt at the entrance.

## Clearing Other Spaces



Clearing the energy in your vehicle is advised, as there are many people who either drive with you or work on your vehicle. Don't forget to clear the trunk areas as well. There is no need to light a candle for this process, but do invoke the angels and God and ask that all energies be cleared. To further protect the space in your vehicle, healing stones such as obsidian, labradorite and carnelian are always helpful.

## Clearing Other Spaces



Don't forget your recreational vehicles, such as motorhomes, horse trailers with living quarters, travel trailers and popup tents.

Any space you gather in or have people in can be cleared. I often clear my back patio, especially after readings or large parties.

## Tips

- There are many forms of clearing energy. This form is my favorite and go-to when the space I am in needs refreshing.
- Remember to keep asking the angels and God to guide the spirits and energies present to go to the light.
- If you have a special prayer you like to say, invoke it if you choose.
- If a part of the space you are clearing feels cooler than others, this area may need extra attention.
- The house may crack and sound like it is settling. This is normal and indicates the energy is moving throughout the space.
- Some spaces may need a professional to come in and assess the energy patterns present. Some spirits need additional help by a medium to facilitate any spirits present to transition into the light.



## Tina Escoto

I am a transformational psychic, clairvoyant medium who, through spiritual life coaching and psychic readings, helps others understand that their loved ones are still around, watching and guiding. I believe that help does come from the other side and that we are truly never alone.

While growing up in rural Indiana, I experienced the ability to read and feel people, but was not aware of the implications. It was not until tragedy struck that I started on my epic spiritual journey with God. It was the loss of a large portion of my immediate family within a short period of time that caused a shift in my perspective of death and the void it leaves behind.

After spending more than 32 years in the automotive field, I decided to use my gifts from God to assist others. As an ordained minister and medium, I now use my ability to help people connect with the spirits, who impart words of wisdom to their loved ones, helping them on their life journey.