

# HOW TO PREPARE FOR A SPACE CLEARING CEREMONY

with Richard Kingston



Here are some guidelines to help you to get the most from a space clearing ceremony.

## HOW TO CHOOSE THE BEST DATE

Choose a date when...

- You will be sleeping at home for at least a week after the ceremony (ie. you will not be travelling)
- You will be able to stay at home for the rest of the day after the ceremony
- You are not likely to have any interruptions during the ceremony
- No visitors or guests will be present during the ceremony or staying in your home that night
- You can make arrangements for any children under 8 years old to be taken care of away from the home during the ceremony

## HOW TO PREPARE YOUR HOME

You'll get the most benefit from the space clearing if you clean, tidy, and declutter your entire home before the consultation, but not to the point of exhaustion. Stop at 5.00 pm the previous day so you'll be well rested before the ceremony.

## HEALTH

If anyone in your home is sick or taking any medications, please be sure to let me know at the time of booking. This includes adults, children, and pets.

## **YOUR FOCUS FOR THE CEREMONY**

At least a few days before the consultation, write a list of your main priorities in life at this time, with a short description of each one. Some examples of priorities are health, relationships, prosperity, career, your spiritual path, and so on. If you only have one main priority, that's fine.

If you share your home with other people, invite them to do the same if they would like to (it's not essential, but it's good to include them if they'd like to be involved). It will not be necessary for you to show me what you or the other people in your home have written.