

Acknowledgments

With great gratitude and love I would like to acknowledge the following people who have helped me along the path of spiritual growth and learning. I want to take this opportunity to give thanks to all my blood and spiritual ancestral relations. Thank you, Mom, Kate, Wayne and Ernest for bringing me into the world and teaching me what I needed to know to become the person that I am. Some of the lessons were tough, but they have nurtured me in ways that I can't even imagine. To those who I have studied with; to Larry Hitchcock, my loving husband and life partner, Shadow, my guardian angel, Antonio Costa Y Sylva, Professor Lin Yun, Barry Gordon, Edgar Sung, Steven Post and Cindy Chan, Ann Marie, Lillian Garnier Bridges, Denise Linn, Rob Abbott, Gary Leikas, Artiera Cole, Suzy Driver, Dirk Dunning, Ralph Burton, White Feather, Archangel Michael, Gabriel, Nicky Scully, George Bien, June D'Estelle, Isis, Horus, Owl, Hawk, Swan, Heron, Bobcat, Turkey, Horse. All of you have guided me in the direction that I was ready to go at the time and have been a large part of my growth and the process that brought me to where I am today. With Gratitude and love and respect, I thank each and every one of you and wish you good fortune, luck and happiness in your life's journey.

What is Energy Clearing?

Energy Clearing is a way of being. It is a way of using all of our senses to become aware of our surroundings and recognize disturbances that affect our being in a negative way. Energy Clearing is a process of learning to become familiar with different types of energies, to know them and be able to identify them. It is learning about the tools you need to work with the energies and affect a change for the positive. There are many types of energies that we will talk about throughout the course of this book; many energies that we want to become familiar with. For instance, we want to know when we walk into a room what the general feel of the place is, is it stagnant, over active, is there sadness, grief, anger, violence, are there energies that make us feel drained, ungrounded, confused or uncomfortable. We want to become aware of the energies of different types of spirits and know what these energies feel like. Becoming an EnergyShifter is becoming a detective of the subtleties of the energies around us. We have all walked into homes and businesses and felt like we wanted to leave, felt like someone or something was watching us or were immediately uncomfortable. You might even feel flu-like symptoms in places, or around people that make you uncomfortable. We sometimes decide not to buy or rent homes and apartments because we don't like the way they "feel." These are all reasons that we need energy clearing in our lives. Shifting these unwanted vibrations and emotions is what energy clearing is all about. Through the use of energy clearing you will be able to improve and balance the atmosphere in you home, business, workplace or wherever you may find yourself.

Energy moves through a house like water moves in a stream. In the same way that water can become stagnant in the corners in a stream, so energy can become stagnant in the corners of a home. This is because energy travels in circular, spiral movements that preclude corners. Purification is like clearing debris from a stream. It clears stagnant energy from the corners of the home. Energy also becomes stagnant because of illness, negative emotions, and emanations of the objects in the house/room or placement of the objects in the house Energy Clearing is basically energetic housekeeping and is performed in much the same way, we would keep our physical bodies clean. If you yourself clean your house on a weekly basis and do it with joy and care, your home will sense this vibration and will treat you in the same fashion. We all love to come home to a freshly cleaned house. Every home, business, object, piece of furniture, article of clothing, animal or plant carries traces of the energy it has been exposed to, the energy

of those who made the object, sold the object, previously owned or lived in the object. These energies are impregnated into the very fiber of its existence. This is known as spiritual energy or vibration.

Energy Clearing is a very effective way of clearing this energy out to leave you with a completely fresh start. Energy Clearing helps to produce more harmony in the workplace, which leads to better productivity.

Use Energy Clearing if sales start to drop. Freshening and revitalizing the space has a corresponding effect on the business. All Energy Clearing is designed to raise the level of the astral light of atmospheres in our own personal spaces and, in so doing raise the quality of life and the potential for success.

When Energy Clearing is Helpful

After a divorce or separation

After illness or death

To release grief or sadness

After acts of violence or anger

If there are Ghosts, thought forms or etheric patterns that cause harm.

When moving into a new home or business

To sell your home or business

Before constructing a new home

If things seem to be confusing around your home or office

To bring in positive energy before a celebration

Cultural History

Energy Clearing has been a part of most cultures since the beginning of time when we were more in tune with the seasons and the earth herself. We lived in caves, in the belly of the earth, and then in round buildings like tee-pees and yurts. Once we began building with corners, the need for energy clearing grew. Energy tends to collect in the corners of spaces. Years ago this information was common knowledge and ritually practiced. We all know the term springcleaning. This was the season to open the windows, toss out the accumulated dirt, scrub the floors and let in the sunshine after a long winter. This is actually a process of energy clearing. Today we regard some of this information as Old Wives' Tales and, in fact, this is how I learned it. Energy clearing is an integral part of religious rituals, rituals appeal to our emotions and we feel good after we have been apart of them. The Native Americans used prayer and smudge to clear themselves, their spaces and their sacred objects. Sage, cedar, sweet grass and pine are just a few of the natural herbs that were used by different tribes and this was often determined by what grew in the region that you lived in. The natives honored all of nature the trees, rocks, animals, plants, earth, sun, moon and stars. They believed that we are part of everything in the universe and all was to be honor and treated with respect and most of all gratitude. The Celtic

people often used salt, fire and herbs to keep their spaces clear there is a broad history of Celtic Shamanism and Druid Geomancy that was alive and celebrated for many years before the Goddess had to hide her head and go underground for fear of being burned at the stake. Paganism was a celebration of the Goddess of the Earth, a celebration of the seasons that we flowed through with the rest of the animals and spirits on the planet, we celebrated the Spring and the breaking open of the earth after a cold winter, the summer the time to plant and tend to the plants that would take care of us through the following year, the autumn the time of harvest and the beginning of going inward for the long cold winters and the winter the time to rest and go inward. These were all people who believed strongly in ritual and respect of all living things and we all have ancestors some where in our pasts that celebrated these seasons and rituals and give us the longing to do the same. We have all been denied our rights to celebrate freely our love of nature and our connection with her and becoming an energy shifter will give you an opportunity to open your heart freely to the Goddess and celebrate her once again. Indonesia is one of the few places left that is alive with Feng Shui and Space Clearing on a daily basis, they use clapping, incense and bells to keep their spaces clear and work a lot with the honor or feeding of the spirit realms. In Buddhism there are many rituals and ceremonies to honor the hungry ghosts, in many cultures the feeding and honoring of the ancestors and spirit realms is done on a regular basis. No matter what culture you come from with a little investigation you will find that your ancestors practiced some form of Space Clearing and Feng Shui as part of their daily lives.

Space Clearing Story

Location, location, location?

Mother's Bistro

Portland, Oregon

Owners Lisa Schroeder and Rob Sample contacted me when they began to search for the location of their first restaurant. The site they selected was in their price range, but part of this owed to the fact that other bars and restaurants had failed in this location for the past ten years. I brought my senior teacher, Dr. Edgar Sung to the initial Feng Shui consultation. The most important issue addressed by the consultation was the location of the entry door. We chose the door that had been the side entrance. As the primary entry, it was in a better location for guests to "decompress" and accommodate a waiting area and hostess station. We placed a large mirror across from the door, which "opens the possibilities for opportunities to come in." We also had Lisa place articles that were favorable concerning her work as a chef at other restaurants. This allowed patrons to become familiar with whom the new owners were and what they had to offer. We talked about colors and about table placement as well as the use of large mirrors on the walls opposite the windows to double the feel and

size of the restaurant. A wind chime was placed in the center of the restaurant to balance the five elements. We also determined that the place needed to be cleared of the energy of previous failures. On another day we proceeded to do the clearing. This was done with a team of four people. We used several techniques, drumming, smudging and then did a rice blessing and sealed the doors. The day we performed the clearing the basement door was locked so we could not get in. On opening night I got a call from Lisa who told me they believed they had a ghost as several of the waiters had their trays tipped over when no one was near by and a cake tray flew off the counter onto the floor. In the basement there was a tray of eggs that dropped to the floor and broke. Remembering that the basement had been closed the day we went to clear I went back and did another clearing in the basement working mainly with the disruptive spirits. We were able to help the spirits on and the mischievous actions ceased. The results have been miraculous, The restaurant turned a profit after only ten months and by the end of the year had been named Portland's "Restaurant of the Year," by the two leading newspapers

My Journey to the path

My Journey into spiritual work began at the time of my first near death experience. I was 4. When I was born my older sister Cathy who was just shy of being 10 months old, was very ill and required a lot of attention. I was sent to live with my Grandparents Kate and Ernest Martin and my oldest sister Martha in Fort Smith Arkansas. Unknown to me at the time my Grandfather Ernest was very ill with stomach cancer and would die the summer of my 3rd birthday, now my grandpa Ernest cherished me and took me with him everywhere, I have fond memories of him walking through town with me on his shoulders, chasing me around the house with false clacking teeth and giving me great words of wisdom like "If you think you can't you must" but he passed away and I was sent to live with my parents and two new siblings in Savannah Georgia. This was devastating to me and I remember one summer afternoon walking out the door and finding this beautiful tree, climbing it and deciding right there at that moment that I would just fly off into the heavens and find my Grandpa, well much to my amazement I did not fly and fell 25' to the ground. This was my first of three near death experiences and my first confrontation with the spirit realms, I ascended toward this beautiful light that was filled with soft, warm and all encompassing unconditional love, I was told that it was not my time to be here, I could see my body lying on the ground broken and new that this was not possible, so I began my first confrontation with spirit and kicking and screaming came back to this world on the wings of a beautiful snow white owl. Well needless to say I was not very happy about my return, my collar bone was completely shattered and my neck severely injured. It took almost a

year of being in one cast after the other to finally heal.

My second near death experience came at the age of 5, I came down with the mumps, measles and chicken pox all at the same time and literally almost burned to death from a fever, once again I was ascending toward the light and encompassed in that magical feeling of unconditional love, I could see the angels and my grandfather gathering around me and see myself in my bed surrounded by my mom, grandma and sister Marty, my mom looked so sad and there were tears rolling down her face, I knew that this was not the time for me to part and the spirits agreed so back I came once again on the wings of this beautiful white bird. After this experience I was able to see and feel the spirits around me and was also overcome with the most intense headaches you can imagine, these would continue for many years. It was around this time that our family was moving to Tucson Arizona, the moving van pulled up and out went my mom and grandma to the moving truck as I watched they began to sprinkle salt all around the edges of the van as they chanted words I had never heard. "What are you doing I asked? Why we are clearing the van of any unwanted energies, we want it to be nice and clean for our things to come in. My mother then explained to me about subtle energies and the importance of keeping our spaces clear of these energies especially because we were required to move often as my father was in the Air-Force and we lived in base housing. My father and I had a difficult relationship one of mental, emotional and physical abuse at times and needless to say my teenage years were not easy one. Then thanksgiving eve of 1973 I was out on a double date at a drive in movie. Of course we lived in a small town in Nebraska and most of the guys I new were into cars and drag racing, on our way home that night in the wee hours of the morning on a two lane road going into town we were racing and out of know where there appeared a car stranded on the high way, the accident appeared to me in slow motion, I remember seeing it from outside of the car, looking in through the front windshield, I know now that I left my body and was preparing for yet my third near death experience, as the car slammed into the rear end of the parked car at 98.5 miles per hour at impact the sound was deafening, we rolled three or four times over an embankment and fortunately landed on our wheels. No one knows how long we all lied there in the silence not moving but once again the familiar light came and as I ascended towards it I got involved in one of the biggest battles with spirit that I was to face, I did not want to come back and they were not ready for me I had rotated three vertebrae in my neck some 90 degrees and did not know if I would be able to move or walk, I don't know how any of us survived but we did and it was at this point that I totally disengaged from anything spiritual and began a life of slow and painful self destruction. My headaches were so severe that I was unable to even move some times

for three or four days on end, I had to be in total darkness because the light was just devastating to me and so I began to drink, do drugs and anything really that would stop the pain.

It was around the summer of 1978 that I decided to leave Nebraska for San Francisco California my adventures were long and many but some how I ended up working for this great little company called Bill Graham Productions or really FM productions and this became the beginning of my connection back to spirit and to healing. I started at FM working in the paint shop and was quickly moved to electrics where I learned to put together large scale lighting rigs for all the most hip and upcoming artist, from there I moved into stage design under the guidance of my good friends Tom Strahan and Larry Hitchcock.

Together we designed some of the biggest shows of the day The Rolling Stones, The Who, Billy Joel, Journey, Ozzy Osborne, ZZ Top, Alice Cooper and many more. It was during my introduction to my soon to be life partner and now husband Larry Hitchcock that I came to know about alternative healing. I began to research and go to any healer who thought they could help me Chiropractic, Energy Healing, Acupuncture, Herbs, Aromatherapy, Polarity Therapy, Breathwork, Soul retrieval, Rolfing, Massage, Cranial Sacral Therapy, Colon Therapy, Shen, you name it I tried it and each one of them brought me closer and closer to the healing I needed but at this time I still had not begun to heal my wounds with spirit. Then in the spring of 1982 I got a call from my mother that my father had passed away, I had not been home since I left in 1978, I flew home.

It is always fascinating to me how spirit will orchestrate things for us even when we are most resistant, once I arrived home of course things were crazy, my fathers death was very unexpected and this type of death is always very hard on the surviving loved ones so we had to go to the funeral parlor and pick out a casket, choose the music and of course since my father was a life time military man we had the honor of a full blown military funeral with 21 gun salute and all.

Late that afternoon the funeral parlor called to say my father was ready for viewing, someone in the family should come and inspect the body so of course guess who got elected. As I sat in the small viewing room going over the course of our lives together I realized that here lie before me a man I did not know, a man I loved and hated at the same time and as I sat there in the silence I noticed something very strange and uncomfortable about my dad. He was lying with his right hand on top of his left which would have never happened as my father was left handed as am I and his hands looked like they had been scrubbed with Clorox they were so clean, now to think any thing about this you would have to know that my father was left handed and an auto mechanic who's hands always had this lovely patina. So I sat a while longer and asked the funeral director if he could please make the changes, put his left hand on top and dirty him up a bit.

I came back an hour later and once again sat with him for quite sometime in the stillness, when all of a sudden out of the crown of his head an ethereal mist began to rise and as I sat there in utter amazement I knew that I was experiencing the soul leaving the body and it was an incredibly magical, horrifying and mystical moment. I never said a word to anyone for years and of course at the wake there was this strange music playing in the background like a broken record over and over and over again and no one had the energy to change it, I came to find out years later it was a song by The Moody Blues called "The Voice" and there is an eerie line in it that says

*Out on the ocean of life my love,
There are so many storms we must rise above,
Can you hear the spirit calling
As it carried across the waves
Your already falling
It's calling you back to face the music
And the song that is coming through
Your already falling
The one that is calling is you!
Make a promise take a vow
And trust your feelings it's easy now
Understand the voice within
And feel the changes already beginning
And how many words have I got to say
And how many times will it be this way
With your arms around the future
And your back up against the past
You're already falling it's calling you
On to face the music
And the song that is coming through
You're already falling
The one that it's calling is you*

And I knew this was spirit and my father telling me to wake up This was the beginning of a major transformation in my life, I got totally smashed and on the plane back to San Francisco was a total mess, I was working over in Berkley at the time painting some very large backdrops for some band and early in the afternoon my friend Barbara Ann and I went to a little coffee shop to grab a latte, as we were standing in line I felt a tap on my shoulder and when I turned around there was this beautiful little Tibetan Monk standing there, he looked right into my eyes and as he handed me his card he said You need to call me. Well of course I thought nothing of it and when I got home I tossed the card on my dresser and forgot about it until the following week when I was cleaning and it fell slowly onto the floor slowly fluttering down so I would pay attention.

I picked the card up

and looked at it and it said in simple black text Antonio Costa Y Sylva.

Well needless to say I called him right up, I said we met in the coffee shop what was it I was suppose to call you about and he said I am to heal the spiritual path between you and your father.

And so I began a journey of driving over to Berkley with my little dog Shadow, who in later years became quite famous as the most recognized animal at live aid and even made it inside the magazine but at the time she was my guardian angel and it was verified by Antonio. We spent the better part of a year together, I would go to his apartment and he would chant and play Tibetan bowls over me and do deep toning into my charkas and I became fascinated with energy and spirit and Buddhism and my life changed for the better and it would be in the same place some 20 years later while visiting Berkley to study an energy healing technique called Shen that the angels would come and let me know that my rift with spirit was complete. My friend Artiera and I were staying with a friend in San Francisco and taking the Bart over to the East Bay every day, this was an 8 day training and was long hours and required a lot of intense emotional healing, during one of my session I went into a very deep place where I experienced the angels gathering and telling me that it was time to put down the sword and begin my life with spirit in a new way, at this point we were living in Oregon and I had been studying shamanism, soul retrieval , energy healing and other things for some 15 years. We went home that night and the next morning was a Sunday, the train station was empty but for this lovely little black man who was standing quietly by the monitors looking to find his way to his destination, he turned around and said do you know where the 3a exit is and we said yes just get off the stop after us. So we got on the train and started off. Our stop came and as we started to leave the train the man gently grabbed the hand of my friend Artiera and said to her, "You take good care of her now." We got off the train thinking that this was slightly odd and when we turned to wave, he wasn't there and we both knew that he had been an Angel. And so my life became alive with working in the spirit realms doing soul retrievals and spirit releasing and there is so much more to tell but I feel I have covered some of the major events that lead me down this path and to this place, to write a book along with spirit and all the teachers I have had along the way to help others understand the beauty, magic, wonder and power of working in the spirit realms And I want to say of the many teachers I have had Antonio, Barry, Edgar, Lillian, Denise, Dirk and Gary I want to thank Rob, Ralph, Lisa and Dirk for really allowing me to play in that world of magic where you can talk to spirits, see energies and do some amazing healing work, and to George Bien who really started me on a path to self acceptance and love.

My Space Clearing Education

I have been clearing spaces most of my life through drumming, smudging and working with spirit but my true education all came together when I met, Dirk Dunning, Rob Abbott, Ralph Burton and Gary Leikas and Mara Star. With their help I was able to really come to an understanding of my past and began sorting out the difference between the energies of a thought form, etheric pattern, ghost, spirit, nature spirit, nagas and many other energies. For more than 3 years we worked with energy healing, psychic work, hypnosis and through the help of some other very special individuals who had cancer and were the most amazing teachers we were able to learn to work with the soul in ways I had never known was possible. Working with people with cancer and as a team doing more than 100 clearings between us, it is much of the knowledge from my ancestors and these fine people that I impart in this book So thank you all, with love and gratitude.

THE BIG THREE:

Gratitude

Having spent most of my life unhappy about being here on this planet it should go without saying that I have spent much of my life being ungrateful. I spent many years of my life in pursuit of spirituality and magic I could not for the life of me figure out why things were not working out, why my life did not seem to have that wonderful flow every one talks about when pursuing a spiritual path. Don't get me wrong, I had good friends and was able to study with some of the best people on the planet today but I was not satisfied. It was really only about two or three months ago I was speaking to a good friend and teacher Dirk Dunning. We were talking about his own hardship with rheumatoid arthritis; I ask him how he always manages to be so content even though he suffers a great deal. He said I learned long ago to be grateful for every pain, for every moment of my life. So I began doing a little research about this thing called gratitude. I started getting up every day and being thankful to being alive, for sharing this beautiful Earth with all living things, I found prayers of gratitude of course in all most all cultures and this became my main spiritual practice, and you know what, my life has changed. I am happy more often than sad and things seem to be flowing in a way they never have before I thought I was being grateful but I wasn't. I have come to understand that gratitude is without a doubt the most important process of all, everything comes from gratitude, we are magical beings made up of all of our ancestral and spiritual ancestors, we are part of every thing in the universe all connected all one, every thought we think is an action set in motion and that motion will come back to us just as we put it out. If you are interested in a spiritual path and in

*doing this work of Energy Clearing I encourage you to open your heart
to gratitude and let the love flow. T*