



Enhance and Clear the Energy of Your Home and Work Place

By Anne Jones

Based on her book "Healing Negative Energies"

Have you ever walked into a room where an argument has taken place and felt a heavy atmosphere? Our homes and workplaces are often affected by dark and depressing energy caused by the attitudes and thoughts of ourselves and those that share our lives. They can also be affected by traumatic incidents from the past, earthbound spirits and geopathic stresses. In this seminar we will look at ways to clear the negative energies around you and lift them so that you can work and live in a clear and uplifting atmosphere.

The seminar will cover the following topics:

- What can cause and hold negative energy?
 - Our thoughts, emotions and words
 - Imprints of disasters and traumatic events
 - Antiques and second hand jewellery
 - Electrically generated negativity
 - Earth Energies
 - Earth-bound spirits
- How to clear and uplift the energies around us
 - Physical cleaning and clearing
 - Smudging
 - Oils and incense
 - Crystals
 - Sound - Mantras, cymbals and music
 - Invoking light energy and blessings

This seminar will include a meditation to clear and send light energy to home or workplace.