

The following tips are a way to begin to raise the level of energy in your space immediately.

1) Spaces benefit from a thorough cleaning, i.e. dusting, vacuuming, removing cobwebs from corners and ceilings, and eliminating or reducing clutter as much as possible.

2) Keep your space in good condition. Repair cracks, peeling or discolored paint and anything else that is in a state of disrepair immediately.

3) Never keep broken items in your space. If you plan to repair them, store them neatly and take action as soon as possible.

4) Allow sunlight into your space on a daily basis.

5) If possible, open windows and/or doors to allow fresh air to circulate through the space on a regular basis, preferably daily, for at least an hour.

6) Place hanging crystal balls in stagnant corners and in windows.

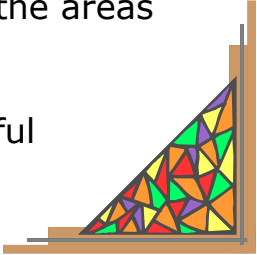
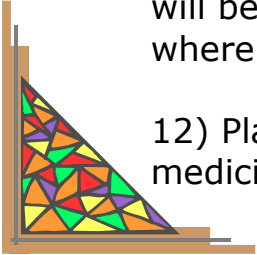
7) Place a fountain in the northern sector of your space. (Not for bedrooms)

8) Keep a spray bottle with fresh water and a few drops of lavender or other aromatic oil nearby. Spray a very fine mist into the air.

9) Bring a few fresh plants into your space. Be sure to water and keep them healthy.

10) Use full spectrum light bulbs instead of incandescent or florescent bulbs. These bulbs emit the same type of light as sunlight, are much healthier, and greatly reduce that burned out feeling.

11) You can quickly enhance the energy in a space by doing an abbreviated clapping procedure. If you want to refresh the energy in your office before a meeting, clap out the room where the conference will be held. If you are preparing a dinner party, clap out all the areas where your guests will spend their time.



12) Play music that you love in your space. Music is a powerful medicine.