

Clean Your Space, Change Your Life

My grandmother came from Finland in 1905 when she was just 17. She and my grandfather cleared land in Michigan's Upper Peninsula, milled their own lumber, and built a home, barns, summer kitchen and sauna. They raised their 8 children without electricity or running water.

Staying at Gramma's house was a treat for the senses, filling me with warmth and love that are still with me today. Gramma cooked daily on her big, shiny wood stove. She wove her own rugs and sewed the children's clothes. Her simple farm house smelled of clean, scrubbed floors and fresh-baked bread, and I remember the refreshing taste of cold well water. Peeking into her linen closet, I found stacks of sweet smelling, pressed and perfectly folded sheets and table linens.

Gramma lived in a time when housekeeping was not a job but an art. Now, however, many of the skills and secrets of our grandmothers for making the home a sacred space are lost, forgotten within two generations, as modern life has become more hurried and less connected to the simple tasks of nurturing and protecting the energy of the home. Our urbanized lives leave us drained of vital life force; our houses have become mere space. More than ever, we need to find ways to be more supported in our environment.

In my more than 25 years in the healing arts, I have come to recognize that our energy reflects into our surroundings in more ways than simply dirt and clutter. Our emotions -- including grief, depression and anger -- hang in the air and in the possessions around us. Illness lingers for weeks in a sick room that is uncleared after recovery. This field of malignant energy can affect our family's health and well-being, and, like the dust on our dresser, accumulates.

In my experience as the mother of a household of ten, I am no stranger to dirt or housekeeping. My desire, though, is to help you not only clean your rooms but also clear the energy and recharge the air with the vibrancy of Nature.

For clearing, cleaning and vibrant recharging of my home, I start with combinations of pure, cleansing ingredients like Borax, baking soda, vinegar and spring water; then I add essential oils for their energizing, soothing, anti-bacterial and anti-viral effect; and, last, I add flower essences for their clearing ability, with Sacred Home in tincture form. While cleaning, I find that misting around me with Sacred Home spray is beneficial. It protects me from possible irritants in the dust and provides helpful perspective, focus and humor. After cleaning, I mist the space to further clear the negative energies and to nurture me and my family in our sacred space - our home.

With the warmth and love nourished by my Gramma's house, I offer you Sacred Home with all my heart so that you may reclaim your heritage of sacred space, a space that will not only sparkle clean from the work of your hands but be filled with the love and support offered by the vibrancy of Nature.

Merri Walters