

SPRING ENERGY CLEANING



APRIL 2026

An Enchanted Living Guide to
Spring Energy Cleaning
for your Home
Inner Harmony



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Welcome to Your Spring Renewal

This month, we honor your home as a sacred space—one that holds your memories, your energy, and your dreams.

As I clear my space, I create room for new energy to flow.

Ask Yourself:

- How does my home currently feel to me?
- What areas feel heavy, cluttered, or stagnant? Which is the most important room to start on?
- What do I desire my home to feel like by the end of this month?

01	Physical Cleaning and Honoring Y
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WEEK 1: PHYSICAL CLEANING AS SACRED RITUAL

Honor Your Home Through Physical Care. Lets approach our home as a dear friend. Cleaning is not a chore—it is an act of love.

*“As I cleanse my space, I honor my home and myself.
Every surface I touch becomes infused with care, clarity, and love.”*

Practices:

- Choose one area to clean with intention
- Use natural or mindful cleaning products
- Play music or set an intention while cleaning

Ask Yourself:

- How did it feel to clean with intention rather than obligation?
- What shifted in my energy as I cleaned?
- What does my home feel like now?



STEP 2: CLUTTER CLEARING & SACRED ORGANIZATION

Now we look at releasing the Old to Welcome the New!

"I release with gratitude all that no longer supports who I am becoming. I trust that space created invites something even more aligned."

Clutter is anything that no longer serves who you are becoming. Even if you cleared our items 3 months ago, are you the same person now as then? Same goals? Same dreams? Don't think of clutter as something bad or broken. It could be very nice items, just not ones you would purchase or acquire now.

Find a home now for all your belongings. Think of what space in your drawer, or place on the shelf is their home. Group like items together (think of them as friends) Label storage as need to keep it neat.

Practices:

- Choose one category at a time (clothing, books, kitchen items, etc.)
- Release items with gratitude
- Organize what remains with care and intention

"True abundance instills content not clutter."
— *Abhijit Naskar*

STEP 2: JOURNAL ABOUT WHAT STORY YOUR OBJECTS TELL

- What was hardest for me to let go of—and why? What beliefs came up around releasing items?
- How does my space feel after clearing?
- What story do my objects tell about who I am today? What are my interests, goals, beliefs, identity, based on what objects I have?

STEP 3:

FENG SHUI & FLOW OF CHI

Creating Harmony Through Placement

“Energy flows freely through my home and my life. I am supported, aligned, and open to ease and abundance.”

Your space speaks. Let it support you. After clutter clearing and organizing:

- Stand in the room quietly, Slowly turn in a full circle, listening, feeling, noticing
- Gently walk and sweep your arms through the air as if guiding energy

Practices:

- Rearrange one area to improve energy movement
- Pay attention to command position in each room
- Remove or reposition anything that feels “stuck”
- Even moving a piece a furniture a few inches can make a difference in how it feels.

Space Planning:

- Do you have too many pieces of furniture in this space?
- Are there items that can move to another room comfortably
- Are you leading the chi with your furniture placement?



STEP 3: JOURNALING ON THE FEELS

- Where does energy feel blocked in my home?
- What changes felt most powerful?
- How does my body respond to the new arrangement



WEEK 4: SPACE CLEARING & ENERGY RENEWAL

Setting the Energy of Your Home

“My home is a sanctuary of light, peace, and renewal. The energy here supports my highest good.”

Now that you’ve cleared the physical, it’s time to clear the energetic.

Practices:

- Use sound, dance and intention to clear your space
- Have fresh flowers on your altar to call in the energy of springtime.
- Open windows and invite fresh energy in
- Call your home by name as you clear the space. This is for your Home’s being as well as for you.

Thoughts to craft your clearing:

- What energy am I inviting in?
- How can I represent this on my altar?



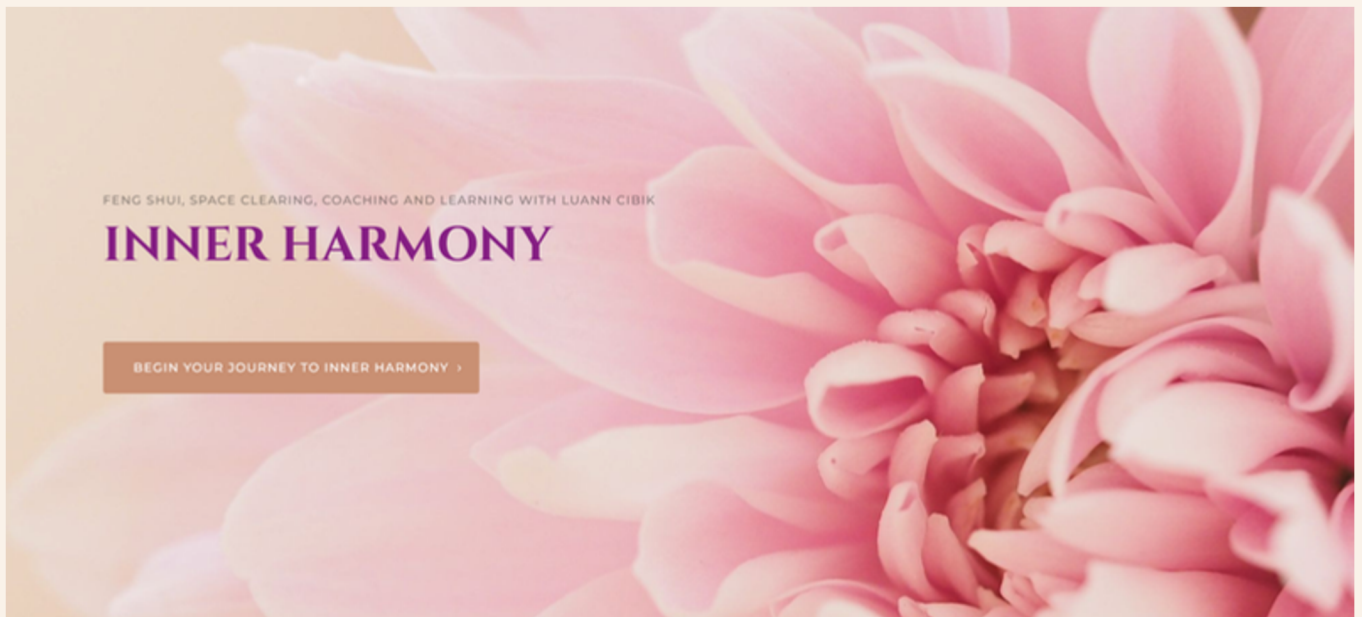
STEP 4: MINI RITUAL

After clearing your home:

- Stand at your front door
- Place your hand on your heart
- Then gently touch the door
- Say:
- “Only love may enter. Only peace may remain.”

How does my home feel now compared to the beginning of the month?





Now could be the perfect time to have a Feng Shui consultation on any spaces that are still not feeling their best!

For my Enchanted Living member this spring,
1 hour consultation is only \$100!

LOVE,
LUANN
