

## Praise for *Clear Home, Clear Heart*

*“Jean Haner is a brilliant intuitive who had to learn in the laboratory of her own body what she teaches here in Clear Home, Clear Heart— and you will be the beneficiary. Many more people are challenged by the energies around them than is generally recognized. This book is a gem, helping you to not only become aware of these energies- but also know what to do about them. And I am so relieved that I can recommend this book to body workers and healers who often ‘pick up’ energy from their clients.”* —**Donna Eden**, author of *Energy Medicine: Balancing Your Body’s Energies for Optimal Health, Joy, and Vitality* and co-author of *The Energies of Love: Keys to a Fulfilling Partnership*

*“WOW. If you are the kind of person who ‘feels’ everything, then this book is a must read. I’ve personally worked with **Jean Haner** with great results, and her magnificent book is a must-have if you want to create peace, harmony, and tranquility in your physical environments and your life.”* —**Nick Ortner**, *New York Times* best-selling author of *The Tapping Solution: A Revolutionary System for Stress-Free Living*

*“What an engaging, practical, down-to-earth, and user-friendly guide we have here! **Jean Haner** has masterfully succeeded- in explaining what any person can do to clear, lighten up, and free the space we live in. I was intrigued by the real-life examples and simple yet authoritative explanations. If you are ready to clear, this manual will be your welcome friend!”* —**Alan Cohen**, author of *A Deep Breath of Life: Daily Inspiration for Heart-Centered Living*

*“In Clear Home, Clear Heart, **Jean Haner** has done an excellent job of addressing the powerful effect that energy has on our lives. Her new book offers a thorough understanding of how to identify and release the negative energy that causes distress in our environment, in our relationships, and to our emotional and physical health. As someone who lives life from an energetic perspective, I started using her strategies right away and feel deeply grateful for this practical handbook!”* —**Cheryl Richardson**, *New York Times* best-selling author of *The Art of Extreme Self Care*

*“A most provocative, hands-on, and exciting entry point into understanding the emerging field of personal energy work. The future is here, we are spiritual beings, and this book will help you begin nurturing your body, mind, and soul in simple but powerfully effective ways.”* —**Mike Dooley**, *New York Times* best-selling author of *Infinite Possibilities: The Art of Living Your Dreams*

*“In this well-crafted, thoughtful book, **Jean Haner** takes you on a journey of soul into a deeper understanding of the energies that surround us all. She then gives clear step-by-step methods for clearing and enhancing those energies. You’ll see the world in a whole new way after reading this lovely book . . . and become brighter and lighter along the way!”* —**Denise Linn**, best-selling author of *Sacred Space: Clearing and Enhancing the Energy of Your Home*

*“So thrilled that the brilliant **Jean Haner** has penned this wonderful and practical book. She combines her 30 years of experience in energy work to help you create deep and effective change in your life, honoring the truth of your own unique spirit while guiding you through her energy clearing process. She eloquently shares how clearing is a gentle but powerful way to transform how you’re affected by the energy around you. Clear this energy, and you’ll find you will transform as you release the old stress that has been holding you back, claim the freedom to choose your experience, and allow infinite new possibilities in life. I loved it. This book should be a ‘must’ on bedside tables everywhere!”* —**Colette Baron-Reid**, author of *The Map: Finding the Magic and Meaning in the Story of Your Life and Uncharted: The Journey through Uncertainty to Infinite Possibility*

*“I loved this book! With eye-opening stories and easy steps, you’ll learn how to release old stuck energy and the stress that has been weighing you down. Read this book to make room for all the joy and ease you’ve been longing for.”* —**Jessica Ortner**, *New York Times* best-selling author of *The Tapping Solution for Weight Loss & Body Confidence*

*“Clear Home, Clear Heart is a revelation for sensitive people. **Jean Haner**’s energetic clearing techniques are practical and easy to learn. Imagine transforming energetic overwhelm into a highly attuned intuitive skill that you can easily control. That’s what will happen when you read this book and practice the techniques. And it’s something you can use on your whole family. I love do-ing the Five-Element clearing on my own children and found they responded immediately. Every parent needs to know how to do Five-Element clearing! —**Robin Ray Green, L.Ac., MTCM**, author of *Heal Your Child from the Inside Out: The 5-Element Way to Nurturing Healthy, Happy Kids**

*“**Jean Haner** has been helping people to find their freedom for 30 years. Freedom from sadness . . . Freedom from a lack of motivation . . . Freedom from the ‘stuck energy’ that kept them from living the life they truly wanted to live. By mastering the magic of moving energy—using her own special mix of ancient spiritual practices—Jean has helped people to find clarity and a joyful heart in all areas of their lives! Now in her groundbreaking new book, Clear Home Clear Heart, Jean has given you the tools you need to set yourself free! This book is basically a field guide on how to make your life literally shimmer with a radiant light! Whether you’re seeking changes in career, romance, or health—or just want to have your whole life feel better—this book outlines everything you could possibly need to know in order to emanci-pate yourself from the negative energy that holds you back.” —**Radleigh Valentine**, best-selling co-author of *Angel Tarot Cards*, *Fairy Tarot Cards*, and *The Big Book of Angel Taro**

*“We all desire excellent health and happy homes, and most of us put regular effort into creating both. But sometimes we fall short of our goals for no apparent reason. Why isn’t the diet working? Why do we always fight in the same room? Why do we repeat the same pattern again and again? In her new book, Clear Home, Clear Heart, **Jean Haner** explains that stuck energy could be the culprit and offers easy ways to address it using the ancient Chi-nese Five Elements.*

*Engaging and to the point, I strongly recom-mend this book as a must-read for anyone interested in improving their health, environment, and life in general.” —Vicki Matthews, author/blogger at Ask Vicki: Relationship Remedies Using the Five Elements*

*“**Jean Haner** has a rare gift of linking the practical and the sa-cred. She opens up a world and guides us effortlessly through it. The information in Clear Home, Clear Heart is inspiring, empow-ering and accessible; the techniques are life changing.” —Virginia Bell, author of *Midlife Is Not a Crisis: Using Astrology to Thrive in the Second Half of Life**

*“**Jean Haner**’s book was refreshing in that up until now I’ve al-ways considered clearing to be something that was done for me rather than by me. I didn’t consider that I could learn this process and put it to use for myself and others. “Of particular interest to me is the connection Jean made to mindfulness and that one can learn to clear and immediately let go of the emotions or feelings that come up. I’ve recommended Jean’s book to a friend who is extremely sensitive to other people’s energy; it will be a wonderful tool in the development of her ability to cope with particularly toxic people as well as the day-to-day situations she finds herself in.” —Susan Opeka, founder and CEO of The Present Moment, Inc.*

CLEAR HOME  

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CLEARHEART

## also by JEANHANER

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*The Wisdom of Your Face:  
Change Your Life with Chinese Face Reading*

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# CLEAR HOME

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# CLEARHEART

learn to clear

the energy

of people

& places

## JEANHANER



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*For my father,  
with deep gratitude*





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# I N T R O D U C T I O N

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By age 16, Alex was already very spiritual. He'd recently started waking up an hour earlier each day so he could meditate and do yoga in his room before breakfast. But something, he felt, was really *wrong* with him.

Every morning, after he finished his hour of meditation and yoga, he felt *wonderful*—clear, in balance, and full of joy. He'd then head out his bedroom door and down a long hallway through the house to the kitchen, where his mother had breakfast waiting. However, by the time he sat down at the kitchen table, all the joy was melting away. He would start feeling heavy and tired—and so upset with himself! What was going on with him that he couldn't hold that great feeling for more than five minutes?

But there was nothing “wrong” with Alex that made him unable to maintain the lovely state of mind he reached in his room each morning. It was just that he was being weighed down by the residue of negative emotions that filled the rest of the house. As he walked down that long, narrow hallway to the kitchen, he left behind the clear energy he'd created in his bedroom and immersed himself in the energy of his home. With each step, he was more and more affected by the invisible vibrations held in

the house—of his father’s stress, his mother’s worries, his sister’s teenage drama, his older brother’s depression.

Every time you have a thought or feeling, it doesn’t just evaporate into nothing. Instead, you make a little deposit of that energy into your environment. And over time, these deposits can gradually build up, like invisible house dust, to form a thick layer in the space. It’s like a cloud of whatever you’ve been feeling every time you pass there. If the feelings you’re having are positive ones, those will accumulate and increase the possibility that every time you’re there, you’ll feel happy again. But if the thoughts or feelings are stressed or negative ones, those will build up as well, making it more likely that you’ll continue to feel like *that* each time you’re in that place.

For example, if you feel a moment of anxiety as you approach your front door to leave each morning, worrying if you’ve forgotten anything or nervous about what the day will bring, you leave a little imprint of that anxious feeling in that spot. And if, when you come back through the door each night, you heave a big sigh as you offload the stress from the day, that also makes a little deposit in that same area. If you do this day after day, month after month, then over time it accumulates and compounds. Then every time you walk through that spot, you’re influ-enced by what’s already hanging in that cloud, and you’ll be more likely to have those feelings again. This can keep you locked into repetitive patterns of emotions without your even being aware of it.

In every environment, there’s an energy held there from what the people in that space have experienced. Have you ever walked into a room where there’s just been an argument and felt like the atmosphere was so thick you could cut it with a knife? Or have you ever entered a room and it just didn’t feel right? You wanted to turn around

and leave but you couldn't explain why? These are the same kinds of things.

Further, it's not just the leftover "stuff" in the places in which we spend time that is affecting us. The subtle energy of the people we're with each day also plays a huge part in influencing how we feel. Have you ever considered that one of the reasons you may feel so tired after a trip to the shopping mall or a day at the office is because you're worn out from having to deal with the energy of all those people around you?

We are open systems in constant communication with the invisible world around us. Our thoughts, emotions, and physiology are all far more affected than we realize by the subtle vibrations of the people we live and work with and the environments we move through. For the most part, this experience is a daily stressor for us—but it doesn't have to be that way! This book will show you what you can do when you encounter energy that's out of balance, whether it's from a person or a place. Rather than be negatively impacted, you can *clear* this energy, return it to a balanced and healthy state of flow, and prevent yourself from being stressed as well.

I used to be quite reticent about bringing up the subject of "energy" with people, especially the more skeptical, left-brained types—which I actually am as well! However, throughout my 30 years of study, research, and experience in working with the energy of people and environments, I've found that nearly everyone I speak with is actually thirsting for permission to talk about how they're affected by energy, and searching for some language to describe what's actually happening to them. This is why I feel this book is so necessary: to make this information more available to those who are yearning to deepen and develop

their understanding of what's going on in the invisible world around them and how to cope in healthy ways.

### *Do You Leak Your Feelings?*

It's not only the outside world (the people around us and the places we inhabit) that can affect our emotions and experiences. We have a whole inner world that can do so, and this energy can need clearing too.

For an example, let's look at my client Lisa. In her case, you could say she doesn't so much absorb energy as *leak* it. You can see the effects of this energy leak in the story of her week, which she described as "disaster after disaster!"

Lisa's seven-year-old son attended a weekly karate class with an instructor who had an extremely strict and critical teaching style. This man often spoke unkindly to the kids and was even rude to the parents. One day, he was particularly hard on her son and made him cry. After Lisa saw her son run out of the building, tears streaming down his face, and heard his story, she fell into a rage. She *hated* that man!

That night, Lisa seethed with anger as she stuffed her son's karate uniform into the washing machine, just anticipating having to take him to next week's class. Half an hour later, the washing machine broke down and flooded the laundry room floor.

A few days later, Lisa stopped by the karate school to pay the monthly bill. As she walked down the hallway to the office, she felt the emotions swelling up yet again and her blood pressure rising. When she returned to her parking spot, it rose even more as she discovered she had a flat tire!

Lisa's head pounded as she cooked dinner that evening. She was so upset about the karate teacher, the washing machine, and the flat tire. Could all that toxic emotion in her system have mixed into the stew as she stirred it? Because that night the whole family ended up with indigestion.

Lisa was leaking her angry feelings; in other words, she was creating a huge energetic charge that was broadcast from her system, and it affected everyone and everything around her. Sure, it could just be a coincidence that when she was so upset, things started going haywire around her, but I've seen this happen far too many times to think it was just chance.

### *How This Book Can Help You*

We are both affecting and affected by the world around us all the time. If you're highly sensitive, it's likely you're already very familiar with the experience of being challenged by all that you feel in the energy around you. But in fact, as more and more people work on personal growth to expand their consciousness, they're becoming aware of energy in ways they hadn't been before, and looking for answers about how to manage their newfound sensitivity. At the same time, as they do their inner work and see that the weight of past experiences, and the tension they hold around their pain or difficulties, may be affecting their current life, they're looking for ways to let all that go.

This book will teach you how to clear your own energy so you can release your past, or move beyond your stuck places, and become a creative force in your life again. It will teach you how to clear other people, to open a more spacious and harmonious place for them to be in their

own lives. You will also learn how to clear the energy of all the spaces you live in, whether long-term such as your home and workplace, or short-term like your hotel room or airplane seat! There are three parts to this book:

— Part I will explain the ways in which we are amazing receivers and transmitters of energy as we walk through the world. You'll learn more about how your thoughts and feelings are affected by those around you and how you also broadcast your own inner story in ways that can cause yourself and others stress. You will learn step-by-step techniques to clear the energy of any living being, whether it's yourself, a friend, your client, or your puppy! This section also offers practical guidance concerning the experience of giving and receiving clearings.

— In Part II, we'll look at how the energy of your surroundings affects you and how you can clear all the spaces you inhabit. You'll learn how to release stagnant energy and the residue of emotions from a place, whether that's an imbalance left from a fight with your boyfriend last week or some feelings stuck in the space from a previous occupant's unhappiness there decades before.

You'll then discover how the energy of the earth can impact how you feel in your home or office. The earth has meridians of energy that run through it, much like in your own body. When a person's energy (*qi*) becomes imbalanced, they might see an acupuncturist.\* In a similar

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\* In this book, in order to avoid awkward "he/she" or "him/her" references, I prefer to use the neutral pronoun "they." Interestingly, this was an accepted universal pronoun in the English language as early as the times of Chaucer, used for masculine and feminine, singular and plural. This fell out of favor in the 18th century, when the new rule was that "he" should be used for both men and women, and that certainly doesn't seem to fit our times.

fashion, we can work with the life-force of the earth to bring back balance and flow.

You'll also learn about the impact of all our wonderful technology and how to ease stress on your system from things like electromagnetic fields or microwave radiation. This section concludes by walking you through a space clearing from beginning to end, so you know exactly what to do to create a home filled with vibrant, healthy energy!

— Part III takes you even deeper into your understanding of what's really happening during a clearing. You'll see how, in the process of learning how to clear energy, you're actually transforming yourself as well. As you practice clearing, you're simultaneously changing *who you are* within yourself, and radically transforming how you relate to any experience you encounter. This is a training that can revolutionize the rest of your life.

### *You've Come to the Right Place*

Several years ago, I was in the waiting room of a radio studio, about to go on the air to be interviewed about my work with energy clearing. The author who was scheduled to go on after me arrived all frazzled, having had a really tough day. When she found out what I was going to be talking about, she said, "Oh god, would you mind—could you possibly do a clearing for me right now?"

For a split second, I thought, *Sheesh, I'm trying to get focused for my interview!* But then I realized how silly that was: doing a clearing benefits my own energy as well, so it could only make my interview go better! I sat with her and cleared for a few minutes, and then we quickly exchanged hugs and business cards as I headed into the studio.

A few hours later, I got an e-mail from her: “WOW! In those 10 minutes of clearing, I lost an emotional 20 pounds! WHERE DO I LEARN HOW TO DO THIS STUFF?!?!”

Well, if this is how you’re starting to feel, you’ve come to the right place. Here’s where you can learn it. Let’s start from the beginning . . .

part I

PERSONAL  
CLEARING



*Healing may not be so much about getting better, as  
about letting go of everything that isn't you— all of  
the expectations, all of the beliefs—  
and becoming who you are.*

---

—Rachel Naomi Remen



chapter 1

# Canary in the Coal Mine

---

I was born “wide open.” As a child, I could physically feel the invisible energy of people, places, and even objects.

Sometimes this was fun. For instance, if my mother lost her keys, I would walk around the house, feeling the air with my hand until I felt a little “zotz” in my palm. Then, invariably, I’d look down to discover the missing keys in that very spot, under the stack of mail or in between the couch cushions.

I loved to “taste” the energy of the different places in my house. I’d sit in my father’s chair in the living room and feel his essence, and then run upstairs to immerse myself in the atmosphere of my big sister’s room and how it felt to be a teenager. But there was a significant downside to this kind of sensitivity. I could walk into an empty room and feel the emotions held there from an argument that had happened weeks ago. I’d start to feel

sick, overwhelmed from absorbing the intensity of that information. So you can imagine how I felt at school each day, surrounded by the cacophony of energy from all the kids in my -classroom—and even the entire building. I was sick throughout my childhood because I was a little sponge, soaking in, and being affected by, all the energy around me.

When my parents took me to visit a family friend at the hospital, I nearly fainted from the overwhelm of sensing all the energy of illness, stress, and anxiety filling that building. After five minutes, they had to rush me outside. They assumed I was frightened by being in a hospital for the first time, and I certainly couldn't explain to them what was really going on. I knew no words to describe the experience of being an empath. (Most people now refer to this as being a “highly sensitive person,” and psychologists believe that this includes at least 20 percent of the population.) At the time, I just thought that there was something terribly wrong with me. It wasn't until I was in my 20s that I started getting clues that this might not be some personal failing on my part after all—that it might actually have to do with something real.

### *Hmmm Maybe I'm Not Crazy After All!*

When I married into a Chinese family, my very traditional mother-in-law insisted on being part of the hunt for our first house. But she had some rather strange rules about which houses were acceptable, all part of what she called “fung sooyey.” This was 15 years before feng shui (usually pronounced “fung shway,” the ancient Chinese science of how our environment affects us) became known in the United States, so I had no idea what she was talking

about, but I *did* pay attention. What she was saying was a revelation to me. Could it be that there really was an invisible energy in houses that could affect us? Maybe I wasn't crazy after all!

I began to experiment as we looked at houses for sale. I'd walk through the rooms and hold my hand a few inches away from the walls, trying to read the information in each environment. I found that I could identify where stagnant energy was held in a space. Slight stuck-ness felt like I was brushing cobwebs; thicker stagnation felt like I was running my hand through mud. When I reached a place where someone had felt some strong emotions, it was like walking into an invisible curtain. I could even sense where the electrical wiring was running inside the walls.

My mother-in-law became my first feng shui teacher, but I went on to ravenously study with every teacher I could find. After several years, I was practicing feng shui professionally. But I soon found that I was less interested in the "visibles," such as where to put the couch or what color the wallpaper should be, and much more interested in the "invisibles"—the stagnant or stressed energy I felt in a space that was affecting the people there. After all, even if the placement for the couch is visually "correct" according to feng shui principles, if it's in a spot that holds disturbed energy from a bad argument, then no one is going to feel good sitting there!

As I walked through a house during one consultation, I felt intense resentment radiating from a beautiful clock on the wall. My client noticed me pause there and said, "Oh, yeah, that clock hung in my office for the twenty years I was a bookkeeper. *God*, I hated that job!" So there on her wall sat that clock, each day broadcasting messages of what it had absorbed during all her unhappy years of

work. It wasn't just a visual reminder; after all, I could *feel* it, and I'd had no knowledge of the clock's history. Every time she passed by, it would trigger negativity, below the level of her consciousness, but still impacting her mood on a daily basis.

I had a similar experience in the new home of a just-divorced man. His bedroom was lovely, but when I stood next to the bed, I sensed frustration. I heard angry voices and my jaw began to ache. "How old is your mat-tress?" I asked.

"Oh wow," he replied. "It's got to be at least twelve years old; my ex and I bought it when we got married."

"Did you two argue before you went to sleep at night?"

"Hell, yes," he said. "I think that's what made me start grinding my teeth when I slept. And I still do."

Ah, so that's why my jaw hurt: I was sensing what his own system had done over the years that got imprinted in the bedding. I explained that his mattress was keeping him immersed in the accumulated frustration and anger that he and his ex-wife felt during all those years of arguments in bed as their marriage came to a painful end.

He suddenly realized that he and his new girlfriend had started arguing as *they* lay in bed trying to get to sleep; the old energy was affecting his new relationship! "I'm buying a new mattress *today*," he said, looking at his watch. It could get pretty expensive for my clients, I worried, if I kept finding furnishings that had to be replaced because they held negative energy!

Of course, there were positive sensations too. I felt pure sweetness radiating out of an antique dresser that had been inherited from a loving grandmother, and I sensed the layers of contentment that had soaked into a rocking chair from generations of mothers watching their babies asleep in their arms. These things broadcast out healthy,

loving messages into the environment and supported the happiness of everyone there.

The more I worked, the more I refined my skills at sensing energy and interpreting what I was feeling. When I first walked into a house, I was able to tell immediately if someone there had recently been ill. I found that I could run my hand above a woman's bed and know if she were pregnant. I would hover my hand above her husband's pillow and recognize what he worried about as he tried to fall asleep at night. People started calling me the House Psychic!

I was opening to energy more and more, and it was fascinating. But I really had no idea what I was doing, and I was starting to wade into deep water without having learned how to swim.

### *Uh-oh Maybe I Need to Rethink This*

After each feng shui consultation, I was entirely depleted because I was taking on the energy I encountered. My clients felt much better, but I felt much worse! I had no business continuing this practice without knowing how to better manage the energy. This was driven home to me the night I went into labor for someone else.

At the time, I had two feng shui clients: one was a mid-wife and the other was her patient, who had just discovered she was pregnant. They asked me if they could call me to let me know when she went into labor so I might energetically support the birth process and help things go as easily as possible. "Sure, I'd be honored!" I said. I didn't really know what that might entail since this had nothing to do with feng shui, but I imagined that I'd send them both love and light once I got the call.

Well, months went by, and we didn't really keep in touch. In fact, I only rarely thought of our conversation. Then, at 7:30 one night, I suddenly doubled over in extreme pain. It felt as though my uterus was exploding, and I was gasping for breath. I tried everything I could think of to alleviate the pain, but nothing was working. What was going on? Obviously something was seriously wrong with me, so at 10:30, I put on my coat to go to the emergency room. Just as suddenly, my pain vanished. Puzzled and shaky, I fell into bed, just grateful that I seemed to be all right again.

The next morning, my phone rang. It was the mid-wife! She told me that her patient had gone into labor the previous afternoon, but things had taken a sudden and drastic bad turn. (This was in the days before cell phones, so they had no chance to call me.) She said, "We were both in the hospital room, just calling out your name." Sometime around 7 p.m., the woman started experiencing extreme pain, but she was set on a natural, drug-free birth and refused any help to ease things. After about three hours, she finally allowed them to administer an epidural, which took effect at—you guessed it—10:30. Her pain disappeared, and she gave birth to a healthy baby boy soon after.

What had happened? Well, we had made the agreement months before. My system knew I was to be available, and so, below the level of my awareness, I picked up the signal as they both cried out for my help. Unconsciously, I then did the only thing I knew how to do: soak up energy. I tried to relieve her pain by taking it on myself—*not* the right way to handle things! We are not meant to help someone by moving suffering from their body to our own.

It was already difficult enough for me to move through the world in everyday life, being affected by the energy of

everything around me and not knowing how to have good boundaries. And now I was trying to let go of all boundar-ies to open up *more*? Crazy!

Chastened, I embarked on a journey to try to change what was such an overwhelming challenge for me into something that was at least manageable. But what actually occurred would revolutionize my entire life.

### *Whoosh The Clearing Happened!*

I studied everything I could find about energy work and specifically space clearing as practiced for centuries in cultures all over the world. I learned about crude tech-niques like making loud noises to break up stuck energy, smudging with sage, burying “power” objects in the ground, and walking around the house clockwise or coun-terclockwise depending on what you wanted the result to be. A Chinese qi gong master even taught me the secrets of how to move negative energies from important parts of the house and embed them into a doorframe to keep them contained, where they wouldn’t cause so much trouble!

My studies then took me to intensive training with powerful teachers that extended over years of time. I learned methods that involved very precise and elaborate procedures to clear the energy of an environment and bring back balance. The teachings were firm: if you per-formed all the steps exactly—in the correct way, in the proper order, and at the right time—then the clearing would be successful.

And it worked. Because I could feel energy, I could tell when the clearing happened. I would feel a sudden *whoosh*, and there would be an amazing shift to a beauti-ful, pristine, almost crystalline clarity filling the house.

Sometimes at that point, the sun would even come out and flood the space with light. Or I might hear my client say, “I don’t know what you’re doing, but just now I started feeling so much better!”

However, something was going wrong. I quickly began to notice the *whoosh* of the clearing happening earlier and earlier in the session, long before I’d completed all the steps. I’d be halfway through the process, and I’d feel the change happen. Then it got *worse*. I started feeling the clearing happen as I pushed the doorbell when I first arrived at the house! Later, I’d just pull up in my car, park in front of the house—*whoosh*.

It got to the point that I felt the energy shift *while still on the phone* with a client who’d called to make an appointment for a space clearing. In fact, I was afraid that they might call back the next day to say, “You know, I don’t think I really need this after all. Things here are suddenly better.” I’d want to say, “Wait—let me send you a bill!”

What was going on? I realized that the clearing wasn’t actually dependent on the complex ceremony I performed or the special objects I placed to change the energy. What had happened was that in the process of learning to clear, *I’d* changed. My system had been trained to respond to energy in a new way. Now, when I encountered stress held in a space, it would transform just through my conscious connection, as a result of the level of heart-based awareness I’d learned to hold.

The truth is, it’s actually not about what you *do*; it’s really about who you *are*. The power is not in the “doing”; it’s in the “being”—and I had learned how to “be” in a whole new way. (As you read this book, you’re also on that same journey, one that can change your life in ways you may not yet even be imagining.)

So it wasn't just my clients who were benefiting; the more clearings I did, the more peaceful I became in my own life. The clearings were like an even more advanced training for me in how to relate to all the energy I encountered, even within my daily experience. I no longer needed hours alone to recover from spending time in crowded places. I found that I was now recognizing the moment I started to take on other people's stress and automatically clearing it before it could take hold in my system.

The things I used to hold a personal charge around, big or little, started to melt away. That old experience in the past that had continued to cause me pain for years? Now, it was like: *Huh. What was all the fuss about?* The memory of the event was still there, of course, but my difficult feelings about it had disappeared. Through the process of learning how to ease stress for other people, I'd learned to do it for myself as well.

As I went on to develop this work, what evolved was more than a way to teach how to bring the energy of both people and places into balance; it was an elegant training for how to walk through your own life, centered and at peace, with your heart able to dance with whatever or whomever you encountered. This aspect led a prominent meditation teacher who came to one of my workshops to call clearing "accelerated meditation." She didn't mean it in terms of "get enlightenment quick!" She believed that clearing brought people to a place of calm and joyful open-heartedness within weeks or months instead of the years that a meditation practice would need to achieve the same result.

*Entrainment: You Synchronize to the Energy  
around You*

We're all affected by the subtle energy around us, though it often happens below the level of our consciousness. Real estate agents talk about people who walk onto the porch of a house with great curb appeal but turn around and walk away before they even reach the front door. On some level they sense the energy isn't right. You may have had the experience of thinking of a friend moments before they e-mailed you, or hearing a text message arrive and knowing who had sent it before even looking. Biologist Rupert Sheldrake's book *The Sense of Being Stared At* shares fascinating studies proving that we often can feel it if someone is staring at us, even when they're standing behind us.

We all are amazingly sensitive receivers of the invisible information around us. With my hypersensitivity, I was like the canary in the coal mine, experiencing symptoms and feeling the energy in ways other people wouldn't. (But remember, if the canary goes into the coal mine and keels over—that means it's not okay for anyone to be there!) Some people are highly aware and struggle to manage that experience. Others keep themselves so distracted that they don't notice that they're being affected. And for all of us, it's natural to assume that the thoughts or feelings we're having are ours, rather than coming from the person sitting next to us in Starbucks!

Research has shown that in restaurants, people tend to chew their food to the speed of the music playing in the background. *That's not about sensing energy*, you might be thinking. *It's just about hearing, one of our regular five senses. It's probably that they're listening to the beat of the music and unconsciously aligning to it.* Well, scientists also found that

if there's no music playing, and even if someone's sitting at the table eating alone, they will tend to chew to the same speed of those eating around them. Now, we can be pretty sure people aren't looking around to see how fast others are chewing and trying to match their rhythm!

Researchers have even found that people react to the subtle background hum of the electrical current in their environment. In the U.S. and Canada, electricity operates at a current of 60 cycles per second. The resonant frequency of that kind of electrical current relates to the B natural tone on a musical scale. In Europe, the electrical current is 50 cycles per second, which relates to G sharp on a musical scale. In one study, a group of students from the U.S., Canada, and Germany were asked to spontaneously hum whatever tone came to mind. For the North Americans, B natural was the most frequent one hummed. As for the Germans? They hummed G sharp.

What's going on? We're not just affected by the invisible world around us; we actually *synchronize* with it. In science, the concept is called "entrainment," which is when separate systems come into a coherent rhythm with one another. This principle can be demonstrated if you put a bunch of grandfather clocks in a room together, each with their pendulum swinging at a different rate from the others. After some time, you'd come back to find that all the pendulums were now swinging in unison, their rhythms entrained. This is the same reason many people report that studying in person with a guru is so powerful for their spiritual development—just sitting in the presence of the guru entrains their system to hold a different vibration.

The unfortunate fact is that most of us aren't hanging out with gurus in our everyday lives. Instead, *we're* surrounded by coworkers—some who may have just had a fight with their husband, or who got only three hours of

sleep last night, or who are freaking out about that big deadline—all broadcasting their feelings out into their environment! Your system can entrain to that stress, and it can stay with you, affecting how you think and feel throughout the day. It can be held in your energy field, so when you come home in the evening, you're walking in the door not only with your own stress but also what you took on from others as well.

My client Stephanie discovered how this was happen-ing in her own life. Her husband worked in a busy urban hospital emergency room, and when his shift ended in the middle of the night, he'd crawl into bed while she was already fast asleep. No matter how quietly he eased him-self onto the mattress, she'd immediately wake up. Step-ha-nie said, "I just get this awful feeling. It's not from him, but more like it's from a big cloud *around* him. It makes me so uncomfortable, I can't relax and go back to sleep." What this highly sensitive woman was experiencing was not just how her husband felt after finishing his work that night. It was also all the anxiety and panic of the patients, the stress of the medical staff, and probably even the intense effects of all the electromagnetic fields from the equip-ment in the hospital that had infiltrated her husband's energy field and followed him home to bed.

You may already be able to identify experiences in your own life where you feel as though you were affected by other people's energy or by the environment you were living in. We are always receiving "information" from the world around us that impacts us in different ways. But it's important to understand that's not the whole picture. We're receivers of energy—but we're transmitters too! And that's what we need to discuss next.



chapter 2

## And Then There's *You*

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### the part you play in creating your stress

**A**n important concept in understanding this work is the part you play in creating stress and imbalance for *yourself*. Scientists say that as much as 93 percent of our thoughts are the same from one day to the next! Who we are is very much based on a story we keep telling ourselves over and over.

When you first arrive here as a baby, your energy is clear and your mind hasn't yet become stuck in some repetitive story. You may bring with you some issues you've inherited in your DNA, but for the most part, your

body, mind, and spirit are relatively balanced. But then you start to have experiences. Some of them are pleasant and positive, and so you process them easily. Some, however, are intense or uncomfortable, and you're not able to integrate them so well. Instead, they can be held in your energy field as unloved parts of yourself, what psychiatrist Carl Jung called your *shadow*. These memories and feelings can become like a thick filter through which you view the world, subtly influencing your reactions in every moment.

Another way to understand how we can get locked into certain ways of being was expressed by scientist John Dove Isaacs in his book with Daniel Behrman, *John Isaacs and His Oceans*: "There is no tyranny so profound as the tyranny of the first successful solution." When you are a vulnerable child and encounter your first real challenge, you will eventually come up with some solution that *does* work, which helps you survive that stressful event. Thank goodness, you found a life preserver in a situation where you didn't know how to cope. The problem is when that successful solution becomes an ongoing strategy, one that you keep relying on even when it's not valid or useful for new problems. When you use this strategy inappropriately and ineffectively, it can even cause additional suffering and more opportunities for adding to your shadow.

These accumulated "unloved" experiences from your past are held in your energy: what your mother said to you in anger when you were two, the unkind treatment by a teacher in third grade, your big romantic breakup in adolescence, the critical boss you had last year, the aggressive driver who cut you off on the freeway this morning. Do you remember the character Pig-Pen from the *Peanuts* cartoons, the one who always walked around immersed in a cloud of dirt and dust? That's actually what most people look like to me because they're carrying the stress

they've taken on from the world around them as well as the negativity they continue to create and project from their inner world.

We're often told to imagine ourselves as "beings of light"; instead, to one degree or other, we're all actu-ally walking around surrounded by a fog of stuff stuck in our energy fields that blocks our radiance from shin-ing through. If we were covered in grime and dust, we wouldn't think of skipping a shower before leaving the house. Yet we go out each day covered in the energetic gunk of yesterday—well, really, the last 20, 30, 40, or how-ever many years!

So we've learned that the stress from your life experi-ences can linger in your energy and affect you from that point forward. And the more tension you hold around those feelings, the more they can weigh you down or cre-ate blocks in your system. This can eventually form an energetic vibration that attracts more of the same. The result can be that you keep dating the same kind of person even though you think you're making different choices each time, or moving to get away from a noisy apartment only to end up with loud neighbors yet again! You can end up feeling stuck in life, dealing with an ongoing fatigue that never seems to resolve, or being too limited in how you view yourself and your choices.

Jung's psychotherapeutic techniques are based on the belief that if you can bring your shadow personal-ity into awareness and integrate it, this will eliminate its negative effects and release positive energy that had pre-viously been trapped. Jung said, "One does not become enlightened by imagining figures of light, but by making the darkness conscious. The latter procedure, however, is disagreeable and therefore not popular." His dry humor in that statement always makes me smile. However, as our

understanding of consciousness and subtle energy has been refined, many now suggest that it's not necessary to dredge up and relive past trauma in order to assimilate it.

This stress wasn't a part of you when you first arrived, and it doesn't have to be a part of you any longer. It's just energy, and it can be cleared. It may happen after only one clearing or it may take several clearings, each one slowly taking the charge out of something you've been holding on to, until all of a sudden you realize, *poof*, it's gone! What used to stress you no longer has any power over you.

Sometimes people ask me where the "bad" energy goes during a clearing. They're afraid that perhaps it's going to leap off them and then get stuck on someone else! But this isn't about "bad" or "good" anything. It's really about releasing stuck energy so there can be a healthy flow again. An easy way to understand what happens during a clear-ing is to imagine a garden hose with a kink in it. The kink in the hose prevents the water from flowing out. If you unkink the hose, then the water flows freely. But where did the kink go? There was nothing there to "go" any-where. Just as with the hose, if there's a knotted, stressed area in your system, then your energy, your emotions, and your physical qi get blocked. If we release the kink, ahhh, nice flow again.

### *Dobermans or Chihuahuas: Your Reactions to Your Experiences*

Several years ago, right before his book *Blink* came out, I had the joy of sitting across from author Malcolm Gladwell at dinner and listening to him tell stories about his research for the book. One thing he'd done was inter-view people who train professional bodyguards. He said

that as part of the training to become a bodyguard, each person is shown a line drawn on the ground and told, “Walk along this line, and no matter what happens, stay on the line.”

As the trainee starts to walk along the line, from out of nowhere a snarling attack dog charges right at them! Of course, they shriek and run off the line. Then they realize that the dog is on a leash that restrains the animal just inches away from the line. So the student restarts their walk, and the attack dog comes back again—but this time, the dog is *off the leash*. At this point in the exercise, when the dog leaps on the trainee, the person basically loses all control in total terror! Then the trainee sees that the dog is muzzled and cannot hurt them. This training goes on and on, with different stress-inducing experiences, until the student can have anything happen and still they stay there, walking the line, in balance and unstressed.

I think this is an apt analogy—albeit an extreme one, for sure!—for what *we* do, how *we* respond to our every-day life experiences. When something happens to us, we have an immediate reaction, mentally, emotionally, and physically.

When you have an emotion, your body responds, and your system is flooded with all kinds of juicy little mes-sengers that change your physiology. These can be won-derful changes that lift your spirits for the rest of the day if, for instance, you gaze into the face of a little baby. But you can also have daily experiences that aren't so posi-tive: you make a mistake at work, or your spouse gets upset with you, or some idiot cuts you off in traffic. In these cases, it's like encountering those attack dogs in Malcolm's story, and when your system goes into reaction, you can get knocked off-balance on all levels. It can take you mere moments to recover, or it can continue negatively rocking your world for the rest of your day.

In some cases, there can be bigger upsets that affect you for years. The shock waves in your system from being raised by an emotionally volatile parent or having your heart shattered by an unfaithful lover, for example, can keep you locked into patterns of stress and imbalance in subtle ways you don't even recognize. It's when you start to do inner work, devoting time to personal growth and spir-itual development, that you come to see how the weight of past experiences, and the charge you hold around old pain or difficulties, affects how you respond to your cur-rent life experiences, and you start searching for ways to let all that go.

You shouldn't underestimate the small upsets during your day. Even if you recover from them in a few moments, they still matter. Although they may not be attack dogs— they may be little Chihuahuas!—they can have a cumula-tive effect, creating an ongoing undercurrent of stress so you're never feeling quite in balance.

And the deeper upsets? These are the encounters with the Dobermans of stress, the traumas that are severe enough to get stored in your energy fields even after a one-time experience. They can keep you locked into projecting old reactions onto your new experiences, preventing you from moving forward with your life's purpose and finding true happiness.

### *Walk Your Line*

To one degree or another, we're all walking around carrying stress from people, places, or events in our past. We're also in constant reaction to our current experiences. To break this cycle so that you can walk your own personal

“line” without falling off and to be a creative force in your life again, there are two abilities you need to learn:

1. Release the old stuck energy
2. Transform how you react to new stress

The first ability is what you learn with clearing: releasing the old stuff. In my clearing workshops, what I often see as I look at the group seems like steam rising from each person! It's all the old energy getting set free as people let go of things they've been carrying in their fields for years, even decades.

Then the second ability comes as you continue to give and receive clearings. You suddenly realize that things have mysteriously changed; you're responding to your life from an elegant place of harmony and balance no matter what happens. If something stressful occurs, you just clear yourself and the stress moves on! And more and more, you won't even have to do any clearing for yourself. You'll maintain a state of consciousness where things rarely stress you, so there's less and less of a need to clear.

Transformations will affect every aspect of your life, happening gradually over time—or even instantaneously. Marie, a gregarious community organizer in her 40s, e-mailed after attending a clearing workshop: “I've never been able to read a thing without my glasses, and I owned several pairs, keeping them at work, at my bedside, in my car, around the house, because I was helpless without them. Well, two weeks after the clearing retreat, someone at my office asked me when I'd gotten contacts. And that's when I finally realized I'd taken off my glasses at some point during the workshop and never put them back on again. My eyesight is perfect!”

### *Where Clearing Can Take Us*

So far, we've talked about how we're constantly influenced by the energy around us. Yes, we're often negatively impacted by all the stressed people around us and the stuck energy held in the spaces in which we live and work. But wait—it works both ways! That means the opposite is true as well—we can turn this around to be positively influenced instead! So before we get on with actually learning how to do a clearing, I need to tell you one final story, as an example of this.

Many years ago, my dear friend Marianne was dying of breast cancer. She had actually survived with it for 10 years, trying everything that both alternative medicine and Western medicine offered. But nothing had worked, and finally she was coming to the end of her life. As she prepared for the passage, I planned to be available for her.

This is one of the things I do with clearing: support people in the death process, working with the energy of their transition so there is as much ease as possible. With clearing, you don't have to be physically present with someone; since it can be done at a distance, I can tune in no matter where they are. In these situations, I often find that about three days before a person actually passes, I sense them entering a new phase. To me, it feels as if they've entered a dark wind tunnel, and they seem a bit disoriented and unsure. At that point, I will stay very connected and focused on clearing them to help with the process, and I often experience their relaxing into this stage more easily.

The evening came when I got an e-mail that Marianne was entering the final phases of dying and that it probably wouldn't be long now. I went into full clearing mode to be with her remotely, and I soon felt her step into that

place that felt to me like the dark wind tunnel. I went to bed that night still energetically connected, expecting my usual experience of clearing over the next few days before finally feeling her pass.

But that's not what happened. Instead, I woke up the next morning in a complete and total state of bliss. It's nearly impossible to find words to describe the quality of what I was feeling. It's as close as I can imagine to the pure peace and joy of enlightenment. I went through the next three days, doing my regular work, buying groceries, cleaning the house, all the usual activities. But I did it all in a place of what felt like serene elation, even though that might sound like an improbable mix of feelings. This had never before been any part of my experience while clearing someone as they were dying.

It took me a while to figure out what was going on. Marianne had been friends with several spiritual teachers and healers around the world, and I'd known that I wasn't the only one connected energetically to her in this way. This was a group of highly advanced energy workers, each one tuning in to her remotely with their own particular form of support. So as I connected with her energy, I joined with their presence as well. I was benefitting from the network that had been formed by us all directing our conscious intention to the same place. I was uploading and downloading bliss.

But when I woke up on the third morning, the feelings had all faded away. I felt "normal" again, the elation gone. I checked my e-mail, and there it was, the message telling me Marianne had passed while I was asleep. Her spirit was gone, so the energetic network was no longer needed; it collapsed and our connection faded away.

Here we see where clearing can take us. Just as we are so negatively challenged and stressed by the transmissions

we receive from those around us, the opposite is also true. When people join together with the intent to bring balance, the same kind of energy transfer takes place between them in a positive way. Their systems synchronize; their bodies, minds, and hearts entrain; there is an energetic exchange stimulating each toward joy and peace.

When you learn how to do clearing, you can walk through the world as a fully compassionate presence and change the energy within you and around you. And when you need help, you can access a community of like minds who can clear *you*. There are people all around the world who've learned how to do this work, and many have come together online to be available for one another in this way.



In my workshops, I often say that I studied 30 years so I can teach this to you in four days. Now I can say that those 30 years have been compiled into these 248 pages, so you can learn this very simple, elegant, honoring way of activating the power of your compassionate heart. So let's get going. [Click here to purchase Clear Home Clear Heart!](#)

