

YOUR HOME ENERGY RESET RECIPE



STEP 1: SPRINKLE A RING OF SALT

First, place your **Clearing Candle** in a central location in your home, on a nonporous surface and away from the reach of children and pets. Sprinkle a ring of salt around the base of the candle - *why?* This helps to absorb any negative, unwanted energy that may be lingering in your space. During the holidays, when so many people are coming and going, it's important to take these extra measures to clear your home's energy. Remember that the energy of others can affect your own energy, so it's important to cleanse your space regularly.



STEP 2: ADD A RING OF WHOLE CLOVES

Next, add a ring of whole cloves around the candle. The spiky shape of the cloves helps to break up any energy that may be stuck or stagnant. This can help to release the energy from your space and clear the air. Cloves also have a sweet, warm scent, which can create a cozy and inviting atmosphere in your home.



STEP 3: ADD A RING OF BAY LEAVES

The third and final step is to add a ring of bay leaves around the candle. Bay leaves are known for their cleansing properties and can help to drive out any negative or harmful energy. You can even write your current worries, fears, and anxieties on a bay leaf and burn it in the flame of the candle. This is a powerful way to release those feelings and invite in positive, hopeful energy.



REPEAT DAILY

To keep your Holiday Home Reset working effectively, it's important to repeat these steps each day and throw away the old salt, cloves, and bay leaves. This will ensure that your candle continues to cleanse your space and promote positive energy. During the holiday season, when your home is likely to have more guests and activity, it's a good idea to keep your Clearing Candle burning all the time.