Preparing for Your Space Clearing Session

Your session with Sharon usually takes 90 minutes to 2 hours. Whether you’re joining online or in person, Sharon recommends being present for the clearing. Bring an open mind and your curiosity.

Home clearing checklist

Gather these items ahead of your online or in-person home clearing.

- ☐ 1 teaspoon of salt in a small bowl or container
- ☐ 1 teaspoon of sugar in a separate small bowl or container
- ☐ 1 teaspoon of popcorn kernels, cornmeal or corn in a separate small bowl or container, if you have it
- ☐ 3 small, clean, empty bowls, or tissues and a plastic bag
- ☐ A large glass of water or a water bottle
- ☐ A small snack, such as fruit, chocolate or a biscuit





Keep the salt and sugar in separate containers.

Optional items

Sound tools you already have, such as a singing bowl, rattle, tuning fork or drum. You can also bring essential oils you already have, such as lavender or peppermint, or crystals or sacred items you feel drawn to bring.

Set up your space

Choose a quiet place where you can spend the session without interruption. Silence your phone, turn off the TV or radio, and arrange for family members and pets to be elsewhere if possible.

For an in-person session, set out a table for Sharon’s sound tools and a chair for each of you. You’ll work from that spot during the session.



What happens during the session



The process feels like a calm, focused meditation. Sharon will guide you through the clearing and explain each step as you go.

In Sharon’s approach, you’ll be invited to connect with the consciousness of your home or property, which she calls the overlighting Deva.

Sharon will share guidance during and after the session if you’d like to continue working with that connection.