

**Psychic Development/  
Metaphysical Education 101**

**How to  
Cleanse &  
Protect Your  
Living or Work  
Space**

**Wendy Kay**

# Copyright

Psychic Development/Metaphysical Education 101

How to Cleanse & Protect Your Living Space

First Edition

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Each person's life path is unique, so the results of practicing the techniques or exercises found in the Psychic Development/Metaphysical Education 101 Series will vary for each person. Wendy Kay and Oralin do not assume any responsibility for the experiences that you have or any decisions you make as a result of practicing the techniques or communicating with those in Spirit. It is extremely important to use and follow your intuition to determine what is right for you and what is right for your belief system.

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## Preface

This is the third book in my Psychic Development/Metaphysical Education 101 Series. It is the best technique for cleansing and protecting the energy in a living or work space. You do not have to have psychic abilities or be walking what is considered a spiritual path to perform this cleansing and protection. Follow the steps and it will be done. No experience is necessary.

For most of you, wanting to know how to cleanse and protect your living space (house, apartment, single room, hospital room, friend's home, cottage, trailer, recreational vehicle, garage, boat, etc.) will be the reason for buying this book. Keep in mind however, this technique can also be used to cleanse and protect your work space (personal office, cubicle, designated work area, classroom, workshop, reception area, small retail space, etc.). In fact, this technique can be used for ANY space.

What would make you want to cleanse and protect your living or work space in the first place? Perhaps there are odd things occurring in the space that you do not understand. Maybe you believe there is something negative lurking about the space. It could be that the space makes you feel uncomfortable in some way. Most likely, the space has never been cleansed before so you want a "fresh start". Perhaps you are developing your psychic abilities or doing energy work and know how important cleansing and protection is to the success of your journey. These are the prime reasons for wanting to cleanse and protect a living or work space.

The energy cleansing method described in this book does a very thorough cleansing. It forces any negative entities or Beings out of the space. It removes any old energy that might make you feel uncomfortable. It then builds an energy protection in the living or work space preventing the return of any negative Beings and minimizing the buildup of new energies. You are also given a simple technique to help maintain the energy cleansing and protection.

Cleansing and protecting your living space is necessary if you have chosen to develop your psychic abilities or work with energies in any way. Communicating with those in Spirit in a cleansed and protected space enhances your experiences. If you are practicing the techniques in the first two books in the series ("How to Communicate with Those in Spirit" and "How to Raise Your Vibration & Strengthen Your Intuition"), cleanse and protect your meditation space using the techniques in this book to ensure that the energy you are meditating in is "pure" and free of any negativity.

I recommend that you read the book through a few times - especially the technique sections - to ensure you are comfortable with the process. Visit the Education Area found on my web site ([www.oralin.com](http://www.oralin.com)) because there are a couple of videos that have to do with setting up the candle. You might find them useful. While the overall process is quite simple once you have done it once or twice, there is a bit of a learning curve. Take your time and you will be pleased with the results.

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## How This Series Came to Be...

If you have tried to develop your psychic abilities, but have not had much luck then you could be missing something key that would allow you to achieve the success you desire. In my late 20s, I had a strong urge to develop my inner gifts so I read many books on how to develop my abilities, but I was not very successful. I later learned that all of those books were missing some very important and necessary “basics”. Once I started using those “basics”, I was able to get results and have many unique and interesting experiences. In fact, I was able to do psychic readings to help others and I learned to communicate with those in Spirit any time of the day or night.

Based on what I experienced on my journey, I decided to write a series of books that were educational and that included all the basics - books that were not missing essential components necessary for success. I wanted to offer a solid foundation for development regardless of a person’s level of spiritual knowledge. The books would be easy to understand. They might be purely informational or they might be “how to” in content. Any techniques would be written in a step-by-step format so that anyone could follow them. All information would be based on my personal experiences and belief system, and would not be a repeat of something I read or that someone told me. The books would consider the needs of “the Beginner” (someone who was just starting to walk a spiritual path or who just wanted to develop his or her abilities), and would also be of interest to someone who was more advanced, but who wanted to make sure they were getting the most from their experiences. With that in mind, I started writing a series of books that included what I had discovered or learned from over 25 years of spiritual research and study.

Communicating with those in Spirit is my passion. Showing people how to develop their psychic abilities and communicate with those in Spirit safely and easily is part of my life mission. It is the reason I offer Personal Coaching on my website ([www.oralin.com](http://www.oralin.com)). I want to make sure that, if you have the same passion that I do, but are encountering obstacles to achieving success, you have access to someone who can give you guidance and address your concerns and/or issues. There is a special Education Area on [www.oralin.com](http://www.oralin.com) with videos, guided meditations, articles, practice exercises and fun things to do that are meant to help you on your spiritual path. You have to register to get access to some of the areas (such as the videos, guided meditations, etc.), but there is no cost to register.

Developing my psychic abilities has been an exciting and sometimes frustrating path. The one thing I can tell you is that learning to communicate with those in Spirit has helped me to get through some of the darkest times in my life. Knowing I had someone to speak to during those times, and being able to get support and encouragement when needed, was invaluable.

There are many lessons on this path and so much to learn. The learning never ends so if you are the type of person that likes to learn, wants to expand your awareness and has the desire to reach your full potential, then this series of books is for you.

Wendy

## **Introduction**

Note: From this point forward, any time the term “living space” is used; understand that it refers to any space - including a work space. This should simplify your reading experience.

Your living space is influenced by anyone that lives in it, anyone that lived in it or anyone that has been in it. The energy in your living space is affected by any thought or feeling generated. This includes the thoughts and feelings of a spouse, boyfriend, girlfriend, child, parent, relative, friend, boss, co-worker – even a stranger! Any person that has generated a thought or a feeling can affect the energy in the space. A person generates two basic types of energy – positive energy and negative energy.

Positive energy is good. You want to be surrounded by positive energy. Positive energy is not a problem in any way and it includes the energy generated by thoughts and feelings related to love, happiness, joy, etc. Positive energy is cool, light and airy. Having a space filled with loving, positive energy makes your life path more pleasant and less stressful.

Negative energy is not good. You do not want to be surrounded by negative energy. Negative energy comes from having thoughts and feelings generated by hate, anger, jealousy, envy, depression, grief, sadness, resentment, etc. A negative energy blocks, impedes, or negatively influences the flow of energy. A negative energy is heavy, dark, dense and generally hot. It makes life more challenging and more stressful. Cleansing and protection is necessary to prevent or get rid of negative energy.

I want to share with you a very basic understanding of negative energy and entities. While that knowledge is not necessary for doing the techniques described in this book, it could help clear up any misconceptions or misinformation you have made part of your belief system. Incorrect information can contribute to building your fears, which then feeds negative energy and that is something you do not want to happen. A little understanding might help limit the amount of negativity you contribute to the space.

## **What is a Negative Entity?**

In life, we meet people who are not nice and who do not have our best interests at heart. This also happens in Spirit. Not every Being that exists in the Spirit World is nice and wants to help you on your path. There are Spirits that want to lead you astray and make you feel scared or upset. These Beings do not want to fill their energy with light. They do not want you to be happy or filled with love and light. These Beings prefer to live in the dark and they are called "negative entities".

Negative entities thrive on negative thoughts and feelings. They smile when you are feeling fear, hate, jealousy, resentment, grief, depression or any “heavy” state of mind. This is why it is so important to maintain a positive state of mind. A positive state of mind repels negative entities. You do not want them to feel good. You want to make

them go away so they cannot influence your thoughts or feelings.

If you are going through a time period where you (or those around you) are feeling negative emotions, know that you can attract negative entities to you. They pick up on your negative emotions and are drawn to you. You actually invite them into your life simply by being negative in thought and feeling. If this happens, those Beings can make you feel worse. They might send you thoughts that prolong or emphasize the way you feel. If you are sensitive to energy, you could get the chills or a yucky feeling when they are around. Some negative entities are strong enough to make noises. You could end up feeling frightened, which generates even more negative emotions. They will feed off your negativity. You do not want that to happen. You want to get rid of them so that you get through your life challenges with the least amount of stress possible.

At this point, most people start to get a bit freaked out and frightened so if you are feeling that way, know that you are having a normal reaction. Also know that you can take control and prevent a negative entity from attaching to you or being in your living space. If you take control, they do not have a choice and they must leave. The goal of completing an energy cleansing and protection is to make sure you never encounter or invite any negative entities into your life. If there is already a negative entity in the space, the goal is to remove it.

If you are still feeling freaked out by the thought or concept of negative entities, say the following prayer...

"Heavenly Father,

If there are any negative entities around me, please remove them from my space and personal energy. Know that I do not give permission for them to be around me. They are not welcome and must leave now. I ask that Archangel Michael and a spiritual Protector help with this process. All negative entities **MUST** leave now. I demand this in the name of God.

- Amen"

Say this prayer with feeling. Mean it. Repeat it as many times as necessary - until you feel at peace. You can say it out loud or in your head. If there was a negative entity around, you will most likely feel something – chills or tingles – something that tells you that there was something around you and that it has left. If this was a concern for you, it has been taken care of and you can focus on reading the rest of the book.

## Thoughts are Things

In trying to understand how the atmosphere becomes congested with negativity, you must understand that **THOUGHTS ARE THINGS**. If you think long enough and hard enough about a particular thought – it can build and become stronger in the Spirit World. The longer and harder you think about something, the more "real" it becomes in the Spirit World.

## About the Author

Wendy Kay has been studying and researching the metaphysical world since 1981. Over the years, she has documented her experiences, which has enabled her to gain a better understanding of the various concepts of spiritual development. She has condensed her years of study into concise information books.



“When I was growing up I had unusual things happen to me at times. I knew things before they would happen and I would sometimes hear people’s thoughts. I got a lot of strange looks when I answered them but they hadn’t said anything out loud. I was obsessed with the television show *Bewitched*, which I watched every chance I got. I wanted so much to be like Samantha. When I was around 4 or 5 years old I used to watch shows of light in my room before going to sleep. Bears and clowns would do circus acts for my enjoyment. One time, I saw a witch and that frightened me and the shows stopped.” – Wendy

Some time went by and then in her teens, her abilities started to become evident again. Wendy began doing readings when she was a teen. In her late twenties, she joined a meditation group where she was taught the basics. After 2 years in the group, she felt she had learned what she could from it and then ventured out on her own.

While she continued developing her abilities, she opened a metaphysical store called *Spiritually Yours*. After 3 years in the store, she decided to write and teach what she had learned to make the path easier for others.

In 1997 Wendy founded Oralin™ Centre (known as Oralin™), a web based site ([www.oralin.com](http://www.oralin.com)) dedicated to helping people develop their Intuition and Inner Guidance abilities. The site is geared to beginners but those who have been walking this type of path for a while will find the information of use.

The path Wendy has traveled to gain all of her knowledge has not been an easy one. All of her writings are based on personal experiences. There have been many losses and many emotional upheavals as she worked through her life lessons. These experiences have helped to make her stronger spiritually, build her faith and ultimately share her knowledge with others.

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