



## ANGELS FRIENDLY COACHING



# POSTIVE ENERGY IN YOUR HOME

# CAST OUT NEGATIVE ENERGY

### CLEAR THE AIR

Open your windows and let the circulation flow. If you live in a polluted area, grab an air purifier or plug in a glowing Himalayan salt lamp to get the air around you buzzing with happiness. The air is infused with negative ions after a rainstorm, so it feels extra fresh. Salt lamps send these negative ions into the air, creating a positive space.

### DEEP CLEAN

Chances are that if you're feeling heavy or stuck, it hews in the nooks and crannies of your home. Where there's dirt and dust, there's stagnation. Stagnation is what happens when energy flow gets blocked.

*Angelique Mercurio*

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### BANISH BAD MEMORIES

Photos associated with painful times, outfits from parts of your life you don't want to dwell on, furniture that you have no use for gifted from friends and family ... all of it can be donated if it's not serving you.

### PAMPER PETS

When your animal family is happy, your home springs to life. Long walks in nature, new toys, fresh-baked treats — all of these make a pet's life extra-radiant!

### TURN ON MUSIC

So simple, yet very few people I know play music in the background of their home during a typical day. Music has therapeutic qualities and has been shown to increase self-esteem and foster healthy relationships.

Energy does not die, it just changes form. In the same respect, words do not die. Picture your home. Once you have the image of your home in mind, think about what conversations (words) occurred in your home in the past year. The energy in words has a sticky substance to them. They attach themselves to people, places and things, especially in homes, which hold energy as we spend so much time indoors.

Become aware of the words you speak in your home. Your home is your temple and should be treated with love and respect. The temple of your home protects your family from the elements, provides comfort and shelter and brings the family together to share in many activities. Consciously cleansing the home will clear the air and using your words with conscious thought will have a positive impact on the entire family.

Speak loving words of encouragement, love, kindness and compassion. When engaged in an argument, catch yourself. Count to ten and ask, what are you about to release energetically into your home and towards the people you love? Remain aware that what is created daily in the sacred temple of your home, nurtures you and your family day and night.

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Use Color Psychology to Hack Your Mood. Nothing helps to energize a home like a colorful facelift.

You probably have a range of favorite colors, but you may want to consider a new paint color in your home. That's because research shows that each color influences our behavior differently.

So it's best to paint each room according to the mood you want to set:

- Orange – this color creates plenty of excitement and is bound to boost your energy.
- Red – increases adrenaline and circulation. That's why it instantly raises the energy in any room. It might turn out to be far too stimulating for specific spaces. Red isn't a good color for a bedroom, but a red accent here and there around your home is a great idea.
- Green – a great color that creates serene, relaxing and joyful space.
- Blue – in general blue, can be relaxing and serene, but some people perceive it as a sad color.
- Purple – that is an interesting color. It stands for creativity and luxury, but if you're looking for something lighter, you should definitely consider lavender.

For example, you could paint your bedroom green to induce relaxation. Or you could include some orange or red in your office to boost your energy when it's needed most.

Sending you LOVE & LIGHT,

*Angelique Mercurio*