



HOME VIBRACIONAL RESET



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LUX & FLOW
VIBRATIONAL SCIENCE APPLIED TO REAL LIFE



Vibrational Home Reset

A Minimalist Guide to Clearing Your Space Without Tools

Your home is not just a container — it's a mirror of your
inner state.

Sometimes, the energy feels heavy, stagnant, or subtly off,
even if

everything looks clean and in order.

This guide offers you a simple, powerful way to reset the
vibration of your home using only your intention,
presence, and voice.

✧ **When to Use This Practice:**

After an argument or emotional tension

When moving into a new space

After visitors leave

During times of personal transition

When the space feels dull, heavy, or “cloudy”



The 3-Step Tool-Free Home Clearing

You don't need sage, incense, bells, crystals or sprays.
You only need you. Let's begin.

1. Anchor Yourself First

Before cleansing a space, ground yourself.
You are the tuning fork of the house — if you're scattered, so is the field.

Do this:

Stand still.

Close your eyes.

Breathe into your belly three times.

Say inwardly:

"I am the centre. I am the calm. I am the clear."

This simple anchoring realigns your own field so you can influence the space around you with clarity.



2. Speak to the Field

Sound is one of the most potent vibrational tools.
Your voice holds a unique signature that instantly interacts with the space.

Walk slowly through each room and say:

> "Any frequency that does not belong to me or support me,
you are free to leave now.
I reclaim this space as mine — clear, aligned, and true."

Speak it softly but with intention.
Repeat in every room, including corners, under stairs, closets
and behind doors.

You may also add a humming tone after speaking, or even a single
vowel like "A" or "O", letting it reverberate in the space.

3. Command the Reset

After clearing, give a clear instruction to the space on how you want it to hold you.

Say:

> "This space now holds peace, clarity, and forward movement.
I allow lightness, alignment and joy to flow here.
It is done."

You are not asking. You are commanding with love. The space will listen.

Final Notes

The key is consistency, not perfection.
You can do this full process once a week, or
anytime you feel a subtle discomfort.
Homes are alive. They remember. And
they respond deeply to the one who walks
consciously through them.

