Q: I moved two months ago and don’t feel settled in my new home. My space is beautiful inside and out, the neighbors are friendly and welcoming but I can’t get comfortable here. Is this about being an empath or something more? --LM

The Heart of the Mother

Mother Earth, Father Sun, the nature spirits, the spirit of the land upon which your home sits, participate in your life more than you know. When a dwelling is built, Mother Earth sends a beam from her heart to hold loving space for the new structure made from her body. She lives in you, and you live in her, so she supports you to thrive and grow. She does this without being asked because her love is abundant and ever-present.

Where you live needs to support your spiritual heart, soul, and body. Every human-made space is blessed by Mother Earth, creating a sacred matrix in collaboration with the elements, directions, nature spirits, and the spirit of the land. Humans would do well to become aware of the larger field they live within. The sacred relationship between earth and human has long been forgotten, and everyone suffers as a result.

**When You Move, the Earth Moves with You!**

When you move from one home or building to the next, express gratitude to the subtle realms that make up the greater consciousness of your home. Each earthly location has multiple dimensions associated with it and when you move, performing a ceremony helps all human and non-human intelligences shift together. Failing to do so can prevent you from moving comfortably into your new dwelling and moving on with your life.

When humans forget their connection to Mother Earth and the feminine stream of life, it is easy to believe that you are the center of the universe and that all life revolves around you. Never forget your true center in my heart, the Heart of the Mother. Centered in the still point from which all creation flows, you are guided to be in the right place at every moment. So when you move from one home to the next, you are only moving locations; you are not leaving your true home.

I Am the Heart of the Mother

Sarah

As empaths, we experience and live in a world of subtle energies. Making any move, change, or redirect without considering the unseen world can make you feel out of alignment. This alone can create the discomfort you are experiencing in your beautiful new home.

Your energetic environment is just as important or even more important than your physical environment. Attending to the energy of your move is so important for empaths.

The spiral of life takes us through cycles of completion for everything we undertake; there is always a beginning, middle, and end to every action. Let’s look at the process of moving from a multi-dimensional perspective.

Attending to the energy of the move includes a ceremony to guide you to your new space, clearing the space you are leaving, and sanctifying your new space. This ensures you don’t leave soul parts behind, creating a void after the move. Blessing the new and old space asking for the bestowal of grace for all involved shifts the move into the sacred realm.

**Homes are Multi-Dimensional Too**

You are not just your physical body, nor is your space or home just a box. (This article applies to any space you live or work in.) Mother Earth has created all the materials to build a dwelling for you; every inch is blessed by her love. She gathers the spirit of the land, the nature spirits, the elements, and directions to manifest the energy blueprint for every structure. Your home is built using materials formed by her and is sacred just by its existence.

When it’s time to move, consult Mother Earth, the spirit of the land, the nature spirits, elements, and directions for guidance. This starts the process in alignment with your soul, helping you find, move, and land happily in your new space.

Your move may take you on a spiritual journey to tune your energies with the next life cycle, so be flexible and open. You may start imagining what you think is the right move but shift several times as you go through the process. You really do want to land in the right place! Follow up on all hints, impulses, and intuitive impressions regarding your move and leave room for correction and redirection.

**Spiritual Guidance Session for Moving**

I had a spiritual guidance session with Leslie, the Sedona reader who asked the question we are addressing in this article. Although spiritually refined, she neglected the energetic dimension of her move and focused on the physical. Because she loved her former home so dearly and had invested her energy in making it a peaceful retreat, she forgot to clear her energy from the gardens that had been her sanctuary. She couldn’t bear leaving her plants, so she didn’t! Her energy was still in them. This was revealed in our session, but we learned something even more poignant and special: she didn’t have to leave her plants behind because energetically, she and her plants were connected in an ongoing relationship. When she realized that love relationships never end; they may exist in another dimension but are never severed, her energy was released, and her soul returned to the present. She shifted from holding back to moving forward in one session

**The ”Moving” Ceremony**

Begin your move in alignment with your body, heart, and soul by centering in silence. Initiate the move with an intimate conversation with the spirit of your land, higher being, and guides. The spirit of the land has a lot to say about when you’ll move, who will move in after you, and where you move. Remember, we are multi-dimensional beings acting on several dimensions with unseen beings, one of which is the spirit of the land. We think we just pick a spot and move there, but that’s not the case. Do indigenous people just plop down on a plot of earth because they want to? No, they are led to their land and understand that the decision is made with Mother Earth, the nature spirits, and the spirit of the land. A life decision includes all dimensions; it’s never just to satisfy a purely personal desire.

Ask: Is my timing and intention for my highest good? Once you pose the question, the universe answers. You may know immediately or within a day or two that a move is in your future by the signs that come to you in dreams, synchronicities, and the people showing up in your life. If you don’t get any signs, be patient and wait for further guidance.

After sensing the timing of the move and connecting with Mother Earth, the nature spirits, and the spirit of the land, take time to express your gratitude. Wherever you live, work, or visit, a connection is made to the natural world. It’s time to recognize the unseen beings who gather to create your life’s path. Gratitude acknowledges that your home, living space, and life are intertwined. The energy of gratitude forms a conduit from the inner world to the outer, so your higher consciousness can guide you.

Bless the space you are leaving. Light a candle, smudge, and wish the best for those who occupy the space after you.

**Moving into Your New Space**

Once your new space is available, perform a blessings ceremony to remove the vestiges of the former occupants. Smudge, light a candle, sprinkle water, and place crystals asking for help to clear the space. You may want to invite friends to a “*move-in”* meditation to fill the home with light and love.

Be aware of your energy bodies and align along your light axis, so all your energy comes with you. When working with Leslie, we saw that she left an energetic trail from her old home to the new. You’ll never feel settled if you leave a good portion of your energy attached to the last place. You might pause and review how many places you’ve lived and if any of your energies are still there!

When you find your new place, greet Mother Earth, the spirit of the land, and the nature spirits. Greet the elements and directions, East, South, West, North, Above, Below, and Within, so you establish a light-filled energetic space to hold your new physical space. You are now in a sacred relationship shining new frequencies and a new life purpose. Ask to be “planted” or grounded in the new space. Acknowledge the higher guidance that guided your search and the great wisdom of creation. No matter where you land, this is always the first thing to do: it will ensure your life will move towards your higher purpose.

Leslie is now happy in her new space, and life looks a lot brighter! Once you take care of the energy of the move, you will feel at home in your new space.