

# Room-by-Room Home Cleansing Guide

A complete walkthrough for turning your space into an actual sanctuary — for gay, bi, transgender, and curious men.

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A home is more than a container for belongings — it's a record of what's been happening in your life, and for a lot of gay, bi, and transgender men, it's also the first place many of us ever got to fully exhale. This guide walks room by room, helping you turn your space into an actual sanctuary rather than just four walls you happen to sleep inside.

## Entryway — The Threshold

The entryway is where the outside world's energy gets left at the door, or doesn't. Place a piece of Black Tourmaline or Hematite near the entrance to act as a quiet gatekeeper. A small bell or wind chime by the door, rung once on entry, is a simple way to mark the transition from 'out there' to 'home.'

## Living Room — The Gathering Space

This is often where chosen family gathers, so its energy matters more than people expect. Citrine or Sunstone here supports warmth and welcome. Keep the space uncluttered near where people sit — clutter has a way of holding onto old tension long after the moment that created it has passed.

## Bedroom — Rest & Intimacy

The bedroom carries the most personal energy in the home — rest, intimacy, body image, privacy. Rose Quartz supports self-acceptance and tenderness; Amethyst supports deep, undisturbed sleep. Keep electronics and work materials out where possible; this room does better holding one job at a time.

## Bathroom — Release & Self-Care

Water rooms are natural release points. A simple ritual: while showering, visualize the day's tension moving down and out with the water. Moonstone on the counter supports emotional flow. This is also a good room for an honest mirror moment — a few seconds of eye contact with yourself, no judgment attached.

## Kitchen — Nourishment

The kitchen holds how well you're actually taking care of yourself, beyond the symbolic. Green Aventurine supports steady, grounded nourishment. A small herb garden — even one pot of basil or rosemary on a windowsill — keeps a living, growing energy in the room where you feed yourself.

## Workspace — Boundaries

If you work from home, or simply pay bills and answer hard emails at a desk, this space needs its own protection. Black Tourmaline or Smoky Quartz near your workspace supports boundaries between 'on' and 'off.' Close your laptop fully at the end of the day — a small, physical signal that the workday's demands don't get to follow you into the rest of your home.

## A Simple Whole-Home Reset

- Open every window for at least a few minutes, regardless of season.
- Declutter one surface in each room completely — even just one shelf per room.
- Cleanse the air with sound (a bell, a clap, music) or smoke if that suits your space.
- Place one grounding stone by the front door and one calming stone by the bed.
- Say out loud, once, what you want this home to hold for you going forward.

*You don't need to reset your whole home at once, and you don't need to do it perfectly. Even one room, done with intention, can shift how the whole place feels to come home to.*