

CLEARING *energy*



A THERAPEUTIC SPA EXPERIENCE

Energy clearing 101

A few years ago, I had a profound energy experience that made a lasting impression. I went to a spa owned by one of my Reiki students for a treatment. She had transformed her space into a virtual nature experience. Her treatment room wall showed videos of nature scenes, while relaxing music filled the air. I was completely engaged ... until I laid down on the facial bed.

All of a sudden, I was overcome by a sense of dread. The same sentence kept popping into my head: "You have succumbed to cancer." I thought, "What? Are you talking to me?" I had never heard or felt anything like this before. Yet, those words and a feeling of resignation continued to haunt me. I could not relax and enjoy the treatment.

After the service, I asked my student who her last client was. She told me it was a client who had just discovered she has cancer. A-ha! I realized that I had experienced the energy "residue" from her previous client. The imprint of her suffering and resignation to the disease was still in the room ... and this was two weeks after she had been there. This experience validated to me the importance of clearing energy between clients.

What is energy and why does it affect us?

Everything is made of energy. Einstein knew this long before the rest of us when he stated, "What we have called matter is energy, whose vibration has been lowered to being only perceptible to the senses." Some energy is dense

enough to be visible, such as with humans and earth. However it is the unseen energy matrix that connects us to each other.

We have a symbiotic relationship with nature, in that we both consist of the visible light spectrum

Positive or balanced energy is uplifting, helping us to feel at peace, vibrant and full of life. What kind of energy experience do you want to create for your clients?

Recipe: Sage clearing mist

2 OZ DISTILLED WATER

4 – 6 DROPS SAGE ESSENTIAL OIL

(CLEANSING)

2 – 4 DROPS ROSEMARY ESSENTIAL OIL

(AWAKENING)

4 DROPS, BACH FLOWER RESCUE REMEDY-

FOUND IN HEALTH FOODS AND HERBAL STORES

(REBALANCES AND CREATES A HEALING AND CALMING EFFECT)

Pour your energy clearing formula into a 2 oz spray bottle. Shake and mist around your room between clients.



BY LINDA BERTAUT

Tools used to clear energy

Back row: Singing bowl, singing bell, rattle
Middle: Tibetan chimes
Front: Musical chime



Ring your instrument of choice as you move throughout the room. Let the sound reverberate as it clears the energy. Don't forget to include the corners.

trum. The colors of the rainbow are the same as the colors of our inner rainbow, the chakra system. Chakras are part of our subtle energy body, which fuels and surrounds our physical body in what is known as the "aura." Our aura gives people a sense of who we are before we even say a word. It is the force that connects us to one another energetically.

Now imagine that bits and pieces of this energy are left behind by everyone who enters a space. Negative or unbalanced energy contributes to stress, anxiety, mental chatter, depression and exhaustion. Positive or balanced energy is uplifting, helping us to feel at peace, vibrant and full of life. What kind of energy experience do you want to create for your clients?

energy clearing solutions

Essential oils

The volatile oils from certain plants make great energy clearing sprays. Sage has been used by Native Americans to clear energy, primarily by burning the bundled herb. They knew that the energy of sage helps to ground, heal and clear negativity. Make your own sage clearing mist and avoid smoking up your room (see sidebar). Shake the mixture and spray throughout the entire room from corner to corner, as well as over the facial bed. Other excellent essential oils to use are frankincense, sandalwood and eucalyptus.

Sound

Singing bowls, tuning forks and chimes all work well to clear energy. They are methods of vibrational medicine that heal and transform. Ring your instrument of choice as you move throughout the room. Let the sound reverberate as it clears the energy. Don't forget to include the corners. These instruments may also be used during treatments.

Crystals

Quartz crystals and colorful gemstones emanate energy based on their color and composition. Rinse your gemstones first under running water for 30 to 60 seconds to clear the energy. Then place them throughout the room, including under the facial bed.

Reiki level 2

Reiki is a Japanese technique to reduce stress and promote healing. It is based on the idea that unseen "life force energy" flows through us and gives us life. The exchange of energy can be transmitted hands-on or at a distance. If you have been trained and attuned into Reiki level 2, you may use your Reiki level 2 symbol throughout the room to clear energy instantly. You may also use Reiki attuned sprays that contain one or more of the essential oils listed above.

When clearing energy, remember what our relationship is with nature. We are not separate from nature, we are nature. Use the beauty of nature to lift the energy in your space. Create an environment for protection and a healing spa experience. ■

Linda Bertaut is an author, speaker, award-winning beauty expert and Reiki master teacher. She specializes in bringing inner beauty to the surface. Her lifetime passion for performing makeovers led her to the beauty industry over 25 years ago. Bertaut is a contributing author to the Milady Standard Esthetics Advanced textbook on reiki and wellness therapies for estheticians. She helps to reinvent spas into beauty and healing centers. Contact Bertaut at 925.446.6284 or Linda@BertautBeauty.com.



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