



SETTING BOUNDARIES WITH

Energy Clearing

By Linda Bertaut, Bertaut Beauty

Everything is made of energy, including you and me. Einstein taught us that what we thought was matter is really energy, with vibration so low that it appeared to be physical. In reality, we are energy beings living in the energy environment of Earth, within the energy environment of the Universe.

Book knowledge can take you far; however, wisdom experienced through energy gives you knowing that needs no proof. How many times have you known something that you haven't been taught, but that you feel in your bones, your soul and your DNA? That is energy.

SIGNATURE AND THE CHAKRAS

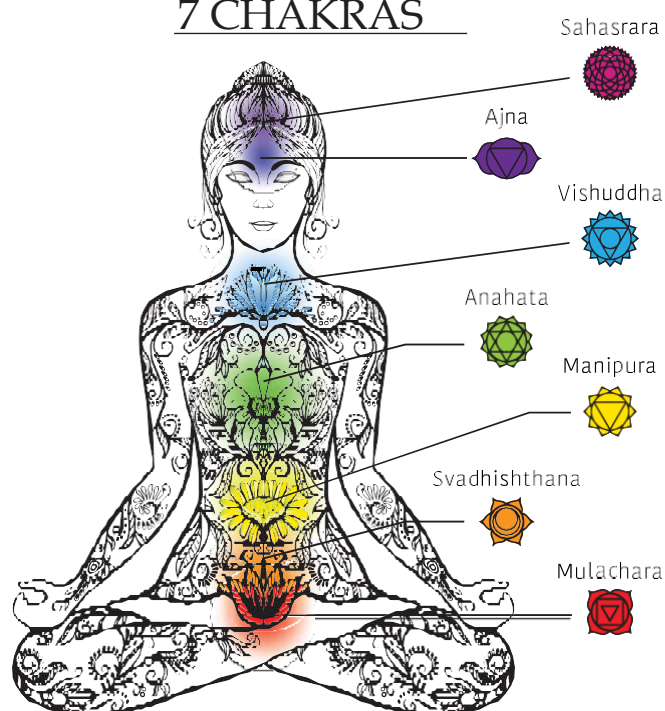
Everyone and everything has a unique energy frequency or signature. When in tune with your own energy signature, you tap into a sense of self and purpose. Within this knowing, you are grounded and have a place to set boundaries. Without it, you most likely don't know where you end and the next person begins.

In a recent conversation, a colleague revealed that she had quit offering esthetic treatments. When asked why, she said, "I'm exhausted doing treatments. I'm struggling, exerting way too much energy for my return. I need a break." When asked about how she takes care of herself, she replied, "It's hard to put myself first. I don't think I know how to do it." My colleague's situation is not uncommon. As women, we are taught to take care of everyone else, usually at our own expense. Living your life for others leads to burnout. If you do not take care of yourself, you cannot take care of others. This brings us to

the need for energy clearing. Many people don't know who they are, so they don't know how to set boundaries.

The subtle energy body consists of the seven major chakras (See **7 Chakras**) that collect and distribute subtle energy. Chakras fuel the organs of your physical body, your mind/emotions and radiate around your body as the aura. The chakras and aura create the energy field of the subtle energy body.

7 CHAKRAS



ENERGY CLEARING

WHY CLEAR ENERGY?

Energy lingers. Clearing energy protects you from unwanted, outside influences. Do you have stress, anxiety, constant mental chatter or depression? These are all symptoms of being out of balance in your own subtle energy body. When energy is blocked, not flowing properly, or at a low frequency, you feel the effects on all levels; you can feel tired, blah, anxious and unable to focus. Setting energy boundaries is necessary for physical, mental and emotional well-being.

It is also important to know that your energy sets the tone for the energy in your space. If you are giving everything away to others, you are serving from a depleted place. This sets you up to absorb unwanted energies. Taking care of you is a priority to maintaining good energy.

As an esthetician or spa owner, you clean your implements, linens and abide by state regulations for safety. It is also advisable to clean the energy in your space between each client.

ASSESS THE ENERGY IN YOUR SPA ROOM

Many of us have forgotten how to trust our feelings and intuition. Therefore, it is helpful to know



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how to use tools that will help you measure the energy of your environment. Dowsing rods come in different forms, the most common being two L-shaped rods that you hold parallel in your hands as you walk around the room. The clearer the energy, the more the rods will open. Blocked or negative energy causes the rods to cross.

Walk around the space you want to assess holding your dowsing rods in front of you 6–10 inches apart. Start walking around the perimeter of the room checking corners and equipment until you work your way into the center of the room. Did your dowsing rods cross anywhere? This is where you will need to use an energy clearing fix to realign the energy of your space.

NATURE'S ENERGY FIXES

Sage. A sacred herb known to ground, heal and clear negativity, sage has been used for millennia in Native American cultures. Many people still burn sage to clear energy, but instead of filling your room with smoke, make your own sage

clearing mist using essential oils. (See **Energy Clearing Formula**) Shake the mixture and spray throughout the entire room from corner to corner and over the facial bed.

Black tourmaline. Placing gemstones and crystals throughout your room can help to maintain balanced energy. Black tourmaline is one of the best energy clearing stones. Place one double point crystal in each corner of your room. They will absorb negative energy and protect you and your space. Using other stones and crystals that you resonate with will also help to lift energy. Wash your gemstones weekly to remove unwanted energies that may have collected in the stones.

Kosher salt. This salt is made of high quality salt crystals that have been blessed. Because of the crystalline structure, it will also absorb negative energy. Place one to two tablespoons of the kosher salt into a disposable container such as small zip lock bags and place them in the four corners of the room and under the facial bed. Replace every two weeks.

Lead weights. Lead fishing weights from a sporting goods store are an excellent fix to ground energy from electrical magnetic disturbances. Place one to three weights below electrical outlets and in window sills where outdoor wiring or electrical towers are present. Use your dowsing rods to test how many weights are needed.

Sounds. Sound can be used to create harmonious resonance. Singing bowls, tuning forks and

ENERGY CLEARING FORMULA

- 2 oz. Distilled Water
- 4–6 drops Sage Essential Oil (Cleansing)
- 2–4 drops Rosemary Essential Oil (Awakening)
- 4 drops Bach Flower Walnut (Protects from unwanted, outside influences and helps to set boundaries.)

Directions: Combine all and pour in a 3-oz. bottle. Shake and mist around the room between clients.



ENERGY CLEARING

chimes are great instruments to use at the end of your treatments. Clients feel the harmony within their physical and subtle energy bodies. Go to a store to play and hear the singing bowls to choose the right one(s) for you.

Reiki. Reiki is a hands-on energy healing modality that helps to keep your energy clear and protect you. By practicing simple reiki hand positions on yourself and your clients, you will elevate the energy of your space as well. Reiki 2 symbols may be used to clear energy in your room.

ENERGY MEDICINE FOR BOUNDARIES

Edward Bach, a physician in England in the 1930s, associated

certain disease patterns with emotional and mental imbalances. He found remedies in nature's flowers and created 38 flower essence formulas. These formulas are not to be confused with essential oils. They contain the energy signature or vibration of the plant. When taken under the tongue a few times a day, the energy of the plant heals out-of-balance energy in the subtle energy body. Centaury, cerato, oak, red chestnut, walnut and wild rose are recommended to clear energy and help you to set boundaries.

SET BOUNDARIES

Protecting yourself is a great way to set boundaries. When

you resonate true to your energy signature, you have vitality, presence and purpose. Set the example by clearing energy, setting boundaries and let your space be a haven where clients can feel rejuvenated with love and healing energy. ✨



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