



Energy Healing Institute

Spring Cleaning Practice

Have you ever done a body cleanse? Perhaps combining fasting, herbs and teas to clean your body, refresh your vitality? Have you ever done the same thing for your energy field?

Our energy fields are seasonal, too. During the winter months, the energy field slows organically; perhaps you've noticed your inner bear seeking quiet, slow movement, deep breathing, tunneling within your field, desiring solace, rest. I call this the Soul's Winter.

Come Spring, the natural vitality and vibrancy of the season quickens the energy field; things are ready to move, evolve, change, grow, expand.

Use the energy of the season to refresh your field. Clear out the remnants of the Soul's Winter, activate and motivate your field to accelerate, expand and get moving again!

The Spring Cleaning Practice can be done in a matter of minutes – I suggest incorporating it in with your daily practice for a week or two to allow time for your field to evolve and energize at a lively Spring vibration.

Enjoy!



Spring Cleaning Practice

1. Clear the Soul's Winter – approx. 1-2 minutes

Place a few dozen roses outside of your energy field (at arms length in front of you)

Say hello to and activate the energy that is stored as your Soul's Winter

Invite the remnants of the energy of the Soul's Winter to move out on to the roses

Release and clear the roses and their energy using a ball of sparkling golden, cosmic energy, accessed 1' above your crown chakra and tossed directly at the roses

2. Fill Your Field with the energy of Spring – approx. 1 minute

Take your attention to the corner of the ceiling and look down on your auric field/luminous egg

Imagine a palette of bright, clean, clear, Spring colors and pour them into your luminous egg from the corner of the ceiling (suggestions: daffodils, hyacinths, crocuses, new green leaves emerging in the sunshine, dyed eggs)

3. Fluff Your Aura – approx. 1-2 minutes

Imagine inserting a magical funnel into your energy field. Fill the funnel with bright, colorful, frothy energy (like cotton candy). Infuse and expand your aura 4-5' around your physical body (above your head, below your feet, around your front, back & sides).

After a minute or two, remove the funnel from your auric field and notice the gorgeous, light, fluffy etheric energy.

4. Say Hello to Your Body & Your Field – approx. 30 seconds

Validate your body & your energy field. Notice the support for your body, mind and spirit, and the integrated energy flowing between your physical and etheric body.