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“Energy cannot be created or destroyed; it can only be changed from one form to another.”

— [Albert Einstein](#)

Whether we are aware of it or not, we live in a sea of energy. Our aura or energy field encounters and interacts with the energy field of everything around it, such as other people and environments, as we go about our daily lives. Sometimes external energies can attach onto the aura and remain there, negatively impacting on our health – this is when it becomes a problem and is known as intrusive energy.

Intrusive energy can be detrimental to the energy system, possibly draining vital energy resulting in fatigue and other conditions of low energy, sustaining feelings of anxiety and discomfort, or self-limiting beliefs, affecting rational thinking and physical health. Most commonly, intrusive energy attachments may occur when people are more susceptible and natural defenses are weaker: through illness, highly emotional states, around accidents or trauma, hospitalizations, after a shock, under the influence of drugs or alcohol.

Another person’s anger, jealousy or other negativity toward you may be strong enough to constitute a psychic attack on you. Conversely, your negativity toward others may psychically attack them, even without your conscious intent to “attack.” Relationships that have ended unhappily or unpleasantly may leave negative “strings or cords” attached. Negative “bonds” are extremely powerful.

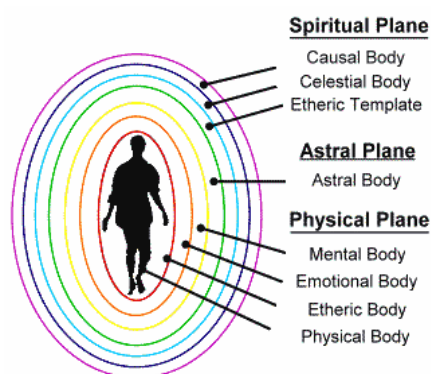
It is therefore essential to cleanse your entire energy field regularly, because otherwise it can become clogged with negative energy from outside sources, and if it becomes too blocked this could potentially manifest as illness. These outside sources are many and varied, and they can be physical energy, mental or thought energy, emotional energy and spiritual energy. Newspapers, TV, radio and films often have sad, disturbing or horrific images and words which can impact negatively on our energy fields, because we react to them mentally and emotionally, so it is important to be discriminating about what you read, watch or listen to.

Energy disturbances or blockages in other people’s energy fields can impact on us, including negative thoughts and emotions, and negative blockages such as physical or mental illness, so our energies can be lowered when we spend time with negative people. Places also can impact on our energies, especially if we spend time where negative energy can collect, such as shopping centers, city streets, offices and other workplaces, doctors’ surgeries, hospitals, and even our own home or homes belonging to friends and family.

Water does indeed contain memory molecules or atoms and every time we speak we are blessing or cursing everything around us which involves water. The water memory can only be changed with vibrational or energetic frequency. The human body is made up of over 70% water. Our blood is more than 80%, our brain ... over 75%, and the human liver is amazing 96% water. Emotions of anger, frustration and anxiety are often impacting the liver. Most people don't realize that their unprocessed emotions are stored in the liver waiting to be addressed.

An Energy Clearing is a holistic approach to health and vitality. It creates a deeper healing experience by re-balancing your bodies which sets in motion a complete healing on all levels. Your chakras can become imbalanced through stress, physical and emotional traumas, stagnant energy, and unexpressed emotions. Promoting balance within an individual, Energy Clearings use the body’s energy centers (chakras) and auric fields to restore and optimize the natural energy flow of the body.

All life forms including plants and animals have an etheric body. Healing occurs when you re-align your body with its optimal blueprint. This is the natural alignment of the body in its healthiest state, full of vitality; the highest potential of your individual self, and your birthright. When the body is in optimal alignment you have maximum range of motion, strength and stamina. Circulation flows, bringing nutrients and life into all areas, and all parts of the body work together as one. Thus, the body heals itself, which is what it is designed to do!



The Optimal Blueprint is the idea that the body has a master design, a pre-formulated and finite organization of movements and alignments and positions. When the body is working within the guidelines of its optimal blueprint, the potential of beneficial physical and physiological energy circulation is maximized.

Nothing physical can be alive without the etheric body as it feeds the physical with energy which is vital for its health and survival. Unless removed, negative energy can remain embedded within the etheric field for decades, causing unhealthy patterns to repeat frequently, and more notably causing physical illnesses. In fact, approximately 90% of all physical illnesses are linked to

negative energies trapped within the etheric field. Illness, disease and injury will manifest in the Etheric Body before they appear in the physical body.

Often the most neglected is the Etheric Body which is made up of chi and forms a structure of meridians throughout the body. These meridians run through all the major organs, glands, nerves and energy centers. This system of etheric energy permeates the physical body, supporting and sustaining it. The etheric body functions as a link between the emotional body and the physical body. Mastering control of your etheric body is the key to ultimate healing and elevating your vibrational energy.

When we nurture our etheric bodies with light and positive energy, we heal. The subconscious mind expresses through etheric energy, therefore, it is controlled by your thoughts. When you learn to control your etheric body through soul mastery, you can influence your body to heal and age much slower. Astral qualities such as bad habits violate the physical, emotional and mental bodies. The Etheric Body shrivels and the physical, emotional and mental bodies harden and habitual patterns form. The soul experiences an inability to live properly within the physical-etheric body. Worry, fear, doubt and other low vibrational negative energies could cause congestion in the etheric body/field's network of fine energy lines which supply you with your life force.

The Weaver is a healing tool that draws in universal energy and transfers it to the individual through the chakras. It is a transmitter and receiver made of crystals, copper and magnets that opens and balances blockages in the etheric field to release negativity. It works to revitalize and regenerate. The Weaver is designed to strengthen Chi and attune the meridian system and natural magnetic field of the body as it balances and purifies the body's energy systems. The Etheric Weaver resonates with the physical, emotional, mental and spiritual bodies and works to vibrationally align the etheric bodies and chakras. The Etheric Weaver is safe for children and adults.

Etheric Weavers are very effective in healing emotional and psychological issues, with lasting effects. This is because Etheric Weavers help to de-crystallize the negative conscious mind that holds on to patterns, thinking that this is the way it is, this is who I am, I can't change, this is the way it's always been and always will be. When we nurture our etheric bodies with light and positive energy, we heal. When we hold negative thoughts and emotions around us, it weakens this energy and blocks our channels. Forgiveness, non-judgmental tolerance and the balance of the ego are all important factors. The subconscious mind expresses through etheric energy, therefore, it is controlled by your thoughts.

During a treatment, the Etheric Weaver is held over the body and it moves of its own volition, weaving patterns over and into the body which considerably speeds up the innate process for healing. It moves whenever there is something

to treat, and it stops as the energy flows in a balanced way between the body and the Chi. Etheric Weavers help to de-crystallize the negative conscious mind that holds on to patterns, thinking that this is the way it is, this is who I am, I can't change, this is the way it's always been and always will be and may be effective in treating emotional and psychological issues.

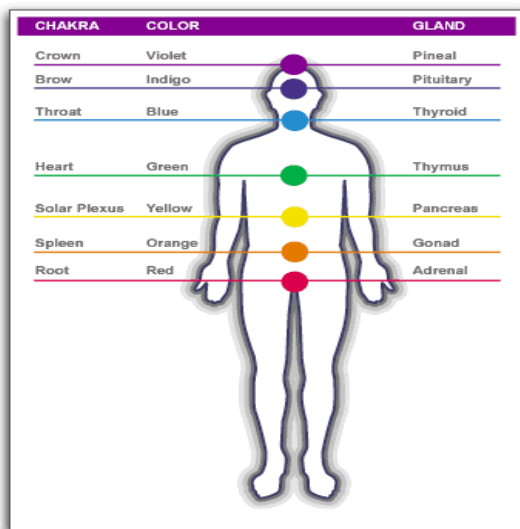
Energy healing is the practice of balancing the energy field that surrounds the human body, also called "chi." Chi is the life force energy that permeates the physical body and gives us life. We receive chi from air, food, water, and the sun. The chi received from these sources is digested by our etheric body (chi body) and then becomes a part of our life-force chi. The life-force chi circulates through all the meridians or channels which permeate the body.

If you lose a physical organ you will still have this energetic part which will continue to function on the chi level, although often not as well as if the physical organ was still there. If an organ is low on energy or there are blockages preventing the flow, the organ will suffer, becoming weak and susceptible to disease. If this happens then the meridians that rely on this organ's chi flow will also become weak or blocked. Acupuncture is based on this system and works by adjusting the flow of chi through the effected meridians.

The energy field can be healed, and that healing translates into physical improvement. If the energy around the lungs is blocked, for example, there may be a corresponding physical problem. If the energy is smoothed out, the physical problem may be improved. One of the key elements of Natural Force Healing (Mind, Body & Soul) is a three-pronged model of wellness called the Triune of Wellbeing. Picture a triangle that brings into balance body, mind and spirit, and each of us as this triangle of wellbeing. All sides of the triangle need to be aligned if you are to achieve optimal wellness. If one angle is out of balance or distorted, then all angles distort, creating side effects such as physical pain, disease, depression, fear, stress, lack of faith, among others.

But due to factors throughout our lives, layers have built around a central core. One layer may represent that broken relationship back in 1980, another that auto accident at 66, and don't forget that lost promotion last year. We carry around a lot of stuff, and sometimes a lot of anger. We can over-react to an action in the present because it activates a painful memory. The more "layers of the onion" we have around ourselves, the greater the distortion and the farther we are from the essence of our "WHOLE" istic self.

Color therapy, also known as chromo therapy, is often facilitated in the healing rooms of alternative health practitioners. Color is simply a form of visible light, of electromagnetic energy. All the primary colors reflected in the rainbow carry their own unique healing properties. A therapist trained in color therapy applies color in the form of visualization, or verbal suggestion to balance energy in the areas of our bodies that are lacking vibrancy, be it physical, emotional, spiritual, or mental.



Prana (the vital life energy) is the very basis of health and well-being, for both body and mind. You can gain prana through meditation. When your body is alive with more prana, you feel alert, energetic, and full of good humor. A lack of prana results in lethargy, dullness and poor enthusiasm.

- Every cell becomes fully oxygenated and flooded with new life
- It flushes out negative emotions from the body
- It releases tensions, frustrations and anger
- It clears anxiety, depression and lethargy
- It gives relief to both the mind and body

Our most primitive sense is smell. It directly affects the limbic system, that section of the brain involved with sex, motivation, and emotion—in short, almost everything that defines us as human. Aromatherapy is an ancient method of holistic healing using essential oils extracted from plants. It invigorates not only the body, but also mind and spirit.

- Many of the Essential Oils have a high frequency vibration and help to bring our frequency up.
- Many Essential Oils have a high antioxidant rating.
- Many Essential Oils help relaxation and more restful sleep.
- Many Essential Oils help relieve physical discomfort and pain.
- Many Essential Oils are known to improve immunity to ailments such as cold and flu.
- Many of the Essential Oils help emotional traumas by accessing the Amygdala (the part of the brain that retains memories from emotional trauma) through the olfactory nerves.
- Science has confirmed that many individual Essential Oils are anti-bacterial, anti-viral, anti-fungal, anti-microbial, anti-inflammatory and antiseptic.

To book an Emotional Clearing session, please contact Gainesville Holistic Health Center at (571) 248-0695 or Email us at ghhcenter@hotmail.com.