

Protection Through Salt Water Spray and Baths - August 25, 2004

From Quan Yin Channeled by Nasrin

This was advice given to a massage therapist that may be helpful for others who work in the healing arts:

Touch and massage, acupressure, reflexology, are the most impactful because you go into the places where the person is holding the negative energy which is causing them pain, and releasing that pain. If lately you've been getting headaches, neck aches, shoulder aches, back of the shoulder, hand aches or tightness, fingers or palms aching or tightness, not quite like carpal-tunnel, but almost, tightness of that nature is not because of any physical ailment. This is because of taking on energy from people, getting drained from it, and not taking enough precautions to clear yourself, cleanse yourself. You're absorbing these people's negative energy, because you're really not only going into their aura, you're literally going into their bodies. □□ Make a spray with sea salt and water and make it quite strong. Like in a 16 ounce spray bottle, put a full scoop of sea salts. Use as much in the bottle as you would take in a bath and at the end of working with each client wash your hands up to the elbows with this salt water spray and spray it over and on the top of your head - very specifically on top of your head . . . not necessarily in your face. Keep your crown chakra clear. Washing your hands in cool water up to the elbows, and using sea salt water and spraying your hands to the elbows and spraying your aura on top of your head will help you a lot to release the aches and pains in your body. At night when you come home, use a very diluted version at night, a diluted version of the Epsom salt bath, a scoop would be enough.