

# True Calling

THE SUCCESSFUL HANDS-ON HEALER

*A Guidebook for Creating a  
Successful Therapy Business  
That Keeps You Strong,  
Healthy & Prosperous*



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### *#3 - Create A Clearing Ritual That Works For You*

There are so many ways you can clear your energetic field after working on clients; the possibilities are endless. What's really important is to take the time to do some sort of clearing process. It doesn't matter which method of clearing you choose; the only thing that matters is that you find something to do that feels good and you practice that ritual consistently. Even though I typically see 20-23 clients per week, I am diligent about clearing myself after each session. This is one of the reasons I still feel so good. Clearing myself in the bathroom, between each client, by draining my hands to the earth and imagining the water washing away any excess energy works fine to get me through normal days. But, I haven't found anything that works as good as going outside after a session and placing my hands on Mother Earth. I now see clients in a new office space that makes it hard to go outside between each session. Since I can really feel the difference in the effects of my altered routine, I'm considering just taking the time to go all the way outside between each client because it makes me feel so much better to place my hands on the ground. Sometimes it's worth the effort to take that extra couple of minutes in order to feel good. If I ever feel like I'm having trouble grounding and releasing, I'll hold on to the pipes under the sink in the bathroom and send excess energy down to Mother Earth to be recycled and cleansed.

At the end of the day, I smudge my room with sage or copal (and I have a video tutorial on how to smudge your space) and I also smudge myself. I use a homeopathic clearing spray in my room between sessions. In some sessions, I might burn sage or copal when deep clearing is needed and the client doesn't have asthma or allergy issues. How do you know if some heavy duty clearing like copal or sage needs to be used? The more you clear your space, the more familiar you will be with how it feels when it's light and energetically clean vs. heavy and stagnant from emotions that have been released. Think back to a time when you have walked into a room where some big emotional stuff has been happening like an argument or sadness. You know that expression you could cut the tension with a knife? Well, it's true! The more you pay attention and tune yourself to your environment, the more you can actually feel if a room has a lot of emotional residue that needs to be moved and cleared. If someone has mentally and emotionally brought a lot of other people along into the session with them, I have to call in the big gun plant allies to clear the space. Burning sage and allowing the smoke from the plant to fill up the client's energetic field (the space within three feet of their body on all sides) is a quick way to shift the energy and help the client get back to feeling like themselves.

Salt baths are my go-to remedy for staying well when I'm seeing a full load of clients. When I soak in Epsom salts, sea salts or magnesium salts, the benefits go way beyond soothing my tired muscles. I can feel the purification of my energetic field happening while I'm relaxing in the warm water.

I also have a mental ritual that I enjoy during my bath that helps me a lot.

While I'm soaking in my salt bath, I envision an altar of light in front of me. I place each client that I've worked with that day on the altar of light, giving them back to our Divine Source, or God. By doing this, I do not carry my clients' burdens around with me. I purposefully give each precious client back to the Creator, letting go of them with love after being of service. This is a way to stay free and light.

You may resonate with just one of my clearing rituals or you may choose to do them all. There are many different ways of clearing, not just the ones I have described here. I cannot emphasize enough how important it is to get in a habit of clearing yourself daily, if you wish to be at the top of your game. It is vital that you stay healthy and clear to help others. Just think of it like this - we don't have to cleanse our bodies or clean our houses just once. Why on earth would we think our energetic space or energy field is any different? Our healing rooms and our energy bodies need constant care and maintenance just like our cars, homes and everything else we own. You don't just clear once in a while. Make it a part of your daily routine.

### *A Review of Clearing Rituals:*

- At the very least, have a quick clearing ritual in the bathroom or break room between clients. This could be a quick Tai Chi or Qi Gong martial arts style centering/clearing exercise that becomes second nature. You can also drain your hands to the earth, like I do. If it's easy for you to go outside between each session and drain your hands, do it.
- Clearing sprays with essential oils and flower essences are easy ways to clear your room in between clients. Sound bowls, bells and chimes are also an easy way.
- Do a deep clearing at the end of the day for your entire healing space and office. This won't take long to do once you get in the habit of smudging with sage or copal incense. You can buy loose leaves of sage in a bag and it's easier than using the large bundles. Large bundles of sage or rosemary or cedar are good for clearing an entire space or home, but they can get too smokey for just a quick clearing of one room. Whole Foods and local health food stores usually have sage bundles for purchase.
- Use salt baths to clear your energy field anytime you have taken on a lot of emotions from others or touched a lot of people. I use 2-3 cups of salts (pink Himalayan, Celtic sea salt, Epsom salts or magnesium salt crystals) in a warm bath for a twenty-minute soak. I also visualize placing my clients on an altar of light and I give them back to Source (or God) at the end of the day.

The most important part of this is to create a clearing ritual that feels good to you. You will probably find other ways of clearing that suit you better than the ones I use, when you start to open to the possibilities. Make it a part of your daily routine and you will heighten your awareness of when you or your space need clearing.

