



**ENERGY HEALING INSTITUTE**  
Education for The Consciously Curious

## **Evolving the Etheric Body**



### **Sea Salt & Water**



## Sea Salt & Water

Def: Sea salt and water effectively cleanse the practitioner's Etheric/physical body after table work.

### Description

The practitioner moves dense energy in the Etheric/physical body when doing table work. The Etheric aura houses "Etheric junk," low-vibrational frequencies, electromagnetic energy from computers and other electronic devices. The hands and hand chakras are used to clear and release the energy. It is effective hygienic practice to wash the hands and the pendulum with sea salt and water to release dense Etheric energy.

Fill a bowl or sink with very warm water. Add a generous measure of sea salt – approximately ¼ cup. Dissolve the sea salt into the water – stir with hand or spoon. Dip hands in the water and wash as if with soap. Place pendulum in salt water and soak for 5 minutes. Rinse and dry hands and pendulum.

### Background

The practitioner can also use soap and water throughout the practice day and do a deeper Etheric cleanse at the end of the practice day. Should an illness be contracted (cold, flu, etc.), the Etheric Cleanse below is recommended.

### Etheric Cleanse:

The Etheric Cleanse is a bath-size recipe for clearing the Etheric body. The ingredients clear the Etheric body and detox the physical body. And it feels great, too!

2.5 cups sea salt

2.5 cups baking soda

2-3 Tbsps. dried ginger

Draw a very hot bath, dissolving the ingredients into the bath as it fills. Soak for as long as possible in the very hot water.