

## ***Balancing Your Therapy Room using Alaskan Essences***

It is in the nature of the work that we do that a lot of distressing emotions are expressed in our therapy rooms: clients weep, rage, talk about dark secrets and reveal things they have never told anyone else. Faced with this it can sometimes be difficult for the therapist to stay balanced and for the room to have a bright light energy.

One way of correcting this is to use the [Sacred Space Sprays](#) from the Alaskan Flower Essence Project. The three sprays are called:

**Purification:** designed to cleanse and purify your home or work place and have an effect on your own personal energy field It contains the Alaskan remedies Black Tourmaline, Fireweed, Portage Glacier and Sweetgrass with essential oils Peppermint, Lavender Mailette, Black Spruce and Frankincense. The oils increase the purifying effect of the essences, giving a spray that clears and refreshes you and your environment.

**Guardian:** designed to protect you and your environment energetically. It contains the Alaskan remedies Covellite, Devil's Club, Round-Leaf Orchid, Stone Circle, White Violet And Yarrow with essential oils Hyacinth, Litsea Cubaba, Tangerine, Lime And Melissa. This spray is particularly useful for people who find themselves easily disturbed by atmospheres and people, giving strength without losing sensitivity.

**Calling All Angels:** designed to bring a soft, joyful energy into the space. It contains the Alaskan remedies Angelica, Chalice Well, Chiming Bells and Kunzite with essential oils Bulgarian Red Rose Otto, Carnation, Alpine Lavender and Pink Grapefruit. The divine smell of this spray brings a release of tension and an opening of the heart to the goodness in the world.

You can use them separately or together.

### **A Suggested Ritual:**

- Centre yourself and state your intention to clear the stagnant, dark energies and replace with fresh, vibrant energies. If you have spirit guides, you can ask for their help at this time.
- Spray Purification around the room paying particular attention to corners and areas under low surfaces.
- Spray Guardian to bring in calm, stability and security.
- Spray Calling All Angels to attract the uplifting qualities of the angelic kingdom. (If this concept doesn't resonate with you, you can replace it with some other more appropriate concept or leave this step out altogether.)

- Take a moment to appreciate what has been done, to connect with the harmony and peace. If you have worked with spirit guides, etc. offer your thanks to them too.

You can adapt this process to suit your needs and beliefs. You can also use this in your home environment too.

How often do you spray? You need to decide this yourself. It could be after every client, it could be once a day or once a week or occasionally.