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Spring Cleaning

As the weather turns warmer and we become more active, physically, many of us think about eating healthier. Some people embark on cleanses or detoxification programs. How does this affect us, energetically, and of what must we be aware?

One of the points of a cleanse is to clear the channels – on all levels – so that energy can be increased and flow easily. In almost every religion and spiritual practice in the world, when one wants a higher spiritual experience, they fast. Fasting can, indeed, connect us to Source, but are we really ready for the experience?

Cleanses, fasts and detoxification programs are designed to help flush toxins which have accumulated over a period of time. Our daily eating habits are largely responsible for these toxins, although congested energy and simply living in the electronic age adds toxins, too. Prior to embarking on a

cleansing program, I like to see clients “clean-up” their act and change to healthier habits.

Following standard protocol, it is useful to explore what, in your physical world, might be adding/accumulating toxins? Eating excess fat usually causes excess body fat and this is where most toxins are stored. Even when our body fat is appropriate, we need to exercise in order to move the blood and lymph. Many of us know this, but do not enact it!

What, in your emotional world, is adding to your toxic load? Unresolved anger accumulates in the liver, for example. It may also cause hormonal changes, sending everything into disarray.

Consider your mental and spiritual habits. What might you change to prevent the accumulation of toxins? Once these habits have been remedied and a healthier lifestyle consistently adopted, then it is a good time to consider an appropriate cleanse.

Consuming only juices and blended foods are among the best ways to detoxify, once the body has become strong and the energetic body consistently balanced. It is important that the body be properly mineralized during this time. That is why water-fasting is generally only recommended for those who already have a healthy lifestyle and are in good physical health.

We must remember that physical detoxification will also have emotional, mental and spiritual consequences – this is the part of detoxification for which most people are unprepared. If you are buying a detox product or system (as opposed to going on a retreat or having a personal coach), it is also likely that these areas are not supported, so it is very important to address them yourself.

As the physical body cleanses, old emotions will arise. As this happens, energy might get stuck in corresponding places. This is why most cleansing retreats include yoga and journaling as part of the process. Yoga helps to align the chakras and clear the nadis, the energy channels in the body. Energy and yoga practitioners have an added advantage of being able to meditate and/or use energy protocols to clear congested energy from the body.

During a cleanse, toxins are released into the bloodstream before moving out of the body. As this happens, people often experience feeling ill or extremely tired. Addressing these symptoms, energetically, can make the process less taxing on the body and facilitate greater healing. However, what often



happens is that people are uncomfortable feeling ill and they declare that the cleanse is making them sicker and they stop. Feeling worse than usual for a day or a few hours is perfectly normal and reasonable. At times, it can take a trained professional, to help discern a cleansing reaction from a true health concern.

Once again, it is possible to clear these symptoms energetically. Energy practitioners have a variety of techniques to facilitate this process. For example, Healing Touch practitioners may find Hands in Motion, Lymphatic Drain or Etheric Template Clearing to be helpful in clearing energy congestion in the body. Cyndi Dale's Zero Point technique can be valuable for gathering information about underlying emotional-mental issues. Many healers use Barbara Brennan's sound and/or color frequencies to clear energetic blockages and promote healing.

Other ways to facilitate releasing toxins include sauna, dry skin brushing and colonics. However, before starting a cleanse, it's best to change our habits. Without changing our habits, we'll only become toxic again. It has been proven that see-saw dieting is unhealthy. Knowing ourselves and adopting healthy habits is vital to our self-care. Before embarking on a cleanse, it's useful to take inventory and spring clean our habits. €



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