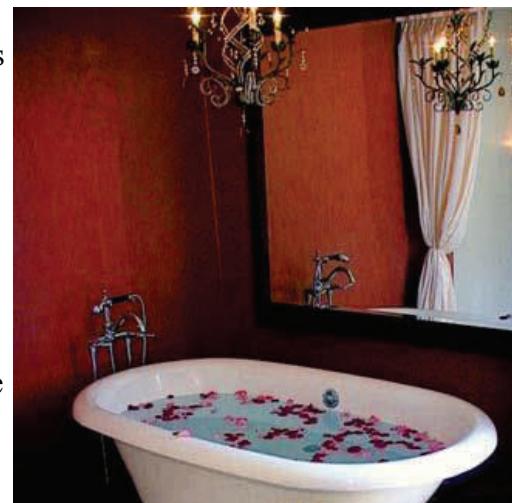


## Bliss of a Bath – Simply Salt

Step in. Sink down. Release. Let all the weariness of your day go into the bubbles and warm water. You've had a tough day; you have a little chill; you think you might be coming down with whatever the people at work have. Before you let the thoughts of "what might be" spin out in your head, go for a fabulously simple remedy. Take a bath.

Take a saltwater bath. Here is the exact recipe: **Draw a bath tub full of water** at a comfortably warm temperature (something you can enjoy for 20 minutes – not too hot, not too cool). **Add 2 to 3 pounds of salt** to it while the water is running. Yes, pounds. The salt we recommend is table salt. A 25-pound bag from your local warehouse retailer will cost around \$4 and serve you very well. Epsom salt is not the same. It works for many things, but not for this purpose. **Add 8 to 10 drops of lavender oil** or tea tree oil. Add any other bath oils or bubbles as you like. **Soak with your torso under the water for 15-20 minutes.** Do not exceed 20 minutes. **Rinse** off in the shower with fresh water. Salt baths are best done just before you go to bed, since you will find yourself so relaxed that bed sounds like the best idea.

Personal testimony from many, many clients indicates that taking a salt bath does wonderful things for a person. Most noticeable is the release of stress energy from the body and from the energy field around the body. Water holds energy and salt breaks it down. That's why it feels so good to walk on the beach and why we use salt to preserve food. Bad stuff just can't grow in salt or salt water. As the stress energy is disintegrated, the physical body is able to relax. Naturally, as the body relaxes, all the systems are able to function at a higher level, and the body is more readily able to heal itself. Secondly, before anything appears in the physical body (such as a cold or the flu), it must first be in the energy body. It would appear as a darkened area in the energy field. By taking a salt bath, you are clearing diseased congestion from the energy field before it has a chance to manifest fully in the physical body.



How often should you take a salt bath? For most people who live in the real world, 2 to 3 times a week is about right. However, if you feel you are on the brink of an illness, take a salt bath once a day. If you are actually ill, twice a day is even better. On the other hand, for general maintenance and good health, you can do a daily salt shower. This is faster and simpler for people on the go.

**Salt shower recipe:** Rinse and get wet. Turn the water off. Sprinkle salt all over your body. Pay special attention to your torso – front and back, arms, armpits and hands, to your feet and behind your knees. Gently massage the salt for 30 seconds or so. Rinse. Wash your body in the usual way. You can now step out of the shower energetically cleaner and lighter.

Pranic Healing ® can teach you how to clear even more of the stress and disease energies from your energy body. It is a simple-to-learn technique for cleansing the energy body and providing extra fuel for the physical body to heal itself more rapidly. It can be used for simple ailments, chronic conditions, psychological issues, depression, addictions and phobias.

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