



PRANIC HEALING™ WITH ANDREA FURBER

The Bliss of a Simple Salt Bath

Step in... sink down... relax... 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 scenario of catching the bug and spending a miserable day in bed play out in your head, go for a fabulously simple remedy. Take a bath—better still, take a salt bath!

Here is the exact recipe: Draw a bathtub full of water at a comfortably warm temperature (something you can tolerate for 30 minutes). Add 2 to 3 pounds of salt to it while the water is running. Yes, pounds! The salt need not be fancy. A 25-pound bag from your local wholesaler at \$3.20 will serve you very well. Epsom salt is not the same. It works well 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 you like. Soak with your torso under the water for 20-to-30 minutes. (Do not exceed an

hour.) 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 Pranic Healing™ clients indicates that taking a salt bath does extraordinary 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 the salt breaks it down. That's why it feels 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 its 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, e.g., a cold or flu, it first appears as an imbalance or blockage in the energy body. To a medical intuitive, it would appear as a darkened area in the energy field. By taking a salt bath, you

are clearing congestion from the energy field before it has a chance to manifest in the physical.

How often should you take a salt bath? For most people, 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 daily. If you are actually ill, twice a day is even better.

For the general maintenance of good health, you can do a daily salt shower. This is faster and simpler for people on the go. Here's the salt shower recipe. Shower off your body

in the usual way. Turn off the water. Sprinkle salt all over your body. Pay special attention to your torso (front and back,) your arms, armpits and hands, and to your feet and behind your knees. Gently massage the salt in these areas for 30 seconds or so. Then rinse. Now you can now step out of the shower refreshed and energetically cleaner and lighter! ■

Pranic Healing™ teaches you how to clear even more of the stress-causing, disease-causing 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. Add this healing modality to your skills and experience the benefits of energy hygiene, a healthier body, reduced burn-out and inner peace.

Pranic Healing™ Level I will be taught in Libby, on June 9 & 10. For more information, contact Andrea Furber, Associate Certified Pranic Healer and Certified Pranic Healing Instructor at 503-293-0481; e-mail andreafurber@mac.com, or call Lisa Mountain, Pranic Healer in Troy, at 406-295-8134. Visit www.pranichealing.com.