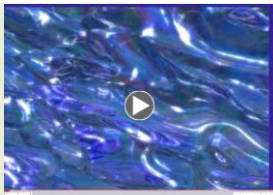


Speaking of...Mindful Wellness Simply Clear...

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stressed out dad!

**Foot Fun and soooo
relaxing**



Dear Jacky,

So many things to distract us, take us away from completing tasks, get us in a funk or just plain overwhelm us. I feel these sensations, too! In this issue I want to share helpful ways to "Clear" energy. I recently attended a seminar where there were so many aha moments for me and I'm tickled to share them with you.

Find even more ways to feel better by visiting my website,
www.MindfulWellnessMassageandBodywork.com. Here's to taking a little time
for yourself...

Jacky

Clear!

On Saturday, April 28, 2012, I attended a day long conference for Healing Touch Practitioners at Bethesda North Hospital. The speaker was Ann Marie Chiasson, MD. She is a Clinical Assistant Professor of Medicine in the Arizona Center for Integrative Medicine, and works teaching medical students and residents various aspects of Integrative Medicine. This, in addition to a very impressive resume of providing consultations, treatments, seminars and retreats among other things.

The topic of the morning session was "Clearing Ourselves, Our Energy Fields, and Our Clients: The Daily Work of Being Healers." This is what I wanted to share with you today. She spoke of how crucial it is to care for ourselves. This doesn't only apply to practitioners, but also to you and I. It is of paramount importance that we clear our body and energy field at the beginning and end of each day. As we traverse through our day-to-day activities, it can be challenging not to "pick up" the energy of others. There is no such thing as "bad" energy, but plenty of it does not serve us. Instead of trying to figure out what we're lugging around that really isn't our "stuff," it's a great self help idea to get into the daily practice of releasing and clearing all that does not serve us.

There are innumerable ways to accomplish this goal and it's simply a matter of choosing ways that resonate the most with us personally.

So, what I'd like to do is share with you some ideas of how you can easily achieve the goal of cleansing and clearing your energy field. Please realize that this is only a partial list and you certainly can create your own rituals or practices that fit you best.

The simple act of mindfully washing your hands while imagining that you are washing away anything that doesn't give you joy or peace can do the trick. A [therapeutic bath](#) is another very effective method. Going for a walk or reading a book are other ideas. Others prefer yoga or Tai Chi to unwind and get in touch with their mind

This is a fun and relaxing foot bath while also offering several therapeutic benefits.

In a flat pan or plastic container large enough for your feet place marbles in the bottom and fill with warm water.

Add about a half cup of Epsom salts and a couple drops of your favorite essential oil. I like [Peppermint](#), [Tea Tree](#), [Cypress](#) or mixing a few drops of [Rosemary](#) & Peppermint to invigorate tired feet. Roll each foot over the marbles or just soak for several minutes. Then try to pick up the marbles with your toes. This will help with dexterity, flexibility and circulation.

[Click here to see posted recipe suggestions for Essential Oils.](#)

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and body synergy. A good meal with great company is a delicious way of recentering.

One of my favorite things to do is to use pure, [therapeutic grade essential oils](#). Whether I [diffuse](#) (just a few drops work well in my diffuser) them or use an [atomizer bottle](#), they both do the trick.

My first choices of essential oils for clearing my energy or a room's energy are [Sage](#), or [Purifying](#) (which creates a nurturing environment). Some people like to use [Peppermint](#), as well, which can clear out and uplift the energy field. [Geranium](#) can strengthen and align the nervous system and is a great mood booster. There really are no "bad" choices. Essential oils all have their own unique qualities and therapeutic benefits.

[Body Brushing](#) is an extremely effective way of clearing energy while stimulating your lymphatic system. Double the benefits and very soothing to boot! This is another top choice for me.

In essence, I would like to stress that it's important to choose and create rituals that feel best to you. If you feel that it's clearing energy for you, then it is! It's really that simple.

Please feel free to ask me more at your next session or send me an email at jacky@mindfulwellnessmassageandbodywork.com

NEW Essential Oil



I am delighted to announce the addition of Exotic a brand new Essential Oil Blend.

Exotic is a great Essential Oil to use as a room diffuser. It's one of my favorites!

The scent boosts a playful, romantic, exotic, intimate aroma.

- A wonderful, relaxing blend for your room diffuser. Add a few drops to your [SpaMist Diffuser](#).
- Great for use in your bath by blending up to 10 drops with an emulsifier like [Jojoba](#) or some Half & Half prior to adding it to the water (in order to prevent the oil from floating on the surface).
- Also a very pleasant blend for making a lovely massage oil. Spend a little quality time with your honey.

Contains Essential Oils of Clary Sage (good for insomnia, hormonal imbalance), Ylang Ylang (good for depression, anxiety, hypertension), Vanilla (good for calming), deliciously spiced with Patchouli (good for emotional balance), Orange (uplifting scent), Cardamom (invigorating, helps with headaches), Nutmeg (helps increase energy).

Buy Now and kick off Summer with this delightfully fresh scent!

Comments, suggestions or questions are always welcome.

Here's to Healthy Habits,

Jacky

Jacky Groenewegen, LMT, HTCP, GIT
Mindful Wellness Massage & Bodywork, LLC