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November 22nd 2013: Holistic Cleansing for Lightening YOU up so you can LIGHT UP others!

Cleansing means different things in different contexts. Starting at the source - our subtle energy, chi, prana, life force energy - and then moving up through the emotional, mental & spiritual bodies to the physical, cleansing happens in different ways at each of these levels. It still surprises me how much I see the people I work with lighten up their physical density and actually lose physical pounds after they've released major energetic - density, or heaviness. This heaviness could be in any or all of the mental, spiritual, or emotional bodies so addressing the density at its core, the

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