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## You call That Cleaning?? This is Cleansing.....

In churches, temples and cathedrals all over the world you'll find the use of incense and vibrating music. Why? They are cleansing the holy space of people's worries, pleas and cries for help – the stress they dump and leave behind.

In fact the easiest way to “lose” the stress is by walking through a holy space or spending time in a church. It's set up to cleanse, protect and bless. Anytime I am in the city and presenting to corporate I ensure I allow time to walk through the closest church/ cathedral – I instantly feel unburdened of others stress and lighter in perception.

You can apply the same principles at home. When we spend time inside we “download” or stress in doors which is one of the reasons a walk in nature is so healing. Have you found that you tend to have arguments or get angry or sad in the same place in the house and laughter in another? Every emotional response releases emotional energy. Just like the mud on our boots it builds up and often it feels like you are literally moving through mud.

So here's an easy and effective way to clean out your living space and fill it with lots of fun, light and laughter. In massive download areas I do it once a week, otherwise do it once a month to keep you moving forward easily:

1. Play some bass (“base”) music – lots of heavy beats like Beethoven or ACDC while burning sage or incense - my preference is Frankincense, Myrrh and Sandalwood- while the windows and doors are closed.
2. When the smoke has finished, open the windows and doors, change the music to something “lighter” like Mozart, Debussy or Enya . Incidentally, the soundtrack to Phantom of the Opera and most arias ( from Opera, not the awards night) have a balance of “base” and “light” music.
3. Light a candle in each room you've smoked while saying “ Bring love, light, healing energy and protection to this space”. You can add to this any “job description” for the room you like, eg. laughter and good digestion in the dining room; love, fun and lust in the bedroom, and the kitchen and the lounge room ....

Notice the difference in energy of your rooms and how much more gets done.

Now you have the energy and time to declutter, re-arrange and enjoy!

Questions or comments? Email [deborah@deborahbeers.com](mailto:deborah@deborahbeers.com) or call me on + 61408 600 410