

Beach at the Baltic Sea in Germany



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Sea Salt Energy

www.energies4you.com

Reiki-Treatments and Distance Attunements,
Spiritual Counseling, Angels Readings,
and many more

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Why and how this manual was born

It was a way through transformation of lower energies, a way through anger, frustration, the way to my mother's door in order to ask her, if I may use her bathtub ... a way of despair!

I love to take baths with sea salt in the evening ... the relaxation, the cleaning, soft music, an aroma candle next to me ... fantastic! Then the misery started!! We moved! A perfect house with huge plot of land, far away from the main street; a paradise for the pets, my husband and me ... but the house had no bathtub!!

At this moment the journey of discovery how to still enjoy and handle these energies, started. Tonight I'm aware of it, but until now it was an odyssey. I tried everything that came into my mind... have you ever tried to have a bath in a shower basin?? That's nearly impossible especially if you have a little overweight. ☐ Even to pour a bucket of water upon myself wasn't a good idea, because the bathroom was flooded. So I made the best of this misery, angry and sassing.

Nearly 5 years later we moved again. This time it was a flat WITH A BATHTUB! YEAH!

I immediately ran off to buy some sea salt, of course, and I began to enjoy my beloved bathing-sessions again... until a voice entered my senses!

This voice introduced itself as the guardian of the Energy of Sea Salt and asked me whether I was finally satisfied and now ready to listen to him. He said he tried several times to contact me, but because of my lower energies that I put into my "I-want-to-have-a-bathtub"-action, he wasn't able to come through to me. He asked me whether I was serious with believing the wonderful relaxing and clearing energies one enjoys while having a bath with sea salt, can only be felt and used in a bathtub!?

Because of this really lovely reprimand in connection with this question, I was gobsmacked and took my time to think about that until suddenly I got clear and he told me to spread this manual.

Why sea salt?

Sea salt has an irritant-balmy and anti-inflammatory effect. That's why it is often used to ease or solve problems with skin like neurodermatitis, eczema, pimples and dry and sensitive skin, and even respiration problems like e.g. asthma.

On an energetic level it has nearly the same effect, we just use other words. To our energetic body it takes the effect of a cleaning and clearing, it "pulls out" negative energies. For that reason healing stones are often cleaned with sea salt water and many Reiki practitioners use a filled bowl to wash their hands in it after a Reiki session or to put it under the massage couch during the session in order to absorb the negative energies which are released while the session. Sea salt also contains next to sodium chloride small amounts or traces of other substances, such as salts of potassium, magnesium and manganese.

How to use this energy

The usage of this energy is very easy. You can additionally have a bath with sea salt and if you have no bathtub you can choose another comfortable place where you can relax and find your inner centre, maybe with soft music, an aroma candle, incense sticks... just how you like or maybe already know it. Take your own most comfortable method to calm down and relax!

Ask your guides and angels to be with you, ask for guidance and protection and to take the released energies back to the Divine Source in order to transform them into light that is available for all of us.

Now say out loud or in your mind: "I ask for being connected with the Energy of Sea Salt! Thank you!"

You also can use affirmations like: "I am grateful to be connected with the Energy of Sea Salt now!"

Then let the energy flow and enjoy.

The self-attunement

The guardian of the sea salt wants this energy to be available for anybody... with or without a bathtub. Everybody should have the possibility to use and enjoy this energy. For this reason this manual may only be given away as a self-attunement and **free of charge (!!!)**, without certificates!

During the attunement you 're connected to the energy and you also get your first "bath with sea salt" on an energetic level. There are no prerequisites to receive this system.

Please calm down and relax 10-15 minutes before calling down your attunement. You may sit or lie down, choose your most comfortable way! Reiki/Meditation is also a good idea to come down to yourself, maybe accompanied by some incense sticks or aroma candles.

But please watch out for your safety!!

When you feel ready to start, call your guides and angels and ask your Higher Self to may receive the attunement. Maybe you say:

"I, (your name), ask now and here to be attunened to the Energy of Sea Salt. I accept it now! Thank you"

Then allow your sensations to flow, relax yourself and see what happens! The attunement will run for 15-45 minutes, it varies from individual to individual. The sensations and experiences may also be very different. There 's no problem if you feel nothing or fall asleep, the energy comes through anyway! But please do not fall asleep while having a "real" bath in the bathtub! That could be dangerous!! The attunement is finished when the sensations are gone. Stay in your relaxing position or meditation as long as you feel comfortable.

Have joy with this energy!

Sandra

Please consider that our native language is not english.
Everyone who worked on this translation did his/her best !!
If you find any mistakes with punctuation, grammar, spelling, or anything else,
please let us know !!

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The translation has been taken place by Christian Trabert in cooperation with Thorsten Henning.

It is not allowed to change or extend the manual or to create own manuals, because this manual carries a specific energy in connection with the self-attunement.

If you want to add something or translate the whole manual, please contact:

info@energies4you.com

It is not allowed to sell this attunement!

Price fixing:

Haha, joke! There is none! Hm, well, actually there is one: 0€ !

This manual has to be given away only **for free**, as a gift and a self-attunement.

This is the will of the guardian of the sea salt, because this energy shall be available for anybody. It is a gift of Mother Nature and it shall be spread as a gift!

Private words:

I´m very interested which way this system might take and how you experience this energy.

Maybe you feel like leaving a message in my guestbook: www.energies4you.com

This system is offered outside of medical science!

It does not replace the doctor, healer, pharmacist, psychotherapist
or something similar.

During the attunement and usage of this system energies will be released. Ability
to cope with physical and psychical pressure is required and is assumed.

For the release of energies, everybody is responsible for himself.