

# 5-Step Spray Clearing Technique

## OVERVIEW

The 5-Step Clearing is a thorough clearing technique that you can do for yourself.

## WHEN TO APPLY

- Daily for chronic or persistent unwanted energy limiting your ability to enjoy life.
- You are feeling particularly sluggish or stuck in life.
- You were exposed to unwanted energies.
- You have recently been in an environment of excessive stress or negativity.
- You feel as though you have “picked up” something from someone or someplace.
- You’ve come home from a long day and want to “spray the day away”.
- You need a thorough clearing.
- As part of Step 1 of the Gemstone Therapy Session Protocol.
- And, as a stand-alone Gemstone Therapy.

Spray clearing the aura of unwanted energies is as important to your health as washing dirt and excess oils from your skin.

## THERAPY TOOLS

- Energy Clearing Spray.
- EMR (Electromagnetic Radiation) Clearing Spray.
- 7-Color-Ray Diamond Spray.

## DISCUSSION

The 5-Step Clearing is a thorough way to remove unwanted energies that are on the surface and ready to be released from the body, aura, chakras, and local areas.

To do this clearing, you’ll need to know the approximate locations of the seven body chakras, the meaning of Spray In and Spray Out, and an answer-receiving technique that you can use quickly and efficiently.



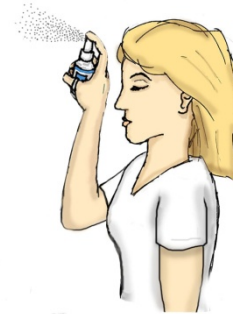
Practicing the 5-Step Spray Clearing as a self-therapy gives you an opportunity to practice your intuitive knowing, without doing any harm if you get it wrong. At the very worst, you'll use more spray than you need to. Intuitive knowing means you get instantaneous answers about whatever questions you are posing. In this case, where to apply the sprays.

### HOW TO POSITION THE SPRAY BOTTLE

**Spray In:** This means to hold the bottle of spray at arm's length directly over or above the chakra to be treated, and spray toward that chakra's location on your body. Spraying in clears the chakra's intelligence center.



**Spray Out:** This means to hold the bottle of spray at the chakra, point it directly away from the body, and spray out into your aura. This will clear accumulated energy from the chakra vortex itself.



### PROCEDURE SYNOPSIS

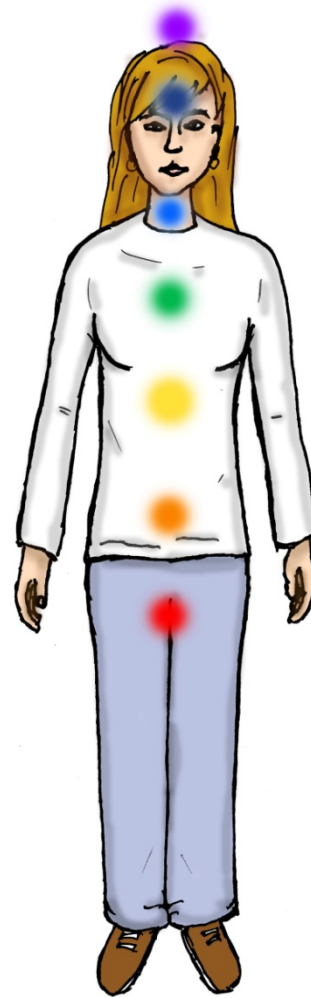
1. Spray overhead to clear the body as a whole.
2. Spray in at each of the seven body chakras as needed.
3. Spray out of each of the seven body chakras as needed. (Note: Steps 2 and 3 can be combined into a single step, by spraying in and out of each chakra one at a time.)
4. Spray on select target areas.
5. Spray into the aura along selected vectors. (Note: a vector is an invisible line you trace when you spray a GEMFormulas' clearing spray into the aura. Spraying along a vector will efficiently neutralize a significant amount of unwanted energy, including energies not directly located on that line.)

## PROCEDURE

You may perform this procedure while sitting or standing.

1. Spray overhead one to three times and let the mist rain down upon you.
2. Hold the bottle at arm's length away from each chakra, starting with the crown, and spray in toward the crown of your head. After you spray in to the crown, then repeat with the brow, throat, heart, stomach, sacral, and root chakras.
3. Turn the bottle to the spray out position, with the bottle about an inch or two away from your crown. Spray out. After you spray out from the crown, then repeat, spraying out from each chakra.
4. Spray in toward local areas of your body that may be sore, painful, or stiff, or where you would like some focused support.
5. Spray out from the body and into the aura along vectors. This is the most subjective part of the procedure. If you're not sure which directions into your aura you should apply the spray, then spray out, overhead, at four to six equidistant directions out into your aura around your body.

Repeat the above steps with the EMR Clearing Spray and the 7-color-ray Diamond Spray.



## TIME GUIDELINES

The 5-Step Aura Clearing Self-Therapy will take a few minutes to perform. Clear yourself once daily, at the end of the day, as needed. Otherwise, perform this self-therapy one or twice a week.