

The Green Energy Mat

When we set up our sacred space, we create a mat of green energy on the floor / ground, which collects any negative or residual energy that is being removed from the person during the session. This green mat and the column of white light which we build, acts as a filtration system in the room to remove any of the negative residual energy and sends it out to the Universe to be transmuted into positive, light-filled healing energy for the planet.

Channel green energy with your dominant hand, (the same hand you write with), with the intention of covering the entire floor of the room and then create a column of white light energy at the base of the massage table which takes everything from the green mat up into the Universe.

As you are doing this say silently or out loud, "I now create a mat of green energy to collect any residual or negative energy to be sent out through this column into the Universe to be transmuted and used for planetary healing for all beings in the cosmos. Now that the green energy mat is there and the column is removing all the negative energy, you're good to go.

At the end of the session, remove the green mat and white column by pulling it up with your hands and sending it all out to the Universe. Then you can seal the space where the column once was by making a counter clockwise rotation with your dominant hand. (See Sacred Space video)