



Creating Energetically Healing Environments

“Having strong energetic boundaries allows you to withstand exposure to toxic environments without getting sick. This is a focus of my Energy Ecosystem work.”

By Mara Bishop, MS, ThM, CSC

From the shamanic perspective, everything has a spiritual or energetic structure that supports and informs the physical states we perceive with our physical senses. Creating healthy environments is important. Equally important is maintaining your health regardless of what environment you are in. To achieve those goals from an energetic perspective, two approaches are effective. The first is restoring balance to energetic ecosystems. The second is developing strong energetic boundaries, so that even if you must spend time in an unhealthy environment, you remain healthy.

The first approach involves energetically cleansing the environments we inhabit. Some methods used in ceremony for thousands of years are effective today. Using smoke to purify and protect is a technique used by people of many cultures and religions, such as the ancient Greeks and Romans, Europeans of the Middle Ages, and indigenous people of North America.

The ceremonial burning of plants to create sacred smoke helps remove negative energy from individuals and the environment. Each plant has a specific purpose—some for purifying and removing energies that don't belong, like sage or cedar, and others to call on beneficial energies, like sweet grass or tobacco. Passages in the Old and New Testaments of the Bible refer to burning incense, often of specific compositions. In Exodus, for example, the Lord was said to tell Moses to create an incense of

“sweet spices, stacte, and onycha, and galbanum, sweet spices with pure frankincense.” Incense is burned in the Catholic Mass today, as well as in temples and shrines of many other faiths worldwide, with similar intentions.

Some materials used may also beneficially affect the physical state of the environment. Both frankincense and onycha are known to have anti-septic properties. A 2008 study published in the *Journal of Ethnopharmacology* reports that using certain kinds of “medicinal smoke” for purification reduces the presence of airborne bacteria by 96 percent.

CREATING ENERGETIC BOUNDARIES

The second approach, creating strong personal energetic boundaries, helps us individually and also contributes to the overall health of the environment. Analogous to having a robust immune system, having strong energetic boundaries allows you to withstand exposure to toxic environments without getting sick. This is a focus of my Energy Ecosystem work.

The first part of this work includes fortifying your energetic immune system and developing the ability to adjust your energy body. The second provides tools for moving within challenging ecosystems. And the third part involves clearing yourself once you've spent time in toxic environments or relationships.

By adjusting your level of energetic permeability, you change how much you are affected by your surroundings. You can adapt to different circumstances by changing your energetic

state. It's similar to dressing for the weather. If it's a temperate day, you don't need many layers of clothes to be comfortable. However, if it's 10 below with strong winds and icy snow, you'll want to dress warmly to protect yourself from the harsh elements and in layers you can shed when you step inside to a more hospitable atmosphere. Simple rituals of “dressing” yourself energetically before you leave home each day can make a difference.

One student recently reported how the Energy Ecosystem tools impacted her professional environment. Having to work with highly charged subject matter or objects on a regular basis can be very stressful. This woman used the methods she learned to create distance between herself and the energy of the materials she had to handle and process regularly. Rather than becoming “angry, annoyed, impatient, or depressed” as she had previously, she was able to work with objectivity and keep her energy and emotions clear.

Creating healthy environments involves working with whole systems, including physical and energetic ecosystems. Ancient spiritual methods can make a difference in creating healthy ecosystems, and evidence is mounting that these methods affect physiological change in individuals and environments. By developing strong energetic boundaries and immune systems, we become stronger and more resilient. We also leave the ecosystems that we move through cleaner and healthier. By working simultaneously with the physical and energetic ecosystems, we can create a self-sustaining loop of increased health and well-being. lkl

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