

MARK STANTON WELCH'S

Tools for Conscious Living

HOW-TO ARTICLES

Creating a Healing Ambiance



When your energy systems and bodies are compromised by your moments of living you begin to lower your vibration of wholeness. When this occurs there are compromises made, especially in the physical. Continued repression of emotional release impacts the body and begins to create dis-ease. The longer it goes on, the more likely a condition will develop. When this occurs, your awareness is one of your primary tools to regain health. Once you notice what is happening then you can take steps to heal yourself back to your wholeness vibration.

Healing is essentially witnessing yourself back to balance. To witness is to see and affirm your truth despite the appearance and the form. Holding the memory and belief that you are already whole is a powerful vehicle to activate the body's natural healing capacity. Everything you do must align with your intention to reclaim the desired state: your thinking, your beliefs, your actions, your responses, what you focus on, and yes, even the physical ambiance and space where you spend your moments. It is to this last element that this article offers suggestions and information

All is energy. The body is energy. The environment is energy. Thoughts are energy. The greater the alignment of these the greater the balance. Creating a nurturing space that addresses your vibrational field is a foundational element of balancing your self. To set an ambiance that nurtures requires attention to all of the following: color, order, direction, images, sound, music, aroma, furniture, light, minerals, plants, and natural elements.

COLOR

Color impacts us on many levels. It influences our mood, our thoughts, our energy, and our activity. The frequency of the color interacts with our cells on a deep level. Certain colors are useful in bring us back to balance in tissue, energy, and thought. The seven in-body chakras are often the focal points of dis-ease as they hold certain vibrations aligned to the energetic residue of our moments of living. As storehouses of a collective kind of energy, attending to them with color can be very powerful.

- Root chakra is nourished by red. Issues regarding survival, self esteem, foundation, and self care are deposited here. Disorders in the legs, feet, hips, lower bowel, sexual organs, colon, etc are indicators of a challenge in this chakra.
- The sacral chakra is fed by orange. Issues regarding abuse, depression, sexuality, passion, creativity, and fear reside here. Lower back, intestinal, sexual, hips are typical disorders.
- The solar plexus is impacted by yellow. Power, making decisions, anger, and taking action are the primary issues of this chakra when compromised. Disorders of the stomach, intestines and major organs are indicators of problems there.
- The heart chakra is nourished by green. Lost love, self love, lovability, compassion, empathy, and creating community show up in imbalances in this chakra. Disorders of the heart, lungs, thymus, and blood stream are indicators.
- The throat chakra is fed by blue. Issues of expression verbally are the strongest indicators of compromise. Problems in the throat, mouth, thyroid, teeth, voice box, and back of the neck will point toward compromise in this chakra.
- The third eye is aligned with indigo. Loss of imagination, limited vision, ignoring guidance, and hopelessness are third chakra issues. Challenges with sight, hearing, thinking, reading, listening, intending, visioning are signs of a weakened chakra.
- The crown chakra is responsive to violet. Issues are feelings of separation, isolation, reduced spirituality, faith, and abundance are typical. Headaches, tumors, mental illness, and brain disorders typify a weakened crown.

To support any of these chakras gather the appropriate color and make it visible. Paint a wall or a room , get a large piece of art board, wear clothing of that color, focus on patches of the color, wear the color tinted glasses, sit under colored lights,

MARK STANTON WELCH'S

Tools for Conscious Living

HOW-TO ARTICLES

Page 2

putting splashes of the color around the house. Immerse yourself in the color often and strongly affirm the ability of the color to impact your problem area.

ORDER

Bringing order and structure to your space translates well to an inner world of fear and chaos. Well placed items in your healing space invite an inner order to return. Inviting a Feng Shui practitioner to work with you or, at least, applying some of the techniques can be very useful in energetically supporting a return to balance. Making the visible world pleasing to the eye brings feelings of contentment and pleasure. These feelings can go far in helping to clear disharmonious energies manifesting in the energy bodies.

Direction

According to native wisdom and tradition, the compass directions have certain qualities that support us in beneficial ways. Align yourself to face certain directions to call in their powers.

Face the North for reflecting on your state and what brought you to this moment. Seek insight from the dis-eased area itself. North is beginnings and endings. Be willing to let go of the old patterns. Let the old ways die. Open to a new way of being, thinking, and acting. Often, a condition forces new awareness and change. Be willing to embrace the change. Reflect on self care and how you can make it better. Affirm and maintain foundation with the earth. When facing the North have something red, have a handful of soil, burn sweetgrass, call upon the white buffalo, and, if possible, do so at midnight.

Facing the East invites the beginning of the new, the rebirth in a higher vibration, the movement to claim a new way of being.. Reclaim spontaneity and playfulness and the childhood lost. Step out of the routines that have robbed you of the movement and flow with life. Put young plants in the east and tend them to grow in a symbolic activity. Take action on new activities that affirm and engage life. In the east we can release the old ways of thinking and dissolve beliefs that contributed to your condition. Look to the east for energy and vitality. When facing East have something golden, invite the eagle in, breathe deeply, burn tobacco, and view the sunrise.

Aligning to the South invites the flowering of your intentions. It is where your visions manifest, where you tend the garden and weed out resistance. You keep the focus and fertilize your visions and dreams of health. Here you manage authenticity, being honest with yourself, clearing the behaviors that are insidious and fleeting. Realigning with growth rather than decay can reverse the progression of the specific dis-ease you have brought forth. Facing South you nourish your love vibration. Claim love of self and do all you can to make it palatable. Love your situation, your condition, your journey, your path, your results. When you are solid in that love, then it can be shared outward, in a vibration that asks for nothing in return. When you turn to the South have water, burn sage, have something yellow and green, and do so at mid-day.

Face the West to claim the truth and lessons of your healing journey. Surrender to the flow here. It is a source of strength, knowing, and the place to stand in your power, using all your talents and skill to be fully in the moment. No lower vibration can survive in this frequency. When addressing the West burn a candle, burn cedar, invite the grizzly bear bear in, have something blue or black, and do so at sunset. In each direction align with the vibration and lay claim to the qualities and capacities in each.

IMAGES

Images in alignment with your intention feed your inner vision center and literally command a change in the form. Continued immersion in the desired condition magnetically attracts all that is necessary to make it manifest. Make collages and post them on your wall Make a collage book of intentions and visit it daily upon rising and before sleep at the least. Collect pictures and images that affirm life and show joy, peace, connection, health, etc. Change the images on the walls regularly and affirm each by looking often and breathing in the vibration of what you see. Claim it as yours. Make computer based slide shows with music to affirm your desired life. View them daily.



SOUND

Use sound in your space to support yourself vibrationally. Listen to a variation of relaxing music, natural environmental recordings, songs that you love, songs that inspire, and songs that irritate (as these can often be the vehicle to confront the very energies contributing to the form of the dis-ease). Have running water, or ocean sounds, or wind. Put up chimes. Use sound bowls , bells, shakers, rattles. Cleanse your energy field regularly with sound. Chant and do mantras that affirm your

MARK STANTON WELCH'S

Tools for Conscious Living

HOW-TO ARTICLES

Page 3

desired state. Sing. Make sounds like a child. Let the dis-eased area make the sound. Get a drum and drum. Play an instrument and sing. Use specific pitches as drones at the frequencies of the chakras, especially the chakra where your condition is centered. Make affirmative statements affirming life and record them with your spoken voice. Play them back several times daily, when resting or in activity. Choose periods of silence and just listen. Silence on the other side of sustained sound can be a revealing process.

AROMA

The sense of smell is particularly powerful. Gather specific aromas from incense to essential oils to blends. Use a diffuser to spread the aroma. Breathe in the smell and let it work the vibrational shift that is occurring. Create and enjoy pleasure by investing time into your sense of smell. Often dis-ease arises out of extended periods of compromising our zest for life, our full living. Let your sense of smell bring you back to the senses. If you struggle with smells, please allow yourself some time to integrate it. Quick resistance is often a sign that the aroma is doing powerful work. Trust the process. Let your cells clear, cleanse, and realign.

FURNITURE

Your primary concern is comfort here. A nice chair for sitting, reflecting, intending, and celebrating is pretty important. If you have the space to turn it when facing the different directions, all the better. Otherwise have a portable chair that you can use for those sessions. Having a place to lie down comfortably is nice, as well. Resting to music or guided visualization or tones or visioning is encouraged. A comfortable futon, mat, or even a single mattress would be great. Having tables or shelves to store your materials and projects and creations is important. A working desk would be great for doing projects. Have adequate lighting, natural or otherwise. Using color light bulbs requires a lamp or two. Some statuary that would trigger your archetypes, represent spiritual deities, reflect power animals, etc. would be of value (The color light bulbs give a full wash of the color.) Make it simple and keep it neat and orderly. Fill it with your vision and vibration. Make the room your safe and nurturing and life affirming place. Create space for an altar, where you place sacred objects, photos of yourself in vitality and joy, candles, stones, statuary, etc. Tend this space and keep it sacred.

NATURAL ELEMENTS

Finally, pull in the vibration of the natural world and integrate the forms into your space. Have some live plants in there. Have plenty of natural light, if possible. Bring pictures or statuary of totem animals and animal spirits that call you and place them around the room. Get salt crystal lights and burn them throughout the day. They really cleanse the vibration. Have white sage, sweetgrass, cedar, and various vibrational herbs available for periodic use as cleanser and stimulator. Put a water fountain in the room for the sound, the energy, and the symbolism of flow and cleanse. Research and gather a variety of stones and minerals that carry the necessary vibrations. Use them specifically or allow them to simply influence the vibe. Cleanse them regularly by either washing them, placing them in sea salt, or setting them in the sun. Regularly place a fresh bouquet of local flowers in your space. The color and the life and fragrance are very stimulating to your spirit. If possible, plant some seeds in pots and nurture them to blossom. This is a very symbolic representation of the kind of care you are providing for yourself.

Healing is a journey of reclaiming the truth of your being. All of these elements offered are actually the kinds of things one could do regularly regardless of the current state of health. They affirm life and exude self care. In fact, the continued use of such techniques is a perfect preventive medicine, to keep you in balance long after the healing has taken place.

Use these without hesitation. But, always, trust your own guidance as your Higher Self will fine tune and suggest alternatives to fit the very frequencies that need attention and love. Opening to this greater experience of life and self care will reveal a whole new world of symbiotic happenings and "coincidences". I affirm your wholeness and call forth your higher self and all your guides and teachers to be present for you now and beyond, insuring that your energy bodies are purring in their pure power. And so it is...

Listen to and download a song about creating ambiance, *Sacred Space*, [here](#).

I am grateful for your choice to purchase this How-to Article from the series, *Tools for Conscious Living*. I know the information will serve you well...if you use it....so use it!

Endless blessings