

Norri Personal Empowerment Series
PERSONAL ENERGY BODY CARE



by Mary E. Norris

DEDICATION

**I dedicate this book to my students,
clients and mentors. Our Divine Parents
love us and channel through all of us the
knowledge and light we need for peace,
health, and happiness.**

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The intent of this book is to offer information of a general nature to help you as a guide for etheric tissue care and enhance the natural healing process. It is not intended to replace medical treatment or diagnosis for physical or medical problems, either directly or indirectly. You should consult with a physician about any medical issue. In the event you use any of the information in this book, the authors and the publisher assume no responsibility for your actions or results.

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INTRODUCTION

The purpose of this booklet is to introduce the Norrí Institute methods and products used for personal energy body care. These methods will increase energy body awareness as they create a healthier energy body. This in turn will support physical health and stamina. Energy body care and vibrational medicine will increase our longevity and improve the quality of our lives at any age.

THEORY

The principle behind personal energy body care is very simple. Healing is “like to like”. Physical food feeds the physical body and energetic food feeds the energy body. Physical hands treat the physical body and energy hands treat the energy body.

Anyone can benefit from personal energy body care. This booklet addresses hygiene, exercise and nutrition as they apply to the energy body. Energy body health, strength and vitality are obtained by following Norrí etheric care methods. Practice the methods described in this book daily for best results.

BENEFITS

Personal energy body care will:

- **Aid in the release of daily stress**
- **Increase focus and clarity**
- **Improve balance**
- **Release negative thoughts**
- **Enhance awareness**
- **Release other people's energy from your body**
- **Clear and heighten the senses**
- **Release toxic energy**

**The exercises in this book are for personal care only
and do not replace care by a professional practitioner.**

ETHERIC HYGIENE

Blessing The Feet is Spiritual Hygiene

The benefits of blessing the feet are three-fold. The foot blessing opens the spiritual eye-centers in the bottom of the feet, aids the release of toxic energy through the feet and creates sacred space.

A client complained of getting an electrical shock every time he touched metal. He also was experiencing a foul and angry mood he couldn't shake. After I got him in the healthy habit of blessing his feet and grounding to the earth, he was able to balance his physical and spiritual energy, stopped shocking himself and no longer felt pent up anger.

Foot Blessing Exercise

- 1. Remove your shoes and socks.**
- 2. Sitting in a chair, place one foot into your lap so you can see the bottom of your foot.**
- 3. (Optional) - Apply Norrí Blessing Oil to the sole of the foot.**
- 4. Hold your foot with both hands and say this prayer:
“I resonate with Pure Love,
I bless myself with love
fl owing through me from my
Divine Parents/Source.”**
- 5. Allow the healing energy to fl ow from your hands into your foot.**
- 6. Repeat steps 1 through 5 on the other foot.**

Your feet may temporarily change colors. This indicates a release of toxic energy.

Blessing your feet is a powerful technique because it helps your spiritual vision become clearer. When the spiritual eye-centers in your feet are open, you are drawn to you personal, divinely inspired golden pathway of discovery.



Hold your foot with both hands

Salt Bio-Bath

The salt bio-bath is an essential part of the cleansing process for etheric hygiene. It helps eliminate toxic energy residue that you may have picked up during the day. It also facilitates the detoxing process which is essential after energy work.

One of my clients was married to a doctor during his residency in Houston. He worked 36 to 42 hour shifts and had a difficult time reconnecting to his home life. I told her to have him call when he was on his way home from the hospital so she could have a nice hot, salt bath waiting for him. I told her to have him climb into the bath as soon as he returned home. He would sit in the bath water for about 30 minutes, breathing and relaxing until he felt the love of his family and could let go of the emotional energy of the hospital. She said it helped him tremendously to transition from his work environment to his home and family.

Soaking in a hot kosher salt bath for 20-30 minutes is recommended at least three times a week. If you spend time in a toxic environment it is advisable to increase the frequency of your salt baths.

I have found kosher salt to be the best for salt bio-baths. The crystalline nature of kosher salt is very effective in releasing toxic energy from etheric tissue. Several drops of Norrí Blessing Oil and the Norrí Bath Token build a bio-bath which significantly increases the cleansing and healing process. Our blessed Norrí Essentials soap is a nice addition to the salt bio-bath and can be used in the shower when a bath is not convenient.



Dusting Off

Dusting off is a quick method for basic surface cleaning of the etheric hair and tissue. It will help you feel lighter and move more easily. As you become more sensitive to energy, you will actually feel the energetic dust in your hands as you work. In some cases your hands may turn a little dark for a few moments before the energy releases. (Dusting does not replace a full energy body massage.)

One of my clients complained that her husband suffered from insomnia. Her sleep was also interrupted as he tossed and turned and got in and out of bed. I suggested the next time this occurred she should try dusting him off. She took my suggestion and now whenever he has trouble falling asleep, she dusts him off and they both get a good night's sleep and wake up feeling well rested.

Always dust down the legs first. The major channel which runs down the spinal cord and the legs, also known as the golden tuning fork, is a perfect pathway for the gentle release of toxic energy.

Dusting Exercise

- 1. Dust down each leg using a sweeping motion, toward the feet.**
- 2. Dust the front starting at the upper chest, moving down the torso and then down the legs.**
- 3. Extend your energetic fingers and dust down the back, then move down the legs.**
- 4. Clean the arms moving the toxic energy down from the shoulder and out the hands.**

Dust down each leg . . .



. . .toward the feet.



Note: These photographs have been digitally enhanced for educational purposes.

**Dust the front starting
at the upper chest.**



Dust the arms.



**Note: These photographs have been digitally enhanced for
educational purposes.**

Brush down the head.



Pull toxic energy from the mouth.



Always dust the head last.

- 5. Brush the head with an up and out motion.**
- 6. Open the mouth and pull out the toxic energy.**
- 7. Gently pull the dirty energy from the eyes, ears, and nose.**
- 8. End this exercise in prayer position.**

**Pull toxic energy
from the eyes.**



**Pull toxic energy
from the ears.**



**Note: These photographs have been digitally enhanced
for educational purposes.**

End in prayer position.



ENERGY BODY EXERCISES

The Sphere

This exercise balances the fields and aligns the energy body with the physical body.

I once worked with a client who had so many car accidents she was in jeopardy of losing her driver's license. After learning the Sphere exercise, she was able to easily recognize her space in relationship to the other cars around her. The accidents stopped and she was able to keep her license to drive.

During this exercise focus on being in the center of your vortex. The vortex feeds the core light and connects us to the planet and to our Divine Source.

Sphere Exercise

- 1. Stand with your hands in prayer position.**
- 2. Feel the vertical core of energy through your center connecting you to your fields and Divine Source.**
- 3. Visualize a sphere completely surrounding you, extending three feet above you and three feet below you.**

At first you may feel a little unsteady, physically wavering back and forth.

- 4. Feel yourself align in the center of your near field. When you feel stable, you are aligned and centered in your near field.**

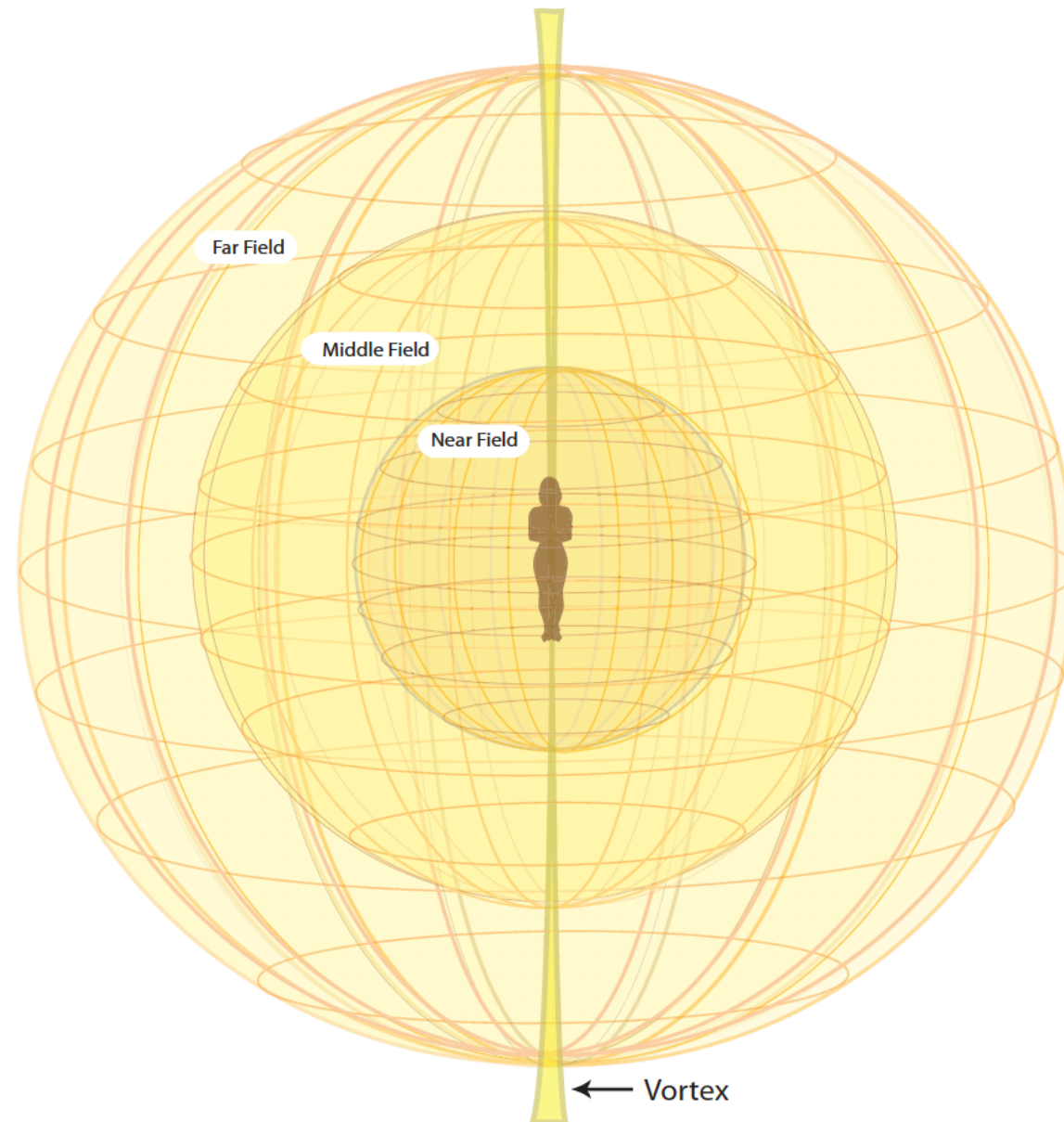
- 5. Visualize a second sphere, or middle field, extending six feet around you.**

Let this sphere encircle you until you again feel

- stable. 6. Visualize a third sphere, or far field, extending nine feet around you.**

Align yourself within your far field and stabilize once again.

- 7. Visualize all three fields surrounding you, spaced at a distance of three, six, and nine feet.**



Near Field: Maintains personal space.

Middle Field: Facilitates communication with community.

Far Field: Creates your future. The field of dreams.

Continue with the Crystal and Lotus exercises.

The Crystal

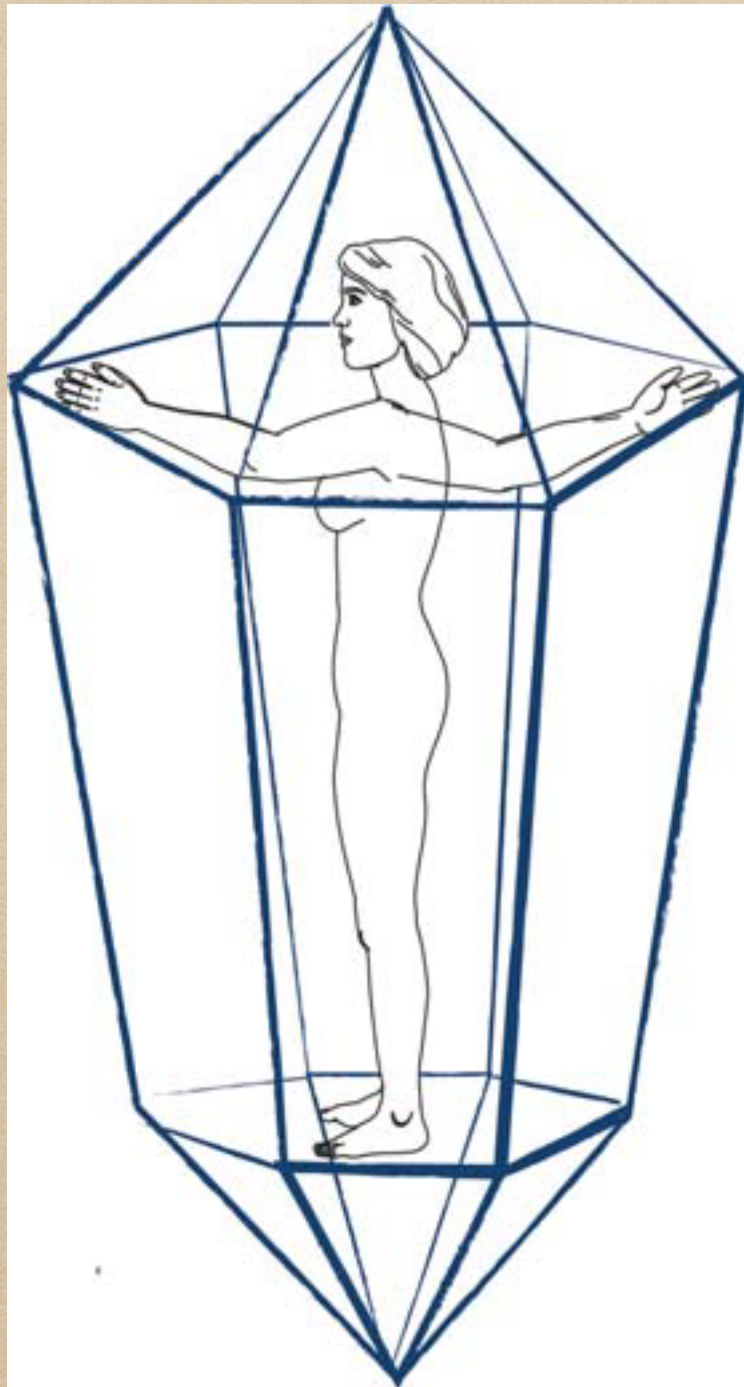
The Crystal exercise aligns and positions your etheric filaments evenly around you.

A woman came to me covered in bruises. When I asked her what had happened, she said she was a klutz and was always bumping into things. After practicing the Crystal exercise her world became a much friendlier place as she became more aware of her surroundings. She no longer considers herself a klutz.

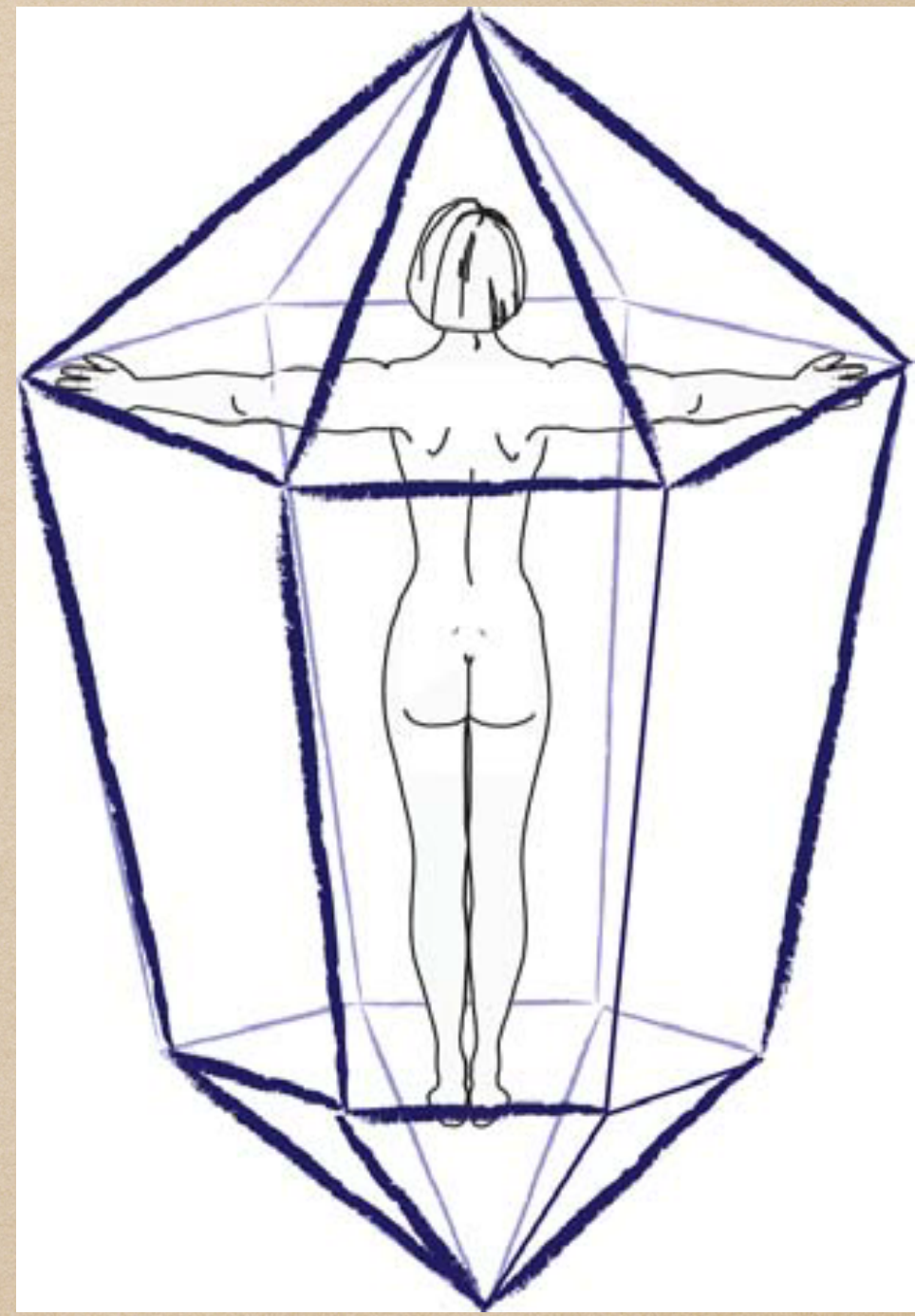
Crystal Exercise

- 1. Start in prayer position.**
- 2. With your eyes closed and feet together, bring your arms out to your sides, level with your shoulders.**
- 3. Slowly bring your palms together in front of you, as you visualize your hands coming together in the same manner behind you.**
- 4. Open your arms back out to your sides.**
As you move your arms, see your filaments align around you.
- 5. Repeat steps 3 and 4 two more times.**
- 6. Relax and bring your hands back to prayer position.**

Crystal Side View



Crystal BackView



**This exercise will sooth and center you.
Follow the Crystal with the Lotus to complete the alignment.**

The Lotus

The Lotus brings your energy body into close alignment with your physical form enabling you to work efficiently.

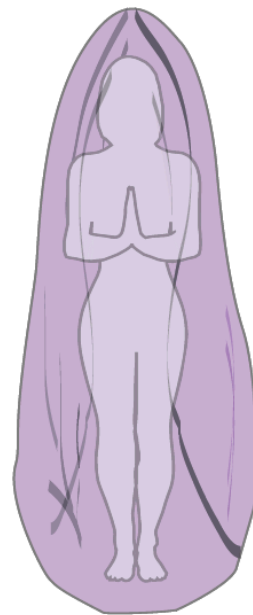
A client came to me complaining of feeling 'lost'. She said her head felt spacey, achy and "Like I'm not all here!" I showed her the Lotus exercise to help her feel more solid and grounded. By practicing the Lotus, she now feels she can integrate all aspects of herself and focus on what is in front of her.

Lotus Exercise

- 1. Start in prayer position.**
- 2. Imagine yourself standing in the middle of a big open lotus flower with petals all around you. Make sure the petals are large enough to surround your physical body comfortably.**
- 3. Close the petals around you to form a tight new bud.**
- 4. All petals should be tucked in neatly. If any petals are not tucked in, open them and close them again tucking in the petals.**
- 5. When you have pulled the petals around you, you are in alignment.**



open lotus flower



tight new bud

ENERGY BODY NUTRITION

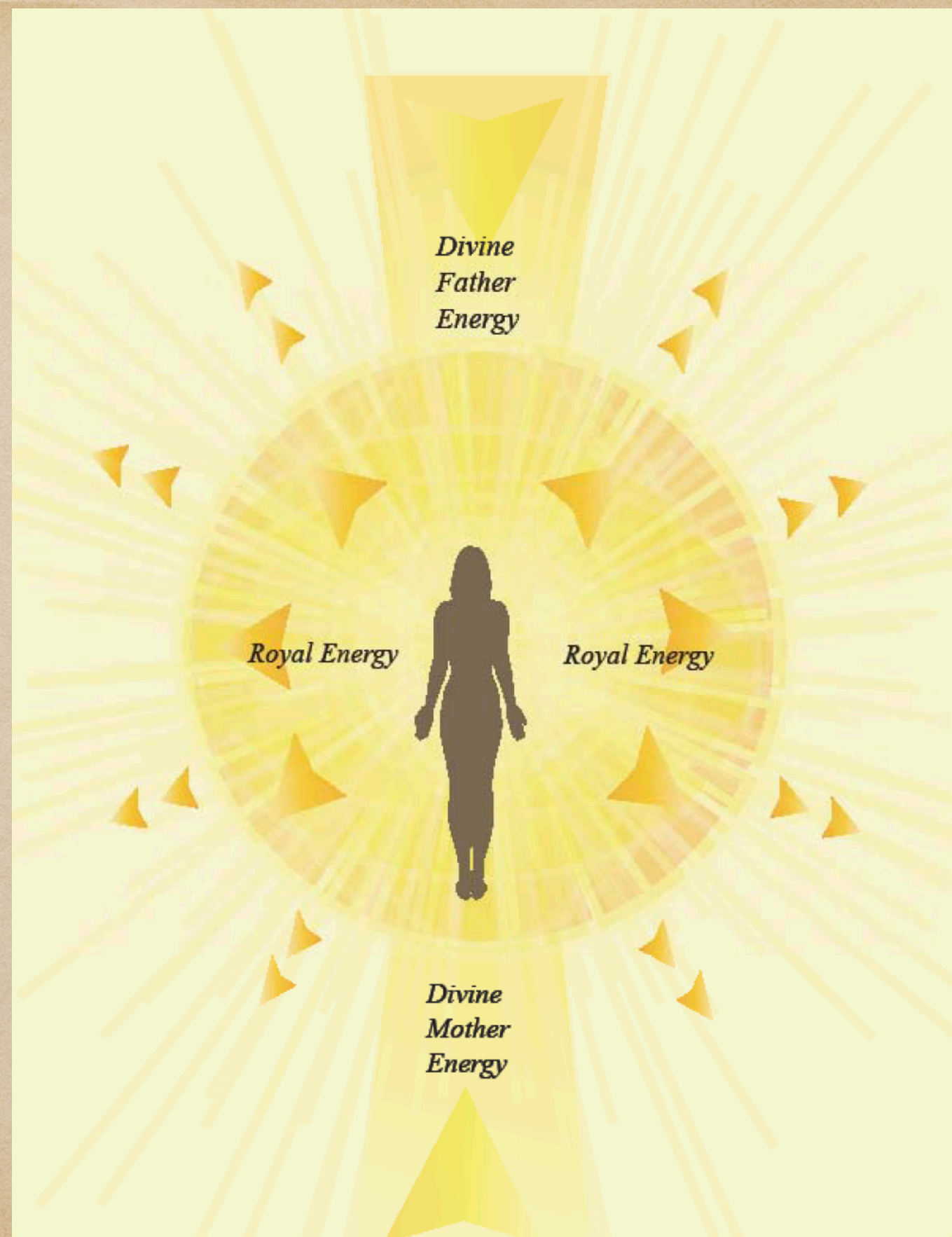
The Royal Feasting Exercise

This exercise provides nourishment for the physical form, energy body, and energy field system. Just as a bee must be fed royal jelly to become a queen, Royal Energy is made available to the children of God so we may grow and transform into our most empowered form - gods and goddesses. Royal Energy is created and shared with us by our Divine Parents when warm Mother energy from the earth blends with cool Father energy from the heavens in our heart center.

~ You are what you eat ~

A client came to me complaining of depression. He said he felt alone and disconnected most of the time. I taught him the Royal Feasting exercise and he found that by practicing it, he could lift his depression. He said it helped him feel a stronger connection to the divine and he uses it whenever those feelings of depression begin to return.

During this exercise you may feel a rocking sensation as you establish a closer tangible connection with the Divine Parents. This Divine connection nurtures and supports your spiritual growth and development. This connection with our parents heals feelings of hopelessness and separation.



Royal Feasting Exercise

- 1. Stand with your arms relaxed at your sides or sit with your hands in your lap, palms facing up.**
- 2. Take three deep breaths.**
- 3. Breathe in as you gently pull Divine Mother energy from the earth up the channels of your legs and into your body.
Feel the sensation as though a hot meal is warming your stomach.**
- 4. Move into prayer position as you shift your concentration from the Divine Mother Source to the Divine Father Source and the crown chakra.**
- 5. Breathe in cool energy from the Divine Father Source.**

6. Affirm to yourself:

“I resonate with Pure Love and Divine Grace.

I accept this royal nourishment from my Divine Parents.”

7. Feel cool energy pouring in through your head and down through your body as it combines with the warm Divine Mother energy to form Royal Energy in your heart center.

As your energy system is fed you may feel a rocking sensation.

8. Visualize the Royal Energy pushing out through your near field, middle field and far field.

9. When you feel peaceful, happy and relaxed you know you are fully nourished.

Heart Field Expansion

This exercise creates sacred space while protecting and strengthening your energy body system. It gives you tri-body awareness and tri-heart alignment. This happens when the magnetic field of the physical heart aligns with the heart of the energy body and the heart of the soul body.

A young woman I had as a client left home to enter college. As a college student she said she no longer felt loved or connected to her family. After practicing the Heart Field Expansion exercise, she found she could connect and feel the love of her family and friends around her again. This exercise helped ease the transition into this new stage of her life.

She no longer felt loved or connected to her family.

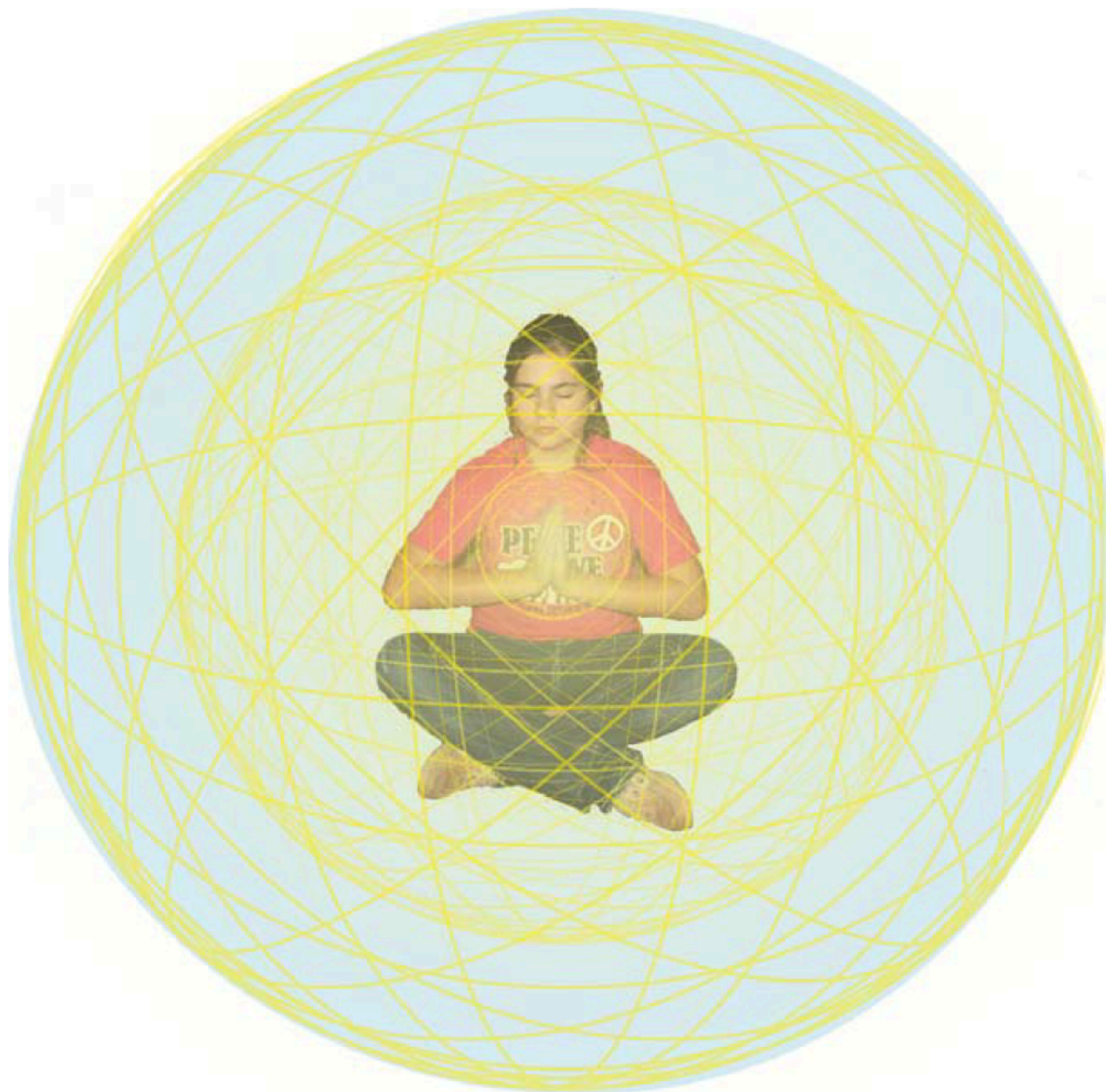


Heart Field Expansion Exercise

- 1. Begin with the Royal Feasting Exercise.**
- 2. Recall a memory of love, the love that flows freely from your heart, expecting nothing in return.**
- 3. Breathe this love into your heart.**
- 4. Visualize your love becoming a light within your heart.**
- 5. Allow this light of love to grow, surrounding you as Divine life force flows into your heart field.**
- 6. Allow your heart field to relax and expand until you feel comfortable and complete.**

Practice the Heart Field Expansion exercise regularly.

With time your heart field will become stronger and brighter.



*After this exercise she could connect and feel
the love of her family and friends around her again.*

FOOD BLESSING

~ Your Eyes are the Windows to Your Soul ~

A good food blessing is a valuable culinary skill. Many people suffer from digestive problems. One client in particular had such severe indigestion he ended up in the hospital several times. I showed him how to bless his food before he eats to help cleanse it of any negative emotional energy. He now loves and enjoys his meals instead of fearing them.

Here is a simple blessing technique to help insure you are eating energetically healthy food.

Food Blessing Exercise: Prayer Position

- 1. Put your hands in prayer position and look at your food.**
- 2. Repeat to yourself; "I bless this food for the nourishment of my body."**
- 3. Continue to look at your food until you feel a peaceful balancing sensation. You will probably find yourself smiling.**
- 4. Feel gratitude for the gift of nourishment to the body.**
- 5. Your food is blessed.**

Hands in prayer position.



Hands on either side of the plate.



Food Blessing Exercise: Hands by Plate

Place your hands on either side of your plate. Then follow steps 2 through 4 from the prayer position exercise on page 36. It is also very important to bless the food we cook for our families. There is an old yogic saying, “If the cook is crazy, the whole house is crazy”. It conversely applies that a happy cook supports everyone in the house. Feel the love you have for your family as you cook for them. If you aren’t feeling the love, eat out or order in.

NORRÍ ESSENTIALS



Norri Blessing Oil helps bring about a positive change in your physical and energy systems. The heavenly aroma encourages deep breathing and relaxation.

Norri Blessing Mist softens surface energy residue making it easier to remove. Spraying this mist around the house releases old energy patterns making the home more comfortable. Many of my students and clients use the blessing mist while traveling to create a comfortable resting area for an overnight stay.

Norri Bath Tokens and hand-made Norri Essentials blessed soaps. The tokens are infused with vibrations and intent to enhance the salt bath experience. The soaps are also infused with healing vibrations and are especially helpful in the shower when you do not have time for a salt bio-bath.

For inquiries about pricing or ordering Norri Essentials products refer to the contact information at the end of the book.

AUTHOR'S NOTE

Enjoy the benefits from personal energy body care. May you always walk your lighted path and enjoy a close relationship with our Divine Parents.

Mary E. Norris

GLOSSARY OF TERMS

Bio-Bath - Created by combining salt, water, a blessed Norrí bath token, Norrí blessing oil, and you. The bath token amplifies your biofield to enhance cleansing and healing.

Dusting - Surface cleaning of the energy body.

Energy-Body - The quantum light structure upon which the physical body is built. It corresponds to the shape of the physical body and extends beyond it.

Energy Body Massage - The massage of etheric tissues in order to release deep tissue blocks of toxic energy and promote healing of the physical form and energy body.

Etheric Body - Another term for energy-body.

Etheric Hair - Golden fibers extending approximately ten inches from the physical form. Etheric hair length varies with each individual. These hairs help move energy out of and around the physical body.

Etheric Filaments - Specialized etheric cells extending approximately six to ten feet from the physical form. The length of the filaments varies with each individual.

Etheric Tissue - A cohesive pattern of energy similar to physical tissue that can be damaged and repaired.

Fields - Sacred, conscious space held by field walls around the physical form. We manifest our reality here.

Field Walls - Golden mesh boundary that controls and moves energy surrounding the field space. Field wall size is determined by individual spiritual growth and development.

Golden Tuning Fork - The main etheric nerve tissue which is directly blended to the spinal cord and sciatic nerves. It provides a natural pathway for the release of toxic energy.

Royal Energy - A blend of Divine Mother energy from the earth and Divine Father energy from the heavens.

Toxic Energy - This is energy that no longer nourishes the body, is foreign to the body, or is damaging to healthy functioning.

Tri-Body - Physical form, energy body, and soul body.

Tri-Body Alignment - The alignment of the physical form, energy body and soul body so they work in harmony with each other.

Tri-Heart Alignment - The magnetic field of the physical heart is aligned with the heart of the energy body and the heart of the soul body.

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