

A clear place and a clear head go hand in hand. It's hard to have one without the other. Give your space and your spirit a boost with energy essences and essential oils. I recommend and use them year-round but here are ones that are especially helpful for chaotic holidays and the shorter days of light during the winter months. There are lots of energy essences but I'm focusing on Bach Flower Remedies as they are usually the most readily available (New Seasons, Whole Foods, Food Front).



Caution: For essential oils, be sure to get therapeutic grade only. See my resource page for trusted brands. Know your sources and don't be fooled by labels that say "natural" or "aromatherapy" as there is no industry regulation for their use in marketing. Synthetic scents can result in headaches, nausea, mental fatigue, asthma, depression, sleep disorders and worse. You pay more for authenticity but it's worth it.

*How to use **essential oils**: Plug-in wall diffusers are the most convenient way to shift the energy in your space. Place 8 drops of single oil or combination per pad. Steam diffusers are best for medicinal results but good ones are pricey. Oils can also be mixed with water (shake well) for cleaning purposes. For a quick mental boost, remove cap and inhale. Caution: Again, be SURE to use therapeutic grade only.*

ORANGE: There are a variety of orange oils. Sweet Orange is best for uplifting and cheering.

LEMON: All citrus oils are good for freshening dampened spirits and space. Lemon helps bring in the sunshine on dark days. It's a natural cleanser and great for keeping cooking areas clear and bright.

PEPPERMINT: The perfect refresher for any space and for clearing the mind.

LAVENDER: Universally revered for harmony and balance. Calms emotions and the chaos during the holidays. Apply to soles of feet at bedtime. Add to your bath water. Use in facial steams.

My favorite seasonal blend: Combine Lemon, Peppermint and Lavender for a wonderful lift and a great aid in allergies. Diffuse in any room of the house especially where there is mold or lack of natural light.

*How to use **energy essences**: Put 4 drops directly on tongue every 2 hours or as needed. (It's a matter of frequency not quantity.) Add to water bottle. Add to bath. Apply topically by mixing with hand cream or olive oil.*

MUSTARD: Helps to lighten your spirits and feel cheerful. Start your day with it.

WHITE CHESTNUT: Calms the mind and quiets the mental chatter. Great for bedtime, too.

ASPEN: Holidays can resurrect old feelings and fears. This remedy helps quiet the fears and gives you courage to get through dreaded tasks. An excellent choice for those out of work or dealing with money worries and anxiety. NOTE: If you don't know the source of your fear, try MIMULUS to help lessen the grip of overall uneasiness.

MORE HELP: Visit A Clear Place "SUN Energy" <http://www.pinterest.com/aclearplace/sun-energy/> for easy ways to brighten your life and your space during winter. Questions? Contact me at jane@aclearplace.com.

Every home has a joy factor. How would you rate yours?