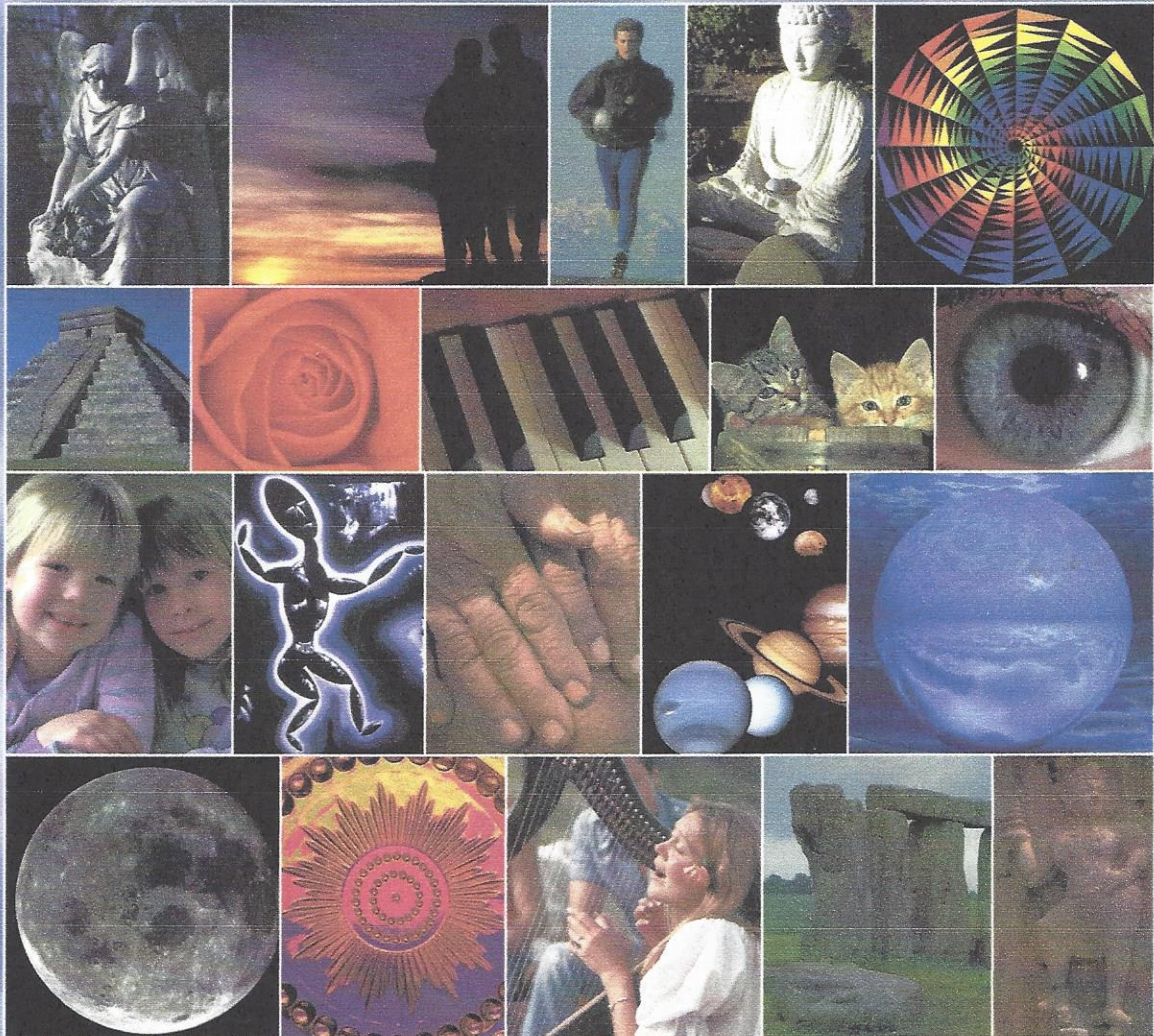


THE Holistic & Metaphysical

R E S O U R C E B O O K

For Maryland, Virginia and Washington, DC

Your Guide to the Healing Arts and Conscious Living Practices



**Karen L. Meengs
and Deborah R. Eby**

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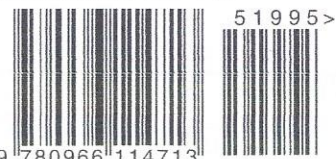
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The Clendinning Technique

The Clendinning Technique is a healing method intended to clear a person's aura and physical body of negative energy. The practitioner performs a series of hand movements over the client's body to detect and clear areas of negativity, facilitating healing on the physical, emotional, mental, and spiritual levels.

The human body is understood to include at least two parts—the visible physical body and the aura, also known as the etheric body (see *Aura Balancing*). This aura, which researchers believe they have captured using Kirlian photography, is described as a luminous energy field following the contour of the physical body. It is understood to interpenetrate the physical form and serve as an energy blueprint that carries information for cellular growth and repair. Disease is believed to manifest first in the aura before becoming a physical illness. The aura also absorbs energy—both positive and negative—from a person's surroundings. Congested negativity within the aura may manifest as symptoms on any or all levels, including the physical.

The Clendinning Technique was developed by Geoffrey Clendinning Morell, a naturopathic physician who started exploring energy healing in his native New Zealand and Australia, where he operated a health clinic. His fascination for the field began 40 years ago when he was shown how to use a pendulum to predict how many children he would have (see *Pendulum*). The consistent (and accurate) answer was five children—three girls, a boy, then another girl. The pendulum's accuracy led him to use various divining techniques to determine what foods would support his well-being (see *Nutritional Healing*).

Two events eventually led him to begin actively exploring the healing of others. He saw a man divining for water using his hands instead of a rod; and he observed a healer using his hands to remove negative energy from an ill person's body. Several days later, a woman asked Morell to try the energy healing technique to ease her nausea brought on by chemotherapy. He followed the technique used by the healer, and the woman reported that her nausea disappeared.

*The first step...
shall be to lose the
way.*

Galway Kinnell

The Clendinning Technique

Encouraged by this experience, Morell tried to refine his healing technique but had difficulty finding mentors willing to teach the details of their methods. Instead, he found guidance from beings who began appearing in his mind's eye. For several years, a Chinese man instructed him, followed by three beings appearing in the forms of Sai Baba, Christ, and a woman from ancient Greece. After a few more years, the beings told Morell that he was adept enough to need their assistance only for difficult cases.

In 1991, Morell was guided to bring his technique to the U.S., where the population density would allow him to heal and teach more people than in Australia and New Zealand. He now commutes between the three locations and has traveled to Canada, England, and India as well.

A session begins with an aura cleansing. The client lies clothed on a massage table as Morell, in a state of relaxed concentration, passes his outstretched hands through the aura. When he reaches a blockage, his hands begin to shake. He then brings them together, compressing the negative energy and discarding it into the etheric realm—the universe beyond the third dimension.

Morell next asks the client's body if it is harboring any extra entities or spirits. The client may be mourning a loved one or pet so deeply, for example, that she has been unable to let the soul go into the light. Morell has found that about 5 percent of clients harbor an unwanted entity or energy form. If the client gives permission, Morell asks the entity to leave the client's aura through the crown chakra—the energy portal to higher dimensions—and never return (see Chakra Balancing).

After these preliminary steps, Morell turns his attention to the physical body. Beginning at the feet and moving up, he passes his right hand above the surface, using his fingertips as "tuning forks" to pick up vibrations from areas that are imbalanced or not functioning properly. Using his middle finger, Morell directs healing energy to trouble spots, then discards negative energy into the etheric realm. When the negativity is entrenched, Morell uses his finger as an energetic "laser beam" to "open up" the affected area and remove the negative vibration. He often observes that after using his middle finger to "close up" the area, the client breathes an involuntary sigh of relief.

*I make the most of
all that comes and
the least of all that
goes.*

Sara Teasdale

The Clendinning Technique

The Clendinning Technique draws on the work of Louise Hay, who has correlated areas of illness in the body with emotional, mental, and spiritual issues. Referring to her book *Heal Your Body*, Morell often advises clients about the psychosomatic disturbances that contribute to their conditions. He may also recommend herbs or dietary changes to support the healing.

The Clendinning Technique can be used with animals and performed as distance healing (see Distance Healing). Morell asks the client's soul for permission to perform on the person *in absentia*, then conducts the session as he normally would while seeing the client lying on the table in his mind's eye (see Long Distance Healing).

The technique addresses a wide variety of mind/body conditions and imbalances. Some of these have included asthma and sinus conditions, chronic pain, colitis and other digestive disorders, headaches, infections, injuries, kidney disorders, healing from surgery, sleep disorders, and stress and other emotional imbalances. Results have reportedly ranged from immediate relief of symptoms to helping the client begin the road to recovery. The number and timing of sessions varies according to the client's condition.

You can succeed if
nobody else
believes you, but
you will never
succeed if you
don't believe in
yourself.

William J.H. Boetcker