

# *Soul Essence*

## *Fact Sheet – Cold Showers*

### **Positive reasons for cold showers**

- Supports the immune system
- Cleanses the internal organs
- Purifies the body
- Draws negative energy away, that sticks to the etheric body
- Improves sleep, enabling you to cope better with daily life
- Keeps your energy clear freeing you to be of greater service to others
- It is an easy and cheap way of cleansing, and it keeps the skin soft and your heart strong

### **How to do the showers**

- Water as cold as possible. The little shiver you get with the cold enables you to release the negative energies that have been held onto
- Start with the forehead, or from the top of the head.
- Down the front of the body and shoulders, then turn around and do the back
- Do at least 7 seconds on either side. It is important to do the top of the head so if you do not wish to wet your hair regularly then you can wear a shower cap.
- It may help to rub the front of the body quickly as you do it to alleviate the feeling of cold. It may even feel 'painful'. This is due to the negative energy that has been locked up inside the body.
- Have a cold shower in the morning and after work. If you have been out for the evening or watched something particularly demanding on T.V. then have a shower before bed too.
- You will find you get to love the feeling and recognise when you need cold showers at other times
- As with all cleansing techniques you may find old symptoms come back or get worse. i.e., eczema. This is due to old toxins leaving the body
- Swim in the ocean when you can
- Do the showers for a least 6 – 8 weeks, then make up your mind if it works or not

Information: The True Dynamics of Relationships by Mike Robinson

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