

Sacred Essentials, Inc



SUPPLIES:

1. Paper towels to drape paper over head.
2. Small bowl of water
3. Scissors (*small Fiskar scissors work best*)
4. 2 wooden BBQ skewers (*supplied with cones*)
5. Q-tips
6. Mullein flower oil, ear oil or olive oil (*optional*)
7. Matches or candle
8. Plastic bag or paper (*to place under your bowl*)
9. Cotton balls (*optional*)

PROCEDURE

Create a pleasant mood and relax. Lay the person on either side with head on a small pillow.

Place towel on the pillow. Cut a hole in paper towel for ear to protrude and cover hair and neck with paper towels to protect from possible wax drip. I say a prayer of intention. Center yourself.

Light the wide end of the cone.

Gently place the small end just outside the ear canal. Angle the cone away from the face 45 degrees.

Adjust the cone to seal the ear canal. Do NOT stick into the ear. When cone is first placed over ear canal, after a minute or two, smoke will billow out. Blow very gently on the ear until smoke stops and a seal is formed. No smoke escapes out of the ear canal when the seal has been formed.

Let the wide end burn about 2" - 3" down. Remove from ear. Cut off the flame and burnt section of the cone into bowl of water.

Turn upside down, ream out wax with skewer into bowl of water. Relight cone and return to ear and seal again. The second and third cuttings are best done after 1 ½ - 2 inches.

Repeat. It should take three cuttings.

When finished, extinguish cone, place it down on plastic bag. Break skewer in half (to make sure you do not re-use in for hygienic reasons).

The active force in coning is the *smoke* spiraling in the ear canal. We need as much smoke as possible pouring in. If the ear wax is properly emptied out each time you cut the cone, you will continue with a strong flow of smoke.

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Finishing up

Clean the ear with a Q-tip dipped in oil. Do not go deep. Gently swab only what you can see of the ear canal. This soothes the nerve endings and cleans off any smoke residue.

If one ear still feels plugged, you can use another cone.

To balance the ear, have the person lie on their back and position yourself at the head. Place your hands on both ears and wait to feel an energy pulse equally between your palms. (3-7 minutes). Gently and slowly remove your hands. Bring hands from ears to top of head. (This closes the auric field) If you don't feel the energy pulse, that's alright. Simply hold the ears covered for the 3-7 minutes.

Give thanks.

Put cotton in the ears to protect them from wind if you are going outdoors (not necessary indoors). A few drops of ear oil or olive oil may be put on the cotton. (Optional.)

Clean and sanitize bowl. Remove wax from scissors with fire or hot water and wipe with paper towel.

You are done!

FOR 24 HOURS AFTER CONING

1. Do not immerse your head in water.
2. Put cotton covered with Vaseline in ears to shower
3. Put cotton in your ears if cold or windy outdoors.

Notes

1. It takes 3 separate conings to finish the cleansing started with the first coning. Space the out 3 to 7 days apart.
2. If ears feel drawing or dry, use ear oil - a few drops of warm oil is very soothing.
3. Excessive use is not wise or recommended.

The ear contains nerve endings and acupuncture points to every other area of the body, mind and emotions, the nerve endings are connected by streams of the subtle energy flow which carries our life force energy. If hearing is impaired or blocked we are disconnected from that energy.

Ear coning acts as a catalyst to clear out debris accumulated on nerve endings and move the energy in the head. This allows for clear vibrational flow to the corresponding area of the mind, body and spirit. Coning clears the way for other methods of healing.

Manufacturer or sellers of product are not responsible for misuse.

Keep cones in a cool place, out of sunlight. (Can be stored in refrigerator, but not necessary)