

EECT - What to expect

What is Egyptian Emotional Clearing Technique?

Also called EECT, this gentle yet powerful modality uses therapeutic-grade essential oils and other energy-balancing techniques to promote a deep and sacred state of connection. The experience is often like an inner vision quest, or a heightened state of meditation and mental clarity.

Based on an ancient Egyptian ritual described in the Temple of Isis for “cleansing the flesh and blood”, EECT is performed in silence and reverence. During a session, you are anointed with up to 14 different emotional blends of essential oil.

There is no “set” response when you receive an EECT. Each time the technique is received, the experiences will be different. The most common outcomes to this technique are an intense state of clarity around current issues, the gentle release of issues that are causing emotional and physical challenges, deep relaxation, and feelings of emotional bliss and heightened awareness.

How does it work?

Your sense of smell accesses the limbic region of your brain, where emotional memories and trauma are stored. Because of their aroma, therapeutic-grade essential oils exert a powerful balancing effect on the emotions, helping to release “stuck” emotional energy, and pave the way for clarity, insight and emotional peace.

How long does the session go for?

Ask the person giving you EECT how long you should set aside for the session. A full EECT typically lasts 60 minutes plus discussion time. An extra half hour may be needed on top of this to discuss your client history form, and for sharing about your experience.

Remove all removable jewellery

Because of the ability for metal to interfere with the subtle energy flow of the body, please remove all jewellery before your session (if it is easily removable).

Wear comfortable clothing

Wear comfortable clothing which is not restrictive. Because some essential oils may be applied to your waistline, please wear clothing which allows access to your mid-section and heart (ie. top and trousers rather than a full length outfit). Alternatively you may remove your outer clothing for the session, and be covered with towels, sarong, robe or blankets. It is preferable to shower before your

session, so that you can leave the EECT oils on your skin for as long as possible after your session.

Communicate your Experiences

Everyone responds differently to EECT, and whilst most people float out the door afterwards feeling balanced, clear and deeply nurtured, some people may experience physical or emotional discomfort during or after a session. This is the case with any modality.

It is important you communicate your experiences to the person giving you EECT, as they may be able to assist, or offer helpful suggestions.

Eg. some essential oils can be warming to the skin. If you experience any prickling or heat on your skin from the oils, the person giving you EECT will be able to easily cool the area down using a vegetable (carrier) oil...but only if you tell them!

Photosensitivity

Some essential oils are photosensitive, particularly citrus oils (or blends containing citrus oils). When applied to the skin, they make the skin more susceptible to damage from UV light. These oils should not be applied to skin which will be exposed to direct sunlight within 24 to 72 hours. If this important guideline is ignored, long-term skin damage and discolouration may result.

A number of the oil blends used in EECT are photosensitive. The person giving you EECT will discuss this with you before your session, and if necessary will change the oils used, or where they are applied, in order to avoid any potential issue.

Top Quality Essential Oils

EECT is performed using only 100% pure, therapeutic-grade essential oils from Young Living®, that are guaranteed to be free of any and all chemical adulteration. We choose these oils because you deserve the best!

To further support your health....

Young Living produces an extensive range of high quality essential oils and blends (including those used in EECT). These essential oils can be used daily for emotional support and transformation, and to continue the benefits of your EECT. Young Living also has a range of toxic-free personal care products and health-promoting supplements, developed by naturopath D. Gary Young, Prof. N.D. Speak to the person giving you EECT if you are interested in knowing more about how these products may assist you or your family.