

DIY TIPS FOR CLEANSING AND HEALING YOUR AURA

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Daily our energy field is subjective to unwanted lower frequencies called electromagnetic smog or pollution. **These harmful rays interfere with our biofield (aura) which in turn affect our physical, emotional and spiritual wellness.** Devices such as cell phones, computers and TV's as well as other people's negativity produce lower frequencies. Our aura and our physical energy is dependent on our ability to dispel these negative lower vibrations before they alter our aura and physical DNA.

There are several ways to release unwanted energies from your aura and to keep your energy strong. Following are some of my favourites:

1. AURA CLEANSER by Colour Energy[®]—Is a highly effective patterned recipe formulated to erase negativity from in and around us on many distinct energy levels. This Alchemical Essence was specially created to help neutralize and cleanse areas where it is sprayed. I like how easy it is to use... you simply spray above your head or in a room to clear the energy! I keep a bottle on my desk and at home in the bathroom. As well, I use it on myself and all my clients before and after a therapy session to keep both of us safe and to help prepare them for the energy intake and to rid their aura from any negativity that they released during the treatment.

2. SMUDGING—Burn some cleansing herbs (sage or cedar) or incense, letting the smoke waft through your aura will drive away any unseen impurities.

3. DIFFUSION—Use Colour Energy's Sandalwood Spray or diffuse cleansing essential oils such as Sandalwood, Sage, Cedarwood or Palo Santo in your Heavenly Scent Diffuser. Add several drops of Aura Cleanser to the mix will further increase the cleansing power.

3. WATER—You can also add several drops of Sandalwood, Sage, Cedarwood or Palo Santo essential oil into a spray bottle with one cup of pure water. Add Aura Cleanser or blessed (holy water) to additional charge the spray. Colour Energy offers several aura purification oils.

4. CLEANSING BATH—Works wonders on the aura as well as the body, mind & spirit. Draw a tepid bath and add a cup each of Adrean salts and Epsom salts. Next, add several drops of an aromatherapy blend (such as Colour Energy's Yellow Energy Blend) and a Yellow Colour Bath[®] packet. Play some soft, music and soak for 15-20 minutes.

5. A DIP IN THE OCEAN—Salt water is a great way to clean your aura as salt is alkalizing as well as neutralizing... and oh so refreshing. Or make your own salt therapy rituals in a bath by adding 1-2 cups of Adrean Salt to the water with several drops of a purifying essential oil blend such as Colour Energy's Holy Grail.

6. MUSIC—Certain notes and types of music will help boost the chakra system and therefore your overall auric field. Colour Energy's Through the Chakras CD is colour-coded with

sounds and words designed to strengthen your aura by charging your different chakra centres. You can also play Crystal Singing Bowls or use tuning forks to influence your energies.

7. FEATHER FAN—Use a feather fan to comb your aura and cut any invisible cords that are attached to you. Colour Energy carries a variety of feather fans to use on yourself or in energywork on clients. Includes instructions and a detailed description of every fan.

8. GEMSTONES— The frequency and duration with which a crystal is handled, worn or carried determines the level of attunement that is attainable from that crystal. Certain crystals are better aura protectors and cleansers such as shungite, hematite and amethyst. Further cleanse and charge the crystal with Aura Cleanser and our different Alchemy Chakra Essences.

9. VISUALIZATIONS & AFFIRMATIONS—Are a powerful way to rid your aura of lingering lower frequencies. Your thoughts and words carry high vibrations of positive intentions. For example:

☞ Imagine a grounding cord coming from your root chakra down into the earth. Envision the white light from the sun blessing your aura with its rays. See your aura cleansed and radiating a golden hue from you.

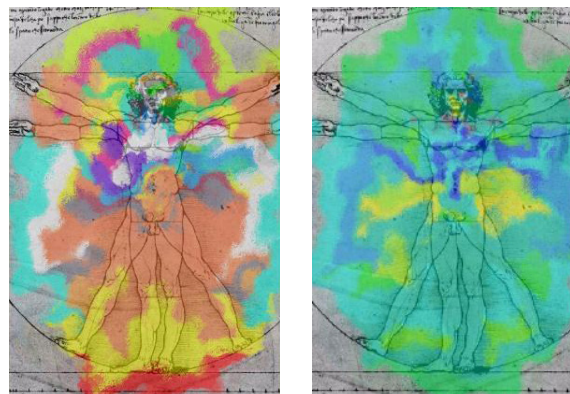
☞ An affirmation can be something as simple as: "I release all lower frequencies from my aura."

10. NATURE— A walk in nature has a profound healing affect on your psyche as well as your aura. The green colour of nature is one of the most balancing colours.

11. SUNSHINE—In sunlight exists all the colours of the rainbow. Sunlight blesses our body with colour nutrition, which is necessary for our survival. Without proper light nutrition our electromagnetic field shrinks, and lower frequencies can get stuck in our aura. Sunlight is the opposite of dark energy.

There are many methods to keep you aura clean and healthy. Good food, physical activity and a positive attitude are a few more ways. Colour Energy also carries Electromagnetic Shungite Shield Disks that you can place directly on electrical devices for protection As well, they carry Shungite Jewellery, plates and other protection tools to keep your aura strong.

Call 1-800-225-1226, ext 511 to learn more.



The picture on the left shows an aura that is easily effected by lower frequencies. The aura on the right is a strong and healthy aura, as shown on the Biopulsar measuring device.

