

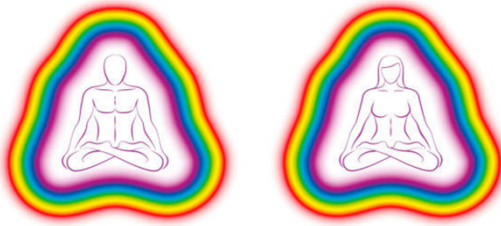
How to cleanse your Aura

- Your Human Energy Field -



1. What is the Aura?

The human aura is an energy field that reflects the subtle life energies within and around the body. These energies make us what we are and every thought, feeling and experience we have effects the vibration of this energy field. Our 'creative consciousness' reaches the physical through our aura and chakras.



The Aura...

✓ reflects our health, mental activity and emotional state. It often shows dis-ease in our physical bodies, long before we notice symptoms.

✓ is often visualized as an outline of cascading colour.

It is oval or egg shaped and made of fibrous light surrounding the whole of the body.

- ✓ is an electromagnetic energy-field around our body - it's our life force energy. It has two forms - the cosmic vibratory energy and the specific aura that sustains each human body.
- ✓ is sensitive to colour and reacts to the colours of clothing and to your surroundings.
- ✓ has seven layers and those layers correspond to the seven major chakras. However, with the energetic and electromagnetic changes to the Earth over the past twenty+ years, we are aware that our Aura has 12 layers connected to our 12 chakra system and our 12 DNA.

TO EXPLORE THIS FURTHER, please check out our [Crystal Healing Courses](#).

2. Why is Aura Cleansing important?

Our aura is our spiritual signature and is the sum total of all the layers of our energy.

Our auras can be disrupted from outside interference such as EMF, 5G, WIFI, and other electromagnetic frequencies.

Since we are constantly exchanging energies with the people around us, it is common for our auric field to become less effective due to cluttered psychic debris or when we pick up on other people's negative emotions and energy.

As a result, we can feel stressed, anxious, irritated, lethargic, impatient, and even develop a negative outlook towards the world. Our immune system may also weaken, making us highly susceptible to falling sick.

When the aura is cleared and balanced it allows us to feel grounded and centred and therefore more able to manage our daily lives.

In an aura cleanse you would be looking to:

- Clear all energy that is ready to be cleared in your highest and best.
- Balance all layers of the aura so that one layer is not more dominate than another. For example, when the mental layer is exaggerated, we may find it hard stop the monkey mind.
- Seal the aura to provide 'a reflection and deflection' from outside sources of negative and disruptive energies. Such as WIFI and people who are holding negative energy.

3. How to Cleanse your Aura?

There are many ways to cleanse your aura and a reminder that setting your intention to cleanse and clear your Aura is essential to success.

[Set an intention](#) - Setting your intention to receive precisely what you need each time you cleanse your aura and chakras. You can visualize this and/or say it out loud to use the sound of your voice as a cleanser too. This method can be used on its own or with other methods. ie whilst smudging speaking your intention out loud.

You can use blanket intention that will work for all aura cleansing sessions such as; "I ask that my aura and chakras be cleared and cleansed of all energies that don't serve my highest and best vibration"

[Smudging](#) - One of the original aura cleansing practices is smudging with dried white sage. Light the end of the sage and use the smoke to cleanse your aura.

[Crystals](#) - Some of the best crystals for aura cleansing are Amethyst, Moonstone, Blue Lace Agate, Lepidolite, and a crystal chakra bracelet. The best crystals to use are those that have a calming and neutralizing effect.

[Aura fanning](#) - Put a drop of essential oil for cleansing onto the palms of each hand. (Sage, Lavender, Sandalwood, Rose) and then rub your hands together to generate heat and to add your intention for this cleanse. Then start fanning your Aura with your hands. Start with the top of your head and fan the space around you and go all the way down to your toes.

[Using sound](#) - This can be achieved by chanting mantras and positive affirmations or listening to Tibetan bowls or bells. Using a crystal sound bowl is a beautiful and deeply cleansing way to clear your aura.



* For more further learning about Chakras & Auras and how to cleanse and balance them join us on one of my workshops in person or purchase the online courses for instant access to the information.

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