

Cleansing Your Aura

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Every day our energy field is subjected to vibrations of unwanted lower frequencies such as electromagnetic fields. Devices such as cell phones, computers, televisions, and other people's, or our own negative thinking or attitudes, produce lower frequencies, which can adversely affect our Aura and our physical, emotional, and spiritual wellness.

Our healthy Aura and physical energy are dependent on our ability to dispel these negative lower vibrations. There are several ways to either release or fend off unwanted energies from our Aura, thereby keeping our energy strong. Here are some examples:

1. Aura Cleansing through Aura Sprays

Aura sprays are a highly effective method formulated to dissolve negativity from in and around us on many distinct energy levels. Special essences are especially created to help neutralize and cleanse areas where it is sprayed. They are easy to use. Simply spray above your head, around your body, or in a room to clear the energy! It is useful to keep a bottle with you in the area where you work or at home in the bathroom. Aura Spray may also be used prior to entering any energetically polluted places or meeting with people who may be mentally stressed or emotionally unwell.

2. Smudging

Burning some cleansing herbs such as sage, cedar, frankincense or lavender and letting the smoke waft through your Aura will drive away any impurities or other infringing negative energies.

3. Cleansing Baths

Water works wonders on the Aura as well as being good for body, mind, and spirit. Draw a tepid bath and add a cup each of Dead Sea salts or Epsom salts. Next, add several drops of essential oils that are pleasing to you. Play some soft music and soak for about 15-20 minutes. If you have the opportunity, a dip in the ocean is a great way to clean your Aura, as salt is alkalizing as well as neutralizing.

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4. Music

Certain music is designed especially to help boost the Chakra system and strengthen the Aura. Select the music that has harmonic vibrations that relax and please you.

5. Visualizations & Affirmations

Your thoughts and words carry high vibrations of positive intentions. For example:

- Imagine a grounding cord connecting your root Chakra with the Earth.
- Envision the white light from the sun blessing your Aura with its rays. See your Aura cleansed and radiating a golden hue outward from yourself.
- An affirmation can be something as simple as:
“I now release all lower frequencies from my Aura.”

6. Nature and Sunlight

A walk in nature has a profound healing effect on your psyche as well as your Aura. The green color of nature is one of the most balancing colors to your Aura. All the rainbow colors exist in sunlight, which provides our body with the color nutrition necessary for our survival.

7. Asking Higher Beings for Help

You may also protect your energies by asking the Higher Beings, such as your Spirit Helper, to protect you by simply asking: *“Please sever and clear me of all energies that do not belong to me and are not for my Highest Good. I ask to have them lifted immediately into the light to be dissolved and ask that in their place God’s Light may enter and fill me.”*

8. Crystals and Symbols

There are many crystals or stones as well as symbols that can be used for grounding and protection. Depending on one’s beliefs, many people use their own unique talismans, crystals, or crosses for protection and cleansing, using them again and again for this purpose.

However, the most important aspect is our sincere intention. No matter what, if any practice we may choose to cleanse our Aura and keep our energy strong.

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