



# Aura & cleansing the auric *field*

Aura is the energetic communication network that reveals everything about a person.  
People can lie, but energies don't.  
Aura reveals the energies.

## **Aura is the excess energy that is spread outside our physical body**

Aura is the outermost layer of our existence that carries the extra energies that our chakras are not able to hold. A healthy 4<sup>th</sup> dimensional frequency aura reflects the colours of the chakras with bright white on the edges, but an unhealthy aura can reflect any colour in any part of the aura. Also, a healthy aura of an average 4<sup>th</sup> dimensional human being expands up to 2 inches outside their physical body. The aura can also be expanded with the lower energy emotions. The size of aura is not dependent on whether the person is positive or negative, saint or evil. The more the excessive energies stuck on to our energy bodies, the bigger the aura will look. People's presence is felt through their auras. The lighter the aura, the more likable the person, the denser the aura and the more people will get repulsed. It is said in the energy world that your energies reach much before you do, and through those energies people base their likes and dislikes of you (often unconsciously) and your actions no matter how good cannot make people like you if your energies are repulsing them. I have always found this true, however, it is only applicable on energy sensitive people. And most of the world today is energy sensitive. Your aura is not your shield. It is a false information that aura protects and a hole in aura leads to energy leakage. Aura doesn't need cleansing, repairing or healing. It is the energies emitted out. It is what attracts or repulses people.

Anytime we cross paths with someone, our auras brush against each other and it is that touch of energies that attracts people towards us or repulses them depending on the energies in our aura.

I am a powerful clairvoyant who can see multiple dimensions and all the layers of existence of a person with open eyes while being in the physical reality. This has made my reading of people always easy and apt. Aura is the first layer that one sees when scanning people as it is the outermost layer of our existence.

The average size of human aura is about 2 to 4 inches outside their body. The more excess energy one has, the larger will be the size of the aura. Having large and expanded aura is not a sign of being powerful or weak, it simply is a sign of the quantity of energy person has. This energy can either be good or bad. However, someone with good energies and expanded aura (expanded aura can extend up to 8 feet in size) are usually the people who rule over the masses through any line of work.

My aura is always triggering for people. My aura pulls people in (means attracts people) and then starts creating massive disturbances in their lives. This is because I am flooded with the Energies of Truth. People create many delusions as a mean to survive. That's an uncontrollable instinct of the brain. Even today my brain's first instinct is to create a delusion to protect me from the truth that can deeply hurt me. However, because I'm flooded with the Energies of Truth, the delusion doesn't last for more than a couple of hours. Whenever my aura brushes other's aura, it starts breaking their delusions. It is not a comfortable experience for them. Since most delusions are created to protect someone from something that they hate or dislike about themselves, I unwittingly put them into self-hatred mode. Since I totally understand brain functions and have no judgements about it, my words are always encouraging and admiring, while my energies are constantly eroding their delusions. This creates a strong love-hate relationships in my life. I have people who can't live without me and yet want to kill me. They don't know why they hate me, but I know why. For decades I thought people are jealous, but the always immediate next follow up thought was, "but of what", because I am kind of a jack in quiet some areas of life but only a jack. So, logically it never made any sense. Then when I discovered Aura and its functions and how it operates and what it does, the first thing I did (that any person would do) was scan my aura. I have been trying to cleanse the Truth Energy from my Aura but that's the thing. Unless I stop functioning from the space of Truth this won't change. And considering that Life's Mission is to unlock and release Spiritual Truths it is never going to happen either.

Aura is the Energetic Communication Network on automation. It cannot be controlled, stopped or blocked under any circumstances except physical death. How you are perceived by people is completely dependent on your aura. Whatever message about you it delivers is going to be the unconscious perception of people

towards you. Aura is what makes one a charmer. People always think that it is their physical bodies, but the truth is it is never the physical bodies that attracts, it is always the Aura.

Can energies of other people enter through our aura? YES

Does Aura require regular cleansing? YES

Are the foreign energies entering because of the damage in Aura? NO. The energies will enter, that's the whole point of Aura. A broken aura can be and needs to be repaired but repairing it won't stop the energy exchange that it does. The energies will naturally flow from excess to shortage that's the law. There is nothing you can do about it. Closing down Auras because of these misconceptions around them is one of the reasons why people's relationships are suffering. When you try to seal your aura, you are not sealing the aura because that cannot happen, what happens is that you end up creating a shield outside the Aura. That blocks the communication. The energy exchange is a must between people (even between strangers).

Humans are social animals. Again, that's the whole point of being human. If you do not wish to interact with other humans go lock yourself in a cave like I have done. Only my cave is my home, and I very rarely step foot out of it. There's no other way. Creating shields is also not a very good idea, but I will explain that layer in the e-book that I will create for shields. For now, just know that the energy exchange is a part of being human and is a basic necessity. Closing this down will shut down a lot many other good things in life.

But, since I have been one of those people, I know what lower, negative and evil energies of other people entering our system does to us, especially when those very same people take away our good energies. The energy exchange also happens through cords, which again gets formed as soon as you interact with someone for more than 5-10 minutes. It is again an automation process that cannot be stopped. The only kind of people that remain unaffected with this energy exchange are either those whose aura is 8 inches and above (irrespective of the kind of energy it has) or those whose aura is below 1 inch in size. In other words, either people with excessive energies or people with deficit.

Connection with people is required whether you want to make money, be successful in any field, to build healthy relationships or to charm people. When you close your Aura with shields and seals, what you are actually doing is closing down connections. I understand the desperation to close yourself down in order to protect yourself. Trust me I do. But that only adds to the problem.

Does that mean we have to absorb other people's shitty energies and sacrifice our good ones and there's no other option? NO. A BIG FAT NO! These systems got created for our benefit, not to screw us up.

The absolute truth of the whole energy system is,

“Only that can get in which we allow.”

We have freewill for a reason. Unless we want to absorb something, it can not enter our existence, not even spells, black magic attacks, psychic attacks or evil eyes. If you have a submissive or people-pleasing personality where you give in too easily to whatever people want (in other words accept their commands), you will also accept their energy attacks. Nothing can enter you without your permission. The choice here is simple, spend your whole life cleansing yourself, or create a prayer to change your personality. In order to do that you will need mental excavation to find out the root cause. Luckily for you, you can create a prayer to find that out too.

Now we have come to the real question, why are we allowing lower, negative, clutter, garbage, evil and ill energies of people into our system. Everyone has different reason behind it. I'll share with you my reason.

Firstly, if you have read my e-book the Art of Praying, you would know that I was born with a contradiction between I need space and I can't be alone. My system is still absorbing people's shitty energies to transmute it because it is used to it now and with all the e-book writing I haven't gotten time to create a prayer to stop this process. I started doing this (unconsciously) to be wanted by people. People want those who they can dump their shit on and steal good energies from. Almost everyone who has the need to be wanted allow people's shitty energies so that people keep needing them. You may have a different reason. All you have to do is figure out why you are allowing the harmful energies in your system.

Now the next most important question is why our good energies get sucked out. Again, because you are allowing it. Your energies cannot leave you without you talking to someone. Just being present around people will only drain you if you have a neurological issue of Sensory Processing Disorder or Sensory Overload. None of these are scary diseases, it simply means the brain gets tired with too much stimulation. But other than that, presence doesn't activate energy exchange, communication does. People cannot drain you without communication. So, the only way to stop energy leakage, drainage or loss is by ending the conversation. Try it and see. Trust me this will work.

Other reason you may feel depleted in someone's presence is when they are triggering a wound. If you have a PTSD of someone or unwittingly someone ends up triggering your wound, or you are feeling gaslighted, insecure, scared, anxious etc. your energies get depleted. Not because someone is sucking your energies but because your system is consuming your energies to process the lower energy emotions that got generated because of the trigger. You will learn about it in detail in the chakra e-book.

Unless you understand the real mechanism of your system, you can neither correctly heal yourself nor correctly cleanse yourself. Because of ignorance in this field many people are damaging themselves instead of healing themselves. This is why I introduced Awareness Healing. Bringing the world the awareness of the Truth behind all things spiritual. I am pretty sure many of you would have burnt a sage or taken a saltwater bath after interactions thinking that you were energetically attacked or affected (because you absorbed some shitty energy), but in reality, either you were triggered or depleted. In both these cases cleansing would deplete you further. What you needed was rejuvenation, meaning calling upon energies to fill you up.

## Appearance *of* aura

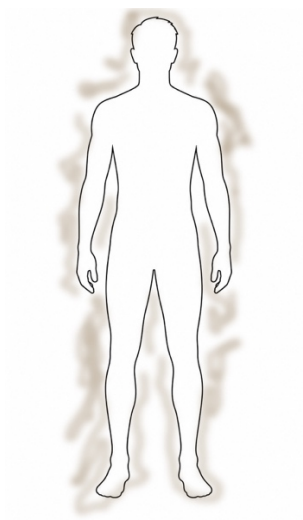
Since Aura is the excess energy of the system that is pushed out, the appearance of the Aura will tell you exactly your personality type and what energies you need to cleanse or generate.

But again, not everyone is a psychic. And also, even when you are a psychic you should always be open to the possibility of your brain creating images. I keep saying this because there's something known as the spiritualist's ego and arrogance. They force their thoughts onto the clients as though it is the ultimate truth. People listen to their analysis, believe it and sometimes good people are bullied into thinking they are the culprits, and the culprits are pampered and validated. Firstly, you cannot become a healer, therapist or psychic professionally if you yourself aren't completely healed and have a neutral mind set. Without that these people have a habit for enforcing their ideas and opinions as "psychic reading" onto the clients. One of a thousand healer, therapist and psychic actually are qualified to be professionals. Finding them is a rare occurrence. If you love yourself, don't go to any. This actually was the biggest motivation behind me

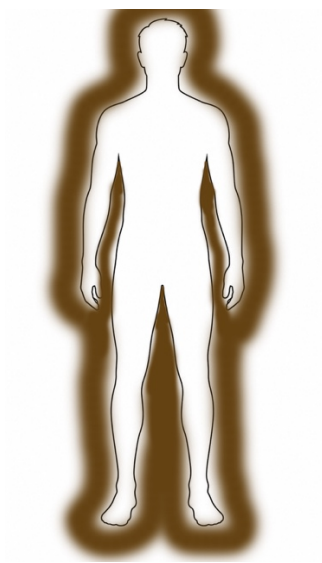
creating this website and sharing all the knowledge for free. So that people can heal themselves and break the cycles of wrongful information.

The reason I mentioned above is that you may never know how your aura appears. But in case you are a psychic then sharing the below information can actually help you.

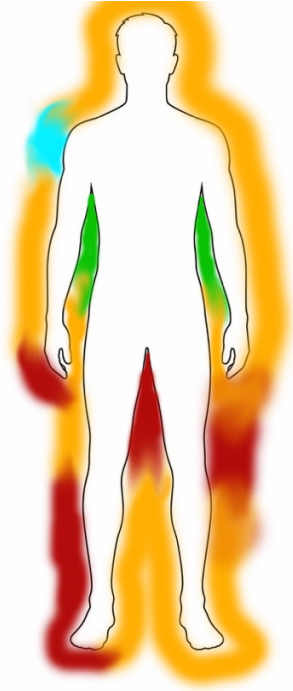
1. **Cracks in aura** – Cracks in Aura is a sign of damaged aura. What damages aura is weakness of the energies. Energies can be weak or strong in strength, irrespective of its nature (good or bad). For example, if I am very angry at someone and want them harmed, my aura will be flooding with the energies of anger but if I have a strong conscience and no true desire to cause harm, the strength of these energies will be weak. Assertiveness, surety and clarity gives energies strength. In this case, because I lack these three in my anger, my anger is weak. It is there, but it is weak. It will have blurry edges and it will be translucent and dim.



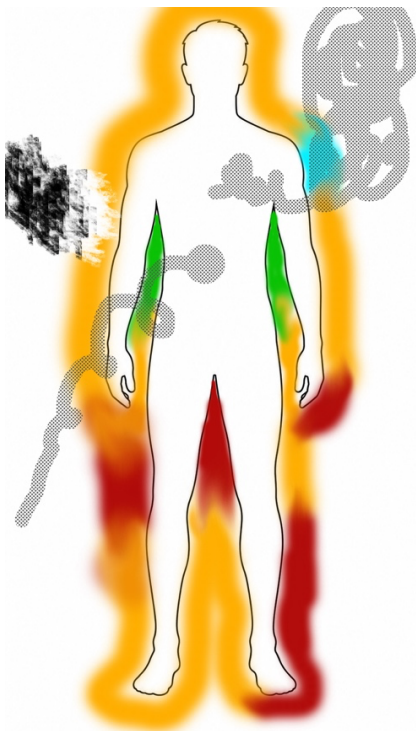
2. **Strong aura** - Sharp edges. Solid colour. Opaque. It can also show all the chakra colours equally distributed or a few dominating colours depending on what energies are being pushed out.



3. **Colour domination** – When there is a colour dominating in the aura, it means that the person’s main area of functioning is through the chakra that is associated with that colour. This is a normal scenario as we all have different priorities and therefore different areas of functioning. As long as the aura looks strong it is the healthy chakra energies reflected in the aura, it is not a problem. It is just a personality type.



4. **Smoky gray or black patches in the aura** – If the flow is from outside to inside, its external negativity entering the aura. If the flow is from inside to outside, then its internal negativity moving outwards.



## *Repairing, cleansing & strengthening the aura*

1. Smoke from white sage removes negative ions from the air. Simply light your sage smudge stick and use your hand to direct the smoke over your head, face, front, back and the sides of your body. It is advisable to hold the sage in your dominant hand and start from the feet, moving the sage anticlockwise around your whole body.
2. Let the Sun feed your body. Sunlight in the morning for 15 minutes can remove all the harmful energies from not just your aura but your whole existence.
3. Sea salt: The Sun expands and feeds your aura while the sea carries away the negativity. Simply give yourself a sea salt scrub before taking a bath. Take a handful of sea salt and rub it all over your skin. It helps remove dead skin cells, refreshes your aura and draws out toxins.

You can also add 1 kg sea salt in a bucket of lukewarm water and with a mug pour this water onto your crown chakra to remove all kinds of harmful energies from your aura. *Do wear a shower cap when doing this as salt water can damage your hair and your scalp.*

4. Cold shower – Ability to clear away negativity from your auric field.
5. Sound medicine: Sound from Tibetan singing bowls is known for their ability to dissolve negativity and clean your energies. Listening to their sounds before going to sleep is an easy way to support your overall well-being.

Alternatively, chanting the sound OM is an incredibly fast and efficient way to shift the energy stuck, stagnant to remove negative energy from your aura and physical body.

6. Labradorite crystal – Heals the auric field. Holding it for 20 minutes will last for 12 hours after the stone is no longer worn. If you are surrounded by negativity all the time, wearing it permanently in the form of ring, pendant or bracelet will help. But before using crystals please read my e-book on crystals once.
7. Vetiver – A few drops applied to belly button at night will help you from taking too much of other people's junk. It has a special relationship with chakras and helps to bring them into alignment.
8. Black tourmaline – Great for deflecting radiation and is well known for transmuting negative energies from Aura. It's a protective stone and can help you from negative thinking. It's the perfect crystal to wear or carry in your handbag.
9. Smoky quartz – On your desk or near your phone will protect you from other people's stresses and negativity (I have a 17.5 kgs piece kept in my bedroom).
10. Do the following prayer every night before sleeping or as soon as you feel negativity has entered your aura and none of the above will be required ;)

“I call upon Archangel Michael, Lord Shiva and Goddess Kali and ask them to immediately, completely, absolutely, permanently, irreversibly and eternally extract and destroy all the lower, evil, negative, clutter, garbage, polluting, contaminating and impure entities, energies, spirits, beings, parasites, tulpas and thought-forms from my Aura and Auric Field, across all dimensions, realities, realms, lifetimes, timelines and planes of existences.”

