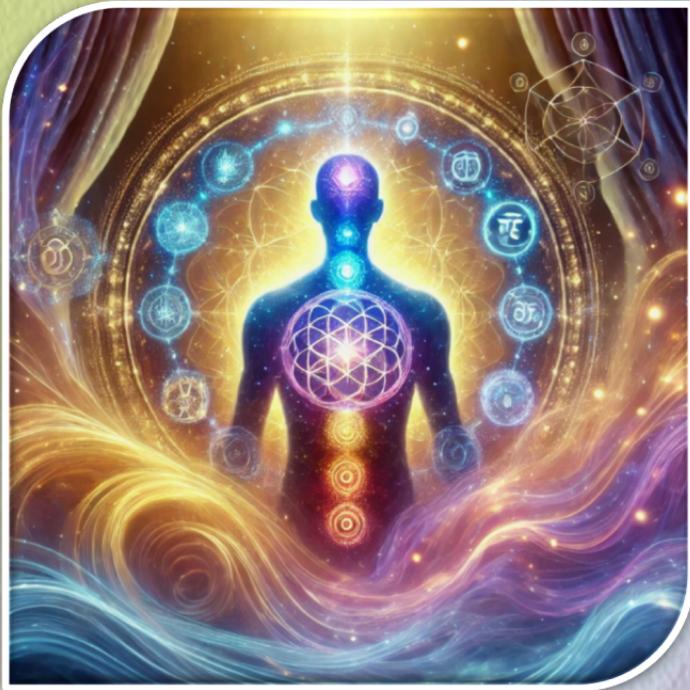


# ANCIENT AURA CLEANING TECHNIQUE

*Unlocking the Secret Himalayan Method for Energy  
Purification*



Rishi Rohit Sharma

Manual Version: 1.3

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## ANCIENT AURA CLEANING TECHNIQUE

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 **Rishi Rohit Sharma**

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### ॐ Final Statement

*“Spiritual protection, empowerment and healing are sacred practices that require dedication, awareness, and respect. May this system/manual/book guide you toward greater spiritual freedom, energetic balance, and personal empowerment.”*

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First Edition: 📅 1<sup>st</sup> March 2025





## A Gift from My Heart to Yours

**Someone once told me,** “*The best things in life are free.*” That simple truth stayed with me, resonated within my soul, and today, I stand by it.

This **Energy Healing System manual** is not just a book—it is a **sacred offering**, a piece of my heart, given to humanity **completely free of cost**. Because I believe **healing, transformation, and spiritual awakening** should never be locked behind a price tag. True healing is a birthright, not a luxury.

I fully understand that **money is energy**, but I also know that its vibrations are deeply **Bhautik (materialistic)**—while the **energy of healing is divine, pure, and Adhyatmik (spiritual)**. These two forces move in opposite directions, and that is why I made a choice—**to offer these healing manuals absolutely free**.

I won’t lie—it **takes immense time, patience, and relentless dedication** to develop these systems, and even more effort to maintain and share them with the world. But I do it with **an open heart**, because I believe that **if even one soul finds healing, if even one life is transformed, my purpose is fulfilled**.

That being said, I also respect that others may have different responsibilities. That’s why I have always left an **open door** for **resellers and teachers**—if they wish, they may charge a **relevant amount** for teaching this system. That choice is **completely theirs**, as I do not impose restrictions on how this wisdom is shared.

**But as for me—I will never charge for these manuals.**

If you find this system **valuable**, if it **helps you in any way**, I do not seek money in return. **The only energy exchange I ask for is your heartfelt blessings and a place in your prayers.** That, to me, is worth more than any currency.

This is my **humble contribution to humanity**, my way of ensuring that **no seeker is ever denied the power of healing**—regardless of their financial state.

If you find this system **useful**, if it **truly helps you**, the **only energy exchange I seek is your blessings and a place in your prayers.** 

May this healing system bring **light, peace, and transformation** to your life!

**With love, devotion, and divine energy,**

 **Rishi Rohit Sharma** 





# Gratitude & Acknowledgment

*As I write these words, my heart is filled with **gratitude and humility** for the **divine forces** that have shaped my life and illuminated my spiritual path. Every experience, whether a challenge or a triumph, has been made meaningful by the **unseen hands** that have gently guided me toward **light, wisdom, and empowerment**.*

*The creation of this system/manual/book would not have been possible without the **grace and blessings** of **divine beings, spiritual guides, and higher forces** that have walked alongside me on this sacred journey. It is with deep reverence that I express my gratitude to **all those who have influenced my spiritual growth**.*

## Reiki Founder Mikao Usui

*I bow in **gratitude and respect** to **Mikao Usui**, the **founder of Reiki**, whose teachings have inspired countless individuals to embrace **energy healing** as a path toward **balance and wholeness**. His dedication to **spiritual awakening** and **healing through universal life force energy** has paved the way for systems like this one to emerge, offering **protection, empowerment, and freedom** to those who seek it.*

*The wisdom of **Reiki** reminds us that **healing begins within** and that through **spiritual alignment**, we can **clear blockages, protect our energy, and connect with the divine source** that flows through all living beings.*

## 🙏 Gratitude to Divine Forces and Spiritual Guides

### Pratham Pujniye Lord Ganesh

*First and foremost, I offer my **humble thanks** to **Pratham Pujniye Lord Ganesh**, the **remover of obstacles** and the **lord of new beginnings**. His presence has been a constant source of **strength and clarity**, helping me navigate life's challenges with **grace and perseverance**. It is through his*

*divine intervention that I have been able to overcome hurdles and move forward on my spiritual path.*

#### **Adi Shakti Durga**

*To Adi Shakti Durga, the supreme mother goddess, I bow in reverence. Her infinite love, protection, and nurturing presence have fortified me through life's storms. Her energy of transformation and strength has given me the courage to face difficult moments and emerge stronger.*

#### **Baba Bhairon and Lord Hanuman**

*My deepest gratitude goes to Baba Bhairon and Lord Hanuman, my eternal protectors and guides. Their unwavering presence has shielded me from harm, and their divine strength has given me the resolve to stand firm in moments of uncertainty. I am forever grateful for their guidance, protection, and wisdom.*

#### **The Divine Trinity: Maha Kali, Maha Laxmi, and Maha Saraswati**

*To the divine trinity of Maha Kali, Maha Laxmi, and Maha Saraswati, I offer my heartfelt thanks for their grace, abundance, and wisdom.*

- *Maha Kali: With her fierce protection, she has helped me destroy inner fears and negative energies.*
- *Maha Laxmi: Her blessings have brought prosperity and spiritual wealth, ensuring balance and harmony in my life.*
- *Maha Saraswati: Her wisdom and insight have illuminated my path, guiding me to share knowledge with clarity and truth.*

#### **Shiv Shambhu, Hari Vishnu Krishna Rama, and Brahma**

*With a heart full of devotion, I offer my thanks to Shiv Shambhu, Hari Vishnu Krishna Rama, and Brahma, the three pillars of creation, preservation, and transformation. Their divine energy flows through all aspects of existence, reminding us that change and growth are sacred processes.*

#### **Deities of the Elements and Cosmic Influences**

*I bow to the deities of the elements—Indra Dev, Agni Dev, Varun Dev, and Pawan Dev—who govern the forces of nature and remind us of the sacred balance that sustains life. To Surya Dev (the Sun), Guru (Jupiter), Chandra (the Moon), Mangal (Mars), Shukr (Venus), Budh*

*(Mercury), Shani (Saturn), Rahu, and Ketu, I offer my gratitude for their cosmic influence that shapes our destiny and karma.*

### **Mother Mary and Jesus Christ**

*My heartfelt thanks go to Mother Mary and Jesus Christ, who have always been a source of comfort, compassion, and solace in challenging times. Their teachings of love, forgiveness, and humility inspire me to walk the path of kindness and empathy.*

### **The Archangels**

*To the Archangels Michael, Gabriel, Uriel, and Raphael, I express my deep gratitude for their protection, guidance, and light. They have been beacons of divine energy, helping me stay grounded in truth and aligned with my purpose.*

### **Ghous Pak Peer: Shaykh Abdul Qadir Jilani**

*I offer my deep respect and love to Ghous Pak Peer (Shaykh Abdul Qadir Jilani), the crown of saints, whose teachings and spiritual legacy continue to inspire seekers across the world. His wisdom and guidance have helped me navigate spiritual complexities and deepen my connection to the divine realms.*

### **Spirit Guides and the Ten Mahavidhyas**

*To my spirit guides and the Ten Mahavidhyas, I offer my sincere thanks for the hidden knowledge and power they have unlocked within me. Their mystical teachings have guided me to embrace my higher self and navigate the unseen realms with clarity and wisdom.*

### **Baba Balaknath, Baba Murad Shah Ji, and Sai Laddi Shah Ji**

*I extend my thanks to Baba Balaknath, Baba Murad Shah Ji, and Sai Laddi Shah Ji, whose divine blessings have been a beacon of strength and protection on my spiritual journey. Their guiding presence reminds me of the power of devotion and service to the divine will.*

### **Kuan Yin and Tara**

*To Kuan Yin and Tara, symbols of compassion and mercy, I offer my heartfelt thanks for their gentle guidance and healing energy. Their presence has taught me the importance of kindness, empathy, and patience in all aspects of life.*

## **Lord Buddha**

*I express my deep gratitude to **Lord Buddha**, whose **teachings of enlightenment** continue to guide me toward **inner peace and spiritual awakening**.*

## **The Angels and Higher Beings**

*To the **angels and higher beings**, I offer my **thanks for their protection and spiritual guidance**. They have **illuminated my path**, ensuring that I stay **aligned with divine wisdom and universal truth**.*

## **A Journey of Divine Guidance**

*Every **spiritual insight, healing system, and practice** I have shared is rooted in the **divine grace of these higher beings**. Their influence is present in the **creation of this system/manual/book**, which embodies the **balance between spiritual empowerment and protection**.*

## **Gratitude to Seekers and Students**

*To all the **students, seekers, and readers** who have walked this path with me, I offer my sincere **gratitude**. Your **faith and dedication** inspire me to continue sharing the **wisdom and spiritual insights** I have received.*

*You are not just **followers**—you are **fellow travelers on this path of light**. It is my **honor** to guide and walk beside you on this journey of **self-discovery and enlightenment**.*

## **Final Blessing**

*May the blessings of **Pratham Pujniye Ganesh, Adi Shakti Durga, Ghous Pak Peer, and the 33 Koti Devi-Devta** be with us all.*

*May we continue to receive **divine guidance**, remain **grounded in truth**, and walk the **path of light** with **courage, compassion, and clarity**.*

*With love, light, and blessings,*

*May your journey be filled with peace and protection.*

*Rishi Rohit Sharma.*



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# Dedication

*To the Unseen Source, the Eternal Flame,  
The Whisper in the Silence, the One with No Name.*

*To the Light that Shines in Every Heart,  
The Cosmic Weaver, of which we're a part.*

*This work is humbly offered to the Supreme God,  
The Keeper of Mysteries, the Infinite Rod.*

*The Breath behind Creation, the Pulse of the Stars,  
The Guide of our Souls, who knows who we are.*

*To the Presence in stillness, the Voice in the breeze,  
The Wisdom that flows through rivers and trees.*

*To the Light within darkness, the Calm in the storm,  
The Eternal Essence in every form.*

*For every question we've dared to ask,  
For every truth that's hidden behind the mask,*

*For every journey into the Unknown,  
We are never lost, for we're never alone.*

*May these pages reflect Your boundless grace,  
Your infinite love, in time and space.*

*And as each seeker walks their way,*

*May they feel Your Light guide every day.*

*This is for You —*

*The Eternal, The Divine, The One.*



# Preface

## A Battle Against Energy Contamination

There are moments in life when we **believe we have mastered our craft**, only to be humbled by a force we didn't anticipate. I have spent years walking the **path of energy mastery**, aligning my chakras, strengthening my aura, and awakening my **Kundalini** to its full power. My connection to energy was profound—so refined that within **seconds of meditation**, I could feel the **tingling surge at my crown chakra**, an undeniable confirmation of my connection to the universe.

And yet, despite my mastery, I **fell into a trap**. A trap I never saw coming.

What happened to me was a lesson, a **harsh awakening**, but also a gift. From that experience, I emerged stronger, wiser, and with an **unshakable technique** that can purify even the most **contaminated energy fields**.

This is my story.

## The Attunement That Corrupted My Energy

I had been a **lifetime member** of a Reiki academy—a place that once stood as a beacon of **spiritual integrity and authentic energy work**. I had invested **not just money, but my faith, my dedication, and my spiritual growth** into its teachings. But over time, I began to notice a **disturbing shift**.

What was once a **sacred space of true energy transmission** was now turning into a **business**, prioritizing **profit over purity**.

Attunements were being offered at **throwaway prices**, given not by seasoned masters but by **inexperienced students—many of whom were struggling with their own mental and physical issues**. Instead of being **guided and healed first**, they were being **pushed into channeling roles**, unaware of the damage they could cause. **The sacred art of attunement was being sacrificed for monetary gain.**

And then, there is another category of so-called "energy healers"—**those who hide behind the curtains**.

I have **never hidden myself, nor my practice, nor my family**. My life, my journey, my updates—they are all **open and visible** on social media. **Anyone can see my photo, feel my energy, and assess my presence**. But in this field, I see **young self-proclaimed energy masters who crave name and fame**, yet hide their true selves from the world.

And here's the real problem: **many of them aren't even channeling real energy**.

They aren't connecting to the divine source. They aren't drawing from the universal flow. Instead, they are **sitting behind screens, using AI-generated manuals, mindlessly creating unnecessary “levels” of Reiki** — things that were never meant to exist in the first place. And worse? They are **embedding their own chaotic, unbalanced, or even toxic energies into chi balls, branding them as “channelled” frequencies**.

This is **not** true energy work.

Everything I have ever **channeled, shared, or taught** has been given to me directly **by the Universe**—through **real experience, divine connection, and years of spiritual practice**. Energy healing is not a **shortcut to fame or a business model**—it is a **sacred responsibility**. And that responsibility begins with **integrity**.

## Trusting the Academy

When I agreed to receive an attunement from the academy, I believed it would **enhance my energy flow** and take my spiritual practice to the next level. Having been a long-time member, I trusted the system, assuming that any attunement conducted under its name would be **pure, effective, and aligned with universal energy.**

## A Warning from My Intuition

The moment I received attunement, **something felt off.** The guy who channelled this attunement or the guy who sent me attunement had issues:

- ◆ His **aura was tainted**, carrying **dense attachments** that I could perceive instantly.
- ◆ His energy field felt **unstable**, as if he was struggling with **his own internal imbalances.**
- ◆ The **academy's owner—once a respected spiritual guide—was now dealing with his own energetic struggles**, making the entire system vulnerable to contamination.

## The Fundamental Rule of Energy Healing

A **core principle** of energy healing is this:

**A contaminated channel cannot transmit pure energy, no matter how strong their intention.**

Yet, despite sensing this **energetic disturbance**, I chose to **ignore my intuition.**

## Ignoring My Inner Warning

I reassured myself:

**“Energy comes from the Source. We are just mediums.”**

I convinced myself that the purity of the source would **override** any imperfections in the channel.

### **I Was Wrong.**

## **An Energy Nightmare Begins**

The attunement was conducted. At first, I felt nothing unusual. But **within hours, the effects began to show.**

I had always felt **light as air** when I walked—**as if I were moonwalking, effortlessly gliding.** But now, my legs felt **heavy, dense, almost chained to the earth.** The free-flowing sensation of Kundalini Reiki was **gone.**

I immediately tried **various Reiki systems** to cleanse myself. **Nothing worked.**

I performed **self-healing, aura cleansing, multiple energy techniques**—yet the heaviness remained. Something was blocking my energy **on a deeper level.**

I reached out to a trusted healer, someone who had the ability to **see energy fields.** I asked him to scan my aura, and his words **confirmed my worst fears:**

“Your aura is still golden-blue, but I see dense black patches—especially in your stomach area.”

He had seen what I already knew. The attunement had left an imprint of dark, dense energy, severing the natural energy flow of my system.

I had identified the problem. Now, I needed to find a solution.

## The Engineer in Me Awoke

Before I was a **Reiki Master**, I was an **engineer**. My fascination with **electronics, circuits, and physics** had shaped my analytical mind. As a student, I used to **challenge my physics teachers** with difficult questions—pushing the boundaries of logic and understanding.

One day, I had asked my professor:

**“If positive and negative terminals cause sparks, then why do two AA batteries connect without an explosion?”**

That question resurfaced in my mind, bringing with it a **realization that changed everything**.

Our energy system **mirrors electrical circuits**:

- ◆ In a **parallel connection**, if one light goes out, the others continue shining.
- ◆ In a **series connection**, if one light burns out, the **entire circuit is disrupted**.

At that moment, I **saw the chakras as an interconnected energy system**.

What I was dealing with **wasn’t just a blocked chakra**—it was a **disconnected circuit**. My energy flow had been **short-circuited** by the dense energy absorbed during the attunement.

And this is why **no Reiki system was working**—energy **couldn’t flow through a broken circuit!**

I had **found the root cause**. Now, I needed to find the solution.

## Rediscovering the Lost Himalayan Secret

I began researching **ancient Vedic texts** and **Himalayan yogic practices**. Hidden within the teachings of the sages, I stumbled upon a **long-forgotten purification method**—a technique that involved the use of **clove and camphor to cleanse the aura**.

- ❖ **Clove** – Absorbs and traps negative energy like a sponge.
- ❖ **Camphor** – Burns away dense, dark energy, leaving behind purity.

But **I didn't stop there**.

I combined these elements with **Reiki**, creating a **hybrid system** that merged:

- ✓ **Reiki's universal life force energy**
- ✓ **Clove's power to absorb negativity**
- ✓ **Camphor's ability to burn and purify**

For the first time in weeks, **I felt hope**.

I **prepared the ritual**, performing the technique with full focus and intent. As I completed the process, something incredible happened.

I could feel the energetic chains breaking. The heaviness lifted, my energy circuits **reconnected**, and my aura **returned to its golden brilliance**.

The **Ancient Aura Cleaning Technique (AACT)** was born.

### A Warning to All Spiritual Seekers

In today's world, **energy healing is being commercialized**. Many so-called "masters" are offering **superficial attunements**, caring only for profit rather than purity.

### **Beware of:**

- ✖ Imbalanced or struggling healers channeling energy while carrying their own blockages.
- ✖ People who rely on AI-generated manuals filled with unnecessary “levels” just to sell more courses.
- ✖ Those who claim attunements are “safe” while ignoring the risks of energetic contamination.

I am not against Reiki, attunements, or energy healing. But be mindful of where you receive your energy from.

If you have ever felt drained, disconnected, or affected by impure energy transmissions, this book is your solution.

### **Are You Ready to Reclaim Your Energy?**

The Ancient Aura Cleaning Technique (AACT) is not just another healing system—it is a **spiritual weapon** against energetic contamination. It is the **key to restoring your true energetic power**, cleansing your aura, and protecting yourself from corrupt transmissions.

In this book, you will learn:

- 🔥 How to purify your energy field and remove contamination.
- 🔥 How to combine Reiki, clove, and camphor for deep aura healing.
- 🔥 How to protect yourself from false attunements and energy leaks.

If you have ever **felt lost, disconnected, or spiritually weakened**, this book will **bring you back to your highest power**.

This is not just a technique. **This is a revolution in energy healing.**

⭐ Welcome to the Ancient Aura Cleaning Technique. ⭐

🚀 It's time to reclaim your power.



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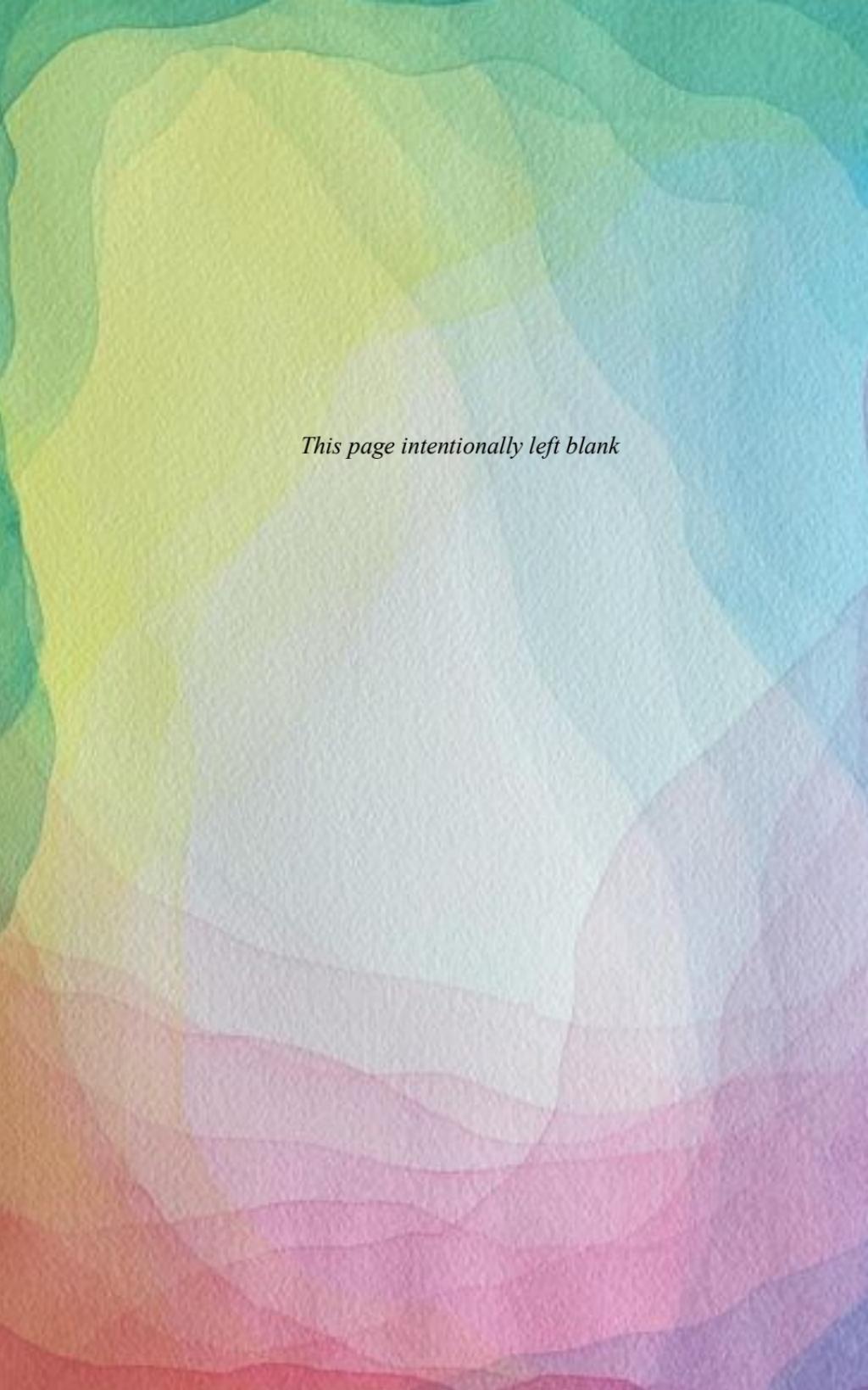
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**Rishi Rohit Sharma**

Ancient Aura Cleaning technique

# Chapter I

## What is an Aura?



**I**magine walking into a room and instantly feeling a sense of warmth and peace—or, conversely, sensing an unexplained heaviness. Have you ever met someone whose presence radiated positivity, while another person's energy felt draining? This invisible field of energy surrounding us is called the **aura**—a luminous extension of our physical and spiritual body.

Ancient sages, yogis, and mystics have long known that the **aura is a reflection of our inner and outer worlds**. It is not just an esoteric concept but a **powerful energy shield** that interacts with everything around us. Modern science is slowly catching up, with research in bioelectromagnetics confirming the existence of an energy field around living beings.

But here's the secret: **Your aura is not fixed. It changes with your thoughts, emotions, and spiritual state.** A strong, radiant aura attracts health, success, and divine protection, while a weak or contaminated aura can lead to negativity, emotional distress, and physical illness.

## The Importance of Aura in Spiritual and Physical Health

Your aura is **the first line of defense** against negativity. Think of it as an **energetic immune system**—when strong, it shields you from toxic influences, negative thoughts, and low vibrations. However, when your aura is weakened, you may experience:

- ✓ **Chronic fatigue or unexplained exhaustion**
- ✓ **Frequent mood swings or emotional instability**
- ✓ **Feeling stuck in life, despite making efforts to move forward**
- ✓ **Difficulty manifesting success, wealth, or opportunities**
- ✓ **Unwanted psychic disturbances or energy attachments**

This is why **maintaining a clean and strong aura is essential**. Just as we bathe to cleanse our physical body, we must also cleanse our aura regularly to maintain high vibrations, mental clarity, and spiritual growth.

## How Aura Cleaning Enhances Well-being, Success & Spiritual Growth

A well-cleansed aura does more than just remove negativity—it **supercharges your energy field**, aligning you with higher frequencies of abundance, love, and protection. Here's how it transforms your life:

★ **Physical Health** – When the aura is balanced, energy flows freely, supporting immune function and reducing stress-related illnesses.

- ★ **Mental & Emotional Clarity** – Cleansing the aura removes emotional blockages, reducing anxiety, depression, and overwhelming thoughts.
- ★ **Spiritual Awakening** – A purified aura allows deeper meditation, stronger intuition, and profound spiritual experiences.
- ★ **Manifestation & Success** – A high-vibration aura attracts positive opportunities, financial prosperity, and fulfilling relationships.
- ★ **Protection from Negative Energies** – Shielding yourself from energy vampires, psychic attacks, and toxic environments becomes effortless.

## Why This Technique is Unique and Powerful

There are countless energy-healing methods, but the **Ancient Aura Cleaning Technique (AACT)** is different. **This is not just another Reiki practice or general cleansing ritual—it is a sacred, secretive technique used by Himalayan yogis for rapid and powerful purification.**

- ◆ **The Power of Cloves & Camphor** – Unlike other aura-cleansing methods, this system uniquely harnesses the vibrational power of cloves and camphor to dissolve negativity at an energetic level.
- ◆ **Chakra-Based Deep Cleansing** – Instead of a general aura cleanse, this technique works through the **seven chakras**, ensuring total energy balance.
- ◆ **Silent Mantra Chanting (Mansik Japa)** – Unlike verbal chanting, this method **activates divine frequencies internally**, making it more potent than spoken affirmations.

- ◆ **Fire Element Transformation** – The final ritual of burning cloves on camphor facing **south** harnesses the purifying power of **fire**, removing deep-rooted energetic blocks.
- ◆ **Himalayan Yogic Wisdom** – This knowledge comes from ancient masters who understood energy fields beyond modern comprehension.

Most importantly, **this technique is fast-acting and incredibly effective**. You **do not need years of training or expensive tools**—just your focus, intention, and the sacred materials provided by nature.

## How to Approach This Book

This book is more than just a guide—it is a **spiritual initiation** into the ancient science of aura cleansing. To get the most out of this experience:

📘 **Read with an Open Mind** – You are learning a sacred technique passed down through wisdom traditions. Embrace the knowledge with reverence.

🔥 **Practice, Don't Just Read** – The real power comes when you **apply** the techniques, not just understand them intellectually. Take time to **perform the rituals, feel the energy shifts, and observe your transformation**.

✍ **Use This Book as a Personal Journal** – Each chapter includes **reflection questions, exercises, and self-assessments**. Write down your thoughts, progress, and insights as you cleanse and strengthen your aura.

🌿 **Follow the Energy Flow** – This is not a rigid system. **Trust your intuition**—if you feel drawn to spend extra time on a particular chakra or ritual, listen to that inner guidance.

 **Commit to a Practice Schedule** – To experience **maximum benefits**, commit to 7, 21, or 41 days of aura cleansing. Consistency is key to unlocking deep transformation.

### Quick Reflection Before You Begin:

Before diving into the next chapter, take a moment to reflect:

- 1 Have you ever felt energetically drained after interacting with certain people or places?
- 2 When was the last time you consciously **cleansed your energy**?
- 3 Do you believe your aura has an impact on your success, health, and relationships?

Write your thoughts down in a notebook or mentally observe your answers. **By the end of this book, you will not only understand your aura—you will have the power to transform it!**

Let's begin the journey. 

## Chapter II

# Aura - Beyond Science & Spirituality



**C**lose your eyes for a moment and take a deep breath. Imagine a soft, glowing light surrounding your body—a luminous field of energy extending a few inches to several feet beyond your skin. This is your **aura**, the invisible yet powerful energy field that holds the essence of who you are.

Many people think of the aura as something mystical or exclusive to spiritual practitioners, but the truth is **everyone has an aura, and it influences our daily lives in ways we often don't realize.**

### More Than Just an Energy Field

In ancient Indian scriptures, the aura is known as **Pranamaya Kosha**, the energetic body that connects our physical form to the universal life force (**prana**). Across cultures, this energy field has been recognized by different names:

- ◆ **Vedic & Yogic Tradition** – Pranamaya Kosha (Energy Body)
- ◆ **Chinese Medicine** – Qi or Chi Field
- ◆ **Christian & Western Spirituality** – Halo or Divine Glow
- ◆ **Kabbalah & Jewish Mysticism** – Light of the Soul

## ◆ Scientific Perspective – Bioelectromagnetic Field

Modern science is now catching up with what ancient sages have known for centuries. **The aura is not just a spiritual concept—it is a measurable energy field that responds to emotions, health, and external influences.**

### The Scientific View of the Aura

In the 1930s, a Russian scientist named **Semyon Kirlian** discovered a way to photograph energy fields around living beings, proving that all objects—including plants, animals, and humans—emit an energy glow. This phenomenon, now known as **Kirlian photography**, visually confirms the presence of the aura.

Even modern medicine acknowledges the existence of **biomagnetic fields** around the body. Research in **quantum physics, bioelectricity, and neurobiology** suggests that our bodies generate electromagnetic frequencies, which can be measured using EEG (brain waves) and ECG (heart energy).

But here's the key difference: **Science measures electrical impulses, while spirituality explains how this energy interacts with the universe, emotions, and consciousness.**

◆ **Your aura changes with your emotions.** Negative emotions weaken the aura, while joy and gratitude expand it.

◆ **Physical health affects your aura.** A strong immune system keeps the energy field vibrant, while illness dulls it.

◆ **Thoughts and beliefs influence aura strength.** Positive thoughts amplify your energy, while fear and self-doubt create energy leaks.

So, whether you view the aura through **science, spirituality, or personal experience**, one thing is clear: **your energy field is real, and it has a profound effect on your well-being.**

## The Spiritual Perspective of the Aura

In spiritual traditions, the aura is seen as **an extension of the soul**—a bridge between the **physical body, the mind, and the universal consciousness**.

- ★ **In Hinduism & Vedic Knowledge** – The aura is part of the **subtle body** that carries karmic imprints from past lives.
- ★ **In Tibetan Buddhism** – Enlightened beings are said to have a golden aura, radiating divine wisdom.
- ★ **In Christianity** – Saints and angels are depicted with halos, symbolizing a purified aura.
- ★ **In Shamanic Traditions** – The aura is used to diagnose spiritual imbalances and energy blockages.

Unlike scientific studies that only measure electrical impulses, spiritual wisdom teaches that the **aura reflects thoughts, emotions, past life energies, and even future possibilities**.

## How Your Aura Affects Your Life

Your aura is constantly interacting with your surroundings—absorbing, repelling, and exchanging energy with people, places, and objects.

- ◆ **Ever felt drained after talking to someone negative?** Your aura likely absorbed their low-frequency energy.
- ◆ **Ever walked into a temple, forest, or sacred space and felt peace instantly?** That's because high-vibrational places uplift and cleanse your aura.

◆ Ever experienced intuition or gut feelings about someone?

Your aura picks up subtle energy signals before your mind can process them.

When your aura is **strong and clean**, you naturally attract good health, positive relationships, and opportunities. When it's **weak or contaminated**, you become vulnerable to energy drain, bad luck, and emotional instability.

## The Invisible Shield of Energy

The aura is **not just one single layer of light**—it has multiple layers, each connected to a different aspect of your existence:

**1 Etheric Aura (Physical Layer)** – Closest to the body, it reflects your physical health.

**2 Emotional Aura (Feeling Layer)** – Stores your emotions, moods, and past traumas.

**3 Mental Aura (Thinking Layer)** – Linked to thoughts, beliefs, and mental clarity.

**4 Astral Aura (Relationship Layer)** – Connected to love, relationships, and social connections.

**5 Etheric Template (Karmic Layer)** – Holds karmic memories and past-life energy patterns.

**6 Celestial Aura (Spiritual Connection Layer)** – Governs intuition, divine wisdom, and higher consciousness.

**7 Causal Aura (Universal Layer)** – The highest vibration, connecting you to cosmic energy and enlightenment.

Each layer must be **balanced and purified** to maintain spiritual harmony. This is why **aura cleansing is an essential practice for total well-being**.

## Your Aura is Constantly Changing

Unlike a fingerprint, **your aura is dynamic**—it shifts based on your emotions, environment, and spiritual practice.

- ⌚ Stress, fear, and negative thoughts shrink the aura.
- :+ Love, meditation, and gratitude expand it.
- 💎 Certain foods, crystals, and mantras enhance aura strength.

This means **you have the power to change your energy field at any moment.**

### Key Takeaways from This Chapter

- ✓ The aura is a real energy field, recognized by both science and spirituality.
- ✓ Your aura affects your health, emotions, and ability to manifest success.
- ✓ Negative energies can weaken your aura, while spiritual practices strengthen it.
- ✓ A strong, cleansed aura attracts positivity, intuition, and protection.

### 💡 Reflection Exercise

Take a few moments to tune into your own aura.

- 1 Close your eyes and take three deep breaths.
- 2 Visualize a glowing light surrounding your body. What color do you feel or see?

3 Place your hands a few inches apart and slowly move them closer. Do you feel warmth or tingling?

4 Write down your experience in a journal.

◆ **Have you ever felt your aura shift before?**

◆ **What emotions or experiences do you think are influencing your aura today?**

👉 Ready to strengthen your aura? Let's continue.

## Chapter III

# Scientific & Spiritual Perspectives on Aura



The aura has been described in ancient texts for thousands of years, yet it is only in recent decades that science has begun to explore what spiritual traditions have known all along: **we are surrounded by an energy field that reflects our physical, emotional, and spiritual well-being.**

This chapter will bridge the gap between **science and spirituality**, helping you understand the aura not just as a mystical concept, but as a real, measurable force that influences your life.

### The Scientific Perspective

While traditional science has long dismissed the idea of an "energy body," modern research in **biophysics, quantum mechanics, and bioelectromagnetism** has confirmed that **all living beings emit an energy field.**

#### 1. The Human Body as an Electrical System

Your body is constantly generating **electromagnetic energy**. Every heartbeat, every brainwave, and every nerve impulse produces a field that extends beyond the skin.

- ◆ **The Heart's Energy Field:** Studies by the HeartMath Institute show that the heart generates an electromagnetic field **60 times stronger than the brain**, extending several feet around the body. This field is directly affected by emotions—positive feelings expand it, while stress contracts it.
- ◆ **Brainwaves & the Energy Field:** The human brain emits electrical activity, detectable by an **EEG (electroencephalogram)**. These waves create a measurable **biofield**, which scientists believe may be linked to intuition and extrasensory perception (ESP).
- ◆ **Kirlian Photography & Aura Imaging:** In the 1930s, Russian scientist **Semyon Kirlian** developed a photographic technique that captures the energy glow around objects, including humans. This method visually proves that every living thing radiates an energy field that changes based on emotional and physical states.

## 2. Quantum Physics & The Aura

Quantum physics, the study of subatomic particles, provides fascinating insights into the nature of the aura:

- ◆ **Everything is Energy:** According to Einstein's equation  **$E=mc^2$** , matter and energy are interchangeable. This means that our bodies are not just solid physical forms, but **dynamic energy systems vibrating at different frequencies**.
- ◆ **Observer Effect & Manifestation:** Quantum experiments show that **observation affects reality**. This supports the idea that **our thoughts and intentions shape the energy field around us**, influencing what we attract into our lives.

◆ **Entanglement & Aura Interactions:** The concept of **quantum entanglement** suggests that two energy systems can be connected, even at a distance. This explains why you can feel someone's presence without seeing them or sense emotions from afar.

In essence, **the aura is a bioelectromagnetic field that responds to thoughts, emotions, and external energies**—something ancient spiritual traditions have always taught.

## The Spiritual Perspective

While science measures the aura in terms of **electromagnetic energy**, spiritual traditions describe it as **a luminous extension of consciousness**.

### 1. Ancient Texts & The Aura

Many ancient civilizations recognized the aura as a **sacred energy field**:

◆ **Vedic Scriptures (India):** The aura is part of the **Pranamaya Kosha** (energy body), which sustains life force (**prana**) and reflects karma.

◆ **Chinese Medicine & Qi:** In Traditional Chinese Medicine (TCM), the aura corresponds to **Qi (Chi)**—the life force flowing through meridians and energy centers.

◆ **Christianity & Halos:** In Christian iconography, saints are often depicted with **golden halos**, symbolizing a purified, radiant aura.

◆ **Kabbalah (Jewish Mysticism):** The aura is called "**Or Makif**" (Surrounding Light), representing the divine energy that surrounds every soul.

## 2. The Aura as a Bridge Between Dimensions

In spiritual teachings, the aura serves as a **link between the physical and non-physical realms**:

- ◆ **Manifestation & Law of Attraction:** A high-vibrational aura attracts positive experiences, while a weak aura draws negativity.
- ◆ **Clairvoyance & Psychic Abilities:** Those with heightened intuition can see or sense auras, detecting blockages or energy leaks.
- ◆ **Karmic Imprints & Past Life Energy:** Some esoteric traditions believe the aura carries **memories from past incarnations**, affecting one's destiny.
- ◆ **Divine Protection & Healing:** A strong aura acts as an **energetic shield**, preventing psychic attacks and negative influences.

### How Science & Spirituality Connect

While science and spirituality may seem different, they are actually **describing the same phenomenon from different perspectives**:

Scientific View	Spiritual View
Electromagnetic field	Energy body (Pranamaya Kosha, Qi, Or Makif)
Brainwaves & EEG	Thought vibrations affecting the aura
Heart's electromagnetic field	Emotions expanding or contracting the aura
Quantum entanglement	Telepathy, spiritual connections
Kirlian photography	Clairvoyant aura readings

Both perspectives agree that energy is real, dynamic, and influential in our lives.

## Key Takeaways from This Chapter

- ✓ Science confirms the existence of the aura as a **bioelectromagnetic field** that extends beyond the body.
- ✓ **Quantum physics** supports the idea that energy fields interact and influence reality.
- ✓ Ancient spiritual traditions describe the aura as **a bridge between the soul and the physical world**.
- ✓ **Both science and spirituality agree** that emotions, thoughts, and consciousness affect the aura's strength.

### Reflection Exercise

Take a moment to check in with your energy:

- 1 Close your eyes and place your hands a few inches apart. Can you feel any warmth or tingling?
  - 2 Stand in front of a mirror and soften your gaze. Can you notice a faint glow or color around your body?
  - 3 Think about a recent time when you felt extremely happy. How do you think your aura looked in that moment?
- ◆ **Do you feel more connected to the scientific or spiritual perspective of the aura? Why?**
  - ◆ **How can you use this knowledge to improve your energy field?**

Write your thoughts in a journal or mentally observe your answers.

## Chapter IV

# How the Aura Interacts with the Chakras



Your **aura and chakras** are deeply interconnected, working together to regulate your energy, emotions, and spiritual growth. If the aura is the **shield and energy field** surrounding you, then the chakras are the **power stations** within you, absorbing, transforming, and distributing energy throughout your body and mind.

Understanding this relationship is key to **deep aura cleansing and chakra healing**, allowing you to raise your vibration, clear blockages, and restore balance to your life.

### The Aura as an Extension of the Chakras

Think of your aura as an **energy bubble** surrounding your body. This energy field is **powered by the seven chakras**, which act as **gateways** that pull in universal energy (**prana**) and release stagnant energy.

When the chakras are open and balanced:

- The aura expands, radiates positivity, and attracts abundance.**

- ✓ You feel energized, emotionally stable, and spiritually aligned.

When the chakras are blocked or weak:

- ✗ The aura shrinks or becomes patchy, leading to exhaustion, negativity, and stress.
- ✗ You may experience emotional turmoil, health issues, or difficulties manifesting success.

Simply put, if your chakras are healthy, your aura is strong—and vice versa.

## How Each Chakra Influences the Aura

Each of the **seven chakras** corresponds to a **different layer of the aura**, affecting various aspects of your physical, emotional, and spiritual life.

### ● Root Chakra (Muladhara) – Physical Aura Layer

- **Location:** Base of the spine
- **Governs:** Survival, grounding, stability
- **Effect on Aura:** A strong root chakra creates a **dense, protective aura** that shields against negative influences. A weak root chakra causes **gaps in the aura**, making you vulnerable to energy drain.
- **Signs of Imbalance:** Feeling unsafe, anxious, or disconnected from reality.

💡 **Tip:** Walking barefoot on the earth or holding grounding stones like hematite strengthens the root chakra and stabilizes your aura.

## □ Sacral Chakra (Svadhisthana) – Emotional Aura Layer

- **Location:** Below the navel
- **Governs:** Emotions, creativity, relationships
- **Effect on Aura:** A balanced sacral chakra creates a **vibrant, fluid aura**, allowing emotional expression and creative flow. A blocked sacral chakra results in **dull or chaotic aura colors**, reflecting emotional instability.
- **Signs of Imbalance:** Emotional suppression, creative blocks, lack of passion.

 **Tip:** Dancing, flowing water meditation, and working with orange-colored stones (like carnelian) restore sacral energy.

## □ Solar Plexus Chakra (Manipura) – Mental Aura Layer

- **Location:** Upper abdomen
- **Governs:** Confidence, personal power, self-discipline
- **Effect on Aura:** A strong solar plexus chakra results in a **bright, golden aura**, radiating confidence and personal strength. A weak solar plexus chakra creates a **cloudy or weak aura**, making you feel lost or powerless.
- **Signs of Imbalance:** Low self-esteem, procrastination, fear of taking action.

 **Tip:** Sunlight exposure, core-strengthening exercises, and affirmations like “*I am powerful*” enhance this chakra and strengthen your aura.

## □ Heart Chakra (Anahata) – Astral Aura Layer

- **Location:** Center of the chest

- **Governs:** Love, compassion, emotional healing
- **Effect on Aura:** A healthy heart chakra creates a **green or pink aura**, radiating love and attracting positive relationships. A blocked heart chakra results in a **cold or contracted aura**, leading to emotional detachment.
- **Signs of Imbalance:** Inability to trust, fear of love, resentment.

 **Tip:** Practicing gratitude, deep breathing, and using rose quartz help heal the heart chakra and expand your aura's vibrancy.

### Throat Chakra (Vishuddha) – Etheric Template Layer

- **Location:** Throat
- **Governs:** Communication, truth, self-expression
- **Effect on Aura:** A strong throat chakra results in a **clear, bright blue aura**, indicating authenticity and self-assurance. A weak throat chakra creates a **thin or fragmented aura**, leading to fear of speaking up.
- **Signs of Imbalance:** Difficulty expressing thoughts, fear of judgment, dishonesty.

 **Tip:** Chanting mantras (*HAM*), drinking herbal teas, and wearing blue gemstones (like lapis lazuli) can restore balance.

### Third Eye Chakra (Ajna) – Celestial Aura Layer

- **Location:** Between the eyebrows
- **Governs:** Intuition, wisdom, higher consciousness

- **Effect on Aura:** An open third eye chakra enhances **the ability to perceive energy**, creating an aura that radiates wisdom and insight. A blocked third eye results in **a dull or foggy aura**, making it hard to trust intuition.
- **Signs of Imbalance:** Confusion, lack of intuition, difficulty making decisions.

 **Tip:** Meditation, deep visualization, and working with amethyst enhance third eye clarity and aura perception.

### Crown Chakra (Sahasrara) – Causal Aura Layer

- **Location:** Top of the head
- **Governs:** Spiritual connection, enlightenment, divine consciousness
- **Effect on Aura:** A fully activated crown chakra creates **a golden or violet aura**, signifying enlightenment. A blocked crown chakra results in **a weak or disconnected aura**, causing spiritual confusion.
- **Signs of Imbalance:** Feeling spiritually lost, disconnection from higher purpose.

 **Tip:** Silent meditation, chanting *OM*, and exposure to high-frequency sound vibrations open the crown chakra and elevate aura strength.

## Signs of Aura & Chakra Misalignment

If your aura and chakras are out of sync, you may experience:

- ✖ Constant fatigue, even after rest
- ✖ Repeating negative emotional patterns

- ✖ A sense of being “stuck” in life
- ✖ Feeling drained after being around certain people or places
- ✖ Unexplained physical symptoms with no medical cause

A powerful way to **re-align your aura and chakras** is by practicing **the Ancient Aura Cleaning Technique**, which systematically clears all seven chakras while strengthening the surrounding energy field.

## Key Takeaways from This Chapter

- ✓ Your aura is directly influenced by the state of your chakras.
- ✓ Each chakra governs a different aura layer, affecting specific aspects of your life.
- ✓ A strong aura requires balanced chakras, and vice versa.
- ✓ Simple techniques like meditation, chanting, and energy healing can restore alignment.

## 💡 Quick Reflection & Exercise

Take a moment to check in with your chakras and aura:

- 1 Sit in a quiet space and close your eyes.
- 2 Scan your body from the base of your spine to the top of your head.
- 3 Ask yourself: Which chakra feels **strongest**? Which feels **blocked**?
- 4 Visualize a glowing light in that area and breathe into it.

5 Write down your thoughts—what did you feel? Did you sense any specific colors?

 **Get ready to tap into cosmic energy!**

## Chapter V

# How the Aura Affects Your Life, Health & Destiny



**H**ave you ever noticed how some people seem to radiate confidence and attract success effortlessly, while others struggle with constant obstacles, emotional turmoil, or bad luck? The difference often lies in their **aura—their personal energy field.**

Your aura is more than just an invisible glow—it is a **magnetic force that shapes your reality**, affecting your health, emotions, relationships, and even your **destiny**. The stronger and cleaner your aura, the more aligned you become with health, abundance, and spiritual evolution. When it is weak, blocked, or contaminated, life becomes filled with struggle, negativity, and stagnation.

In this chapter, we will explore how your **aura directly influences your well-being and life path—and how you can harness its power to create the reality you desire.**

### Your Aura & Physical Health

Your aura is a **protective shield** that surrounds your body. When it is strong, it acts as an **energetic immune system**, repelling illness and absorbing positive life force (**prana**). When weak, it

allows energy imbalances that manifest as physical illness and chronic fatigue.

### **How Aura Imbalance Affects the Body:**

- ✖ Frequent illnesses, chronic fatigue, or unexplained body pain.
- ✖ Feeling drained even after rest.
- ✖ Low immune function, making you prone to infections.
- ✖ Heaviness or pressure in certain body parts, indicating blocked energy flow.

### **How a Strong Aura Supports Health:**

- ✓ Accelerated healing and recovery.
- ✓ Higher stamina and sustained energy levels.
- ✓ Stronger immunity and resistance to diseases.
- ✓ A natural glow, clear skin, and vibrant physical presence.

 **Practical Tip:** Daily aura cleansing (through meditation, mantras, or energy work) **prevents energy imbalances before they manifest as physical illness.**

## **The Power of Vibrational Frequency**

Every emotion you experience emits a **specific vibration** that alters your aura's frequency. Love, joy, and gratitude expand your aura, making it bright and radiant. Fear, anger, and sadness contract your aura, creating weak spots that invite negative influences.

### **Low-Vibrational Aura (Blocked Emotional Energy)**

- ✖ Feeling constantly overwhelmed, anxious, or stressed.

- ✖ Mood swings and difficulty controlling emotions.
- ✖ Attracting toxic relationships and negative experiences.
- ✖ Feeling disconnected from yourself and your intuition.

### **High-Vibrational Aura (Emotionally Balanced Energy)**

- ✓ Greater emotional stability and inner peace.
- ✓ A natural ability to uplift and inspire others.
- ✓ Attraction of positive relationships and opportunities.
- ✓ Increased self-confidence and emotional resilience.

**💡 Practical Tip:** Practicing **mansik japa** (silent mantra chanting) daily helps purify emotional blockages, ensuring your aura stays **light and positive**.

## **The Energy of Manifestation**

Your **thoughts, beliefs, and aura vibrations** create your reality. A strong, high-vibrational aura aligns with the universe, attracting **abundance, success, and happiness**. A weak or contaminated aura creates blockages, leading to financial struggles, bad luck, or repeated failures.

### **How a Weak Aura Blocks Destiny:**

- ✖ Attracting setbacks, delays, and failures despite effort.
- ✖ Feeling “stuck” or unable to move forward in life.
- ✖ Financial struggles and missed opportunities.
- ✖ Constantly meeting negative or draining people.

### **How a Strong Aura Creates Destiny:**

- ✓ Manifesting wealth, success, and fulfilling relationships.

Doors opening effortlessly—right opportunities at the right time.

Experiencing synchronicities and spiritual guidance.

A sense of purpose, clarity, and divine alignment.

 **Practical Tip:** Burning cloves on camphor as part of the Ancient Aura Cleaning Technique removes energetic blockages, helping realign your aura with prosperity and success.

## The Role of External Energies in Shaping Your Aura

Your aura is constantly absorbing energy from:

◆ **People** – Positive people uplift you, while negative people drain your aura.

◆ **Places** – Sacred places enhance energy, while low-vibration environments weaken your aura.

◆ **Thoughts** – Self-doubt and fear create aura leaks, while positive affirmations strengthen it.

To protect your aura:

Be mindful of who and what you expose yourself to.

Regularly cleanse your energy to remove unwanted influences.

Strengthen your aura through spiritual practices like meditation, mantras, and fire rituals.

## Key Takeaways from This Chapter

Your aura influences your health, emotions, and life path.

- ✓ A strong aura supports healing, emotional balance, and success.
- ✓ Negative energy can weaken your aura, blocking your destiny.
- ✓ By cleansing and strengthening your aura, you can attract abundance, love, and spiritual growth.

### Quick Reflection & Exercise

Take a moment to assess your current aura state:

- 1 Think about your health—do you feel strong, or do you frequently experience fatigue?
- 2 Reflect on your emotions—are you feeling balanced, or do you struggle with negative thoughts?
- 3 Look at your life—are you attracting success, or do you often feel stuck?

### Journal Prompt:

*"If my aura were a color right now, what would it be? How can I strengthen it to align with my highest potential?"*

 Get ready to unlock the hidden energy of the universe!

## Chapter VI

# Your Aura & Universal Energy



**Y**our aura is not just an individual energy field—it is deeply connected to **the infinite energy of the universe**. Just as the ocean is made of countless waves, your aura is a unique expression of the **cosmic energy** that flows through everything.

When your aura is **aligned with universal energy**, you experience effortless manifestation, spiritual clarity, and synchronicities that guide your life. But when it is **disconnected or weakened**, you may feel stuck, lost, or out of balance.

In this chapter, we will explore how your aura acts as a **conduit for universal energy**, how it interacts with cosmic forces, and how you can **tap into this connection to elevate your life and spiritual path**.

### The Aura as an Energy Bridge

Your aura is like a **radio antenna**, constantly **transmitting and receiving energy** from the universe. Every thought, emotion, and intention you send out interacts with the greater energy field of existence.

#### How Your Aura Transmits Energy to the Universe

- ◆ **Your thoughts and emotions create energetic vibrations.** These vibrations ripple into the universe, shaping what you attract into your life.
- ◆ **Your aura acts as a magnet, drawing in experiences.** A high-vibrational aura attracts positive experiences, while a weak aura attracts lower frequencies.
- ◆ **Your spiritual energy connects you to higher planes.** Mystics and enlightened beings have expanded auras that merge with cosmic consciousness, allowing divine guidance.

### How Universal Energy Flows Into Your Aura

- ◆ **Cosmic energy enters through the chakras** and gets stored in the aura, influencing your well-being.
  - ◆ **Planetary and lunar cycles affect your aura.** Full moons amplify your aura, while eclipses reset energy patterns.
  - ◆ **Sacred places and nature recharge your aura.** Temples, forests, and waterfalls radiate high-frequency energy that strengthens your aura.
- 💡 **Practical Tip:** Spending time in nature or in high-energy locations **automatically recharges your aura with universal energy.**

### The Law of Vibration: How Energy Shapes Reality

Everything in the universe, including your aura, operates on the **Law of Vibration**—the principle that **like attracts like**.

### How Your Aura's Vibration Affects Your Life

- ✓ **High Vibrational Aura:** Attracts success, joy, and spiritual awakening.

✖ **Low Vibrational Aura:** Draws in struggle, fatigue, and emotional blockages.

### How to Raise Your Aura's Frequency

🔥 **Fire Rituals:** Burning cloves on camphor purifies stagnant energy.

♪♪ **Sacred Sound:** Chanting mantras like *Om* or *So Hum* aligns your aura with cosmic vibrations.

🌀 **Breathwork:** Conscious breathing pulls in high-frequency prana to strengthen your aura.

💡 **Practical Tip:** Practicing **silent meditation for even 5 minutes daily** increases your aura's frequency and connects you to universal energy.

## Cosmic Influences on Your Aura

Your aura is not only shaped by your thoughts and emotions—it is also **influenced by celestial bodies and cosmic energies**.

### 1. The Moon & Your Aura

🟡 **Full Moon:** Expands your aura, making it ideal for manifestation rituals.

● **New Moon:** Resets your aura, making it a great time for energy cleansing.

### 2. The Sun & Your Aura

☀️ **Sunlight energizes and strengthens your aura.** This is why ancient sages practiced **Surya Namaskar (Sun Salutations)** to absorb divine solar energy.

### 3. Planetary Alignments & Your Energy Field

💡 Certain planetary transits (like Mercury retrograde) can **affect communication and mental clarity**, causing shifts in the throat chakra and aura.

💡 **Practical Tip:** Taking **saltwater baths on full moons** helps cleanse your aura of unwanted cosmic imprints.

## How to Synchronize Your Aura with Universal Energy

To align with universal energy, you must **purify and strengthen your aura** so it becomes a **clear channel for divine frequencies**.

### Step 1: Energy Awareness

✓ **Check in with your aura daily.** Do you feel light and expansive or heavy and drained?

✓ **Observe your surroundings.** Avoid toxic places or people who weaken your energy.

### Step 2: Energy Cleansing

🔥 **Perform fire rituals (cloves & camphor) to dissolve negative energy.**

ॐ **Chant mantras to align your aura with higher frequencies.**

🌿 **Use sacred herbs like sage, tulsi, or sandalwood to clear your space.**

### Step 3: Energy Expansion

❤️ **Practice heart-centered gratitude to strengthen your aura.**

🔮 **Use crystals like selenite, amethyst, or clear quartz to raise your frequency.**

💨 **Do breathwork to absorb more prana into your aura.**

 **Practical Tip:** Before sleeping, visualize **golden light** surrounding your body. This attracts divine protection and recharges your aura overnight.

## Key Takeaways from This Chapter

- Your aura is directly connected to universal energy and cosmic forces.**
- The Law of Vibration shapes what your aura attracts into your life.**
- Celestial influences like the sun, moon, and planets impact your aura.**
- By cleansing and strengthening your aura, you can align with divine guidance and abundance.**



## Quick Reflection & Exercise

Take a moment to feel your aura's connection with universal energy:

- 1 Close your eyes and take three deep breaths.
- 2 Visualize your aura **expanding into the universe**, merging with cosmic energy.
- 3 Set an intention: "*I align my aura with divine abundance and healing.*"
- 4 Observe any sensations—does your aura feel lighter, warmer, or more expansive?



## Journal Prompt:

*"How does my aura feel right now? What practices can I adopt to strengthen my connection with universal energy?"*

🚀✨ **Prepare to identify and eliminate negative energy from your aura!**

## Chapter VII

# Weak or Contaminated Aura



Your aura is like an **energetic shield** that protects you from negativity, keeps your emotions balanced, and helps you stay aligned with your highest potential. But just like a physical body can get sick from toxins, **your aura can become weak, blocked, or contaminated by negative energy.**

When this happens, you may feel **exhausted, emotionally unstable, unlucky, or disconnected from your spiritual path.** In this chapter, we will explore the **clear warning signs of a weakened aura**—and how to identify when it's time for deep cleansing and healing.

### How Does an Aura Become Weak or Contaminated?

Your aura is constantly interacting with people, places, and energies. A strong aura naturally repels negativity, but when your **energy field is weakened**, it starts absorbing lower vibrations.

#### **Common Causes of Aura Weakness or Contamination:**

- ✖ **Negative People ("Energy Vampires")** – Being around emotionally draining people depletes your aura.
- ✖ **Emotional Trauma & Stress** – Anxiety, grief, or fear lower your aura's vibrational frequency.

- ✖ **Toxic Environments** – Crowded, polluted, or spiritually stagnant places weaken your energy.
- ✖ **Unhealthy Lifestyle** – Poor diet, lack of sleep, and excessive screen time create energy imbalances.
- ✖ **Spiritual Blockages** – Disconnection from meditation, chanting, or spiritual practice shrinks the aura.
- ✖ **Unresolved Karmic Energy** – Past-life energies or karmic imprints may still be affecting your aura.

💡 **Practical Tip:** Regular aura cleansing protects you from absorbing external negativity. The Ancient Aura Cleaning Technique (AACT) is one of the most powerful ways to purify your energy field.

## 10 Signs of a Weak or Blocked Aura

If your aura is **damaged or contaminated**, you may experience the following warning signs:

### 1. Constant Fatigue & Low Energy

- 🔴 You wake up tired even after a full night's sleep.
  - 🔴 You feel drained after talking to certain people.
  - 🔴 No amount of rest seems to restore your energy.
- ◆ **What This Means:** Your aura is leaking energy or absorbing negativity from others.

### 2. Feeling Emotionally Overwhelmed

- 🔴 You experience mood swings without any clear reason.
- 🔴 Small issues trigger intense emotional reactions.

- 🔴 You feel unusually anxious, depressed, or lost.
- ◆ **What This Means:** Your emotional aura layer is clogged, preventing you from processing emotions properly.

### 3. Unexplained Negative Experiences & Bad Luck

- 🔴 You notice repeated failures, obstacles, or sudden losses.
- 🔴 You feel stuck, as if something invisible is blocking your progress.
- 🔴 Things that once flowed easily now feel difficult or delayed.
- ◆ **What This Means:** A contaminated aura can block abundance and attract negative experiences.

### 4. Feeling Heavy or Pressured in Certain Areas of the Body

- 🔴 You experience tightness in the chest, throat, or stomach.
- 🔴 You feel a sudden heaviness when entering certain places.
- 🔴 Your body reacts strangely in certain environments.
- ◆ **What This Means:** Your aura is absorbing **dense, stagnant energies** from external sources.

### 5. Increased Confusion & Mental Fog

- 🔴 Your thoughts feel scattered and unclear.
- 🔴 You struggle with decision-making or intuition.
- 🔴 You feel disconnected from your spiritual path.

- ◆ **What This Means:** A blocked third eye or throat chakra can create mental disconnection.

## 6. Struggles with Relationships & Communication

- You feel misunderstood or isolated from others.
  - You experience conflict with family, friends, or colleagues.
  - You feel emotionally distant from loved ones.
- ◆ **What This Means:** Your heart or throat chakra aura layer may be congested.

## 7. Frequent Nightmares or Restless Sleep

- You wake up feeling more tired than before sleeping.
  - You experience disturbing dreams or sudden night awakenings.
  - Your sleep cycle has become erratic or disturbed.
- ◆ **What This Means:** Negative energy attachments may be affecting your astral aura layer.

## 8. Feeling Drained After Using Technology

- You feel mentally or emotionally exhausted after screen time.
- Your focus and motivation drop after using devices.
- You experience headaches, eye strain, or dizziness.

◆ **What This Means:** Excessive **electromagnetic radiation** (EMF) exposure can weaken your aura.

💡 **Practical Tip:** Limit screen time before sleep and use grounding techniques (like walking barefoot) to restore balance.

## 9. A Sudden Loss of Interest in Spiritual Practices

🔴 You feel disconnected from meditation, prayer, or rituals.

🔴 Your intuition feels blocked or inactive.

🔴 Spiritual experiences that once felt powerful now seem dull.

◆ **What This Means:** Your crown chakra aura layer may be weakened or cut off from higher guidance.

## 10. Physical Symptoms Without a Medical Cause

🔴 You experience headaches, muscle pain, or dizziness with no clear reason.

🔴 You feel drained in certain places or after interactions.

🔴 Doctors find nothing wrong, yet discomfort persists.

◆ **What This Means:** Your **energy field is holding onto external energy imprints** that need cleansing.

## How to Restore & Strengthen Your Aura

If you recognize any of the above signs, it's time to **detox your aura and reset your energy field**.

🌿 **Step 1: Cleanse Your Energy Field**

- ✓ Perform the Ancient Aura Cleaning Technique (AACT) using cloves & camphor.
- ✓ Take a Himalayan salt bath or smudge with sage/palo santo.
- ✓ Spend time in nature—walk barefoot on the earth.

#### 🔥 Step 2: Cut Energy Cords & Remove Attachments

- ✓ Visualize cutting energetic ties with negative people or past experiences.
- ✓ Use protective mantras like *Om Dum Durgaye Namaha* (removes dark energies).

#### 🌀 Step 3: Strengthen & Expand Your Aura

- ✓ Practice breathwork (pranayama) to recharge your energy field.
- ✓ Use visualization—imagine a golden shield surrounding you.
- ✓ Work with high-vibration crystals like black tourmaline (protection) or selenite (purification).

💡 **Practical Tip:** Perform aura cleansing rituals during a full moon to amplify the effects.

### Key Takeaways from This Chapter

- ✓ A weak or contaminated aura leads to fatigue, emotional instability, and bad luck.
- ✓ Energy vampires, stress, technology, and spiritual disconnection can weaken your aura.

- ✓ Physical symptoms, nightmares, and confusion may indicate an aura blockage.
- ✓ Cleansing techniques like fire rituals, breathwork, and meditation restore aura strength.



### Quick Reflection & Exercise

Take a moment to **scan your aura and chakras**:

- 1 Close your eyes and take a deep breath.
- 2 Visualize your aura—does it feel **light and expansive** or **heavy and dense**?
- 3 Move your hands around your body's energy field. Do you feel any **warm or cold spots**?
- 4 Write down which signs of aura weakness you relate to the most.



### Journal Prompt:

*"What do I need to release from my energy field today? How can I strengthen my aura starting now?"*

🚀🌟 Your journey to aura mastery continues!

# Chapter VIII

## Facts About the Aura



The aura is far more than just an invisible glow around the body—it is a **living energy field** filled with secrets, hidden abilities, and profound connections to the universe. While many people know about **aura colors and energy cleansing**, there are several fascinating facts about the aura that remain **unknown to most**.

In this chapter, we will explore **rarely known, jaw-dropping insights** about the aura, backed by ancient wisdom, modern research, and spiritual traditions. These secrets will deepen your understanding of your **energy field** and help you unlock your **hidden potential**.

### 1. Your Aura Can Change Instantly Based on Your Thoughts

Many people believe that aura colors change gradually, but in reality, **your aura can shift in an instant** based on your thoughts, emotions, and environment.

- ◆ **Thinking of a happy memory?** Your aura brightens with golden or pink hues.
- ◆ **Feeling fear or self-doubt?** Your aura contracts and may show dark or dull patches.

◆ **Expressing gratitude or love?** Your aura expands and radiates higher vibrations.

💡 **Scientific Link:** Studies in **heart-brain coherence** show that emotions like gratitude and love create a **measurable electromagnetic shift** in the body's energy field.

🔥 **Practical Tip:** If you ever feel drained, take **three deep breaths** and visualize your aura **expanding with golden light**. This instantly resets your energy.

## 2. The Aura Extends Much Farther Than Most People Think

Most people assume the aura extends only a few inches from the body, but in reality, **it can stretch several feet—or even miles in some cases!**

◆ **A normal aura** extends **3 to 6 feet** around the body.

◆ **Spiritual masters and enlightened beings** (like yogis, saints, and mystics) can have auras that extend **miles in all directions!**

◆ **When you meditate deeply, chant mantras, or perform energy healing, your aura expands significantly.**

💡 **Example:** This explains why people **feel peaceful and uplifted** in the presence of highly spiritual beings—their **auras create an energy field so powerful that it affects others nearby**.

🔥 **Practical Tip:** Spend time near high-vibrational individuals or places (temples, nature, sacred sites) to **absorb their powerful energy field**.

## 3. Your Aura Can Store Karmic Energy from Past Lives

Your aura is not just a reflection of your present emotions—it carries imprints from past lifetimes.

- ◆ Unexplained fears or phobias? They may be **past-life traumas stored in your energy field**.
- ◆ Strong attractions or instant connections with certain people? Your aura **recognizes their energy from a past incarnation**.
- ◆ Recurring life patterns (good or bad)? They are likely **energy imprints carried through your auric field across lifetimes**.

 **Ancient Wisdom:** In **Vedic tradition**, it is believed that karmic debts and blessings are encoded in the **Causal Aura Layer**, which influences **life purpose and destiny**.

 **Practical Tip:** Deep aura cleansing rituals (like fire ceremonies with cloves & camphor) help **release karmic imprints** and allow spiritual evolution.

#### 4. Highly Sensitive People (Empaths) Absorb Energy Through Their Aura

If you often feel drained around crowds or emotionally affected by others, you may be an **empath**—someone with an extremely sensitive aura.

- ◆ **Empaths absorb emotions, thoughts, and energies from others**, often without realizing it.
- ◆ **They need to cleanse their aura regularly** to prevent emotional overload.
- ◆ **Many healers, intuitives, and spiritually gifted people are empaths** because their aura is naturally open to sensing energy.

 **Example:** Have you ever felt **exhausted after talking to someone negative**? That's your aura absorbing their energy.

 **Practical Tip:** Before meeting people or entering a crowd, visualize a **shield of white light** around your aura to prevent energy drain.

## 5. Your Aura Can Influence Electronics & Technology

Did you know your aura **emits an electromagnetic frequency** that can interfere with electronic devices?

- ◆ **Strong auras can cause flickering lights, phone malfunctions, or unexplained glitches.**
- ◆ **People with intense energy fields (healers, meditators, or highly emotional individuals) report "breaking" devices more often.**
- ◆ **Monks and yogis in deep meditation have been recorded altering electronic readings due to their amplified aura vibrations.**

 **Example:** Some spiritual practitioners **can't wear watches** because their energy field disrupts the battery!

 **Practical Tip:** If electronics often malfunction around you, it may be a sign your **energy field is highly charged**. Try **grounding techniques** like walking barefoot to balance your aura.

## 6. The Aura Can Heal Itself—But Only If You Allow It

Just like the physical body has an **immune system**, the aura has a **self-healing ability**—but only when you remove blockages and create the right conditions.

- ◆ Holding onto resentment, stress, or fear weakens the aura's natural healing power.
  - ◆ Practices like deep breathing, meditation, and chanting activate the aura's repair process.
  - ◆ Sleeping in complete darkness helps the aura regenerate overnight.
- 💡 **Scientific Link:** Studies show that the body **emits infrared light** during healing processes—suggesting that energy repair is a real, measurable phenomenon.
- 🔥 **Practical Tip:** Before bed, **visualize a violet flame surrounding your aura**—this enhances spiritual and energetic self-healing.

## 7. Certain Sounds & Frequencies Instantly Recharge the Aura

Sound carries **vibrational energy**, and specific **frequencies** can clear, heal, and expand your aura.

- ◆ **Mantras & Sacred Chants (OM, Gayatri Mantra, etc.)** raise auric vibrations.
- ◆ **Solfeggio Frequencies (432Hz, 528Hz, etc.)** can repair and balance the aura.
- ◆ **Tibetan Singing Bowls & Bells** create sound waves that instantly cleanse the aura.

💡 **Example:** This is why many spiritual traditions **use bells, chants, or gongs in rituals**—they dissolve negative energy instantly!

 **Practical Tip:** Play healing frequency music during meditation to instantly recharge your aura.

## Key Takeaways from This Chapter

- Your aura changes instantly based on thoughts, emotions, and environment.**
- Enlightened beings have auras that extend for miles, influencing others.**
- Your aura holds past-life karmic energy, shaping your present life.**
- Empaths absorb energy easily, making aura protection essential.**
- Your aura can affect technology, showing its electromagnetic nature.**
- The aura has a self-healing ability, but only if you remove energy blockages.**
- Sound vibrations and mantras can instantly cleanse and recharge your aura.**



## Quick Reflection & Exercise

Take a few moments to observe your aura's natural abilities:

- 1 Sit quietly and **breathe deeply** for one minute.
- 2 **Think of a joyful memory**—can you feel your aura expanding?
- 3 Hold your hand near an electronic device—does anything feel different?

4 Try listening to **528Hz frequency music**—do you notice any shift in your energy?

 **Journal Prompt:**

*"Which of these rare aura facts fascinates me the most? How can I apply this knowledge to strengthen my energy field?"*

 **Get ready for deep aura purification!**

# Chapter IX

## Aura Colors



**H**ave you ever felt drawn to certain colors? Or noticed that your energy feels different when you wear specific shades? This is because **colors carry vibrational frequencies**—and your aura reflects these energies.

Your aura's color reveals **your emotional state, spiritual progress, and energetic health**. It is constantly shifting based on your thoughts, feelings, and life experiences. Some people naturally have dominant aura colors, while others change frequently depending on their inner and outer world.

In this chapter, we will explore the **hidden meanings of aura colors**, how they change, and what they reveal about your energy field.

### Understanding Aura Colors

Each aura color corresponds to a **specific frequency and chakra**. The brighter and more vibrant a color, the stronger and healthier the energy. If a color appears dark or muddy, it suggests **blockages, imbalances, or unresolved emotions**.

 **Fact:** People who can see auras often describe them as **soft glows, energy waves, or light radiating from the body**.

Let's dive into the meaning of each aura color.

## 1 Red Aura – Passion, Strength, & Physical Energy

- **Associated Chakra:** Root Chakra (Muladhara)
- **Vibrational Meaning:** Life force, courage, determination, vitality
- **Positive Traits:** Strong-willed, ambitious, grounded, action-oriented
- **Negative Traits (if muddy or dark):** Anger, stress, impulsiveness, stubbornness

💡 **You may have a red aura if:**

- ✓ You feel highly motivated and ready to take on challenges.
  - ✓ You are physically active and full of energy.
  - ✓ You have a strong sense of survival and determination.
- 🔥 **Practical Tip:** If your aura is dark red, practice **deep breathing and grounding techniques** to release stress.

## 2 Orange Aura – Creativity, Joy, & Emotional Flow

- **Associated Chakra:** Sacral Chakra (Svadhisthana)
- **Vibrational Meaning:** Creativity, sensuality, confidence, emotional intelligence
- **Positive Traits:** Passionate, artistic, social, adventurous
- **Negative Traits (if muddy or dark):** Emotional instability, addictive tendencies, lack of focus

💡 **You may have an orange aura if:**

- ✓ You are naturally creative, artistic, or expressive.
- ✓ You thrive in social environments and love meeting new people.
- ✓ You feel connected to emotions and embrace life with enthusiasm.

**🔥 Practical Tip:** If your orange aura is imbalanced, focus on **sacral chakra healing through dancing or water meditation.**

### 3 Yellow Aura – Intelligence, Positivity, & Personal Power

- **Associated Chakra:** Solar Plexus Chakra (Manipura)
- **Vibrational Meaning:** Optimism, confidence, intellect, leadership
- **Positive Traits:** Logical, charismatic, motivated, joyful
- **Negative Traits (if muddy or dark):** Overthinking, ego-driven, anxiety, fear of failure

**💡 You may have a yellow aura if:**

- ✓ You love learning and enjoy intellectual conversations.
- ✓ You radiate warmth and inspire people around you.
- ✓ You feel confident in your abilities and personal power.

**🔥 Practical Tip:** If your yellow aura is dim, **practice self-affirmations** like "*I am powerful and capable*" to restore confidence.

### 4 Green Aura – Love, Healing, & Balance

- **Associated Chakra:** Heart Chakra (Anahata)

□ **Vibrational Meaning:** Compassion, love, healing, emotional balance

□ **Positive Traits:** Kind, empathetic, nurturing, peaceful

□ **Negative Traits (if muddy or dark):** Jealousy, emotional wounds, attachment issues

💡 **You may have a green aura if:**

✓ You are drawn to healing, either as a career or a natural ability.

✓ You are deeply compassionate and care about others' well-being.

✓ You feel most at peace in nature.

🔥 **Practical Tip:** Spending time in forests, gardens, or green spaces naturally **amplifies a green aura.**

## 5 Blue Aura – Communication, Truth, & Intuition

● **Associated Chakra:** Throat Chakra (Vishuddha)

● **Vibrational Meaning:** Honesty, clarity, wisdom, self-expression

● **Positive Traits:** Articulate, honest, spiritually intuitive, calm

● **Negative Traits (if muddy or dark):** Fear of speaking up, self-doubt, anxiety, isolation

💡 **You may have a blue aura if:**

✓ You are naturally drawn to speaking, teaching, or writing.

✓ You are calm, rational, and have a deep inner wisdom.

✓ You enjoy expressing yourself through words, music, or creative outlets.

 **Practical Tip:** If your blue aura feels blocked, practice chanting the mantra “HAM” to activate your throat chakra.

## 6 Indigo Aura – Psychic Awareness & Spiritual Depth

- **Associated Chakra:** Third Eye Chakra (Ajna)
- **Vibrational Meaning:** Intuition, insight, wisdom, higher consciousness
- **Positive Traits:** Highly intuitive, spiritual, visionary, connected to deeper truths
- **Negative Traits (if muddy or dark):** Overactive imagination, escapism, confusion, feeling disconnected

 You may have an indigo aura if:

- ✓ You have strong intuition and often "just know" things.
- ✓ You are drawn to spiritual studies and esoteric knowledge.
- ✓ You are deeply introspective and seek deeper meaning in life.

 **Practical Tip:** Meditating with **amethyst crystals** strengthens an indigo aura.

## 7 Violet/Purple Aura – Divine Connection & Enlightenment

- **Associated Chakra:** Crown Chakra (Sahasrara)
- **Vibrational Meaning:** Higher consciousness, divine guidance, spiritual awakening
- **Positive Traits:** Deeply spiritual, enlightened, connected to the universe
- **Negative Traits (if muddy or dark):** Spiritual disconnection, lack of focus, escapism

 You may have a violet aura if:

- ✓ You often feel connected to the divine or universal wisdom.
- ✓ You have an innate sense of spiritual purpose.
- ✓ You are drawn to meditation, mysticism, or energy healing.

 **Practical Tip:** Practicing **silent meditation and chanting OM** strengthens a violet aura.

## 8 Gold, Silver, & White Auras – Rare & High-Vibration Energy

 **Gold Aura:** Seen in spiritually evolved beings, signifying divine wisdom and enlightenment.

 **Silver Aura:** Connected to powerful manifestation abilities and spiritual protection.

 **White Aura:** Pure energy, indicating a high state of consciousness and divine connection.

 **Practical Tip:** If you ever sense a **gold, silver, or white aura around you**, you are likely in a state of **spiritual alignment and divine protection**.

## Key Takeaways from This Chapter

- ✓ Aura colors reflect your emotions, personality, and spiritual evolution.
- ✓ Bright colors indicate strong, healthy energy; dark colors suggest blockages.
- ✓ Your aura color can change instantly based on thoughts and emotions.

- Knowing your dominant aura color helps you understand your strengths and challenges.

### Quick Reflection & Exercise

Take a moment to **tune into your aura's color**:

- 1 Close your eyes and take a deep breath.
- 2 Visualize a soft glow surrounding your body. What color do you see or feel?
- 3 Compare your aura color to the meanings above—does it resonate with how you feel today?

### Journal Prompt:

*"What aura color do I feel most connected to? How can I strengthen and balance my aura's energy?"*



Your journey into aura mastery continues!

## Chapter X

# The Meaning Behind Each Aura Color



Aura colors are more than just beautiful energy fields surrounding the body—they are **vibrational signatures of your inner world**. Each color represents **specific emotions, personality traits, and spiritual states**. The brighter and more radiant the color, the healthier and more balanced the energy. Dark or murky colors suggest **blockages, stress, or unresolved emotions**.

In this chapter, we will explore the **deep meanings behind each aura color**, how they reflect your current energy state, and what they reveal about your personality, strengths, and challenges.

### 🔴 Red Aura – Passion, Strength, & Survival

**Associated Chakra:** Root Chakra (Muladhara)

**Element:** Earth

**Energy Type:** Physical Power, Action, Courage

#### **Positive Meanings:**

- ✓ Strong willpower and determination
- ✓ Grounded, practical, and hardworking

- ✓ High energy, athletic, and physically strong
- ✓ Fearless and motivated to achieve goals

#### **Negative Meanings (If Dark or Muddy Red):**

- ✗ Anger, frustration, or aggressive tendencies
- ✗ Over-competitiveness and stubbornness
- ✗ Stress, restlessness, or burnout
- ✗ Feeling stuck in survival mode

#### **💡 Who Typically Has a Red Aura?**

- ✓ Leaders, athletes, entrepreneurs, and highly ambitious people
- ✓ Those who take bold action and embrace challenges
- ✓ People with a strong connection to physical reality

#### **🔥 How to Balance a Red Aura:**

- Ground yourself by walking barefoot on the earth
- Practice mindfulness to manage impulsivity
- Release tension through exercise or deep breathing

## **□ Orange Aura – Creativity, Joy, & Emotional Flow**

**Associated Chakra:** Sacral Chakra (Svadhishthana)

**Element:** Water

**Energy Type:** Passion, Sensuality, Playfulness

#### **Positive Meanings:**

- ✓ Highly creative and artistic
- ✓ Passionate, adventurous, and free-spirited

- ✓ Emotionally open and expressive
- ✓ Strong social and interpersonal skills

#### **Negative Meanings (If Dark or Muddy Orange):**

- ✗ Emotional instability and mood swings
- ✗ Overindulgence in pleasures or addictive behaviors
- ✗ Fear of commitment or avoiding deep emotional connections

#### **💡 Who Typically Has an Orange Aura?**

- ✓ Artists, musicians, and creative thinkers
- ✓ Social, outgoing people who love excitement
- ✓ Those who embrace change and new experiences

#### **🔥 How to Balance an Orange Aura:**

- Express yourself through art, dance, or writing
- Spend time near water to restore emotional flow
- Meditate on your sacral chakra with the mantra “VAM”

## **□ Yellow Aura – Intelligence, Positivity, & Personal Power**

**Associated Chakra:** Solar Plexus Chakra (Manipura)

**Element:** Fire

**Energy Type:** Confidence, Leadership, Wisdom

#### **Positive Meanings:**

- ✓ High intelligence and strong mental clarity
- ✓ Joyful, optimistic, and inspiring to others
- ✓ Natural leader with strong personal power

- ✓ Quick learner with an analytical mind

### **Negative Meanings (If Dark or Muddy Yellow):**

- ✗ Overthinking or mental exhaustion
- ✗ Self-doubt and low self-esteem
- ✗ Fear of failure or needing constant validation

### **💡 Who Typically Has a Yellow Aura?**

- ✓ Teachers, motivational speakers, and leaders
- ✓ Intellectuals, researchers, and deep thinkers
- ✓ People with high energy and a strong sense of humor

### **🔥 How to Balance a Yellow Aura:**

- Spend time in sunlight to recharge
- Practice self-affirmations to build confidence
- Meditate on your solar plexus chakra with the mantra “RAM”

## **□ Green Aura – Love, Healing, & Balance**

**Associated Chakra:** Heart Chakra (Anahata)

**Element:** Air

**Energy Type:** Compassion, Healing, Harmony

### **Positive Meanings:**

- ✓ Deeply compassionate and empathetic
- ✓ Natural healer with a strong connection to nature
- ✓ Emotionally balanced and kind-hearted

Generous and nurturing personality

#### **Negative Meanings (If Dark or Muddy Green):**

- Jealousy, possessiveness, or insecurity
- Difficulty letting go of past emotional wounds
- Over-giving, leading to emotional exhaustion

#### **Who Typically Has a Green Aura?**

- Healers, therapists, and caregivers
- Animal lovers and environmentalists
- People who bring peace and balance to others

#### **How to Balance a Green Aura:**

- Spend time in nature or around plants
- Practice heart-opening exercises like gratitude journaling
- Meditate on your heart chakra with the mantra “YAM”

## **Blue Aura – Communication, Truth, & Inner Peace**

**Associated Chakra:** Throat Chakra (Vishuddha)

**Element:** Ether

**Energy Type:** Wisdom, Expression, Honesty

#### **Positive Meanings:**

- Strong communication skills and self-expression
- Highly intuitive and spiritually aware
- Honest, trustworthy, and emotionally stable

Natural peacemaker who brings harmony to situations

#### **Negative Meanings (If Dark or Muddy Blue):**

Difficulty expressing emotions or speaking truth

Suppressed thoughts leading to frustration

Feeling misunderstood or isolated

#### **💡 Who Typically Has a Blue Aura?**

Writers, speakers, and teachers

Musicians, poets, and those who express through words

People who value deep conversations and meaningful connections

#### **🔥 How to Balance a Blue Aura:**

- Chant the mantra “HAM” to activate your throat chakra
- Write in a journal to release unspoken emotions
- Drink herbal teas like chamomile to soothe communication blockages

### **□ Purple/Violet Aura – Spiritual Connection & Higher Consciousness**

**Associated Chakra:** Third Eye & Crown Chakras (Ajna & Sahasrara)

**Element:** Cosmic Energy

**Energy Type:** Intuition, Mysticism, Enlightenment

#### **Positive Meanings:**

Deeply intuitive and spiritually awakened

- ✓ Strong connection to divine energy and cosmic wisdom
- ✓ Seeks truth beyond the physical world
- ✓ Highly imaginative and visionary

#### **Negative Meanings (If Dark or Muddy Violet):**

- ✗ Overactive imagination, struggling with reality
- ✗ Feeling disconnected from earthly responsibilities
- ✗ Escapism or avoidance of practical matters

#### **💡 Who Typically Has a Violet Aura?**

- ✓ Mystics, psychics, and spiritual seekers
- ✓ Philosophers, deep thinkers, and visionaries
- ✓ People who experience strong dreams, visions, or synchronicities

#### **🔥 How to Balance a Violet Aura:**

- Meditate with **amethyst crystals** for higher awareness
- Chant “**OM**” to connect with divine energy
- Ground yourself with practical activities like cooking or walking

#### **✨ Rare Aura Colors & Their Meanings**

- ◆ **Gold Aura** – Divine wisdom, spiritual mastery, high enlightenment
- **White Aura** – Purity, angelic energy, highest spiritual connection

 **Black Aura** – Energy blockages, deep healing process, karmic clearing

 **Rainbow Aura** – Multidimensional energy, high transformation, spiritual evolution

## Key Takeaways from This Chapter

- Aura colors reflect personality, emotions, and spiritual growth.**
- Bright, vibrant colors indicate strong energy; dark, muddy colors suggest blockages.**
- Your aura color can change based on your thoughts, emotions, and environment.**
- Knowing your aura's dominant color helps you understand your strengths and challenges.**



## Quick Reflection & Exercise

- 1 Close your eyes and take a few deep breaths.
- 2 Imagine a glowing light around your body—what color do you feel or see?
- 3 Compare it with the meanings above—does it match your current emotions?
- 4 Write down your thoughts and observations.



## Journal Prompt:

*"What aura color do I feel today? How can I enhance or balance my energy?"*

## Chapter XI

# Emotional, Physical & Spiritual States



**Y**our **chakras and aura** are deeply connected, working together to regulate your **energy, emotions, physical health, and spiritual state**. While chakras are **energy centers** that absorb and distribute energy, your aura is the **energy field that reflects your inner state**.

Each chakra emits a specific **vibrational frequency** that corresponds to a particular **aura color**. If a chakra is open and balanced, your aura radiates bright, healthy colors. If a chakra is blocked or overactive, the aura appears dull, dark, or chaotic.

In this chapter, we will explore how **chakras, aura colors, and emotional, physical, and spiritual states are interconnected—helping you decode your energy field for deeper self-awareness and healing**.

### How Chakras Influence Aura Colors

Each chakra governs a different aspect of your being—from **survival instincts to divine consciousness**. When a chakra is balanced, the associated aura color appears **bright and vibrant**, indicating strong energy flow. If a chakra is weak or blocked, the

corresponding aura color appears **dark, faded, or distorted**, signaling energy imbalances.

Let's explore each chakra, its related aura color, and how it affects your **emotions, physical health, and spiritual growth**.

### 🔴 Root Chakra (Muladhara) – Red Aura

**Location:** Base of the spine

**Element:** Earth

**Function:** Grounding, survival, stability, security

#### **How It Affects Your Aura:**

✓ **Balanced Root Chakra → Bright Red Aura** – Stability, courage, grounded energy

✗ **Blocked Root Chakra → Dark, Dull, or Murky Red Aura** – Fear, insecurity, financial instability

#### **Emotional State:**

✓ Strong willpower, resilience, feeling safe

✗ Anxiety, insecurity, fear of loss

#### **Physical Health:**

✓ Strong immunity, good physical endurance

✗ Fatigue, lower back pain, immune system issues

#### **Spiritual Growth:**

✓ A deep sense of belonging and connection to life

✗ Feeling disconnected from the physical world

#### 🔥 **How to Balance It:**

- Walk barefoot on the earth for grounding
- Chant “**LAM**” while visualizing red energy stabilizing your aura

## □ **Sacral Chakra (Svadhishthana) – Orange Aura**

**Location:** Below the navel

**Element:** Water

**Function:** Creativity, emotions, relationships, pleasure

### **How It Affects Your Aura:**

✓ **Balanced Sacral Chakra → Vibrant Orange Aura –**  
Passion, emotional flow, joy

✗ **Blocked Sacral Chakra → Dull or Muddy Orange Aura –**  
Emotional instability, creative blocks, lack of passion

### **Emotional State:**

✓ Creativity, healthy relationships, joy  
✗ Mood swings, emotional suppression, fear of intimacy

### **Physical Health:**

✓ Balanced hormones, strong reproductive health  
✗ Sexual dysfunction, kidney/bladder issues, lower abdominal pain

### **Spiritual Growth:**

✓ Intuitive creativity, deep emotional intelligence  
✗ Feeling emotionally lost or disconnected

### **🔥 How to Balance It:**

- Engage in creative activities like painting, music, or dance

- Meditate on water energy and chant “VAM”

## □ Solar Plexus Chakra (Manipura) – Yellow Aura

**Location:** Upper abdomen

**Element:** Fire

**Function:** Confidence, personal power, willpower

### **How It Affects Your Aura:**

✓ **Balanced Solar Plexus → Bright Yellow Aura** – Confidence, joy, motivation

✗ **Blocked Solar Plexus → Weak or Cloudy Yellow Aura** – Low self-esteem, doubt, procrastination

### **Emotional State:**

✓ Strong self-worth, personal empowerment

✗ Anxiety, fear of judgment, lack of motivation

### **Physical Health:**

✓ Strong digestion, balanced metabolism

✗ Digestive issues, stomach pain, adrenal fatigue

### **Spiritual Growth:**

✓ Alignment with personal purpose and destiny

✗ Feeling powerless or controlled by external influences

### **🔥 How to Balance It:**

- Spend time in sunlight to recharge energy
- Chant “RAM” to activate personal power

## □ Heart Chakra (Anahata) – Green Aura

**Location:** Center of the chest

**Element:** Air

**Function:** Love, compassion, emotional healing

### **How It Affects Your Aura:**

✓ **Balanced Heart Chakra → Bright Green Aura** – Love, emotional balance, healing energy

✗ **Blocked Heart Chakra → Weak or Dark Green Aura** – Jealousy, loneliness, past emotional wounds

### **Emotional State:**

✓ Deep compassion, ability to give and receive love

✗ Holding onto grief, trust issues, fear of vulnerability

### **Physical Health:**

✓ Healthy heart, strong circulation

✗ Chest tightness, respiratory problems

### **Spiritual Growth:**

✓ Unconditional love, deep inner peace

✗ Struggles with self-love and forgiveness

### **🔥 How to Balance It:**

- Spend time in nature to absorb green energy
- Chant “YAM” to open the heart chakra

## ● Throat Chakra (Vishuddha) – Blue Aura

**Location:** Throat

**Element:** Ether

**Function:** Communication, truth, self-expression

**How It Affects Your Aura:**

✓ **Balanced Throat Chakra → Clear Blue Aura** – Honest communication, authenticity

✗ **Blocked Throat Chakra → Cloudy or Weak Blue Aura** – Fear of speaking, suppressed truth

**Emotional State:**

✓ Confidence in expressing thoughts and feelings

✗ Shyness, dishonesty, feeling unheard

**Physical Health:**

✓ Clear voice, strong throat health

✗ Sore throat, thyroid imbalances

**Spiritual Growth:**

✓ Expressing divine truth and higher wisdom

✗ Fear of sharing spiritual insights

**🔥 How to Balance It:**

- Sing, chant, or practice mindful speech
- Chant “**HAM**” to activate the throat chakra

**□ Third Eye Chakra (Ajna) – Indigo Aura**

**Location:** Between the eyebrows

**Element:** Light

**Function:** Intuition, wisdom, spiritual vision

### **How It Affects Your Aura:**

- ✓ **Balanced Third Eye → Deep Indigo Aura** – Strong intuition, clear vision
- ✗ **Blocked Third Eye → Dark or Foggy Indigo Aura** – Confusion, doubt, lack of insight

### **Emotional State:**

- ✓ Strong intuition, clarity, deep awareness
- ✗ Overactive imagination, disconnection from reality

### **Physical Health:**

- ✓ Sharp focus, strong mental clarity
- ✗ Headaches, difficulty concentrating

### **Spiritual Growth:**

- ✓ Access to higher dimensions and cosmic knowledge
- ✗ Difficulty trusting spiritual experiences

### **🔥 How to Balance It:**

- Meditate with **amethyst crystals**
- Chant “**OM**” to activate the third eye

## **● Crown Chakra (Sahasrara) – Violet, Gold, or White Aura**

**Location:** Top of the head

**Element:** Cosmic Energy

**Function:** Spiritual connection, enlightenment

### **How It Affects Your Aura:**

✓ **Balanced Crown Chakra → White/Gold Aura** – Divine connection, enlightenment

✗ **Blocked Crown Chakra → Dull or Disconnected Aura** – Feeling lost, lack of purpose

#### **Emotional State:**

✓ Deep spiritual wisdom and enlightenment

✗ Feeling spiritually disconnected or doubtful

#### **Physical Health:**

✓ Strong connection to higher consciousness

✗ Migraines, sleep disturbances, mental fog

#### **🔥 How to Balance It:**

- Silent meditation and contemplation
- Chant “**AUM**” to connect with divine energy

#### **💡 Reflection & Exercise**

1 Close your eyes and scan your body—do you feel any blockages?

2 Visualize a glowing light in each chakra—what color do you see?

3 Write down which chakra needs healing and how you plan to restore balance.

#### **📖 Journal Prompt:**

*“How do my chakra colors influence my aura today? What steps can I take to create balance?”*

 **Your aura transformation continues!**

## Chapter XII

# How to Read and Interpret Your Aura



**Y**our aura holds powerful insights about your physical health, emotions, mental state, and spiritual journey. Learning to see, feel, and interpret your aura can help you understand yourself on a deeper level, recognize energy imbalances, and take proactive steps to cleanse and strengthen your energy field.

In this chapter, you'll discover simple techniques to read your aura, interpret its colors and patterns, and understand what they reveal about your energy state.

### Why Should You Learn to Read Your Aura?

Reading your aura allows you to:

- Understand your current emotional and spiritual state**
- Identify blocked or overactive chakras**
- Recognize energy imbalances before they affect your well-being**
- Know when your aura is absorbing negative energy from others**

- Strengthen your energy field for greater protection and vitality

**Your aura is always communicating with you.** By learning to read it, you can take control of your energy and shape your reality with greater awareness.

### **Method 1: How to See Your Own Aura in a Mirror**

Many people assume that only psychics can see auras, but **anyone can train their eyes and intuition** to perceive this energy field.

#### **Step-by-Step Guide:**

- 1 Stand in front of a mirror in a dimly lit room. **A white or neutral background works best.**
- 2 Relax and focus on your breathing to calm your mind.
- 3 Stare at your forehead or the area around your head and shoulders.
- 4 Soften your gaze and allow your vision to blur slightly.
- 5 After a few seconds, you may notice a faint glow or color around your body. **This is your aura!**

 **Tip:** If you don't see colors at first, don't worry. You may start by seeing a **white or transparent glow**, and colors will appear with practice.

### **Method 2: How to Feel Your Aura with Your Hands**

If you struggle to see auras, you can start by **feeling** your energy field.

#### **Step-by-Step Guide:**

- 1 Rub your palms together vigorously for 10-15 seconds to activate your energy field.
- 2 Slowly pull your hands apart and hold them about 6 inches apart.

- 3 Move your hands closer and farther, as if you're holding an invisible energy ball.
- 4 Pay attention to any **tingling, warmth, or resistance** between your hands.
- 5 Move your hands around your body—can you feel changes in energy in different areas?

 **What You May Experience:**

- ✓ **Strong energy field:** A clear resistance between your hands, warmth, or tingling.
- ✓ **Weak energy field:** A dull or barely noticeable sensation, which may indicate a weak or depleted aura.

### **Method 3: How to Read Another Person's Aura**

#### **Step-by-Step Guide:**

- 1 Ask the person to stand in front of a **plain, light-colored wall**.
- 2 Look slightly past their body, focusing around their head or shoulders.
- 3 Soften your gaze and allow your peripheral vision to pick up **subtle energy shifts**.
- 4 Observe any **glowing light, waves, or colors** appearing around them.

 **Tip:** If you have trouble seeing colors, try observing how their aura **feels**—do they give off a strong, uplifting energy, or do they feel heavy or draining?

### **How to Interpret Your Aura's Color & Strength**

Once you detect your aura, the next step is **understanding what it means**.

## 1. Bright & Expansive Aura

- ✓ Indicates high energy, positivity, and strong spiritual alignment.
- ✓ Suggests good health, confidence, and emotional balance.
- ✓ This means your energy field is **attracting abundance and protection**.

## 2. Dull, Weak, or Shrunken Aura

- ✗ Indicates low energy, stress, or emotional struggles.
- ✗ Suggests **blocked chakras or unresolved negative emotions**.
- ✗ This may mean **you are absorbing negative energy from others**.

## 3. Holes or Dark Patches in the Aura

- ⚠ Can indicate **energy leaks, emotional trauma, or physical illness**.
  - ⚠ Suggests **attachments to past pain or external energy influences**.
  - ⚠ This means **it's time for deep aura cleansing and protection work**.
- 🔥 Solution:** Perform the Ancient Aura Cleaning Technique (AACT) with cloves and camphor to restore your aura's strength.

## How Your Aura Reflects Your Emotional & Spiritual State

Your aura changes based on your **thoughts, emotions, and spiritual vibrations**.

## If You Feel...

- 🌿 Calm & Happy → Your aura is bright, clear, and expansive.
  - 💫 Stressed or Angry → Your aura contracts and may appear dark or heavy.
  - 💭 Confused or Lost → Your aura may have murky or shifting colors.
  - 🌌 Spiritually Awakened → Your aura radiates high-vibration colors like gold, violet, or white.
- 💡 **Tip:** Keeping your aura **cleansed and balanced** allows you to maintain a **high vibrational state** regardless of external circumstances.

## Common Aura Color Patterns & What They Mean

Your aura doesn't always have a **single color**—it can have **multiple colors blending together**. Here's how to interpret some common patterns:

- 🔵 Blue & White Mix → Spiritual awakening, clear communication, divine protection.
  - ❤️ Red & Yellow Mix → High energy, confidence, motivation.
  - Green & Pink Mix → A loving, compassionate, healer's energy.
  - Dark or Gray Spots → Energy blockages, emotional wounds, or lingering negativity.
- 💡 **Tip:** A **rainbow aura** (multiple vibrant colors) suggests a **highly evolved soul with multidimensional awareness**.

## How to Keep Your Aura Healthy & Radiant

If your aura appears weak, dark, or blocked, here are **powerful techniques to strengthen and restore it:**

- ✓ **Daily Energy Cleansing:** Use fire rituals with **cloves and camphor** to dissolve negativity.
- ✓ **Meditation & Breathwork:** Helps clear stagnant energy and recharge the aura.
- ✓ **Mantras & Sound Healing:** Chanting sacred sounds like *OM* raises vibrational frequency.
- ✓ **Spending Time in Nature:** Absorbs **positive prana**, naturally expanding your aura.
- ✓ **Crystals & Protection Tools:** Use **black tourmaline** for shielding and **clear quartz** for energy amplification.

 **Tip:** Check your aura **weekly** to track changes in your energy and identify areas that need healing.

### Key Takeaways from This Chapter

- ✓ Anyone can learn to see, feel, and interpret auras with practice.
- ✓ A bright and expansive aura indicates high energy, while a weak aura signals imbalances.
- ✓ Your aura reflects your emotional, mental, and spiritual health.
- ✓ Regular aura cleansing strengthens your energy field and enhances spiritual protection.

## Quick Reflection & Exercise

Take a few moments to **read your aura today**:

- 1 Close your eyes and **tune into your energy field**—does it feel strong or weak?
- 2 Look into a mirror and try to see any **faint glow or colors** around you.
- 3 Use your hands to **feel your aura's warmth or tingling sensation**.
- 4 Write down what you observe and what emotions arise.

### Journal Prompt:

*"What does my aura reveal about my current energy state? How can I strengthen it today?"*

 Your aura mastery journey continues!

# Chapter XIII

## Rare & Unique Aura Colors



While most auras appear in **common colors** like red, blue, green, and yellow, some individuals possess **rare and highly unique aura colors** that signify extraordinary energy, spiritual mastery, or deep transformation.

These rare aura colors—**golden, rainbow, white, and black**—carry **powerful meanings** that go beyond personality traits. They reflect **spiritual evolution, karmic cycles, hidden gifts, and even past-life influences**.

In this chapter, we will explore these **mystical aura colors**, their significance, and what it means if you or someone you know has one of these rare energy fields.

### □ **Golden Aura – The Mark of Divine Wisdom & Spiritual Mastery**

A **golden aura** is one of the rarest and most powerful aura colors, often associated with **enlightenment, divine wisdom, and high spiritual vibration**. It is commonly seen in **saints, advanced yogis, spiritual teachers, and enlightened beings**.

#### **What a Golden Aura Represents:**

- ✓ **Spiritual Awakening** – Profound wisdom and deep cosmic understanding.

- ✓ **Divine Protection** – Strong connection with higher realms and celestial beings.
- ✓ **Leadership & Guidance** – A natural ability to inspire and uplift others.
- ✓ **Manifestation Power** – The ability to turn thoughts into reality quickly.

#### **Signs You May Have a Golden Aura:**

- ✓ You feel deeply connected to the universe and higher consciousness.
- ✓ People naturally seek your guidance and wisdom.
- ✓ You often experience synchronicities and divine signs.
- ✓ You radiate warmth, compassion, and an uplifting presence.

💡 **Fact:** Many historical spiritual figures—such as Buddha, Jesus, and great sages—are depicted with a **golden halo** in religious artwork, symbolizing their enlightened aura.

#### **🔥 How to Strengthen a Golden Aura:**

- **Practice silent meditation** to deepen your connection to divine energy.
- **Chant high-vibration mantras** like *OM MANI PADME HUM*.
- **Surround yourself with gold-colored objects** to amplify your aura's frequency.

#### **Rainbow Aura – The Sign of Multidimensional Awareness & Transformation**

**A rainbow aura** is exceptionally rare and is often seen in **highly evolved souls, spiritual healers, and energy workers**. It indicates a **high vibrational frequency and the ability to access multiple dimensions of reality**.

### **What a Rainbow Aura Represents:**

- ✓ **Healing Abilities** – Strong capacity for emotional, physical, and energetic healing.
- ✓ **Multidimensional Awareness** – Ability to access higher realms and spiritual knowledge.
- ✓ **Balance & Harmony** – Full chakra alignment and a well-integrated energy system.
- ✓ **Rapid Transformation** – Constant personal growth and evolution.

### **Signs You May Have a Rainbow Aura:**

- ✓ You are naturally drawn to **healing arts, energy work, or Reiki**.
- ✓ You experience **visions, prophetic dreams, or deep intuition**.
- ✓ You feel emotions deeply but can transmute them into wisdom.
- ✓ You have an **unshakable sense of purpose and destiny**.

💡 **Fact:** Some **Indigo, Crystal, and Rainbow Children** (highly intuitive beings born with unique energy) are believed to have **rainbow auras** from birth.

### **🔥 How to Strengthen a Rainbow Aura:**

- **Work with all seven chakras** through meditation and visualization.

- **Practice energy healing techniques** like Reiki, Pranic Healing, or Crystal Therapy.
- **Surround yourself with vibrant colors** to maintain high energy levels.

## ● **White Aura – The Energy of Purity, Divinity, & Angelic Protection**

A **white aura** is an extremely rare and powerful energy field, often seen in **spiritually advanced souls, angelic beings, and those with a strong divine connection**.

### **What a White Aura Represents:**

- ✓ **Purity & Spiritual Perfection** – A soul that has transcended many karmic cycles.
- ✓ **High Sensitivity & Intuition** – A deep connection to universal consciousness.
- ✓ **Divine Protection** – Guidance and support from angels and higher beings.
- ✓ **Unconditional Love & Compassion** – A heart that radiates pure divine love.

### **Signs You May Have a White Aura:**

- ✓ You feel deeply drawn to **spirituality, meditation, and divine wisdom**.
- ✓ You experience **strong intuition, vivid dreams, and angelic guidance**.
- ✓ You are highly sensitive to energy and can feel **the emotions of others**.
- ✓ You have a **natural ability to heal and uplift people around you**.

 **Fact:** In many spiritual traditions, saints, ascended masters, and angelic beings are depicted with a **radiant white light** around them, symbolizing their divine aura.

### **How to Strengthen a White Aura:**

- **Spend time in deep meditation** to expand your divine connection.
- **Use high-vibration crystals** like selenite, clear quartz, or moonstone.
- **Chant sacred mantras** like *AUM* to raise your frequency.

## **Black Aura – The Energy of Deep Transformation & Shadow Work**

A **black aura** is not necessarily negative—it represents **deep healing, transformation, and the clearing of past karma**. However, if the aura is persistently dark or murky, it may indicate **heavy emotional burdens, spiritual blockages, or negative attachments**.

### **What a Black Aura Represents:**

- ✓ **Deep Spiritual Cleansing** – Releasing past wounds and karmic cycles.
- ✓ **Hidden Strength & Resilience** – A soul going through a powerful transformation.
- ✓ **Mystical Knowledge** – Wisdom gained through intense life experiences.
- ✓ **Shadow Work & Self-Discovery** – Facing and healing deep emotional wounds.

## **Signs You May Have a Black Aura:**

- ✓ You are going through a **major life transition or personal rebirth**.
- ✓ You feel drawn to **esoteric knowledge, the occult, or ancient wisdom**.
- ✓ You experience **intense emotional highs and lows** as you heal past traumas.
- ✓ You may feel **emotionally or spiritually drained** due to unresolved issues.

**💡 Fact:** A black aura is often **temporary**—it signifies a **phase of deep soul healing and rebirth**.

## **🔥 How to Cleanse a Black Aura:**

- Practice **deep aura cleansing rituals**, such as burning **clove**s and **camphor**.
- Work with **protection crystals** like **black tourmaline**, **obsidian**, or **hematite**.
- Engage in **self-reflection**, **shadow work**, and **forgiveness exercises**.

## **Key Takeaways from This Chapter**

- ✓ **Golden Auras** signify **divine wisdom, enlightenment, and high spiritual mastery**.
- ✓ **Rainbow Auras** indicate **multidimensional awareness, healing abilities, and rapid transformation**.
- ✓ **White Auras** reflect **angelic protection, purity, and a high vibrational connection to divine energy**.

-  Black Auras symbolize deep healing, karmic transformation, and shadow work—but may also indicate energy blockages.



### Quick Reflection & Exercise

Take a moment to **tune into your aura's energy**:

- 1 Close your eyes and take three deep breaths.
- 2 Visualize a **light expanding from your body**—what color do you see?
- 3 Does your aura feel **bright and strong, or heavy and dense?**
- 4 Write down what your intuition tells you about your energy state.



### Journal Prompt:

*"Have I ever experienced a shift in my aura's color? What does my current aura color reveal about my spiritual journey?"*

 **Your journey into aura mastery continues!**

## Chapter XIV

# Hidden Truth About Aura



**Y**our aura is more than just an energy field—it is a gateway to your intuition, higher consciousness, and psychic abilities. People with heightened aura sensitivity often develop clairvoyance, telepathy, energy healing skills, and deep spiritual insight.

Have you ever felt someone staring at you from across a room before you turned to see them? Or thought about someone just before they called or messaged you? **This is your aura detecting and responding to energetic signals.**

In this chapter, we will uncover **how the aura is directly linked to psychic abilities, how to awaken your intuitive gifts, and how to strengthen your auric field to enhance your spiritual awareness.**

### How Your Aura Connects to Psychic Abilities

Your aura is like a **radio antenna**, constantly receiving and transmitting energy from the universe, people, and higher realms. The more **sensitive and well-developed** your aura is, the easier it is to **access psychic information** beyond normal human perception.

Here's how **each psychic ability** is linked to your aura:

## **1 Clairvoyance (Seeing Beyond the Physical) – Third Eye & Crown Chakras**

- 🔮 Clairvoyants can "see" energy fields, spirits, or future events through their **aura's connection to higher dimensions**.
- 🔮 A **bright indigo, violet, or white aura** suggests strong clairvoyant abilities.
- 🔮 If your aura is dense or blocked in the third eye area, it may be harder to access visions.

### **🔥 How to Strengthen Clairvoyance:**

- Meditate on your **third eye chakra** with the mantra "*OM*".
- Practice **visualization exercises**, like imagining an expanding light around your body.
- Use **amethyst or lapis lazuli** crystals to open the third eye.

## **2 Clairsentience (Feeling Energy) – Heart & Sacral Chakras**

- 🌿 Clairsentients "feel" the emotions and energy of people, places, or objects through their aura.
- 🌿 Empaths often have a **green, blue, or pink aura**, reflecting their emotional sensitivity.
- 🌿 If your aura absorbs too much energy, you may feel drained or overwhelmed around certain people.

### **🔥 How to Strengthen Clairsentience:**

- Spend time in nature to **cleanse and reset your aura**.

- Carry **black tourmaline or hematite** for energetic protection.
- Practice **grounding techniques** like walking barefoot on the earth.

### 3 Telepathy (Mind-to-Mind Communication) – Throat & Third Eye Chakras

📡 Telepathy occurs when two auras communicate without physical words.

📡 This is why you can "sense" someone's emotions before they speak.

📡 People with **a strong blue, indigo, or silver aura** are naturally telepathic.

#### 🔥 How to Strengthen Telepathic Abilities:

- Meditate in **silence** to become more aware of subtle energy shifts.
- Practice **sending and receiving thoughts** with a trusted friend.
- Strengthen your **throat chakra** with chanting (*HAM*).

### 4 Precognition (Knowing the Future) – Third Eye & Crown Chakras

⌚ Some people receive **visions, dreams, or gut feelings** about future events.

⌚ A **high-vibrational white, violet, or gold aura** is often seen in people with strong precognitive abilities.

 If your aura is cloudy, you may struggle to trust your intuitive insights.

### How to Strengthen Precognition:

- Keep a **dream journal** and track premonitions.
- Trust **your first instinct** when making decisions.
- Use **clear quartz crystals** to amplify spiritual insight.

## How to Tell If You Have Psychic Sensitivity

Here are **signs** that your aura is naturally tuned to psychic abilities:

-  You frequently see **flashes of light, colors, or energy fields** around people.
-  You **sense people's emotions** before they express them.
-  You experience **déjà vu** or **strong gut feelings** that turn out to be accurate.
-  Your dreams often come **true** or carry **deep symbolic messages**.
-  You feel **drained after being around negative or crowded spaces**.
-  You are drawn to **spiritual practices, energy healing, or ancient wisdom**.

 **Tip:** If you resonate with multiple signs, it means your **aura is naturally attuned to higher dimensions!**

## How to Strengthen Your Aura to Enhance Psychic Abilities

A **strong, balanced aura** acts as a **psychic amplifier**, making it easier to access higher consciousness. If your aura is **weak or blocked**, you may experience **doubt, confusion, or spiritual disconnection**.

### Step 1: Cleanse Your Aura of Negative Energy

🔥 Use the **Ancient Aura Cleaning Technique (AACT)** with cloves & camphor.

🛁 Take **saltwater baths** to release stagnant energy.

🔮 Burn **sage or palo santo** to clear unwanted influences.

### Step 2: Strengthen Your Aura's Energy Field

💎 Wear or carry **crystals like amethyst, selenite, or black tourmaline**.

ॐ Chant **high-vibration mantras (OM, Gayatri Mantra)** to raise your frequency.

🌿 Spend time **in sunlight or nature** to recharge your auric field.

### Step 3: Train Your Intuition Daily

📖 Keep a **journal** of any intuitive feelings or premonitions.

👀 Practice **aura gazing** in the mirror to strengthen your ability to see energy.

🤝 Work with a **spiritual mentor or teacher** to develop your gifts.

## Psychic Protection

As you develop your psychic abilities, your aura becomes more sensitive to outside energies. You may **absorb emotions from others** or feel **energetic attacks** from negative sources.

To protect your aura:

- ✓ **Visualize a golden or white light shield** surrounding your energy field.
  - ✓ Wear **protective crystals** (black obsidian, shungite, or labradorite).
  - ✓ Avoid **negative people or toxic environments** when possible.
  - ✓ Practice **regular aura cleansing** to prevent energy blockages.
- 💡 **Tip:** Highly intuitive people should cleanse their aura **daily** to maintain energetic balance.

### Key Takeaways from This Chapter

- ✓ **Your aura is directly linked to psychic abilities** like intuition, telepathy, and energy sensing.
- ✓ **Clairvoyance, clairsentience, and precognition** are all connected to different aura colors and chakras.
- ✓ **Strengthening your aura** through meditation, energy work, and cleansing rituals enhances spiritual abilities.
- ✓ **A strong aura protects you from negative energy** and allows you to access higher wisdom.

### 💡 Quick Reflection & Exercise

Take a few moments to **tune into your psychic potential**:

- 1 Close your eyes and breathe deeply.
- 2 Ask yourself: *Do I feel more connected to seeing, feeling, or knowing energy?*

- 3 Write down any recent **intuitive experiences, dreams, or “gut feelings”** that turned out to be correct.
- 4 Think about ways you can **strengthen and protect your aura** to enhance your spiritual gifts.

### Journal Prompt:

*"What psychic abilities do I naturally resonate with? How can I develop my intuitive gifts further?"*

 **Get ready for deep aura cleansing!**

## Chapter XV

# The Ancient Secrets of Himalayan Masters



For thousands of years, **Himalayan yogis, sages, and mystics** have guarded powerful knowledge about energy, consciousness, and spiritual evolution. Unlike modern spiritual practices that focus heavily on **chakra activation**, these ancient masters understood a **deeper truth**—before working on chakras, one must first **cleanse and strengthen the aura**.

In this chapter, we will uncover **why ancient sages prioritized aura purification over chakra activation**, the **forgotten secrets of energy purification**, and how you can apply these teachings to enhance your spiritual practice.

### Why Ancient Sages Focused on Aura

Most modern energy practices emphasize **chakra healing, opening, and activation**, but the **Himalayan masters followed a different approach**. They knew that attempting to awaken the chakras **without first purifying the aura** could lead to energy imbalances, spiritual distortions, and even psychic disturbances.

#### **The Hidden Wisdom Behind This Approach:**

✓ **The aura is your first line of defense.** If it's weak or contaminated, external energies can interfere with your spiritual growth.

✓ **Chakras function properly only when the aura is strong.** An imbalanced aura can create false awakenings or block chakra energy flow.

✓ **A strong aura acts as a natural protector.** Before reaching enlightenment, sages purified their energy fields to avoid distractions from lower energies.

✓ **Aura cleansing accelerates spiritual evolution.** A clean aura allows for a smoother, safer, and faster rise in consciousness.

💡 **Fact:** Himalayan yogis believed that a **weakened or contaminated aura could trap a person in lower vibrational cycles**, preventing true spiritual enlightenment.

🔥 **Practical Lesson:** If you want to **awaken your chakras**, start with **aura cleansing first** to create a stable energy foundation.

## The Forgotten Secrets of Energy Purification

Ancient yogis did not rely on modern energy healing techniques. Instead, they used **profound, time-tested methods** to clear and strengthen their auric fields. These powerful secrets have been hidden for centuries, but they still hold immense power today.

Here are some of the **most effective energy purification techniques used by the Himalayan masters:**

### 1 Fire Cleansing (Agni Shuddhi) – The Sacred Power of Fire

🔥 **Fire has been considered the ultimate purifier** in nearly every ancient tradition. The **Himalayan sages used fire rituals**

**to burn away negative energy, past karma, and auric impurities.**

### **Traditional Fire Cleansing Method:**

- 1 Light a small fire (or camphor flame) facing the south (the direction of energy release).**
- 2 Hold 4 cloves in each hand and silently chant a mantra (Mansik Japa) while meditating.**
- 3 After completing the meditation, burn the cloves on the camphor flame.**
- 4 As the cloves burn, visualize all negative energy dissolving into the fire.**

 **Why It Works:** Fire transforms stagnant energy into pure light, leaving behind a **clean and powerful aura**.

## **2 Breathwork & Pranayama – The Science of Energy Cleansing**

Ancient yogis understood that **breath is life force (prana)**, and controlled breathing purifies the aura and chakras simultaneously.

### **Aura Cleansing Pranayama (Breathwork):**

- Bhastrika (Bellows Breath)** – Clears dense, negative energy from the aura.
- Anulom Vilom (Alternate Nostril Breathing)** – Balances energy flow and strengthens the aura.
- Kapalabhati (Shining Skull Breath)** – Removes toxins and energizes the aura field.

### **Practical Exercise:**

- 1 Sit comfortably and take a deep inhale through the nose.
- 2 Hold your breath for a moment and visualize a golden light filling your aura.
- 3 Exhale forcefully through the mouth, releasing any trapped negativity.
- 4 Repeat for 3-5 minutes for a complete auric reset.

 **Why It Works:** The Himalayan masters knew that **breath is the bridge between the body, mind, and spirit**—proper breathing clears energetic debris from the aura instantly.

### **3 Himalayan Water Cleansing (Jala Shuddhi) – Using Holy Water for Aura Purification**

 The ancient masters believed that **sacred rivers and natural spring water** carried high vibrations that could cleanse the aura. This is why many **yogis meditated near rivers or took ritual baths in sacred waters**.

#### **How to Use Water for Aura Cleansing:**

 **Saltwater Bath:** Add rock salt or Himalayan salt to a bath and soak for 15-20 minutes.

 **Copper Vessel Water:** Store drinking water in a **copper vessel overnight**—copper charges water with positive vibrations, strengthening the aura.

 **Moon-Charged Water:** Leave water in a glass container under the **full moon overnight** and use it to cleanse your aura in the morning.

 **Why It Works:** Water has a **high vibrational memory**—it can **absorb, cleanse, and amplify energy** when charged with intention.

## **4 Sound Vibrations – Mantras & Bells to Dissolve Negative Energy**

 **Sound is vibration, and vibration is energy.** The Himalayan masters used **mantras, bells, and gongs** to break up dense energy in the aura.

### **Powerful Mantras for Aura Cleansing:**

-  **“OM”** – Aligns aura with universal energy.
-  **“Om Namah Shivaya”** – Dissolves deep karmic imprints from the aura.
-  **“Om Mani Padme Hum”** – Raises vibrational frequency and protects the aura.

### **Practical Exercise:**

- 1 Sit quietly and chant **“OM”** for 5 minutes.
  - 2 Visualize **waves of sound purifying your aura** with each vibration.
  - 3 Notice the **lightness and clarity** in your energy after chanting.
-  **Why It Works:** Mantras **restructure energy patterns** in the aura, removing distortions and amplifying high vibrations.

## **5 Crystal & Earth Energy – Absorbing High Vibrations from Nature**

 **Crystals, sacred herbs, and grounding with the earth** are powerful ways to naturally cleanse and strengthen the aura.

### **How to Use Earth Energy for Aura Cleansing:**

- ✓ **Crystals:** Selenite, black tourmaline, and amethyst absorb and transmute negative energy.
- ✓ **Tulsi (Holy Basil):** Himalayan sages often kept tulsi plants around them to purify their aura.
- ✓ **Barefoot Grounding:** Walking barefoot on the earth instantly recharges your energy field.

💡 **Why It Works:** Crystals and plants hold **pure Earth vibrations** that help **restore and balance** the auric field.

### How to Integrate These Ancient Practices into Your Daily Life

If you want to experience the **full benefits of aura purification**, try this **daily routine inspired by Himalayan masters**:

- ☀️ **Morning:** Perform **pranayama breathwork** for 5 minutes.
- 💦 **Afternoon:** Drink **copper-infused or moon-charged water** to cleanse internal energy.
- 🔥 **Evening:** Use **fire cleansing with cloves & camphor** before bed.
- ♪♪ **Anytime:** Chant **mantras** or use sound healing to maintain a high vibrational state.
- 🌿 **Weekly:** Take a **saltwater bath** or practice **grounding in nature**.

### Key Takeaways from This Chapter

- ✓ **The Himalayan masters purified the aura before working on chakras** to create a strong energy foundation.

- ✓ Fire, breathwork, water, sound, and crystals were used for deep aura cleansing.
- ✓ A clean aura accelerates spiritual growth, enhances protection, and prevents energy distortions.
- ✓ Integrating these ancient practices into your daily routine can transform your spiritual journey.



### Quick Reflection & Exercise

- 1 Close your eyes and **tune into your aura**—does it feel **strong and clear or heavy and blocked?**
- 2 Which **ancient purification method** resonates with you the most?
- 3 Try one technique today and **observe how your energy shifts.**



### Journal Prompt:

*"How can I incorporate ancient aura cleansing into my spiritual practice?"*



**Prepare for deep energy purification!**

## Chapter XVI

# The Role of Mantras, Herbs & Fire



**T**he Himalayan sages knew that **aura cleansing is not just about removing negative energy—it's about raising your vibration, protecting your energy field, and aligning with divine consciousness.** To achieve this, they used a combination of **mantras, sacred herbs, and fire rituals** to deeply purify and strengthen the aura.

In this chapter, we will explore how **mantras, specific herbs like cloves and camphor, and the power of fire and meditation can dissolve energetic blockages, remove negativity, and restore your aura's natural brilliance.**

### Why Mantras Are Powerful for Aura Cleansing

#### **The Science of Sound & Vibration**

Everything in the universe vibrates at a frequency—including your **thoughts, emotions, and aura.** Ancient masters understood that **sound carries energy**, and when used correctly, it can **purify and elevate the aura instantly.**

#### **How Mantras Work on the Aura**

- Break up dense, stagnant energy** that clings to the aura.
- Create a high-vibrational shield** to block negative influences.

**Expand and brighten the aura** by aligning it with cosmic energy.

**Clear the subconscious mind**, which holds energetic imprints.

### Sacred Mantras for Aura Cleansing & Strengthening

Here are some of the most effective mantras for cleansing the aura:

◆ **OM (ॐ)** – The primordial sound of the universe; balances all energy fields.

◆ **Om Namah Shivaya (ॐ नमः शिवाय)** – Dissolves negativity and enhances spiritual protection.

◆ **Gayatri Mantra (ॐ भूर्�भुवः स्वः... )** – Fills the aura with divine light and wisdom.

◆ **Maha Mrityunjaya Mantra (ॐ त्र्यम्बकं यजामहे... )** – Removes deep karmic blocks and enhances healing.

#### **How to Use Mantras for Aura Cleansing:**

1 Sit in a quiet space and take a deep breath.

2 Chant the mantra **silently (Mansik Japa)** or aloud for 5-10 minutes.

3 As you chant, visualize your aura **expanding with golden light**.

4 Feel any heaviness dissolving as your energy becomes lighter and more radiant.

 **Bonus Tip:** Chanting **mantras near a flame (like a candle or camphor fire)** amplifies their power!

### Why Cloves & Camphor Are Used in Energy Cleansing

## The Hidden Power of Cloves & Camphor in Aura Purification

Both **cloves** and **camphor** have been used for centuries in **Himalayan and Vedic traditions** as powerful energy cleansers.

### ◆ Cloves (Laung) – The Fire Purifier

- ✓ Absorbs and burns away negative vibrations.
- ✓ Strengthens the aura by repelling lower energies.
- ✓ Activates the **root chakra**, grounding and stabilizing the energy field.
- ✓ Used in sacred rituals to remove **spiritual blockages**.

### ◆ Camphor (Kapoor) – The Etheric Cleanser

- ✓ Instantly clears stagnant and heavy energy.
- ✓ Opens the **higher chakras**, allowing divine energy to flow freely.
- ✓ Disrupts negative thought patterns stored in the aura.
- ✓ Enhances meditation by calming the mind and lifting vibrations.

## How to Perform the Ritual

### 🔥 Step 1: Prepare Your Sacred Space

- Sit in a quiet place, preferably facing south (the direction of energy release).
- Hold **two cloves in each hand (total of 4 cloves)** and close your palms.
- Have a **heat-proof dish or vessel ready** for burning.

## 🔥 Step 2: Silent Meditation & Mantra Chanting

- Close your eyes and take deep breaths.
- Begin **Mansik Japa** (silent repetition of a mantra)—this activates the energy of the cloves.
- Visualize a **golden-white light surrounding your aura**, pushing out all negativity.

## 🔥 Step 3: Fire Purification with Camphor & Cloves

- Place a small piece of **camphor in the fireproof dish** and light it.
- Drop the **4 cloves** into the burning camphor.
- As the cloves burn, mentally affirm:
- "*I release all negativity and cleanse my aura with divine fire.*"
- Let the smoke purify the space, absorbing its cleansing energy.

## 🔥 Step 4: Completion & Gratitude

- Once the flames subside, sit quietly and feel your aura **lighter and stronger**.
- Express gratitude to the elements—**fire, air, earth, and ether**—for their purification power.

### 💡 Why This Ritual Works:

- ✓ **Fire transforms negative energy into pure light.**
- ✓ **Cloves absorb and burn away heavy vibrations.**
- ✓ **Camphor raises spiritual vibrations and opens higher consciousness.**

 **Bonus Tip:** Repeat this ritual for **7, 21, or 41 days** for deep aura cleansing.

## The Role of Meditation in Aura Purification

Meditation is one of the most **powerful tools for aura cleansing** because it **stabilizes, strengthens, and expands the energy field**.

### How Meditation Clears & Strengthens the Aura

- ✓ **Stops energy leakage** caused by overthinking and emotional turbulence.
- ✓ **Aligns the aura with higher frequencies**, making it radiant and vibrant.
- ✓ **Dissolves past energy imprints**, preventing emotional baggage from lingering.
- ✓ **Opens intuition**, allowing the aura to access divine guidance.

### Simple Meditation for Aura Cleansing & Strengthening

#### Step 1: Sit Comfortably

- Choose a quiet space and sit in a relaxed position.
- Close your eyes and focus on your breath.

#### Step 2: Visualize Your Aura Expanding

- Imagine a **ball of golden-white light** at the center of your chest.
- With each inhale, see this light **growing larger**, filling your entire aura.

- With each exhale, **release all negative energy** into the universe.

### 🧘 Step 3: Chant or Silent Japa

- If you resonate with **mantras**, softly chant or mentally repeat “*OM*” or “*SO HUM*.”
- If you prefer silence, simply **focus on the glowing light of your aura**.

### 💡 Step 4: Seal & Strengthen Your Energy Field

- After 10-15 minutes, **visualize your aura becoming a protective shield** of golden energy.
- Affirm: “*My aura is strong, radiant, and fully protected.*”

💡 **Bonus Tip:** Meditating near a **fire, candle, or incense** amplifies the aura’s vibrational field.

## Key Takeaways from This Chapter

- Mantras purify and strengthen the aura** by using sound vibrations.
- Cloves absorb negativity, and camphor dissolves stagnant energy** in aura cleansing rituals.
- Fire transforms low-frequency energy** into pure divine light.
- Meditation stabilizes the aura**, preventing energy imbalances and external influences.

### 💡 Quick Reflection & Exercise

- 1 Sit quietly and tune into your aura. **Does it feel heavy, light, or unclear?**
- 2 Choose one technique from this chapter—**mantras, fire cleansing, or meditation.**
- 3 Perform the practice for 5-10 minutes and notice **any shifts in your energy.**
- 4 Write about your experience—did you feel any sensations, clarity, or lightness?

### Journal Prompt:

*"Which aura cleansing technique resonated most with me, and how can I make it a part of my daily practice?"*

 **Prepare for deep energy transformation!**

## Chapter XVII

# The Sacred Fire Ritual



**S**ince ancient times, fire has been revered as the ultimate purifier in spiritual traditions across the world. In India, the Havan (Yagya)—a sacred fire ritual—has been used for cleansing energy, removing negativity, and enhancing spiritual vibrations.

The Himalayan masters and Vedic sages knew that fire has the power to transform dense energy into light, dissolving karmic blocks, negative thoughts, and harmful influences from the aura. By performing a Havan at home or in sacred spaces, we can purify our aura, protect our energy, and elevate our spiritual connection.

In this chapter, we will explore:

- Why Havan is a powerful tool for aura cleansing**
- How to perform a traditional Havan for deep purification**
- Agyari (Small Havan) – A Simple Fire Ritual for Home Use**
- Less Smoke-Producing Yagyas** for those who want an alternative

### Why Havan is Important for Aura Cleansing

 **Fire is the only element that can fully transform energy.**

Unlike water, air, or earth, which can store energy imprints, fire completely **dissolves negativity** and converts it into pure light.

 **Havan creates a high-vibrational energy field.** The combination of **fire, mantras, and sacred herbs** charges the space and the aura with **protective and uplifting energies**.

 **Havan removes mental, emotional, and karmic blocks.** Many negative thought patterns, subconscious fears, and past-life energies are burned away, allowing for **greater clarity, peace, and spiritual alignment**.

 **Havan protects against negative influences.** It acts as a shield, preventing unwanted energies from attaching to your aura.

 **Fact:** Many enlightened masters, yogis, and spiritual teachers perform **daily fire rituals** to keep their aura pure and strong.

## How to Perform a Traditional Havan for Deep Purification

### Sacred Ingredients Needed for a Havan

 **Havan Kund (Fire Pit or Brass/Copper Vessel)** – A container for performing the fire ritual.

 **Pure Ghee (Clarified Butter)** – Used as a fuel to feed the fire and enhance energy.

 **Samidha (Sacred Wood like Mango or Sandalwood)** – Acts as a medium to carry prayers to the universe.

 **Havan Samagri (Herbal Mixture)** – A blend of natural herbs that purify the air and aura.

□ **Camphor & Cloves** – Used to intensify the energy-cleansing effect.

🔱 **Sacred Mantras** – To activate the fire's spiritual power.

## Step-by-Step Guide to Performing a Havan at Home

### 🔥 Step 1: Set Up the Fire Space

- Choose a **clean and sacred space**, preferably near an open window or in an outdoor area.
- Place the **Havan Kund (fire pit or a copper/brass vessel)** on a heat-resistant surface.

### 🔥 Step 2: Prepare the Fire

- Light a small **camphor flame** inside the vessel.
- Add small **pieces of dried wood or dried cow dung cakes** to build the fire.
- Pour **a few drops of ghee** to fuel the flames.

### 🔥 Step 3: Chanting Mantras & Offering Ingredients

- As the fire grows, start **chanting a sacred mantra**—this activates the spiritual energy of the fire.
- With each chant of “*Swaha*”, offer **a pinch of Havan Samagri (herbal mixture) or ghee** into the fire.
- Continue the process for **7, 21, or 108 repetitions** based on your intention.

### 🔥 Step 4: Meditate on the Fire's Energy

- Gaze into the flames and visualize **all negative energy burning away** from your aura.

- Feel your **body** becoming lighter, your **mind** becoming clearer, and your **soul** reconnecting with divine energy.

### Step 5: Conclude the Ritual with Gratitude

- Once you finish, sit in silence for a few minutes, absorbing the fire's energy.
- Offer a final prayer of gratitude, saying:
- *"May this fire purify my soul, my home, and the entire universe."*

 **Tip:** Perform a full Havan **once a month** or on special occasions like **Full Moons, New Moons, or personal spiritual milestones.**

## Agyari – A Small Havan for Home Use

For those who may not have space for a large Havan, a **simple, small-scale fire ritual (Agyari)** can be done daily or weekly for **regular energy cleansing**.

### How to Perform an Agyari (Small Havan) at Home

- ◆ Use a **small brass or clay dish** instead of a large fire pit.
- ◆ Place a piece of **camphor and 4 cloves** in the dish.
- ◆ Light the camphor and let the flame rise.
- ◆ Silently chant a mantra (*OM NAMAH SHIVAYA* or *GAYATRI MANTRA*) as the camphor burns.
- ◆ Move the dish around your **body or home** to spread the purifying energy.

- ◆ Once the flame extinguishes, discard the ashes in **running water or soil**.

 **Why Agyari Works:**

-  **It requires minimal space and materials.**
-  **It cleanses the aura instantly with the fire's energy.**
-  **It can be performed anytime—morning or evening.**

 **Best Time for Agyari:** Early morning or evening, after a stressful event, or before meditation.

## Less Smoke-Producing Havan & Yagyas

For those who live in apartments, small spaces, or places with **smoke restrictions**, there are alternative ways to perform a Havan with minimal smoke.

### 1 Dry Herb Havan with Incense Cones

- Instead of burning wood, use **incense cones** made from natural herbs.
- Place the incense in a fire-safe dish and chant your **mantras while visualizing the fire**.

### 2 Ghee Lamp (Deepam) Fire Ritual

- Light a **ghee diya (oil lamp)** instead of an open fire.
- Chant mantras and offer **flower petals or rice grains** into the flame.
- Gaze into the flame to **absorb its cleansing energy**.

### 3 Digital Havan with Fire Visualization

- Sit in meditation and **imagine a golden fire in your heart center**.

- Chant sacred mantras while **mentally offering negativity into the fire.**
- This method is **just as effective for aura cleansing without physical fire.**

#### **Best For:**

- Those who cannot use fire indoors.
- People with respiratory sensitivities.
- Daily meditation practices without physical rituals.

### **Key Takeaways from This Chapter**

- Havan is a powerful fire ritual that deeply cleanses the aura and protects against negativity.**
- Fire transforms dense energy into pure light, creating a high-vibrational shield.**
- Cloves and camphor intensify aura purification, making the ritual more effective.**
- Agyari is a smaller, home-friendly version of Havan that anyone can perform.**
- Less-smoke-producing methods like incense and visualization are great alternatives.**

#### **Quick Reflection & Exercise**

- 1 Think about a time when you felt **energetically heavy or blocked.**
- 2 Which fire cleansing method (Havan, Agyari, or a low-smoke alternative) resonates with you the most?

3 Set an intention to **try one method this week** and observe how your energy shifts.

 **Journal Prompt:**

*"How do I feel before and after performing a fire cleansing ritual?  
What changes do I notice in my aura and environment?"*

# Chapter XVIII

## Ancient Herbs



**H**avan (Yagya) is a sacred fire ritual that **purifies the environment, cleanses the aura, and uplifts spiritual energy**. Ancient sages carefully selected **specific herbs, woods, grains, and natural elements** to be burned in the sacred fire, ensuring that each ingredient served a unique energetic purpose.

This chapter provides a **comprehensive list of all ancient herbs and ingredients used in Havan**, along with their **spiritual, energetic, and healing benefits**.

### 🔥 Key Elements Used in Havan & Their Purpose

Each ingredient used in a Havan has a **specific vibrational quality** that interacts with the energy field and the environment. Below is a detailed list of these ingredients, categorized by their purpose:

#### 🌿 1. Sacred Herbs & Resins for Purification

These herbs are known for their **cleansing, protective, and energy-enhancing properties**.

##### 1 Guggul (Commiphora Mukul)

- ✓ Removes negative energy and evil influences
- ✓ Brings prosperity and spiritual upliftment
- ✓ Strengthens concentration and mental clarity

## **2 Camphor (Kapoor)**

- ✓ Removes stagnant energy and purifies the aura instantly
- ✓ Clears emotional and mental blockages
- ✓ Raises spiritual vibrations and invites divine blessings

## **3 Sandalwood (Chandan)**

- ✓ Attracts divine energy and higher consciousness
- ✓ Brings peace, calmness, and relaxation
- ✓ Removes stress, anger, and negative thoughts

## **4 Agarwood (Oud)**

- ✓ Highly sacred; used in ancient Himalayan rituals
- ✓ Enhances meditation, intuition, and spiritual connection
- ✓ Removes deeply rooted karmic blocks

## **5 Frankincense (Loban)**

- ✓ Cleanses negative energy and evil spirits
- ✓ Enhances prayer, meditation, and inner focus
- ✓ Balances emotions and uplifts mood

## **6 Myrrh (Bol)**

- ✓ Used for deep spiritual healing and protection
- ✓ Helps release past trauma and emotional wounds

- ✓ Strengthens the aura against psychic attacks

## 7 Dhoop (Aromatic Resin)

- ✓ A blend of various herbs that intensifies purification
- ✓ Brings positivity, prosperity, and divine presence
- ✓ Creates a sacred atmosphere for rituals



## 2. Sacred Grains & Seeds for Energy Activation

Grains and seeds represent **prosperity, fertility, and life energy**. When burned in a Havan, they **attract abundance, cleanse karma, and offer gratitude to the universe**.

### 8 Navadhanya (Nine Types of Grains)

- ✓ Balances the nine planets (Navagraha) and harmonizes cosmic energies
- ✓ Attracts prosperity, success, and good health
- ✓ Removes obstacles and planetary doshas

### 9 Mustard Seeds (Sarson)

- ✓ Destroys negative vibrations and psychic attacks
- ✓ Creates a protective energy shield around the home
- ✓ Attracts wealth and success

### 10 Sesame Seeds (Til)

- ✓ Balances planetary effects, especially Saturn (Shani)
- ✓ Helps in clearing deep-rooted karmic issues
- ✓ Strengthens spiritual practices and meditation

## **11 Barley (Jau)**

- ✓ Brings stability, financial security, and success
- ✓ Purifies the aura and strengthens the body's energy field
- ✓ Used in ancestral rituals for removing past life blockages

## **12 Rice (Akshat)**

- ✓ Represents purity, divine blessings, and abundance
- ✓ Used to invoke positive energy in spiritual rituals
- ✓ Removes mental restlessness and distractions



## **3. Powerful Spices & Dry Fruits for Energy Enhancement**

Spices carry strong **vibrational properties** that influence both the **mind and aura**.

### **13 Cloves (Laung)**

- ✓ Absorbs and burns away negative energy
- ✓ Strengthens spiritual protection and aura shielding
- ✓ Boosts mental focus and clarity

### **14 Cardamom (Elaichi)**

- ✓ Enhances spiritual connection and intuition
- ✓ Balances the heart chakra and promotes emotional healing
- ✓ Brings joy, harmony, and inner peace

### **15 Turmeric (Haldi)**

- ✓ Removes deep karmic patterns and blocks
- ✓ Purifies the body, mind, and soul
- ✓ Used in spiritual healing rituals and protection spells

## 16 Saffron (Kesar)

- ✓ Attracts prosperity, luxury, and divine blessings
- ✓ Balances emotions and enhances spiritual insight
- ✓ Used for wealth manifestation and attraction

## 17 Dry Fruit Mix (Almonds, Cashews, Raisins, Dates)

- ✓ Symbolizes health, nourishment, and abundance
- ✓ Strengthens spiritual energy and divine connection
- ✓ Offers gratitude to deities and spiritual forces



## 4. Sacred Plants & Leaves for Divine Connection

### 18 Tulsi (Holy Basil)

- ✓ Highly sacred in Vedic traditions; removes negative energy instantly
- ✓ Strengthens the aura and immune system
- ✓ Attracts divine blessings and spiritual purity

### 19 Betel Leaves (Paan Patta)

- ✓ Balances life force energy and clears negative influences
- ✓ Symbolizes gratitude, health, and prosperity
- ✓ Used in Havan for planetary pacification and protection

### 20 Neem Leaves

- ✓ Purifies the air and destroys harmful bacteria
- ✓ Clears negativity from spaces and auras
- ✓ Used in protection rituals against evil forces

## 5. Fruits, Flowers, and Special Offerings

### **21 Coconut (Nariyal)**

- ✓ Represents surrender, purification, and breaking negative cycles
- ✓ Absorbs bad karma and releases it through fire
- ✓ Used in Havan for protection and divine blessings

### **22 Flowers (Pushp)**

- ✓ Each flower carries a unique vibrational signature
- ✓ Lotus (Spiritual awakening), Jasmine (Peace), Rose (Love & devotion)
- ✓ Offered to enhance the sacredness of the ritual

### **23 Panchamrit (Mixture of Milk, Yogurt, Ghee, Honey, Sugar)**

- ✓ Balances the five elements of nature
- ✓ Used to cleanse the aura and strengthen spiritual power
- ✓ Brings divine grace, healing, and blessings



Final Thoughts – The Science Behind Havan

Ingredients

- ✓ Each ingredient used in **Havan** has a deep spiritual purpose—whether for purification, protection, manifestation, or divine connection.
- ✓ The aromatic smoke and vibrations cleanse the aura, uplift energy, and strengthen spiritual presence.
- ✓ A properly performed **Havan** fills the environment with healing energy, making it a powerful tool for aura cleansing and spiritual growth.

### Quick Reflection & Exercise

- 1 Choose **any three ingredients** from the list above that resonate with you.
- 2 Set an intention and **light them in a small diya or incense burner** while chanting a mantra.
- 3 Observe how the energy in your space and aura **feels before and after the ritual**.

### Journal Prompt:

*"Which Havan ingredient am I most drawn to, and why? How do I feel after using it in my spiritual practice?"*

 **Prepare for deep spiritual purification!**

## Chapter XIX

# How External Energies Attach to Your Aura



**Y**our aura is like a protective shield that surrounds your body, but just like a magnet, it can attract **both positive and negative energies** from people, places, and experiences. When external energies attach to your aura, they can influence your **thoughts, emotions, health, and overall life circumstances**.

Many spiritual traditions and ancient yogis have spoken about **energy imprints, psychic attacks, and karmic influences** that can enter the aura if it is not properly cleansed and protected. In this chapter, we will explore:

- How external energies attach to your aura**
- Signs that your aura has been affected by negative energy**
- Types of energy attachments**
- How to cleanse and protect your aura from external influences**

### How External Energies Enter Your Aura

Your aura is **constantly interacting with the world around you**. Whether you are aware of it or not, you are exchanging energy

with **people, places, and objects** every moment. When your aura is strong, it can repel negative influences. However, when it is **weak, blocked, or damaged**, it becomes vulnerable to absorbing unwanted energy.

### **Ways Energy Enters Your Aura:**

- ◆ **Through Other People (Energy Transfers)** – When you interact with someone, especially on an emotional level, your auras **overlap and exchange energy**. If someone carries **anger, jealousy, sadness, or stress**, some of that energy can transfer to you.
- ◆ **Crowded or Negative Environments** – Public places, hospitals, offices, and even certain homes or temples can **hold strong residual energies**. If the place has a history of suffering, arguments, or negative events, the energy can cling to your aura.
- ◆ **Emotional Trauma & Suppressed Feelings** – Unprocessed emotions like **grief, fear, or guilt** weaken your aura, making it easier for external energies to attach.
- ◆ **Spiritual Attachments & Psychic Influences** – Some energies exist in non-physical realms and can latch onto weak auras, especially if one is not spiritually protected.
- ◆ **Energy Cords from Past Relationships** – Every deep relationship (romantic, family, friendships) creates an **energetic cord**. If the relationship was toxic or painful, some of that energy remains attached to your aura even after the connection ends.

### **Signs That Your Aura Has Been Affected by External Energy**

If you have **picked up external energy** that doesn't belong to you, your body and mind will start showing signs.

## **1 Sudden Mood Swings or Unexplained Emotions**

- Feeling **anxious, sad, or angry** without any clear reason
- Experiencing **random fear or stress** that doesn't match your personal situation
- Feeling **irritated or drained** after meeting certain people

## **2 Chronic Fatigue & Low Energy**

- Waking up **tired even after a full night's sleep**
- Feeling **mentally or physically drained** after visiting certain places
- Lack of motivation, focus, and creativity

## **3 Recurring Negative Thoughts**

- Experiencing **self-doubt, fear, or confusion** out of nowhere
- Feeling mentally **foggy, scattered, or indecisive**
- Having **intrusive or disturbing thoughts** that don't feel like your own

## **4 Sleep Disturbances & Nightmares**

- Restless sleep or **waking up between 2-4 AM** frequently
- Feeling **heaviness or strange sensations** at night
- Vivid **nightmares or dreams about dark figures or strange places**

## **5 Physical Discomfort or Unexplained Illness**

- **Body pain, headaches, or heaviness** in certain areas (especially shoulders & back)

- Feeling pressure in the chest or sudden body weakness
- Frequent stomach issues or digestion problems (linked to solar plexus energy blockages)

## 6 Blockages in Life (Bad Luck or Strange Obstacles)

- Sudden financial difficulties, job loss, or relationship problems
- Feeling stuck in life with no clear progress
- Opportunities slipping away or constant unexpected setbacks

 If you experience multiple signs, your aura may be carrying external energies that need cleansing.

## Types of Energy Attachments & How They Affect Your Aura

Not all external energy influences are the same. Some are temporary and mild, while others are deeply rooted and require special cleansing methods.

### ◆ 1. Energy Vampires (People Who Drain Your Aura)

Some people unknowingly or intentionally drain energy from others. Being around them can make you feel tired, irritated, or emotionally unstable.

- ✓ Common in workplaces, families, and toxic relationships.
- ✓ They feed off your emotional reactions and make you feel guilty, obligated, or confused.

### Protection Method:

- Limit contact and use **psychic shielding techniques** (visualize a **golden light around your body**).
- After interacting with them, cleanse your aura with **saltwater or burning camphor**.

## ◆ 2. Energetic Cords (Attachments from Past Relationships)

When we share deep emotions with someone, an **invisible energy cord** forms between us. If the relationship was toxic, abusive, or painful, that **cord remains in your aura**, draining your energy.

### 💡 Protection Method:

- Perform an **energetic cord-cutting ritual** (visualize cutting the cord with a **sword of white light**).
- Chant “**OM NAMAH SHIVAYA**” while focusing on releasing past connections.

## ◆ 3. Thought Forms (Negative Energy Imprints)

When people **think about you with intense emotions** (jealousy, hatred, or obsession), their energy can **attach to your aura as a “thought form”**. This can cause confusion, self-doubt, or sudden emotional shifts.

### 💡 Protection Method:

- Burn **cloves and camphor** in the home to neutralize negative energy.
- Chant the **Maha Mrityunjaya Mantra** to dissolve harmful influences.

## ◆ 4. Astral Entities & Spirit Attachments

Some energies exist in **non-physical realms** and may attach to a weakened aura. These entities can cause **nightmares, unexplained fears, and a sense of heaviness.**

#### Protection Method:

- Keep **Tulsi (Holy Basil) or Black Tourmaline** near your bed.
- Use **mantras like “OM AIM HRIM KLIM CHAMUNDAYE VICHE”** to clear unwanted spiritual influences.

### How to Cleanse & Protect Your Aura from External Energies

#### Step 1: Fire Cleansing with Cloves & Camphor

- Burn **4 cloves with camphor** in a heat-proof container.
- Move the smoke around your body to cleanse **any stuck energy.**

#### Step 2: Saltwater Aura Detox

- Add **rock salt or sea salt** to your bath and soak for **15 minutes.**
- As the water drains, visualize **all negativity washing away.**

#### Step 3: Crystal Protection

- Carry **black tourmaline or obsidian** to block external energy attacks.
- Place **selenite near your bed** to keep your aura clear while sleeping.

## ॐ Step 4: Mantra Shielding

- Chant “**OM NAMAH SHIVAYA**” daily for **protection from psychic influences**.
- Listen to **Sanskrit mantras or Tibetan singing bowls** to cleanse your energy field.

## ☀️ Step 5: Sunlight Aura Recharging

- Stand in **morning sunlight** for **5-10 minutes** to recharge and seal your aura.

## Key Takeaways from This Chapter

- ✓ Your **aura absorbs energy** from people, places, and emotions.
- ✓ **Signs of external energy attachment** include fatigue, mood swings, nightmares, and setbacks.
- ✓ **Energy vampires, thought forms, and past emotional cords** can weaken your aura.
- ✓ **Fire rituals, saltwater baths, mantras, and sunlight** are powerful ways to cleanse and protect your aura.

🚀🌟 **Prepare to supercharge your aura!**

## Chapter XX

# The Ancient Aura Cleaning Technique (AACT)



**T**he **Ancient Aura Cleaning Technique (AACT)** is a powerful, time-tested method used by Himalayan yogis and Vedic masters to **purify the aura, remove energy blockages, and restore spiritual balance**. Unlike modern energy healing techniques, AACT works at **multiple levels—physical, emotional, mental, and spiritual—ensuring complete energy detoxification and transformation**.

This technique is especially useful for those who:

- ✓ Feel energetically drained, fatigued, or emotionally unstable.
- ✓ Experience **negative thoughts, unexplained mood swings, or psychic attacks**.
- ✓ Want to **strengthen their aura to attract success, health, and spiritual growth**.
- ✓ Wish to **deepen their meditation and accelerate their spiritual evolution**.

AACT is a **highly secretive Himalayan method**, but this book reveals its full process so that anyone can practice it and experience **rapid and tangible energy shifts**.

In this chapter, we will explore:

- ◆ Step-by-step guide to performing AACT
- ◆ Preparing your mind, body & environment for maximum effectiveness
- ◆ The importance of cloves & camphor in energy healing
- ◆ Meditation & mental chanting—why it works
- ◆ Chakra-by-chakra healing approach

By the end of this chapter, you will have a **complete understanding of AACT and how to incorporate it into your daily spiritual practice.**

## Step-by-Step Guide to Performing AACT

AACT is a **7, 21, or 41-day** spiritual discipline where you cleanse your aura daily using **cloves, camphor, meditation, and fire rituals**. The process is divided into **three main phases**:

- 1 **Preparation Phase** – Creating a sacred environment and setting your intention.
- 2 **Energy Activation Phase** – Using cloves, camphor, and meditation to cleanse the aura.
- 3 **Final Fire Ritual** – Burning residual negativity to release energy blocks.

### **Preparing Your Mind, Body & Environment**

For AACT to work effectively, **preparing your space and mindset is crucial**. Your environment plays a huge role in how much energy you absorb or release during the practice.

#### **1 Choose a Sacred Space**

- ◆ Pick a **quiet, clean space** where you won't be disturbed.
- ◆ If indoors, open a window to **allow energy flow and purification**.
- ◆ If possible, sit near a **natural element** (fireplace, open sky, or plants).

## 2 Gather Essential Materials

□ **Cloves (4 whole cloves)** – Two in each hand to absorb negative energy.

🌿 **Camphor (Kapoor)** – To dissolve deep-seated aura impurities.

🔥 **Heatproof Vessel or Fire Pit** – To burn cloves & camphor safely.

□ **Oil Lamp or Candle** – To amplify divine energy.

🕉 **Sacred Mantra** – A personal mantra or a high-vibration chant like *OM NAMAH SHIVAYA*.

## 3 Prepare Your Body & Mind

- **Take a bath before the ritual** (preferably with saltwater) to cleanse external impurities.
- **Wear light-colored or white clothing** to reflect higher vibrations.
- **Sit in a comfortable position** with your spine straight to ensure free energy flow.
- **Set an intention** for the practice (e.g., “I cleanse my aura and invite divine protection”).

💡 **Pro Tip:** If you're feeling emotionally heavy, drink **a glass of copper-charged water** before beginning. This enhances aura detoxification.

## □ The Importance of Cloves & Camphor in Energy Healing

Cloves (**Laung**) and Camphor (**Kapoor**) are the **two most potent substances for aura purification**. They have been used in **ancient Vedic rituals, Tibetan Buddhist ceremonies, and Himalayan healing practices** for centuries.

### 🌿 Cloves – The Fire Purifier

- ✓ **Absorbs heavy energy and toxic vibrations** from the aura.
- ✓ **Burns away energetic imprints of past traumas and attachments.**
- ✓ **Grounds the root chakra**, stabilizing emotional fluctuations.

💡 **Fact:** Cloves were used by Himalayan yogis to **seal aura leaks** and **prevent energy drain from external sources**.

### 🔥 Camphor – The Etheric Cleanser

- ✓ **Dissolves stagnant energy that blocks spiritual growth.**
- ✓ **Repels psychic attacks, negative entities, and emotional residue.**
- ✓ **Opens the crown chakra**, allowing divine wisdom to flow.

💡 **Fact:** In many Indian homes, **camphor is burned daily** to cleanse the space and remove low-vibrational energies.

### 🧘 Meditation & Mental Chanting – Why It Works

Silent meditation (**Mansik Japa**) is a key part of AACT because **verbalizing mantras moves energy outward, but mental repetition internalizes and strengthens it**.

## **Benefits of Mental Chanting (Mansik Japa)**

- ✓ Activates higher chakras without external distractions.
- ✓ Amplifies aura strength, making it resilient to external energy shifts.
- ✓ Sends healing vibrations directly to your energy field.

### **💡 How to Perform Mansik Japa:**

- 1 Hold four cloves in both hands (Two in each palm).
- 2 Close your eyes and focus on your breath and heartbeat.
- 3 Mentally chant your mantra while keeping your tongue still.
- 4 Start from Root Chakra and go up till crown chakra.
- 5 You can chant your favorite mantra or chakra mantras.
- 6 Feel the cloves absorbing impurities as you go deeper into meditation.
- 7 When you feel that you have completed this process then put these cloves onto a camphor and burn the camphor.

**Duration:** Spend 1-2 minutes per chakra or longer based on intuition.

### **🌀 Chakra-by-Chakra Healing Approach**

AACT follows a **structured chakra-cleansing process**, ensuring that each energy center is purified and realigned.

#### **🔴 Root Chakra (Muladhara) – Grounding & Stability**

- Focus on your **base spine area** and mentally chant *LAM*.

- Feel all **fears and insecurities** dissolving into the cloves.

#### □ **Sacral Chakra (Svadhishthana) – Emotional Purification**

- Direct your awareness to your **lower abdomen** and chant *VAM*.
- Let go of **past emotional pain, attachments, and creative blocks**.

#### □ **Solar Plexus Chakra (Manipura) – Personal Power Activation**

- Focus on your **stomach region** and chant *RAM*.
- Visualize your **inner fire reigniting confidence and clarity**.

#### □ **Heart Chakra (Anahata) – Love & Emotional Healing**

- Focus on your **chest area** and chant *YAM*.
- Release **emotional burdens, grief, or heartbreak** into the cloves.

#### ● **Throat Chakra (Vishuddha) – Clear Communication**

- Concentrate on your **throat area** and chant *HAM*.
- Let go of **past suppressions, miscommunications, and fears**.

#### □ **Third Eye Chakra (Ajna) – Intuition Awakening**

- Focus on your **forehead (between the eyebrows)** and chant *OM*.
- Enhance **mental clarity, focus, and intuitive abilities**.

#### ● **Crown Chakra (Sahasrara) – Divine Connection**

- Focus on your **top of the head** and mentally chant *AUM*.

- Feel pure cosmic light entering your aura, sealing all energy leaks.

### Final Fire Ritual – Releasing Negativity

1 Light **camphor** in a **fireproof vessel**.

2 Drop the **4 cloves** into the flame, saying:

*"I release all negative energies and restore my aura's strength."*

3 Let the **smoke cleanse your space**, and feel a **deep sense of renewal**.

### Conclusion: Why AACT Works So Fast

- Absorbs & burns negative energies within minutes.**
- Strengthens the aura, preventing future energy drains.**
- Aligns chakras, making spiritual growth effortless.**
- Creates a protective shield against psychic attacks.**

**Best Results:** Perform AACT for **7, 21, or 41 days** for deep transformation.

 Your journey to energy mastery continues!

## Chapter XXI

# Ancient Aura Cleaning Technique (AACT) in Detail



The Ancient Aura Cleaning Technique (AACT) is one of the most powerful and effective methods for removing negative energy, strengthening the aura, and aligning the chakras.

This chapter provides a detailed, step-by-step guide to performing AACT, ensuring that you understand each phase, why it works, and how to maximize its benefits.

By following these steps, you will be able to:

- Eliminate energy blockages and remove psychic attachments
- Protect yourself from negative vibrations and emotional heaviness
- Strengthen your aura and chakras for spiritual and physical well-being
- Enhance your manifestation power by clearing energetic debris

AACT can be performed for **7, 21, or 41 days**, depending on the depth of cleansing required. The longer the practice, the stronger and more lasting the results.

## Phase 1: Preparation

To ensure **maximum energy cleansing and aura healing**, proper preparation is essential.

### **1 Selecting the Right Time & Place**

- ◆ Perform AACT early in the morning (Brahma Muhurta, 4-6 AM) or before sunset.
- ◆ Choose a quiet, clean space free from distractions.
- ◆ If possible, sit facing east (for spiritual upliftment) or south (for energy release).

### **2 Gathering Essential Materials**

- **4 Whole Cloves** – Two in each hand (absorbs negative energy)
  -  **Camphor (Kapoor)** – For fire purification
  -  **Heatproof Vessel** – To burn cloves & camphor
  -  **Sacred Mantra or Affirmation** – A personal prayer or chant
  - **Oil Lamp or Candle** – Enhances the energy field
  -  **Coconut or Dry Fruits** (optional) – As a spiritual offering
  -  **Saltwater Bowl** (optional) – Absorbs released negative energy
-  **Pro Tip:** Keep **Black Tourmaline or Selenite** nearby to prevent energy contamination.

### **3 Preparing Your Body & Mind**

- **Take a shower before the ritual** (preferably with Himalayan salt).
- **Wear light-colored or white clothing** to reflect high vibrations.
- **Sit with a straight spine** in a meditative posture.
- **Set a strong intention** (e.g., “I cleanse my aura of all negativity and restore my energy.”)

## 🌀 Phase 2 Energy Activation

This phase focuses on **extracting and dissolving dense energies** stored in the aura.

### 1 Holding the Cloves – Absorbing Negative Energy

- ◆ Take **two cloves in each hand** and close your fists tightly.
- ◆ Close your eyes and **focus on your breath**.
- ◆ Visualize **dark, heavy energy being pulled from your aura into the cloves**.
- ◆ Hold the cloves for **2-5 minutes**, allowing them to absorb any stagnant vibrations.

#### 💡 Why This Works:

Cloves act as **energy absorbers**, pulling out dense, heavy energies that block the aura.

## 🧘‍♀️ Phase 3 Meditation

**Silent mantra repetition (Mansik Japa)** is the core of AACT. It ensures deep energy purification and chakra activation.

### 1 Mental Chanting (Mansik Japa)

- Keep your **tongue still** and chant **silently in your mind**.
- Select a powerful mantra (**OM, OM NAMAH SHIVAYA, GAYATRI MANTRA, or your personal affirmation**).
- Focus on **each chakra** for 1-2 minutes before moving to the next.
- If your mind wanders, gently bring it back to the **mantra vibration**.

## 2 Chakra-by-Chakra Cleansing

AACT follows a **structured chakra-cleansing process**:

### Root Chakra (Muladhara) – Grounding & Stability

- Focus on your **base spine area** and mentally chant *LAM*.
- Imagine a **red light dissolving fear and insecurity**.

### Sacral Chakra (Svadhisthana) – Emotional Purification

- Direct awareness to your **lower abdomen** and chant *VAM*.
- Release **past emotional pain and creative blocks**.

### Solar Plexus Chakra (Manipura) – Personal Power Activation

- Focus on your **stomach region** and chant *RAM*.
- Visualize a **golden fire reigniting confidence**.

### Heart Chakra (Anahata) – Love & Emotional Healing

- Focus on your **chest area** and chant *YAM*.
- Let go of **emotional burdens and grief**.

### Throat Chakra (Vishuddha) – Clear Communication

- Concentrate on your **throat** and chant *HAM*.
- Release **past miscommunications and fears**.

### □ Third Eye Chakra (Ajna) – Intuition Awakening

- Focus on your **forehead** and chant *OM*.
- Enhance **mental clarity and intuitive abilities**.

### ● Crown Chakra (Sahasrara) – Divine Connection

- Focus on your **top of the head** and chant *AUM*.
- Feel **pure cosmic light sealing your aura**.

### 💡 Why This Works:

**Chakra-focused meditation ensures complete aura realignment.**

## 🔥 Phase 4 Fire Purification

After absorbing negative energy into the cloves, **it must be released through fire** to prevent reattachment.

### 1 Burning the Cloves & Camphor

- ◆ Light **camphor in a fireproof vessel**.
- ◆ Drop the **4 cloves into the flame**, saying:

*"I release all negative energies and restore my aura's strength."*

- ◆ Watch the **smoke rise**, visualizing **all blockages dissolving**.

### 💡 Why This Works:

🔥 Fire transforms dense energy into **light and high vibrations**.

## 🔮 Phase 5 Sealing Aura

To prevent **energy reattachments**, the final step is sealing and strengthening the aura.

## 1 Protective Shield Visualization

◆ Close your eyes and visualize a **golden-white light surrounding your entire body**.

◆ Mentally affirm:

*"My aura is strong, radiant, and fully protected from all negativity."*

◆ Feel your **energy expanding, creating a powerful shield**.

## 2 Completing the Ritual with Gratitude

- Express **gratitude** for the energy cleansing process.
- Drink a **glass of copper-charged water** to stabilize your energy.
- Sit for **2 minutes in silence**, feeling your aura **lighter and brighter**.

### 💡 Why This Works:

✓ Protects the aura from reabsorbing negative energies.

✓ Creates a spiritual boundary to prevent energy leaks.

### 💡 TIPS FOR BEST RESULTS

✓ Perform AACT for **7, 21, or 41 days** for deep transformation.

✓ Avoid **alcohol, excessive screen time, or negative conversations** after the ritual.

✓ Keep a **journal** to track aura shifts and emotional changes.

✓ If performing AACT at night, **sleep facing east** for better energy flow.

## Key Takeaways from This Chapter

✓ AACT follows a structured **5-phase process**:

- 1 **Preparation** – Creating a sacred space & gathering materials.
- 2 **Energy Activation** – Absorbing negativity into cloves.
- 3 **Meditation & Mantra Chanting** – Chakra cleansing through silent repetition.
- 4 **Fire Purification** – Burning energy blockages with camphor & cloves.
- 5 **Sealing & Protecting the Aura** – Creating a golden shield to maintain high vibrations.

👉 Get ready to amplify your energy transformation!

## Chapter XXII

# Chakras & Their Role in AACT



**C**hakras are **energy centers within the body** that regulate our **physical, emotional, mental, and spiritual well-being**. These energy points are directly connected to our **aura**, and any imbalance in the chakras can weaken the aura, leading to **health issues, emotional instability, and spiritual blockages**.

The **Ancient Aura Cleaning Technique (AACT)** is designed to not only **cleanse the aura** but also **strengthen and align the chakras**, ensuring **harmonious energy flow** throughout the body.

This chapter will help you:

- Understand the seven chakras and their role in AACT**
- Learn how chakras affect your aura, health, and life experiences**
- Identify symptoms of blocked or overactive chakras**
- Use AACT to balance and energize each chakra**

### Overview of the Seven Chakras

Each chakra corresponds to a specific energy vibration, color, and function in the body. Below is a brief overview:

Chakra	Location	Element	Function	Color	Mantra
<b>Root (Muladhara)</b>	Base of Spine	Earth	Stability, Security, Survival	 Red	LA M
<b>Sacral (Svadhisthana)</b>	Below Navel	Water	Emotions, Creativity, Sensuality	 Orange	VA M
<b>Solar Plexus (Manipura)</b>	Upper Abdomen	Fire	Confidence, Personal Power, Motivation	 Yellow	RA M
<b>Heart (Anahata)</b>	Center of Chest	Air	Love, Compassion, Healing	 Green	YA M
<b>Throat (Vishuddha)</b>	Throat	Ether	Communication, Expression, Truth	 Blue	HA M
<b>Third Eye (Ajna)</b>	Between Eyebrows	Light	Intuition, Insight, Wisdom	 Indigo	OM
<b>Crown (Sahasrara)</b>	Top of Head	Cosmic Energy	Spiritual Connection, Higher Consciousness	 Violet/White	AU M

Each chakra plays a crucial role in **maintaining our mental, emotional, and spiritual balance.**

### The Connection Between Chakras & the Aura

Your **aura** is an extension of your chakras. If any chakra is blocked or imbalanced, it directly affects the aura, causing **energy leaks, weaknesses, or distortions**.

### How Chakras Affect the Aura:

- ✓ **Balanced Chakras** → Strong, Bright, Expansive Aura
- ✓ **Blocked Chakras** → Weak, Dull, or Contaminated Aura
- ✓ **Overactive Chakras** → Unstable or Chaotic Aura Energy

For example:

- 🔴 **Blocked Root Chakra** → Aura appears weak & scattered → Feelings of insecurity & fear.
  - **Overactive Sacral Chakra** → Aura becomes erratic → Emotional instability & attachment issues.
  - 🔵 **Balanced Throat Chakra** → Aura is clear & strong → Effective communication & truthfulness.
- 💡 **Fact:** Himalayan yogis focused on **cleansing the aura first** because a **clear aura allows the chakras to function optimally**.

### 🧠 How Chakras Affect Mental & Physical Health

When a chakra is **imbalanced**, it affects not just the aura but also **the body, mind, and emotions**.

#### 1 Root Chakra (Muladhara) – Grounding & Stability

- ◆ **Blocked:** Anxiety, insecurity, financial struggles.
- ◆ **Overactive:** Aggressiveness, controlling behavior.
- ◆ **Physical Issues:** Lower back pain, immune system weakness.

 **AACT Solution:** Hold cloves & chant **LAM** to stabilize energy.

### **2 Sacral Chakra (Svadhishthana) – Creativity & Emotions**

- ◆ **Blocked:** Lack of creativity, fear of intimacy, emotional numbness.
- ◆ **Overactive:** Addictive behaviors, overattachment.
- ◆ **Physical Issues:** Kidney/bladder issues, reproductive health concerns.

 **AACT Solution:** Meditate on orange light & chant **VAM**.

### **3 Solar Plexus Chakra (Manipura) – Confidence & Power**

- ◆ **Blocked:** Low self-esteem, procrastination, lack of motivation.
- ◆ **Overactive:** Arrogance, dominance, anger issues.
- ◆ **Physical Issues:** Digestive problems, liver issues, stomach pain.

 **AACT Solution:** Visualize a golden sun & chant **RAM**.

### **4 Heart Chakra (Anahata) – Love & Healing**

- ◆ **Blocked:** Trust issues, fear of love, past emotional wounds.
- ◆ **Overactive:** Overtaking, emotional codependency.
- ◆ **Physical Issues:** Heart palpitations, respiratory problems.

 **AACT Solution:** Breathe deeply into the heart & chant **YAM**.

### **5 Throat Chakra (Vishuddha) – Expression & Truth**

- ◆ **Blocked:** Fear of speaking up, social anxiety.
- ◆ **Overactive:** Talking too much, interrupting others.

◆ **Physical Issues:** Sore throat, thyroid problems.

🔥 **AACT Solution:** Meditate on blue energy & chant **HAM**.

## 6 Third Eye Chakra (Ajna) – Intuition & Wisdom

◆ **Blocked:** Confusion, lack of direction, inability to trust intuition.

◆ **Overactive:** Overactive imagination, paranoia.

◆ **Physical Issues:** Headaches, vision problems.

🔥 **AACT Solution:** Focus on the third eye & chant **OM**.

## 7 Crown Chakra (Sahasrara) – Spiritual Connection

◆ **Blocked:** Lack of purpose, depression, spiritual disconnection.

◆ **Overactive:** Spiritual arrogance, disassociation from reality.

◆ **Physical Issues:** Sleep disorders, migraines.

🔥 **AACT Solution:** Meditate in silence & chant **AUM**.

💡 **Fact:** Healing the chakras directly impacts health, emotions, and aura strength.

## 🔮 How to Strengthen Chakras Using AACT

AACT ensures that each **chakra is cleansed, activated, and balanced**.

### Step-by-Step Chakra Healing Using AACT

1 **Hold 4 cloves in your hands** while sitting in a meditative posture.

2 **Focus on each chakra** from root to crown, spending 1-2 minutes per chakra.

**3 Mentally chant the associated Bija mantra (*LAM, VAM, RAM, YAM, HAM, OM, AUM*).**

**4 Visualize the chakra's energy becoming clear and vibrant.**

**5 After completing all chakras, burn the cloves & camphor in fire, saying:**

*"I release all blockages and restore my chakras to full power."*

**6 Seal your aura by visualizing a golden shield around your body.**

### **Daily Practice Routine (7-21-41 Days)**

- ◆ **7-Day AACT** – For minor aura cleansing & chakra alignment.
- ◆ **21-Day AACT** – For deeper energy detox & emotional balance.
- ◆ **41-Day AACT** – For full spiritual transformation & higher awareness.

### **Key Takeaways from This Chapter**

- ✓ **Chakras control your energy flow, affecting your aura, emotions, and health.**
- ✓ **Blocked chakras lead to aura weaknesses, emotional instability, and health issues.**
- ✓ **AACT removes energy blockages, realigns chakras, and enhances spiritual growth.**
- ✓ **Practicing AACT for 7, 21, or 41 days can transform your entire energy field.**

 **Your journey to energy mastery continues!**

## Chapter XXIII

# The Power of Mantra & Mental Chanting



**M**antras are sacred sound vibrations that influence the mind, body, and energy field. When combined with mental chanting (**Mansik Japa**), they become an extremely potent tool for aura cleansing, chakra healing, and spiritual awakening.

The Ancient Aura Cleaning Technique (AACT) incorporates **Mansik Japa** (silent mental chanting) as a key practice because it works at deep subconscious and vibrational levels.

This chapter explores:

- What is Mansik Japa & Why It's So Effective**
- Which Mantras to Use for Chakra Cleansing**
- How Silent Chanting Enhances the Process**



### What is Mansik Japa & Why It's So Effective?

#### Understanding Japa (Repetition of Mantras)

Japa is the continuous repetition of a mantra to purify the mind, align energy centers, and raise spiritual consciousness.

There are **three types of Japa**:

**1 Vaikhari Japa** – Chanting **out loud** (useful for beginners).

**2 Upanshu Japa** – Whispering the mantra **softly**.

**3 Mansik Japa** – **Silent mental repetition** of the mantra (most powerful).

 **Fact:**

- ◆ **Mansik Japa creates a direct vibration within the mind & energy body.**
- ◆ **It doesn't require external sound, so it absorbs fully into your consciousness.**
- ◆ **It connects you to higher spiritual realms faster than verbal chanting.**

**Why Mansik Japa is the Most Powerful Form of Chanting**

- ✓ **No energy is wasted through speech** – All vibration stays inside your aura.
- ✓ **Enhances focus & concentration** – Strengthens the **third eye chakra**.
- ✓ **Amplifies the effect of AACT** – Directly cleanses each **chakra & aura layer**.
- ✓ **Works on the subconscious mind** – Removes deep-rooted fears & blockages.
- ◆ **Himalayan yogis** practiced **silent mantra repetition** because it allowed them to **preserve energy while cleansing their inner world**.



**Which Mantras to Use for Chakra Cleansing**

Each chakra vibrates at a specific frequency, and chanting its **Bija (seed) mantra** helps in clearing, activating, and aligning the chakra.

Here's a list of **powerful mantras** you can use during AACT:

### 🔴 Root Chakra (Muladhara) – Stability & Grounding

- **Mantra: LAM**
- **Why?** Clears fear, insecurity & strengthens survival instincts.
- **How?** Sit cross-legged, visualize **red light** at the base of the spine, and mentally repeat *LAM*.

### □ Sacral Chakra (Svadhishthana) – Emotions & Creativity

- **Mantra: VAM**
- **Why?** Releases emotional trauma, enhances passion & creative flow.
- **How?** Focus on **orange energy** in the lower abdomen & chant *VAM* mentally.

### □ Solar Plexus Chakra (Manipura) – Confidence & Power

- **Mantra: RAM**
- **Why?** Increases self-esteem, personal power & motivation.
- **How?** Visualize a **yellow sun** at your stomach & mentally repeat *RAM*.

### □ Heart Chakra (Anahata) – Love & Healing

- **Mantra: YAM**
- **Why?** Opens the heart to unconditional love & releases past wounds.

- **How?** Breathe into the **green center of the chest** & chant *YAM* in your mind.

### ● Throat Chakra (Vishuddha) – Communication & Truth

- **Mantra:** **HAM**
- **Why?** Enhances clarity, self-expression & authentic communication.
- **How?** Focus on **blue light in the throat area** & mentally chant *HAM*.

### □ Third Eye Chakra (Ajna) – Intuition & Awareness

- **Mantra:** **OM**
- **Why?** Activates intuition, deep insight & spiritual vision.
- **How?** Visualize **indigo light between your eyebrows** & repeat *OM* silently.

### ● Crown Chakra (Sahasrara) – Spiritual Connection

- **Mantra:** **AUM**
- **Why?** Expands consciousness & connects you to higher divine energy.
- **How?** Imagine **violet-white light at the top of the head** and chant *AUM* mentally.

**💡 Tip:** You can also use the **full chakra mantra sequence:**

**LAM – VAM – RAM – YAM – HAM – OM – AUM** in one meditation session for complete aura alignment.

### ☛ How Silent Chanting Enhances the Process

During AACT, Mansik Japa enhances the purification process in 3 key ways:

### 1 Directly Cleanses the Energy Body

- ◆ When a mantra is mentally repeated, its vibration **penetrates deep into the aura** and dissolves energetic blockages.
- ◆ This is **more powerful than external chanting**, as the energy remains fully inside your system.

### 2 Strengthens Focus & Inner Awareness

- ◆ Silent chanting **prevents energy leakage** by keeping the mind inward-focused.
- ◆ It **activates the third eye**, leading to **heightened intuition & deep meditation states**.

### 3 Charges the Aura with High Vibrations

- ◆ The more you chant **mentally**, the stronger your aura becomes.
- ◆ Your energy field **naturally repels negative influences & attracts positivity**.

#### 💡 Fact:

Many enlightened masters **used Mansik Japa as their primary spiritual practice** because it **reprograms the subconscious mind & strengthens the aura faster than any other method**.

### 🧘 How to Integrate Mansik Japa into AACT

#### Step-by-Step Process for Mental Chanting in AACT

- 1 **Sit in a comfortable meditation position.**
- 2 **Hold 4 cloves in your hands.**
- 3 **Close your eyes & take a deep breath.**

- 4 Focus on the Root Chakra & mentally repeat the mantra LAM while inhaling & exhaling.**
- 5 Move upwards to the next chakra, repeating its specific mantra (VAM, RAM, etc.).**
- 6 After completing all chakras, sit in silence & feel the vibrational shift.**
- 7 Burn the cloves & camphor in fire, releasing all absorbed negativity.**

 **Practice Tips:**

- ✓ Chant mantras mentally for at least 10-15 minutes per session.**
- ✓ If the mind wanders, gently bring it back to the mantra.**
- ✓ Use mala beads (Japa Mala) to track repetitions if needed.**

 **Bonus: Most Powerful Universal Mantras for Aura Cleansing**

Apart from Bija mantras, you can also use these **ancient Sanskrit mantras** for deep aura purification:

- 1 OM NAMAH SHIVAYA – Dissolves karmic blockages & protects aura**
- 2 OM MANI PADME HUM – Activates compassion & high vibration**
- 3 MAHA MRITYUNJAYA MANTRA – Removes negative energy & illness**
- 4 GAYATRI MANTRA – Enhances spiritual power & intelligence**

 **Tip:** Chant these mantras mentally during AACT for accelerated energy shifts.

## Key Takeaways from This Chapter

-  **Mansik Japa (silent chanting) is the most effective method for deep aura & chakra cleansing.**
-  **Each chakra has a specific mantra that clears its blockages & enhances energy flow.**
-  **Mental chanting prevents energy loss, strengthens focus & increases aura power.**
-  **Using mantras during AACT amplifies purification & spiritual transformation.**

 Your journey to full energy mastery continues!

## Chapter XXIV

# Fire Ritual for Aura Purification



**F**ire is one of the most **sacred and powerful elements** in spiritual traditions across the world. In Vedic culture and Himalayan practices, fire is considered the **ultimate purifier**, capable of **burning away negative energy, cleansing the aura, and restoring high vibrational states**.

The **Ancient Aura Cleaning Technique (AACT)** incorporates a **fire ritual using cloves and camphor** as a crucial step for **sealing and protecting the aura after deep cleansing**.

In this chapter, we will explore:

- Why burn cloves on camphor?**
- The role of fire in energy purification**
- The significance of facing south during the ritual**
- Additional fire-based rituals for advanced healing**

By the end of this chapter, you will have a **full understanding of how fire enhances aura cleansing** and how to **use it effectively in your spiritual practice**.

### Why Burn Cloves on Camphor?

#### 1 Cloves (Laung) – The Energy Absorber

Cloves are powerful **energy extractors** that pull out **deep-rooted negativity, emotional toxins, and stagnant vibrations** from the aura.

- ✓ **Absorbs toxic energies stored in the chakras & aura**
  - ✓ **Dissolves negative karmic imprints**
  - ✓ **Prevents energy drain & psychic attacks**
- 💡 **Fact:** In ancient times, Himalayan masters **held cloves during meditation** to absorb energetic blockages before **burning them in fire for complete release**.

## 2 Camphor (Kapoor) – The Etheric Cleanser

Camphor is known for its ability to **instantly clear energy distortions** and **remove lingering negative influences**.

- ✓ **Burns away astral imprints and past-life attachments**
  - ✓ **Dissolves thought-forms, fear, and emotional residue**
  - ✓ **Activates a high-vibrational protective shield**
- 💡 **Fact:** Temples and ashrams burn **camphor daily** because its smoke **neutralizes negative entities and raises spiritual vibrations**.

## 3 The Science Behind Burning Cloves & Camphor Together

When **cloves (absorbers)** and **camphor (purifiers)** are burned together, they create a **powerful energy transformation process**.

🔥 Cloves extract **negative energy** from your aura.

🔥 Fire **destroys** these energy blockages, ensuring they don't return.

🔥 Camphor **seals the aura** with high-vibrational energy.

### 💡 How This Works in AACT:

✓ **Step 1:** Cloves hold the negativity.

✓ **Step 2:** Fire releases and transforms it.

✓ **Step 3:** Camphor protects and seals the energy field.

## 🔥 Understanding Fire as a Purification Element

Fire is **not just a physical element**—it is an **energetic force that transforms and elevates vibrations**.

### 1 Fire Dissolves Low Vibrational Energy

Fire has the **highest vibrational frequency** among the five elements (**Earth, Water, Fire, Air, Ether**). It **transforms dense, stagnant energy into light**.

✓ **Clears residual blockages in the aura**

✓ **Burns away accumulated negative thoughts**

✓ **Enhances spiritual clarity & mental sharpness**

💡 **Fact:** In ancient yogic traditions, fire ceremonies (**Yagyas & Havans**) were performed to **dissolve karmic patterns and strengthen the aura**.

### 2 Fire as a Gateway to Higher Consciousness

🔥 Fire connects the **physical and spiritual realms**, allowing **energy to move freely** between them.

🔥 It acts as a portal, enabling communication with divine energies.

#### 💡 Spiritual Significance:

- Vedic sages meditated near fire to access higher wisdom.
- Himalayan yogis performed fire rituals to accelerate enlightenment.
- Many cultures use candles or sacred flames to connect with divine beings.

### 3 Why Fire is Essential in AACT

Since AACT is a deep aura cleansing process, fire is used in the final stage to seal and stabilize the energy field.

- ✓ Prevents negative energy from reattaching
- ✓ Elevates the aura's vibrational state
- ✓ Strengthens the spiritual energy shield

🔥 Without the fire ritual, energy that has been released may linger and reattach!



### Directional Energy: Why Face South?

In Vedic and Himalayan traditions, facing specific directions during rituals influences how energy moves.

#### 1 Why Face South?

- ✓ South is the direction of energy release.

Negative or stagnant energy naturally exits through the southern flow.

It aligns with Yama (the energy of transformation and rebirth).

💡 **Fact:** In many spiritual cultures, purification rituals are performed **facing south to remove lingering negative forces**.

## 2 Alternative Directions for Different Intentions

◆ **Facing East** → Increases clarity, wisdom, and intuition.

◆ **Facing North** → Attracts prosperity and spiritual growth.

◆ **Facing West** → Enhances emotional healing and creativity.

◆ **Facing South** → Releases negative energy and clears blockages (**Best for AACT**).

🔥 **During AACT, always perform the fire ritual facing south** for maximum purification.

## 🔥 Additional Fire-Based Rituals for Advanced Healing

Once you master AACT's fire ritual, you can explore **other fire-based purification techniques** for deeper aura cleansing.

### 1 Agni Tarpan – The Sacred Fire Offering

🔥 **Best For:** Releasing past-life karma & negative ancestral energy.

#### 🔥 How to Perform:

- Write down **fears, emotions, or blockages** on a small piece of paper.

- Burn the paper in a candle or fire while **chanting “OM AGNAYE SWAHA.”**
- Visualize the energy being transformed into pure light.

## 2 Havan (Vedic Fire Ritual) for Aura Expansion

🔥 **Best For:** Strengthening aura & accelerating spiritual growth.

🔥 **How to Perform:**

- Use **pure ghee, sandalwood, and herbs** in a fire pit or copper vessel.
- Chant **Maha Mrityunjaya Mantra** or **Gayatri Mantra** while offering materials into the fire.
- Visualize your **aura expanding & filling with divine light.**

💡 **Fact:** Many enlightened yogis **perform Havan daily** to keep their aura **pure, strong, and spiritually charged.**

## 3 Ghee Lamp Flame Meditation

🔥 **Best For:** Cleansing emotional wounds & activating intuition.

🔥 **How to Perform:**

- Light a **ghee lamp** and **gaze into the flame.**
- Silently **chant “OM NAMAH SHIVAYA”** while focusing on the fire.

- Feel the flame melting away emotional burdens from the heart chakra.

 **Fact:** Fire-gazing (Trataka meditation) has been used by sages to **awaken the third eye & improve spiritual vision.**

### Key Takeaways from This Chapter

-  **Fire is the most powerful purifier, dissolving dense energies and elevating vibrations.**
-  **Burning cloves and camphor removes negative imprints from the aura.**
-  **Facing south during fire rituals ensures proper energy release.**
-  **Additional fire techniques like Agni Tarpan, Havan, and Trataka enhance aura strength.**

### Quick Reflection & Exercise

- 1 Perform the **AACT fire ritual facing south** – notice the energy shift.
- 2 Try a **ghee lamp meditation** and observe how it affects your mind & aura.
- 3 If possible, write down a fear or negative emotion, **burn it in a candle flame, and release it.**

### Journal Prompt:

*"How do I feel after performing the fire ritual? What negative energy did I release?"*

## Chapter XXV

# Duration & Deep Cleansing Process



The Ancient Aura Cleaning Technique (AACT) is a transformative practice that purifies your **energy field, strengthens your chakras, and removes deep-seated energetic blockages**. However, for maximum results, it must be performed consistently for a set duration.

Many spiritual traditions emphasize that true energy transformation **does not happen overnight**—it requires **repeated purification cycles** to clear layers of accumulated negativity.

This chapter will guide you through:

- ✓ How Many Days You Should Practice AACT
- ✓ Choosing Between the 7, 21, or 41-Day Cleansing Cycle
- ✓ Signs That Your Aura Is Strengthening
- ✓ What Happens If You Skip a Day?
- ✓ How to Know If Your Aura Is Fully Cleansed
- ✓ The Hidden Aura Expansion Technique for Supercharged Energy

## How Many Days Should You Do AACT?

AACT can be performed for different durations depending on **the depth of cleansing needed**. The time period you choose will determine how effectively your **aura clears, aligns, and strengthens**.

### 1 7-Day AACT (Basic Cleansing)

- ✓ Best for **mild energy blockages** or **regular aura maintenance**
- ✓ Suitable for **beginners** who want a simple yet effective cleanse
- ✓ Great after **stressful events, travel, or emotional turmoil**
- ✓ Removes **recently accumulated negativity** from the aura

#### Recommended For:

- Anyone who **feels heavy, drained, or emotionally unsettled**
- Those who experience **random mood swings** or **mental fog**
- People looking for a **quick energetic reset**

### 2 21-Day AACT (Deep Aura Detox)

- ✓ Removes **long-term energy blocks & past emotional wounds**
- ✓ Releases **negative attachments from past relationships & karmic imprints**
- ✓ Strengthens **chakras and expands intuitive abilities**

- ✓ Helps in manifesting positive energy & abundance

 **Recommended For:**

- Those who feel **emotionally stuck, spiritually blocked, or energetically drained**
- People dealing with **repeated negative thought patterns or self-doubt**
- If you've experienced a **toxic relationship, job loss, or major life change**

### **3 41-Day AACT (Complete Energy Transformation)**

- ✓ The most powerful and intense purification cycle
- ✓ Dissolves ancestral karma & deep-rooted fears
- ✓ Enhances psychic abilities, intuition & manifestation power
- ✓ Creates an **unshakable energy shield** against negativity
- ✓ Recommended for those on a **serious spiritual path**

 **Recommended For:**

- People going through **major life transformations or deep spiritual growth**
- Those who **want to remove karmic baggage from past lifetimes**
- Advanced seekers aiming to **unlock higher consciousness & aura expansion**

 **Fun Fact:** In Vedic and Himalayan traditions, a 41-day cycle is known as a “**Mandala**”—the time needed to fully **rewire energy patterns & clear deep blockages**.

## ⭐ Signs That Your Aura Is Strengthening

As you continue AACT, you'll start noticing **positive changes** in your energy, emotions, and daily experiences. Here's how to tell **your aura is becoming stronger**:

- ✓ **Increased Energy & Mental Clarity** – Feeling **light, fresh, and clear-minded**
- ✓ **Improved Emotional Stability** – No longer reacting negatively to external triggers
- ✓ **More Positive Synchronicities** – Manifesting **better situations, people, and opportunities**
- ✓ **Greater Sense of Protection** – Feeling **spiritually shielded from negativity**
- ✓ **Deep Inner Peace & Confidence** – Experiencing **joy, gratitude, and contentment**
- ✓ **Better Sleep & Relaxation** – Falling asleep easily, having vivid positive dreams

💡 **Note:** Some people experience a **temporary energy detox phase** where old emotions or thoughts resurface before clearing away completely. This is a **sign that deep healing is occurring**.

## ✖ What Happens If You Skip a Day?

Since AACT is a **progressive energy-clearing process**, avoid skipping

### What To Do If You Miss a Day?

- ✓ If you miss 1 day, **continue the next day as usual**.

- ✓ If you miss **2-3 days**, restart the cycle from Day 1 for best results.
- ✓ If you miss multiple days in a 21- or 41-day cycle, **extend your practice accordingly**.
- 💡 **Fact:** Consistency is key—just like exercising the body, your energy system requires continuous practice to stay strong.

### ❖ How to Know If Your Aura Is Fully Cleansed?

You'll **feel and notice subtle signs** when your aura is fully cleansed and vibrating at a higher frequency:

- ✓ **Your energy feels light and powerful.**
- ✓ **You experience deep, restful sleep with uplifting dreams.**
- ✓ **Negative people or places no longer affect your mood.**
- ✓ **You feel more spiritually connected & intuitively guided.**
- ✓ **Manifestation happens more quickly and effortlessly.**
- ✓ **You naturally attract positive experiences & people.**

💡 **Tip:** Even after completing AACT, **perform aura cleansing at least once a week** for maintenance.

### ⚡ The Hidden Aura Expansion Technique for Supercharged Energy

Once your aura is cleansed, you can **expand its energy field** to create a **powerful magnetic presence**. This technique helps you **radiate higher vibrations** and protect yourself from low-frequency energies.

## Step-by-Step Aura Expansion Technique

- 1 Sit in a meditative position.
- 2 Visualize a small golden light in your heart center.
- 3 With each inhale, see the light growing bigger.
- 4 Expand it outward, filling your entire body.
- 5 Keep expanding until your aura extends 5-10 feet around you.
- 6 Feel this protective golden aura shielding you from negativity.

### 🔥 Daily Practice:

- ✓ Do this for 5-10 minutes every morning to start your day with strong energy.
  - ✓ Before going to public places or meeting new people, expand your aura for protection.
- 💡 Fact: Himalayan yogis used this technique to enhance spiritual power and develop an unshakable energy presence.

### ⭐ Key Takeaways from This Chapter

- ✓ 7, 21, or 41-day AACT cycles offer different levels of energy purification.
- ✓ Skipping days weakens the cleansing process—consistency is crucial.
- ✓ Signs of aura strengthening include increased energy, emotional stability, and better intuition.
- ✓ The Aura Expansion Technique enhances your spiritual magnetism & protective energy.

## Quick Reflection & Exercise

- 1 Decide which AACT duration is right for you—**7, 21, or 41 days.**
- 2 Try the **Aura Expansion Technique** today & observe how it affects your energy.
- 3 Keep a **journal of any energetic shifts** you experience during your practice.

### **Journal Prompt:**

*"How does my energy feel before and after doing AACT? What positive changes am I noticing?"*

 Your journey to complete energy mastery continues!

## Chapter XXVI

# Advanced Practices & Enhancements



Once you have mastered the **Ancient Aura Cleaning Technique (AACT)**, you can take your practice to a **higher level** by integrating advanced techniques. These enhancements will **amplify the effects of AACT**, helping you cleanse deeper, strengthen your aura faster, and maintain long-term energetic balance.

This chapter explores:

- How to add visualization to your practice for maximum energy shifts**
- Combining AACT with crystal healing for enhanced aura protection**
- The role of diet & lifestyle in maintaining a strong aura**
- Special techniques for clearing deep energy blockages**

By the end of this chapter, you will have a **set of powerful tools** to boost your AACT results and keep your energy field strong, vibrant, and fully protected.

### ★ Adding Visualization to Your Practice

**Visualization is a secret weapon for energy transformation.** By mentally seeing and feeling the aura cleanse and expand, you **increase the effectiveness of AACT exponentially.**

## **1 How Visualization Enhances AACT**

- ✓ Strengthens the mind-aura connection
- ✓ Directs energy flow to areas that need cleansing
- ✓ Boosts chakra activation & alignment
- ✓ Accelerates aura expansion & protection

## **2 Step-by-Step Aura Cleansing Visualization**

**1 Before beginning AACT, close your eyes and take three deep breaths.**

**2 Visualize your aura as a bubble of light surrounding your body.**

**3 Imagine dark spots or smoky energy inside the aura—this represents blockages.**

**4 As you hold the cloves and chant mentally, see the dark energy being pulled into the cloves.**

**5 When you burn the cloves on camphor, visualize the negative energy dissolving into white smoke, leaving your aura clear and radiant.**

 **Tip:** The stronger your mental imagery, the more powerful the cleansing effect!



## **Combining AACT With Crystal Healing**

Crystals are powerful tools that **store, amplify, and direct energy.** When used with AACT, they enhance the purification process and provide **long-term energetic shielding.**

## **1 Best Crystals for Aura Cleansing & Protection**

- ◆ **Black Tourmaline** – Absorbs negative energy & blocks psychic attacks
- ◆ **Selenite** – Instantly clears stagnant energy & raises vibration
- ◆ **Amethyst** – Activates spiritual awareness & protects from negative thoughts
- ◆ **Clear Quartz** – Amplifies healing & energy flow through chakras
- ◆ **Lapis Lazuli** – Strengthens intuition & third eye activation

## **2 How to Use Crystals During AACT**

- ✓ **Hold a crystal in your left hand while meditating** (left hand receives energy).
  - ✓ **Place a selenite wand on your head or chest** while doing mental chanting.
  - ✓ **After the fire ritual, place a black tourmaline near the burned cloves** to neutralize lingering energy.
  - ✓ **Keep amethyst or clear quartz nearby** to amplify the energy shift.
-  **Tip:** Wearing a crystal bracelet or pendant after AACT helps **maintain a cleansed aura throughout the day.**



## **The Role of Diet & Lifestyle in Maintaining a Strong Aura**

Your **food, habits, and daily routine** impact your energy field more than you think! Eating **high-vibrational foods** and following a **clean lifestyle** can **keep your aura radiant and strong** long after AACT.

## **1 High-Vibrational Foods for Aura Strength**

- ✓ **Fresh fruits & vegetables** – Carry life force energy (prana).
- ✓ **Leafy greens & herbs** – Strengthen the heart chakra & overall aura.
- ✓ **Nuts & seeds** – Provide grounding energy for the root chakra.
- ✓ **Coconut water & herbal teas** – Cleanse the emotional body.
- ✓ **Raw honey & dates** – Boost spiritual energy & aura expansion.

## **2 Foods That Lower Aura Vibration (Avoid These!)**

- ✗ **Processed foods & junk food** – Weakens aura energy.
- ✗ **Alcohol & excessive caffeine** – Creates energy leaks in the aura.
- ✗ **Meat (especially red meat)** – Holds dense energy, making it harder to cleanse the aura.
- ✗ **Fried & oily foods** – Block chakra energy flow.

 **Tip:** Try eating **high-vibration foods** at least **3 days before and after an AACT cycle** for maximum effectiveness.

## **3 Lifestyle Habits That Strengthen the Aura**

- ✓ **Spending time in sunlight** – Charges and expands the aura.
- ✓ **Walking barefoot on earth (grounding)** – Clears stagnant energy.
- ✓ **Cold showers or salt baths** – Instantly remove energy imbalances.
- ✓ **Listening to high-frequency music** – Strengthens aura stability.

## ⚡ Special Techniques for Energy Blockages

Sometimes, deep-seated blockages **require extra techniques** to fully release. If you feel that your aura isn't clearing completely, try these **advanced methods**.

### 1 Candle Flame Energy Release

- 🔥 **Best For:** Removing stubborn emotional blocks.
- ✓ Light a **candle** and stare into the flame while meditating.
- ✓ Imagine **the flame burning away any heaviness inside your aura**.
- ✓ After 5 minutes, **blow out the candle while mentally releasing negative energy**.

### 2 Sound Healing for Stubborn Blocks

- ♪♪ **Best For:** Dissolving dense, heavy energy that resists cleansing.
- ✓ Use **Tibetan singing bowls, bells, or chanting** after AACT.
- ✓ **Play 528 Hz or 741 Hz sound frequencies** to enhance aura repair.
- ✓ Gently **hum “OM” while placing your hand over any area that feels blocked**.

### 3 Moon-Charged Water for Deep Purification

- 🟡 **Best For:** Removing hidden energetic residues.

- ✓ Fill a glass jar with water and place it under **moonlight overnight**.
- ✓ Drink this water **the next morning after AACT** to cleanse inner energy.
- ✓ You can also **spray it around your body** to refresh your aura instantly.

### 💡 Key Takeaways from This Chapter

- ✓ **Visualization amplifies AACT by strengthening the mind-aura connection.**
- ✓ Crystals like Black Tourmaline & Selenite enhance aura purification & protection.
- ✓ High-vibrational foods & clean habits keep the aura strong long-term.
- ✓ Advanced techniques like candle flames, sound healing, and moon-charged water remove stubborn energy blockages.

### 💡 Quick Reflection & Exercise

- 1 Add **one advanced technique** to your AACT practice today (visualization, crystals, or sound healing).
- 2 Try eating **only high-vibrational foods for one full day** and observe your energy shift.
- 3 Experiment with **moon-charged water or candle flame meditation**—see how your aura responds!

### 📖 Journal Prompt:

*"What advanced techniques resonate with me? How does my energy feel after adding these enhancements to AACT?"*

👉⭐ Get ready to master energy protection like never before!

## Chapter XXVII

# Final Thoughts & Next Steps



The Ancient Aura Cleaning Technique (AACT) is more than just a spiritual practice—it is a transformative journey into self-purification, energy mastery, and higher consciousness. By following this technique consistently, you have not only cleansed your aura but also awakened a new level of awareness about your energy and its influence on your life.

But the journey doesn't stop here. To maintain a radiant, powerful aura, you must integrate aura cleansing into your daily life, spiritual practice, and overall way of being.

This final chapter will guide you on:

- ✓ How to maintain a strong and vibrant aura every day
- ✓ How to integrate aura cleansing into your long-term spiritual routine
- ✓ The deep link between aura strength and spiritual awakening
- ✓ The final secret—living in harmony with your energy field
- ✓ Spreading the knowledge of aura healing to uplift others

Let's dive into the final steps of your energy transformation!

## 🌟 How to Maintain a Radiant & Powerful Aura Daily

Your aura is **constantly interacting with people, places, and energies**. Even after deep cleansing with AACT, daily exposure to negativity, stress, or toxic environments can impact your energy field.

To keep your aura strong and radiant, follow these **simple but powerful daily habits**:

### 1 Start Your Morning with Energy Protection

- Before stepping out of bed, visualize a **golden light shield** surrounding you.
- Silently affirm: "*I am protected. My aura is strong, pure, and radiant.*"
- If possible, perform **5 minutes of Mansik Japa (silent chanting)** to strengthen your energy.

### 2 Avoid Energy Drainers (People & Places)

- **Be mindful of energy vampires**—limit time with people who drain your energy.
- **If you must interact with them**, visualize a **protective blue shield** around you.
- After visiting crowded places, take a **few deep breaths, shake off energy, and wash your hands**.

### 3 Eat High-Vibrational Foods

- Consume **fresh fruits, greens, nuts, and herbal teas** to nourish your energy.
- Drink **moon-charged water or copper-charged water** for aura rejuvenation.

- Reduce or avoid **processed, fried, and chemically altered foods** that weaken the aura.

#### 4 Use Daily Aura-Cleansing Rituals

- **Before sleeping**, take a quick **saltwater bath** or use a **selenite wand** over your body.
- Light **camphor** or **sage** in your room to clear lingering energies.
- Play **high-frequency sounds (528 Hz, 741 Hz, or OM chanting)** in your home.

 **Tip:** The simpler and more consistent your daily aura-care routine, the stronger your aura will remain!

#### 🌀 Integrating Aura Cleansing into Your Spiritual Routine

Aura cleansing is most effective when it becomes a **way of life** rather than an occasional practice.

##### 1 Weekly Practices for Aura Maintenance

- ✓ **Perform AACT once a week** (if not doing a full cycle).
- ✓ **Meditate with a cleansing mantra** (*OM NAMAH SHIVAYA* or *GAYATRI MANTRA*).
- ✓ **Walk barefoot on natural earth (grounding)** to discharge excess energy.
- ✓ **Spend at least 10 minutes in sunlight** to recharge your energy field.

##### 2 Monthly Deep Cleansing Rituals

- ✓ Once a month, perform a full AACT session (including cloves & camphor burning).
- ✓ Use a fire ritual (Havan or Agni Tarpan) to release deeper energy layers.
- ✓ Wear a protective crystal (such as black tourmaline or amethyst) for spiritual shielding.

**💡 Tip:** Just as you clean your home and body regularly, make aura cleansing a **consistent part of your spiritual hygiene**.

### ► The Link Between Aura Strength & Spiritual Awakening

Your aura is not just an **energy field**—it is **the bridge between your physical self and your higher consciousness**.

#### 1 A Strong Aura = Clear Spiritual Connection

- When your aura is **clear and vibrant**, your **intuition becomes sharper**.
- You begin to **receive divine guidance more effortlessly**.
- Your thoughts **manifest faster** because there are no energy blockages.

#### 2 Energy Flow Determines Spiritual Growth

- **Blocked aura = difficulty meditating, constant doubt, emotional instability.**
- **Strong aura = deep inner peace, rapid spiritual insights, and an open connection to higher realms.**

#### 3 Signs Your Aura is Expanding Spiritually

- ✓ Feeling **lighter, happier, and deeply connected** to the universe.
- ✓ Increased **synchronicities (meaningful coincidences & divine signs)**.
- ✓ More **intuitive downloads and spontaneous insights** about life.
- ✓ A natural attraction toward **high-vibrational people, places, and knowledge**.

💡 **Tip:** If you feel your **spiritual growth has plateaued**, focus on **aura strengthening**—it will **open new gateways of consciousness**.

### ◆ The Final Secret

The ultimate goal of AACT is not just to **cleanse the aura** but to help you **live in total alignment with your energy field** at all times.

#### **How to Live in Harmony with Your Energy:**

- ✓ **Listen to your energy cycles** – Rest when you feel low, recharge in nature.
  - ✓ **Protect your peace** – Avoid engaging in unnecessary arguments or drama.
  - ✓ **Trust your intuitive feelings** – Your aura picks up energy before your mind understands it.
  - ✓ **Release what no longer serves you** – Let go of toxic connections, habits, or beliefs.
- 💡 **Truth:** When you fully align with your energy, **life flows effortlessly**, and you **naturally attract what is meant for you**.



## Spreading the Knowledge of Aura Healing

As you experience the **transformative power of AACT**, consider sharing this wisdom with others!

### 1 Help Family & Friends Strengthen Their Energy

- Teach simple aura-cleansing methods to **those struggling with stress or negativity**.
- Encourage loved ones to **try a basic 7-day AACT practice**.
- Gift **healing tools like crystals, incense, or spiritual books**.

### 2 Introduce Aura Cleansing to Your Community

- If you are a **healer, spiritual teacher, or energy worker**, incorporate AACT into your practice.
- Offer **guided aura-cleansing sessions** for those seeking emotional healing.
- Organize **group meditation or fire rituals** to amplify collective energy healing.

 **Final Thought: Energy is contagious**—the more you uplift your own aura, the more you uplift those around you.



### Key Takeaways from This Chapter

- ✓ **Daily aura-care habits (visualization, protection, diet, and grounding) keep your energy strong.**
- ✓ **Integrating AACT into your weekly & monthly routine leads to lasting energy balance.**

- ✓ A strong aura accelerates spiritual awakening and intuitive abilities.
- ✓ Living in harmony with your energy field leads to effortless manifestation and peace.
- ✓ Sharing aura healing knowledge helps uplift others and raise collective consciousness.

### Final Reflection & Exercise

- 1 Commit to a daily aura-strengthening habit. Which one will you integrate first?
- 2 Try teaching a friend or family member about aura cleansing. Notice how they respond!
- 3 Reflect on your journey. How has your energy shifted since learning about AACT?

### Journal Prompt:

*"What changes have I noticed in my energy, emotions, and intuition after practicing AACT? How can I continue expanding my spiritual growth?"*

### Your Journey to Energy Mastery Continues!

Congratulations!  You have completed the **full guide to AACT** and now hold **powerful knowledge** that can **transform your energy, health, and spiritual evolution**.

But this is only the beginning...

- ★ Keep practicing.
- ★ Keep expanding.
- ★ Keep radiating high-vibrational energy.

The **more you align with your energy field**, the more you unlock **your highest potential**.

★ **May your aura always shine bright, and may you walk this life in full energy mastery.** ★

## Chapter XXVIII

# Receiving the Attunement



In the world of **energy healing**, attunements play a crucial role in **aligning practitioners with higher frequencies** and activating their ability to channel energy effectively. The **Ancient Aura Cleaning Technique (AACT)** is no different—it requires an **energetic transmission** to connect you to the **powerful combination of Reiki, clove energy, and camphor purification.**

The AACT attunement works by:

- ✓ **Cleansing your aura of past energy imprints.**
- ✓ **Aligning your chakras to receive the specific energy frequency of AACT.**
- ✓ **Activating your ability to use clove, camphor, and Reiki as a unified force.**
- ✓ **Protecting your energy field from contamination during future practices.**

In this chapter, you will learn:

- ◆ **How a distant attunement works**

- ◆ What to do before, during, and after receiving an AACT attunement
- ◆ How to know if the attunement is successful
- ◆ Special practices to strengthen your connection to AACT energy



Energy is **not limited by time, space, or distance**—it exists in a **quantum field**, meaning attunements can be transmitted **remotely** just as effectively as in person.

## 1 What Happens During a Distant AACT Attunement?

A **qualified AACT Master** connects to your energy field and:

- ✓ Channels **this system energy that combined with Reiki, clove and camphor frequencies**.
- ✓ Clears **past energy blockages that might interfere with the AACT system**.
- ✓ Aligns your chakras **so energy flows smoothly through your aura**.
- ✓ Places a **permanent energy link in your aura, activating the AACT system**.

## 2 Why is a Distant Attunement Just as Powerful as an In-Person One?

Because **energy transcends physical limitations**, a distant attunement allows:

- ✓ A cleaner, interference-free connection without the distractions of physical presence.
- ✓ The recipient to be in a relaxed, comfortable environment, making energy integration easier.
- ✓ The attunement to settle more deeply into the energy body since the recipient is more receptive.

 **Fact:** Many advanced energy healing systems use distant attunements because they allow the purest form of energy transmission without environmental disturbances.



## Preparing for Your AACT Distant Attunement

Before receiving the attunement, your energy must be **cleansed and aligned** so that you receive the **full transmission without blockages**.

### 1 The 24-Hour Pre-Attunement Cleanse

One day before your attunement, follow these steps:

- ✓ Avoid alcohol, tobacco, caffeine, and junk food.
- ✓ Drink plenty of **pure water** to hydrate your energy field.
- ✓ Take a **salt bath or shower** to remove energetic residue.
- ✓ Meditate for at least **10 minutes**, focusing on grounding your energy.

 **Tip:** Keep **cloves** and a small camphor piece near your bed to prepare your aura for the energy shift.



### Step-by-Step Guide to Receiving a Distant AACT Attunement

Follow these steps when it's time to receive your attunement:

## 1 Create a Sacred Space

- Choose a **quiet place where you won't be disturbed**.
- Light a candle, camphor, or incense to **elevate the energy**.
- Place **four cloves (two in each hand) to help absorb energy adjustments**.
- Sit in a **comfortable meditation posture** with your spine straight.

## 2 Set Your Intention

- Close your eyes and take a **deep breath in, holding for a few seconds**.
- Silently affirm:
  - "*I am open to receiving the Ancient Aura Cleaning Technique attunement. I allow my aura to be cleansed, activated, and aligned with divine energy.*"

## 3 Receive the Energy Transmission

- Relax and **focus on your breath**.
- You may feel **heat, tingling, waves of energy, or sudden lightness**.
- Some people see **colors, visions, or symbols related to AACT energy**.
- Allow the energy to **flow naturally** without forcing any sensation.

 **Tip:** If you feel emotional releases (such as crying or sudden laughter), **allow it to happen—it's part of the purification process.**

## 4 Sealing the Attunement with Fire

- After about **20-30 minutes**, open your eyes gently.
- Burn the four cloves on camphor, mentally affirming:
- *"My energy field is now fully attuned to AACT. My aura is purified and strong."*
- Watch the smoke rise, symbolizing the **final sealing of the attunement**.

## 🌀 After the Attunement

### 1 The First 72 Hours

Your energy body will **adjust to the attunement**, and you might experience:

- ✓ **Feeling lighter, as if your aura has expanded.**
- ✓ **Increased intuition, dreams, or inner clarity.**
- ✓ **Emotional releases, such as past trauma coming to the surface for healing.**
- ✓ **Physical sensations like warmth, tingling, or a heightened sense of presence.**

### 2 How to Strengthen Your Connection to AACT

- ✓ **Perform the AACT cleansing ritual daily for the next 7 days.**
- ✓ Meditate on **golden light filling your aura** every morning.
- ✓ Carry a **clove or camphor piece** in your pocket as an energetic anchor.
- ✓ Drink **moon-charged or copper-charged water** to enhance energy flow.

## How to Know If Your Attunement Was Successful

You will **know** the attunement has worked when:

- ✓ You feel more connected to your energy field.
- ✓ AACT cleansing feels stronger, deeper, and more effective than before.
- ✓ You notice an increased sensitivity to energy shifts and vibrations.
- ✓ Your aura feels larger, brighter, and more protected.

 **Tip:** If you don't feel much at first, don't worry! Some people integrate attunements gradually over several days or weeks.

## The Power of AACT Activation

Receiving an attunement in AACT is like **installing a new energy software into your system**. It creates a permanent connection to the energy of **clove, camphor, and Reiki cleansing**, allowing you to:

- ✓ Instantly cleanse and realign your aura anytime.
- ✓ Perform deeper healing on yourself and others.
- ✓ Protect your energy field from negative influences.
- ✓ Enhance your intuitive and spiritual abilities.

By accepting this attunement, you have **entered a new level of spiritual power and mastery**.

## 🌟 Next Steps: Your Journey as an AACT Practitioner

Now that you are attuned, here's what you can do next:

- 1 **Practice AACT consistently** for at least **7 days** to fully integrate the energy.
  - 2 **Start using AACT on others** (if you feel called to share this healing system).
  - 3 **Keep a journal of your energy shifts, insights, and transformations.**
  - 4 **Explore deeper techniques** (like aura expansion and protection methods).
- 🌟 **Congratulations!** You are now officially attuned to the **Ancient Aura Cleaning Technique**.

## Chapter XXIX

# Passing the Attunement



### ⚠ Warning Against Unauthorized Attunements ⚠

The divine energy system you are working with is a **sacred gift**, designed for **personal spiritual growth, protection, and transformation**. It is not to be passed on to others unless you have undergone the **proper training and certification as a registered teacher**. Any attempt to do so without the necessary knowledge and authorization not only weakens the energy's effectiveness but also disrupts its purity, leading to serious **spiritual, energetic, and karmic consequences**.

### ✖ Why Unauthorized Attunements Are Strictly Forbidden

The transmission of attunements is not just a technical process—it is a **sacred responsibility** that must be carried out with **precision, purity, and respect for spiritual laws**. Unauthorized attunements are strictly forbidden for the following reasons:

#### 1 Preserving the Authenticity & Power of the Energy

- ✓ This energy system has been structured for **self-use only** unless a person has been trained and registered as a teacher.

- ✓ Passing it on without proper training weakens its authenticity and effectiveness, **resulting in distorted energy flow** that may cause harm rather than healing.
- ✓ Divine energy is meant to be **honored, safeguarded, and respected**—not carelessly transmitted or altered without the necessary knowledge.

## 2 The Serious Spiritual & Karmic Consequences

- ✓ Unauthorized attunements create **energetic imbalances**, leading to instability, spiritual blockages, and interference in the natural progression of the receiver's spiritual path.
- ✓ Those who **tamper with sacred energy without permission** invoke **negative karmic repercussions**, affecting both the giver and the receiver in unpredictable and harmful ways.
- ✓ Misuse of such divine power often results in **spiritual setbacks, loss of protection, and a weakened connection to higher realms**.

## 3 Divine Accountability & the Wrath of Misfortune

- ✓ This sacred energy system is overseen by **higher spiritual forces**, and any misuse of it will invite **divine consequences**.
- ✓ Those who knowingly violate the spiritual laws of attunement will **face the wrath of misfortune**—manifesting in life as obstacles, losses, setbacks, and unexpected hardships.
- ✓ Disrupting the integrity of this energy is not just an offense against a system—it is an **offense against the divine order itself**, which brings **inevitable karmic repercussions**.

### ★ A Stern Warning: Do Not Invite Spiritual Downfall ★

If you attempt to **pass attunements without proper authorization**, know that you are **not only harming others but**

**also bringing severe consequences upon yourself.** The repercussions of misusing this sacred energy may include:

- ✖ **Energetic Instability** – The attunement may not activate correctly, leading to weak, erratic, or distorted energy.
- ✖ **Incomplete Protection** – The receiver may fail to gain the full benefit of the energy, leaving them vulnerable to external negative influences.
- ✖ **Disrupted Spiritual Progress** – Unauthorized transmissions cause **blockages in both the giver's and receiver's spiritual journey**, slowing down progress or even reversing previous growth.
- ✖ **Loss of Divine Favor** – Misuse of this energy may sever one's connection to **divine blessings and protection**, inviting misfortune and spiritual difficulties.

### **Seek Proper Training & Certification**

If you truly feel called to **share this sacred energy with others**, you **must** do so the right way—by undergoing the necessary training and becoming a **certified teacher**. This is the **only way to ensure that the energy remains pure, powerful, and aligned with its original divine purpose**.

#### **How to Become a Certified Teacher**

- ◆ **Train Under a Registered Teacher** – Only learn from those properly attuned to this energy system.
- ◆ **Undergo Structured Learning** – Receive proper instruction on how to attune others without causing distortions.
- ◆ **Receive the Official Teacher's Attunement** – This specialized attunement grants the **right and ability** to pass on the energy responsibly.

- ◆ **Commit to Ethical & Spiritual Responsibility** – Honor the sacredness of the system and ensure it is passed on correctly.

#### **Final Thoughts: Respect the Sacred Path**

This is **not just a rule—it is a divine law**. The transmission of sacred energy carries **profound responsibility**, and those who violate this principle will **face the spiritual and karmic consequences of their actions**.

If you wish to become a teacher of this energy, **follow the right path**. Seek proper training, receive the appropriate attunements, and **become a true guardian of this divine system**.

 **Remember:** Playing with sacred energy without understanding its full impact is dangerous. Honor it, respect it, and do not take lightly the consequences of misuse. 

## Chapter XXX

# Grounding & Disconnecting



### ⚡ Essential Steps After Energy Work

**W**orking with energy is a **transformative experience** that raises your vibration, strengthens your aura, and deepens your spiritual connection. However, to maintain balance and well-being, it is crucial to **ground yourself and disconnect from lingering energetic ties** after any energy practice.

Without proper grounding and disconnecting, you may experience:

- ⚡ Feeling lightheaded, spacey, or ungrounded.
- ⚡ Emotional fluctuations or mood swings.
- ⚡ Difficulty focusing or completing daily tasks.
- ⚡ Unintentional energetic attachments to people, places, or situations.
- ⚡ Physical exhaustion or spiritual depletion.

**Energy work is about balance. Grounding and disconnecting ensure that you remain stable, centered, and fully present in your physical reality.**

## What is Grounding?

Grounding is the process of **anchoring your energy** to the Earth, allowing you to return to stability after working with high-frequency vibrations.

### ◆ Signs You Need to Ground Yourself

- ✖ Feeling disconnected from your surroundings or reality.
- ✖ Experiencing dizziness, fatigue, or restlessness.
- ✖ Increased sensitivity to energy, noise, or light.
- ✖ Emotional instability or difficulty concentrating.

### ✓ Benefits of Grounding

- ✓ Restores balance between your spiritual and physical self.
- ✓ Stabilizes emotions and thoughts.
- ✓ Helps integrate energy work into daily life.
- ✓ Strengthens personal energy boundaries.

## What is Disconnecting?

Disconnecting is the practice of **severing energetic ties** that may have formed during energy work. Every interaction—whether with people, situations, or spiritual forces—creates energy links. If not consciously released, these links can drain your energy and influence your well-being.

### ◆ Signs You Need to Disconnect

- ✖ Feeling emotionally or mentally attached to someone after a session.

- ✖ Absorbing others' emotions, stress, or negativity.
- ✖ Thinking obsessively about an event or person.
- ✖ Experiencing energetic exhaustion after interactions.

### Benefits of Disconnecting

- ✓ Ensures your energy remains your own.
- ✓ Clears unwanted attachments and energetic influences.
- ✓ Prevents energetic fatigue and spiritual depletion.
- ✓ Maintains sovereignty over your aura and personal power.

## Why Grounding & Disconnecting Matter

Issue	What Happens Without Grounding/Disconnecting?	Why It's Important
<b>Energetic Overwhelm</b>	Feeling anxious, sensitive, or unbalanced.	Grounding stabilizes your energy.
<b>Lingering Energy Connections</b>	Staying linked to external energies unconsciously.	Disconnecting clears your aura and restores boundaries.
<b>Emotional Imbalance</b>	Intense energy work can cause emotional fluctuations.	Grounding helps process emotions peacefully.
<b>Energy Drain</b>	Feeling exhausted, unmotivated, or scattered.	Grounding recharges and strengthens

your energy field.



## Powerful Grounding Techniques

### 1. Rooting Visualization

This technique helps anchor your energy into the Earth.

#### Steps:

- Sit or stand with feet flat on the ground.
- Close your eyes and take three deep breaths.
- Visualize strong roots growing from your feet, reaching deep into the Earth's core.
- Feel a steady, grounding energy flowing back up into you, stabilizing and strengthening your presence.

#### Affirmation:

*"I am deeply rooted, strong, and grounded in the present moment."*

### 2. Salt for Grounding

Salt is a powerful grounding element that absorbs excess energy and restores balance.

- Take a bath with sea salt or Himalayan salt.
- Sprinkle salt around your space to clear lingering energy.
- Carry a small pouch of salt as a grounding tool.

**Pro Tip:** Salt is known for its purifying properties—use it to stabilize and strengthen your aura.

### 3. Connecting with Nature (Earthing)

Walking barefoot on natural surfaces helps discharge excess energy and restore balance.

#### **Steps:**

- ✓ Walk barefoot on grass, soil, or sand.
- ✓ Sit near trees, rivers, or mountains to absorb natural grounding energy.
- ✓ Take deep, conscious breaths, allowing nature to stabilize your energy.

#### **Affirmation:**

*"I am one with the Earth. I am grounded, balanced, and at peace."*

### **4. Fire Meditation for Grounding**

Fire has a powerful grounding effect and helps transmute excess energy.

#### **Steps:**

- ✓ Light a candle and focus on the flame.
- ✓ Take slow, deep breaths, imagining all excess energy burning away.
- ✓ Feel yourself becoming stable, clear, and centered.

#### **Affirmation:**

*"I am grounded, strong, and filled with the warmth of stability."*

### **5. Breathwork for Grounding**

Breathing techniques help bring energy back into the body and mind.

#### **Steps:**

- ✓ Inhale deeply for four counts.
- ✓ Hold your breath for four counts.
- ✓ Exhale slowly for eight counts.
- ✓ Repeat for at least five cycles to feel grounded and present.

 **Affirmation:**

*"With each breath, I am more grounded, present, and at peace."*



## Powerful Disconnecting Techniques

### 1. Energy Cord-Cutting Visualization

Just as a sword severs ties, this technique cuts unwanted energy connections.

**Steps:**

- ✓ Close your eyes and visualize any lingering energetic cords attached to you.
- ✓ Imagine a sharp, radiant blade cutting through each cord, dissolving them into light.
- ✓ Feel yourself becoming completely free, sovereign, and energetically clear.

 **Affirmation:**

*"I release all energy that does not belong to me. I am free and in my own power."*

### 2. Water Cleansing Ritual

Water is a natural conductor of energy and helps wash away unwanted attachments.

**Steps:**

- ✓ Wash your hands, face, or take a shower after an energy session.
- ✓ As the water flows, visualize it carrying away all lingering connections.
- ✓ Feel yourself becoming refreshed, renewed, and fully disconnected.

 **Affirmation:**

*"As the water flows, I release all that does not serve me. I am cleansed and whole."*

### **3. Sound Healing for Disconnection**

Sound vibrations can break unwanted energetic ties and restore balance.

**How to Use Sound for Disconnection:**

- ✓ Chant a mantra or affirmation.
- ✓ Play a singing bowl or tuning fork.
- ✓ Listen to grounding frequencies (e.g., 432 Hz or 528 Hz).

 **Affirmation:**

*"With this sound, I dissolve all energy that no longer serves me."*

### **4. Physical Movement for Disconnection**

Moving your body helps release stagnant energy and reset your energy field.

**Effective Movements:**

- ✓ Shake your body gently to release excess energy.
- ✓ Dance freely to uplifting music.
- ✓ Stretch or do yoga poses that focus on grounding, such as Tree Pose.

 **Affirmation:**

*"I move, I release, I am free."*

 **Final Affirmation for Grounding & Disconnecting**

 *"I am grounded, strong, and fully present. I release all energies that do not serve me. My energy is sovereign, clear, and balanced."*

## Chapter XXXI

### About the Author



★ Rishi Rohit Sharma ★

In the mystical realms of **Astrology, Metaphysics, and Energy Healing**, one name stands out as a beacon of **wisdom, transformation, and enlightenment**—Rishi Rohit Sharma.

A true legend in the field of **spiritual sciences**, he is more than just a healer, astrologer, and teacher—he is a **spiritual warrior, a modern-day sage, and a guiding light** for countless seekers worldwide.

His journey is one of **mastery, divine calling, and extraordinary contribution**, as he has **pioneered new paths in astrology, revolutionized energy healing, and unlocked ancient secrets that had been lost to time**. With his unparalleled knowledge and an unshakable commitment to spiritual evolution, he has left an **indelible mark on the world of metaphysics—a mark that will echo through generations**.

### **A Born Visionary with a Cosmic Calling**

From an early age, **Rishi Rohit Sharma was no ordinary soul**. Born into a prestigious Brahmin lineage, his ancestry traces back to **Maharishi Sankhyana**, a revered sage in ancient India known for his profound spiritual wisdom and contributions to Vedic sciences. This powerful lineage gifted him with an innate **understanding of esoteric wisdom, astrology, and the secrets of the universe**.

Even as a child, he displayed an **unquenchable thirst for knowledge, a rare curiosity for the cosmic laws, and a deep connection with divine energies**. Unlike many, he did not merely accept the world as it appeared—he sought to **decode its mysteries, uncover its hidden truths, and bridge the gap between the seen and the unseen**.

As he grew, his abilities expanded. He **studied ancient texts, practiced powerful spiritual disciplines, and honed his intuitive gifts**—all while excelling in the field of modern science and technology. This unique blend of **spiritual insight and scientific intellect** became the foundation of his revolutionary work, enabling him to create **powerful energy systems**,

profound astrological methodologies, and transformative healing practices.

### Scholar, Scientist, and Master of Metaphysics

Few spiritual leaders in history have managed to achieve what Rishi Rohit Sharma has—a **harmonious fusion of technology and ancient wisdom**. He holds **multiple master's degrees in Engineering and Technology from esteemed institutions in India and Australia**, making him an expert in fields like **Information Technology, Electronics, and Computer Science**.

But his quest for knowledge did not stop at the material world. He went further, **delving deep into the mysteries of existence, consciousness, and cosmic energy**, ultimately earning the title of **Doctor of Metaphysical Sciences**. With this, he became a **modern-day alchemist**—capable of transforming not just matter, but **human souls, destinies, and entire realities**.

#### The Genius of His Work:

- ◆ He deciphers the cosmic blueprint of every soul, revealing their true path.
- ◆ He merges science and spirituality to create systems that are both practical and powerful.
- ◆ He simplifies complex metaphysical concepts, making them accessible to all.

His deep understanding of **the connection between the physical and spiritual realms** has made him a **pioneer in astrology, energy healing, and esoteric sciences**, allowing him to help thousands navigate their destiny with clarity and confidence.

### The Master Astrologer Who Redefined the Cosmos

In the world of astrology, **Rishi Rohit Sharma is not just a practitioner—he is a revolutionary**. His approach is unlike any

other, as he sees beyond traditional predictions and dives into the soul's karmic blueprint. His method is not just about reading charts—it is about **unlocking destinies, understanding soul contracts, and awakening divine purpose**.

#### **His Astrological Philosophy:**

- Every human being has a unique cosmic manual—their horoscope.**
- Understanding planetary influences allows one to rewrite their destiny.**
- Astrology is not just about predictions, but about empowerment.**

His system is so precise and effective that **many professional astrologers have adopted his methods**, finding them more accurate and transformative than traditional techniques. His teachings are sought after by individuals **seeking clarity, purpose, and alignment with their higher selves**.

#### **His Most Influential Works on Astrology:**

-  **Nazm E Jyotish** – A poetic revolution in astrology, blending celestial wisdom with rhythmic expression.
-  **Grahon ki Nishaniyan** – A profound guide to understanding planetary influences on human life.
-  **Past Life & Karmic Astrology** – A deep exploration of reincarnation, karma, and soul evolution.

These works have **revolutionized astrology**, making it **more insightful, artistic, and accessible** to seekers at all levels.

#### **A Legendary Healer & Innovator of Transformative Energy Systems**

A master of Reiki and energy healing, Rishi Rohit Sharma has designed groundbreaking healing systems that are celebrated across the globe. His creations are not just energy systems—they are portals to higher realms, cosmic frequencies, and divine transformation.

#### ॐ His Most Powerful Energy Systems:

★ **Orb of Om** – A sacred energy system that connects practitioners to the universal vibration of harmony and divine consciousness.

☛ **Sacred Waters Healing** – A purifying energy system infused with the spiritual essence of holy rivers, designed for deep emotional cleansing.

👼 **Angel Wings Attunement** – A celestial energy system that opens the pathway to divine guidance, protection, and intuitive expansion.

#### 🛡 Why His Energy Systems Are Revolutionary:

- ✓ They work instantly, creating **real, tangible energy shifts**.
- ✓ They are **highly accessible**, even for beginners.
- ✓ They bridge the gap between **ancient wisdom and modern energy healing**.

His students and practitioners **consistently report life-changing experiences**, making his systems some of the **most sought-after spiritual tools in the world**.

#### 🎓 The Mentor of Thousands & A Beacon of Spiritual Awakening

A teacher unlike any other, **Rishi Rohit Sharma has personally mentored thousands of students**, guiding them toward **self-discovery, spiritual mastery, and higher consciousness**.

Through his **online courses, live workshops, and digital platforms**, he has created a **global spiritual family**, empowering seekers to **step into their power and embrace their divine purpose**.

His organization, **VAYOM**, is a center for:

- ◆ Astrology & Numerology
- ◆ Reiki & Energy Healing
- ◆ Vastu & Occult Sciences
- ◆ Meditation & Spiritual Awakening

His **YouTube channel, Facebook groups, and WhatsApp mentorship circles** are filled with devoted students who have transformed their lives under his guidance. Many have even become **spiritual teachers, astrologers, and healers themselves**, carrying forward his **extraordinary legacy**.

#### **The Legend Who Guides Souls to Their Highest Destiny**

 **Rishi Rohit Sharma** is more than a teacher—he is a legend. He has taken **spiritual sciences to new heights**, redefined **astrology**, pioneered **energy healing**, and guided countless souls toward enlightenment. His work will stand the test of time, continuing to inspire, awaken, and uplift.

#### **His Ultimate Mission:**

- ✓ To **empower individuals** by helping them understand their divine potential.
- ✓ To **unlock the cosmic truths** hidden within astrology, energy work, and metaphysics.

- To help humanity transcend limitations and step into their highest selves.

His wisdom, compassion, and profound insights make him a **hero in the world of spiritual transformation**. He is not just a healer—he is a divine architect, a cosmic teacher, and a guiding force for humanity's awakening.

★ "The stars are not just distant lights in the sky. They are part of your cosmic blueprint, guiding you toward your highest self."

— Rishi Rohit Sharma



## Chapter XXXII

# List of Energy Healing Systems



- Ancient Aura Cleaning Technique
- The Third Eye of Shiva
- Lord Shiva's Protection Shield
- Chaya Protection Reiki
- Apsara Reiki
- Supermoon Reiki
- The Golden Light of Buddha
- Revenge Reiki
- Brain Enlightenment
- Blessings of Mata Hinglaj Bhavani
- Love from Pluto
- 1008 Cosmic Chakras
- Ice Reiki
- Spirit of Dragon Reiki
- Scars on My Soul
- Archangel Chamuel's Green Pen

- Koi Fish Reiki
- Spiritual Parrot
- Cross Angels Healing Reiki
- Soul Healing Reiki
- Holographic Healing
- The God's Plan
- Mountain Reiki
- Rainbow Light
- Twin Flame Rainbow Reiki
- The Ultimate Protection and Cleanse by Rahu Dev
- Pashupatinath Reiki
- Archangel Uriel's Blessings & Shield
- Magickal Neem Soap
- Rainbow Rose Reiki
- The Sacred Wisdom of Brahma
- The Golden Mayura
- White Sacred Snake
- Lungs Clear
- Rainbow Eucalyptus
- Shree Ganesh
- Kali Kavach
- Peer Nigahe Wala
- Lady Luck
- I am Blessed

- The Golden Aura
- Chakshushi Vidya
- M.E.N.T.A.L Wellness
- Blessings of Rahu Dev
- The Golden Key
- Light Filter
- Fight for the Right
- The Power of Ram
- Flower of Hibiscus
- I AM THE KING
- Saptrishi Reiki
- Surya Kavach
- Tree of Life
- Dreamcatcher
- White Dragon
- Mirror Reiki
- Krishna Reiki
- Magical Mermaid
- The Feet of Laxmi
- The Axe of Parashurama
- The White Gold Flower
- Time Reiki
- The Golden Skull
- The White Dove

- Kundalini Fire Reiki Upgrade 2024
- Magical Pentagram
- The Lotus of Life Reiki
- Mystical Blue Ocean
- Mystical Prashar Lake
- Panchmukhi Hanuman
- Golden DNA
- Adi Shakti
- Love
- Heart of Jesus
- Mystical Black Cat
- Feather of an Owl
- The white Light
- The Pitru Crow
- Blessings of Kubera
- The White Rose
- Lottery Blessings
- Wish Me Luck
- Blessings of Hadimba Devi
- Binary Reiki
- The White Candle
- Mystical Blue Lion
- Mystical Guardian Dog
- Blessings of Guru Gorakh Nath Ji

- Blood of Jesus
- The Holy Cross
- Golden Flame Reiki
- The Lamb of Jesus
- Blessings of Sai Baba Ji
- Blessings of Baba Balak Nath Ji
- The Sword of Maa Kali
- Turtle Back
- Chakra Shakti
- Nandi – The Bull of Shiva
- Kundalini Fire Reiki
- The Sword of Archangel Michael
- The Rat of Ganesha
- The Eye of Jupiter
- Infinity Reiki
- Blue Lilies
- Pearl of Ocean
- Male Sexual Boost
- Blue Flame Reiki
- Blessings of Maa Baglamukhi
- Laughing Buddha
- Heart Wall Clearing Reiki
- The Gada of Hanuman
- Spiritual Dreadlocks

- Pink Reiki
- The Power of Tulsi
- Parrot of Kamadeva
- The Power of 786
- Essence of Mahashivratri
- Blessings of Baba Murad Shah Ji
- Eagle of Eternity
- Kaal Bhairav Kavach
- Blessings of Shani Dev
- The Lion of Durga
- The Blue Rose
- Reiki Bomb
- Reiki Sparkles
- The Holy Rudraksha
- The 7 Chillies & The Lime
- Orb of Om
- Angel Wings
- The Holy Saffron
- The Holy Ganga