

Aura Reset – Heal from Within

Course Overview

The *Aura Reset – Heal from Within* program is a powerful 14-day transformational journey designed to cleanse, heal, and rejuvenate your energy field. Your aura is your body's energetic shield — when it's blocked or imbalanced, it can manifest as stress, fatigue, emotional pain, or health issues. Through this course, you'll learn how to clear negative energies, strengthen your aura, and realign yourself with peace, positivity, and higher vibrations.

Course Curriculum

Module 1: Understanding the Aura

- What is the human aura and how it works
- Layers and colors of the aura explained
- Connection between aura, emotions, and health

Module 2: Energy Diagnosis

- Identifying aura imbalances and blockages
- Detecting energy leaks, emotional cords, and external influences
- Self-assessment exercises to read your aura

Module 3: Cleansing & Purification

- Daily aura cleansing techniques (breathwork, visualization, salt water, and light healing)
- Guided meditation for removing negativity
- Creating a protective energy shield

Module 4: Chakra Balancing & Activation

- Overview of 7 major chakras and their influence on aura
- Chakra healing meditations and affirmations
- Practical exercises for energy alignment

Module 5: Emotional Detox & Energy Reset

- Healing stored emotions through Ho'oponopono and forgiveness
- Letting go of past pain and toxic energy
- Aura strengthening practices for emotional stability

Module 6: Raising Your Vibrations

- Sound frequency and mantra healing
- Morning and night vibration rituals
- Setting energetic intentions for manifestation

Module 7: Integration & Daily Practice

- Designing your personalized daily aura care routine
- How to maintain a high-energy field in daily life
- Final guided meditation for total energetic harmony

What You'll Gain

- Deep emotional healing and energy purification
- Increased confidence, peace, and clarity of mind
- Protection from negativity and energy drain
- Improved focus, relationships, and emotional balance
- Heightened spiritual connection and intuition
- Radiant, positive energy that attracts success and harmony

Who Should Join?

- Individuals feeling emotionally drained or energetically low
- Healers, coaches, and lightworkers seeking energy mastery
- Professionals facing stress or burnout
- Anyone wanting to cleanse negative energies and strengthen their aura
- Those ready to live a more peaceful, balanced, and high-vibration life

■ Why Learn From Padma Pavani?

With 20 years of training and coaching experience and 15 years of dedicated spiritual practice, Padma Pavani brings unparalleled expertise to this sacred healing art. As a published author of 'Redesign Your Life' and master practitioner in multiple healing modalities including Aura Reset, Chakra Balancing, Akashic Records Reading, and Ancestral Healing, she offers a uniquely comprehensive approach to Hawaiian Healing. Her background in corporate training and life coaching ensures that you receive not just spiritual wisdom, but practical, applicable techniques that integrate seamlessly into modern life.

■ Ready to Begin Your Healing Journey?

Contact Padma Pavani

■ Email: [Your Email]

■ WhatsApp: [Your WhatsApp Number]

- Website: [Your Website]
- Facebook: [Your Facebook Page]
- Instagram: [Your Instagram Handle]

■ Limited Seats Available!

This intimate course is limited to 20 participants to ensure personalized attention and deep transformational work.

- Next Batch Starts: [Date]
- Registration Deadline: [Date]