

THE AURA

YOUR SPIRITUAL SKIN

Grounding University | Everything Grounding| REF: Body of Health



WHAT IS AURA?

Aura is the field of energy around the body.

It is your second skin that protects and shields your energy system like your physical skin that protects your inner organs.

It hosts the sensory communications of the nervous system.

It is the boundary between your personal energy system and the energy of your environment.

It is an illuminated wrap of life force medicine.

HOW IS AURA CREATED?

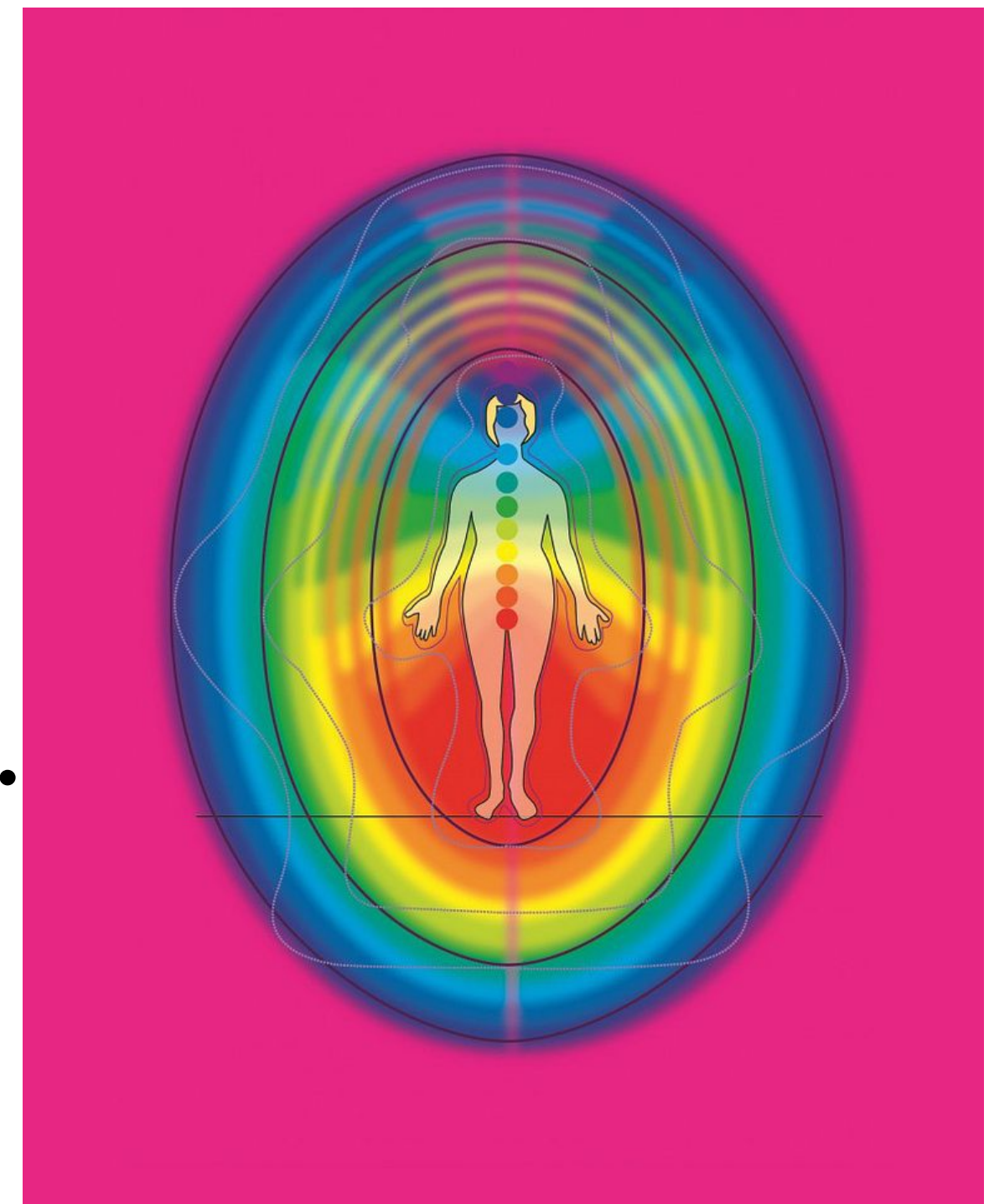
YOUR SPIRITUAL SKIN

It is created by the action of life-force energy within the body as it resonates through the chakras and the physical and subtle anatomy. This life force radiates from the body, forming a cocoon of energy we called is Aura.

It is similar to electromagnetic field radiating from an electrical device.

The aura is a seamless energetic skin with internal patterned layers as each layer surrounds another to form a whole.

Aura is a Universal Phenomenon.



AURA PROTECTION IMAGES

A golden Net

A clear crystal Sphere

A rainbow of light

A moss covered rock

A mirror

A translucent bubble

A waterfall

Sounds like bells, Tibetan singing bowls, etc

Flowers

a cove of crystals, gems and minerals

A forest grounded trees

A luminescent white pearl



AURA'S BEING IN HARMONY FEELS:

Connected to inner self and spirit

More present in meditation sanctuary

Able to live authentically

Protected, secure and enclosed

Confident, friendly and cheerful

Complete, full of self

Vibrant and alive

Comfortable inside your body

Like a warm security blanket

Able to say NO with ease and without guilt

Healthy emotional boundaries

expansive, safe and loving others

**Able to be in a situation that previously diminished
your grounding**

**Able to sense a subtle extension of skin nerve
endings**

Receiving respectful communication from others.

Able to say if someone is behind you

Able to sense if someone is staring at you

Able to sense and hear a clear inner voice

AURA'S BEING OUT OF HARMONY FEELS:

Neglectful of self and spirit

Engaged in unhealthy lifestyle choices

Not healing yourself when you need it

Easily distracted, not present

Unsure, afraid, vulnerable

Defensive or reactive

Responding inappropriately

Having difficulty containing feelings

Feeling unwanted energies in your space

Losing yourself in interaction with others

Feeling exposed

Easily invaded, judged

Primarily focus on protection

Tired, grumpy and withdrawn

Drained by interaction with others or things

Anxious

Feeling fearful

Feeling discomfort from the environment

Feeling scattered energy, forward and in your head

Unsure

YOUR AURA AS BOUNDARY AND HEALING PROTECTION IS:

ENHANCED BY:

Daily meditation and grounding practice

A nurturing home space

A harmonic work environment

Self-love and strong grounding

Being with healthy people and animals

A nutritious diet

Good thoughts: Positive thinking

Taking care of your body when needed

Acts of kindness

Conscious breathing

Singing, dancing, laughing, smiling

Speaking in truth

Respecting yourself and others

Admitting beauty including yours

Trusting your intuition

Being present in the world

Being present as a spirit in your body

Living in a state of grace

YOUR AURA AS BOUNDARY AND HEALING PROTECTION IS:

DEPLETED BY:

Neglecting daily meditation practice

Not paying attention to yourself

Overworking and over thinking

Not moving enough

Verbal, physical or energy attacks

Interacting with negative people

Worry, mental obsession and fear

Constant thought about the future

Being exposed to media-communicated violence

Depressing thoughts

Unclear intention

Compulsive caretaking of others

Not trusting your intuition

Neglecting necessary boundaries

Merging with others' pain, worry or grief

Not speaking the truth

Crowds of people

Electrical devices, computers, TV, Phones, radio, wifis, etc

Noises