

Aura Protection Reference Sheet:

1. **Protection Bubble**—This is the most commonly known way of protecting the aura. This can be done every single day. It can connect you to the Universe and begins your day on a positive note. Imagine a violet, golden, white or blue light coming down from the Divine/Universe. It comes down to the crown of your head and then spills out over you and down under your feet. You are now surrounded by a protective light bubble. Violet is one of the most pure and thus, highly protective, but some people respond to other colors. Now, that your bubble is around you, you are protected from any negative energy coming inside your bubble. You can now change the color if you'd like, add mirrors to reflect away any negative energy (like a disco ball around you) (this is useful when going into a place that is known to have negative energy or where there will be a large group of people), put hearts on it to emanate love, whatever you want to put on it to affect your energy for that day. This is easy to teach to children and if they are not old enough to do it themselves, you can do it for them. Just imagine the bubble around them. It is suggested doing it every day before school. It makes a HUGE difference. You can put bubbles around your house too. :)

2. **Carry a piece of black tourmaline with you.** Black tourmaline is one of the best known crystals for protecting against negative energy. It's relatively inexpensive as well. You can find jewelry with it also. Other helpful stones for auric and spiritual protection are **Jet**, **Labradorite**, **Flourite**, **Blue Kyanite**, **Staurolite**, and all of these can be "cleared" by carrying Selenite with you.

3. **Receive regular energy healings.** Energy healing will clear any blockages you have and check for negative entites and any emotional cords that may need to be cut. Both of these can impact your energy tremendously!! They can cause mood swings, anger, an imbalanced emotional connection to another that you can't seem to break, behavior challenges in children, an increase in fear, and so on.

4. **Smudge your aura regularly.** Smudging is a Native American practice using white sage to cleanse any negative energy. If you notice yourself or anyone around you becoming agitated or off kilter, feel free to smudge everyone in the family. It is also a good practice after you've been around people who drain your energy and/or large groups of people. Also helpful is Palo Santo wood, it smells divine and clears stickier energy even better than sage.

5. **Stay grounded.** Grounded means your energy is connected to Mother Earth. You are not floating around in the ether which is where very spiritual people sometimes prefer to be. :) However, it makes us less aware of our physical surroundings which can make us more susceptible to negative energy. There are many ways to get grounded. Hug a tree, stand barefoot in the grass, stand in moving water like a river or ocean. Trees are amazing beings that will ground you and remove your negative energy sometimes within just a minute or two. Ten minutes in a forest or with feet in the sand and having waves crash up do amazing things to the soul. Give it a shot and let me know how it works for you! Oh, be sure to thank the tree, body of water and the universe for helping you. Another way to ground includes carrying a piece of hematite, a very inexpensive stone, with you. Or wearing it in a piece of jewelry. You can also wear the color red, which is associated with the root chakra, to help you with grounding. Be careful not to wear too much or it will aggravate your energy. Tigers Eye is a great stone for grounding, carrying that can be very helpful!

6. **Keep your aura close to you.** Every time your aura crosses someone else's, you are picking up on their energy. If you keep your aura close to you (just by imagining it as so), your aura doesn't interact with so many others' auras. To see where you aura is, hold up your hands and push out as if you were feeling for

your protection bubble mentioned above. When you feel a difference in the density of the energy, that is where your aura begins/ends.

7. **Use sound to clear your aura.** Certain tones have the ability to clear our energy. Find a Tibetan singing bowl, a handheld chime, a ceremonial drum, or tuning forks with a tone that is soothing. It's clearing your energy and that's why you feel better after hearing the tone.