



# PERFORM an **AURA** CLEANSING

Clearing client blockages &  
renewing their **layers of light**

by Maureen Castellon

As humans, we are beings of light, but ironically we cannot see our own light. Rather, we can focus on their shadows. If you have ever felt that someone had good energy or bad vibes, you were probably subconsciously picking up on their aura. These layers of light are similar to a glow or radiance of energy. Many believe electromagnetic pulses are coming out of each of us, in a constant flux. Brightness connotes that all is well. When an aura is dull or muted, it often means there is an issue. Thoughts, words and actions leave an imprint that can negatively impact manifestation if traumas have not been released.

**W**hen looking for auras, scan for bright or dull colors. Notice where this happens — the side layers of light glow from the body, such as back, front, top, bottom or right or left side. Auras hold both the light and shadows of a person's journey. Every layer provides valuable information about the person.

Each of us has different vibrations at different regions and organs of our bodies. When an area is not functioning properly it can clog the aura and affect our chakras (energy vortexes that work through the spine on all our vital organs). When we are not in harmony, we become dis-eased. Cleansing an aura is key to well-being and stability. Emotional blocks — when not released or expressed — can form and be captured with Kirlian photography. With these out of the way, life can flow and our personal colors will be brighter. Treatments can impact the aura singularly or as an add-on. Spa therapists can influence these layers of light with a multitude of loving approaches.

## THE LAYERS

Auras correspond to chakras. In traditional yoga literature, one learns that the layer closest to the surface of the body is associated with the physical body. This mantle is connected to the root and sacral chakras known as the Etheric layer. In a healthy state, it is seen as a blue or white haze extending an inch or so from the surface of the body.

By going deeper, we find the Emotional layer, reaching a foot or two from the physical body in a state of health. This layer can have various colors, depending on subconscious responses to circumstances, and is associated with the solar plexus and heart chakras. This layer of light responds primarily to the individual and social aspect of our lives. It is the seat where we either feel connected or alienated



from ourselves as well as others.

Even deeper is the Mental layer that can stretch up to three feet from the physical body. It is directly related to thought processes harnessed by perception and conceptual thinking. This region of our auric field is said to be primarily yellow, but can vary with thoughts and thought patterns. It is connected to the throat and third eye chakras, which have associated with them our ability to concentrate, contemplate, and express discriminating wisdom.

Lastly, there is the Spiritual aura. Extending five or more feet from the physical body, it is the largest layer.

It is violet or white in color and corresponds to the third eye and crown chakras. Associated with the soul, it is also connected to faith and confidence in oneself. This is also the seat of your life's purpose. It is said that when you are in alignment and moving in accordance with your life's mission, this level of the aura becomes denser.

## MIND - BODY CONNECTION

If someone has a kidney infection, it shows up in the aura as dull in the area of the lower back. It affects the Sacral chakra. It is usually due to emotions be-

ing pent up. It can also be due to lack of water but it affects the aura dulling and slows their vibration.

When someone is a worrier or thinking too much, dullness will often be seen in or around the head. Their third eye chakra gets blocked. They may get headaches or have eye problems. The aura shows up dull and sometimes contains even darker spots of stuck energy.

Indian and Tibetan forms of Ayurveda teach that mind always precedes body. In the context of the aura, what this means is that even though some aspects of the aura are more associated with our physical being and other aspects — our more

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etheric and spiritual being — all of these dimensions of light have as their foci, specific chakras as explained above. Furthermore, what transforms or “opens” these chakras and lets the true light of our divine presence shine out as our aura is the transformation of negative emotional patterns. This does not mean, however, that if the person we have as a client does their spiritual homework — transforming their jealousy (root and sacral chakras), competitiveness (navel chakra), anger and self-loathing (heart chakra), deception — both to themselves and others — (throat chakra), arrogance and willful disregard or denial of reality (third-eye chakra) — that it isn't possible to help support them along the way.

When we feed the body healthy food that can be absorbed and utilized effectively, the attunement we do to the etheric portion of our aura associated with the root and sacral chakras creates a greater strength to be more emotionally balanced and do

our spiritual work. Thus, if you are a spa therapist who teaches and models a healthy lifestyle with sound nutrition to your clients — you are positively affecting their auric field, increasing their power and ability to accomplish more and better things in their life.

## CREATING A RITUAL

There are many different ways to affect their auric field, depending on what created the issue. Every practitioner is different, but the ritual can be customized for your spa. First, perform a tarot reading to assess emotional blocks and past challenges. This can also be done with a pendulum or I-Ching coins. Cleansing aromatics that release negative energy such as sage or palo santo should be used to clean a person's spiritual space and layers.


Call in spiritual assistants such as the archangels, and a feather can be used to waft the smoke for a deeper



purification. Allow the client at least 20 minutes of silence following the ritual to process the emotional shifts that have just occurred. Clients should be given sacred space to talk about any realizations, as well as how they will implement the necessary changes into their lives. A few sessions may be needed to maintain the cleansing and positive changes.

### HEALING IN A HECTIC WORLD

We are living in a time of great fear and anxiety. Environmental, geo-political and our personal concerns all intertwine and the big questions loom larger in our lives as a result. In Ayurvedic terms, it is a time of Vata being out of balance for most of us. As we are associated with attachment, we become attracted to what may seem like quick fixes or spiritual or occult-based therapies.



### COLOR GUIDE

Colors vary depending on where they are and what shade they are. The basics relate to the chakras.

- Red - Root chakra
- Orange - Sacral
- Yellow - Solar
- Green - Heart
- Light blue - Throat
- Dark blue indigo - Third eye
- Violet, pinks - Crown

You may also see many other colors. One misconception is that black in an aura connotes evil. The dark hue does not indicate a bad person or negative energy; it means the person has been wounded for a very long time.

### SPA SPECIFICS

As a result — mesmerized by the mysteries and promises of those who may have good intentions, but still lack the awareness or finesse to truly offer what transforms those physical, emotional and spiritual issues that cause us concern, one may find that some of the treatments that have absolutely no benefit. At the same time, those with confused or mal-intent may inflict one with spiritual sickness — the worst being cynicism and a turning away from all matters spiritual.

Aura cleanses can start at \$40 for 30 minutes. Cleansing an aura is not one-sided. The practitioner opens themselves up to receive the client's energy and therefore takes on their emotions as they provide support during the purification. Depending on the issue, this can be draining. A cleansing is an energy exchange of giving and receiving. Pricing should be customized to take into consideration healers' time, education and experience. ■



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