

# Exploring your Energy Through the Chakras

## Session 3

Trainers  
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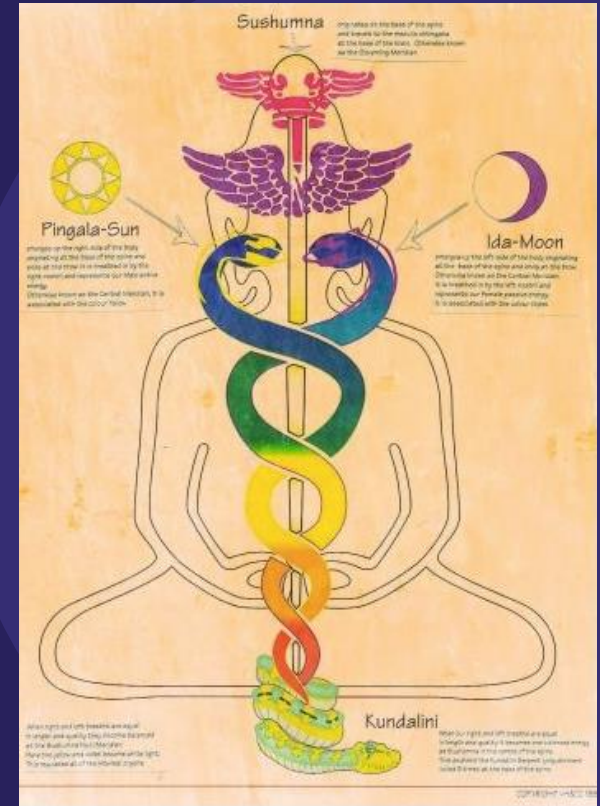
Wellbeing  
& Recovery  
College

# Aims of the Session

- To introduce the energetic field known as the aura
- To understand the human Bio-field
- To look at possible ways to cleanse our aura
- To look at Kundalini and the Chakras



# Kundalini and the Chakras

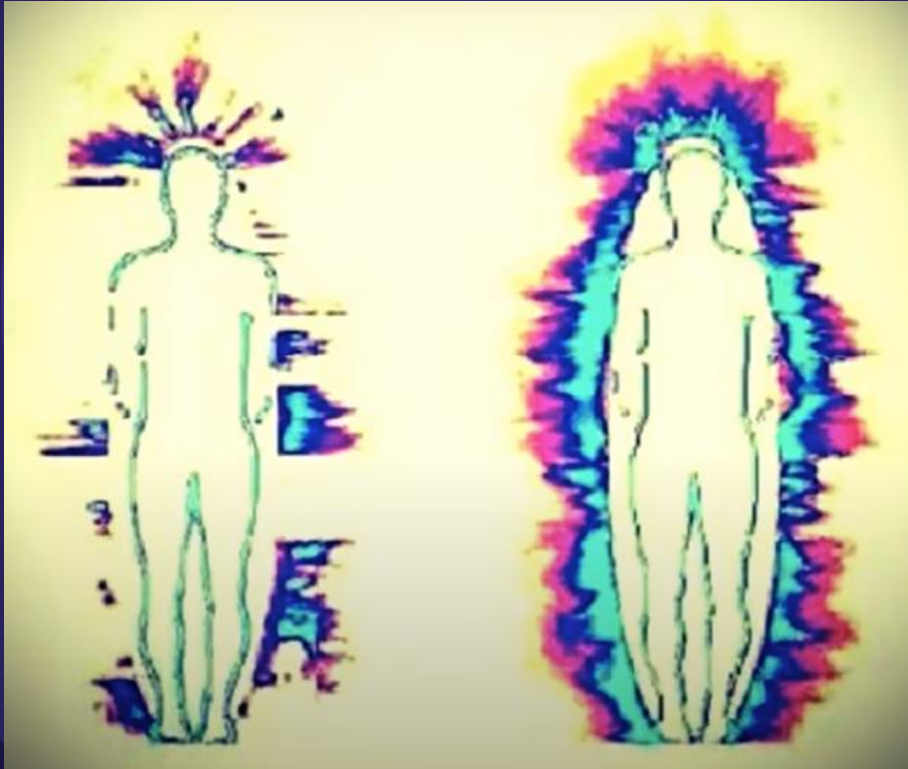


# The Aura

- What is it?
- Shape
- Size
- Colours



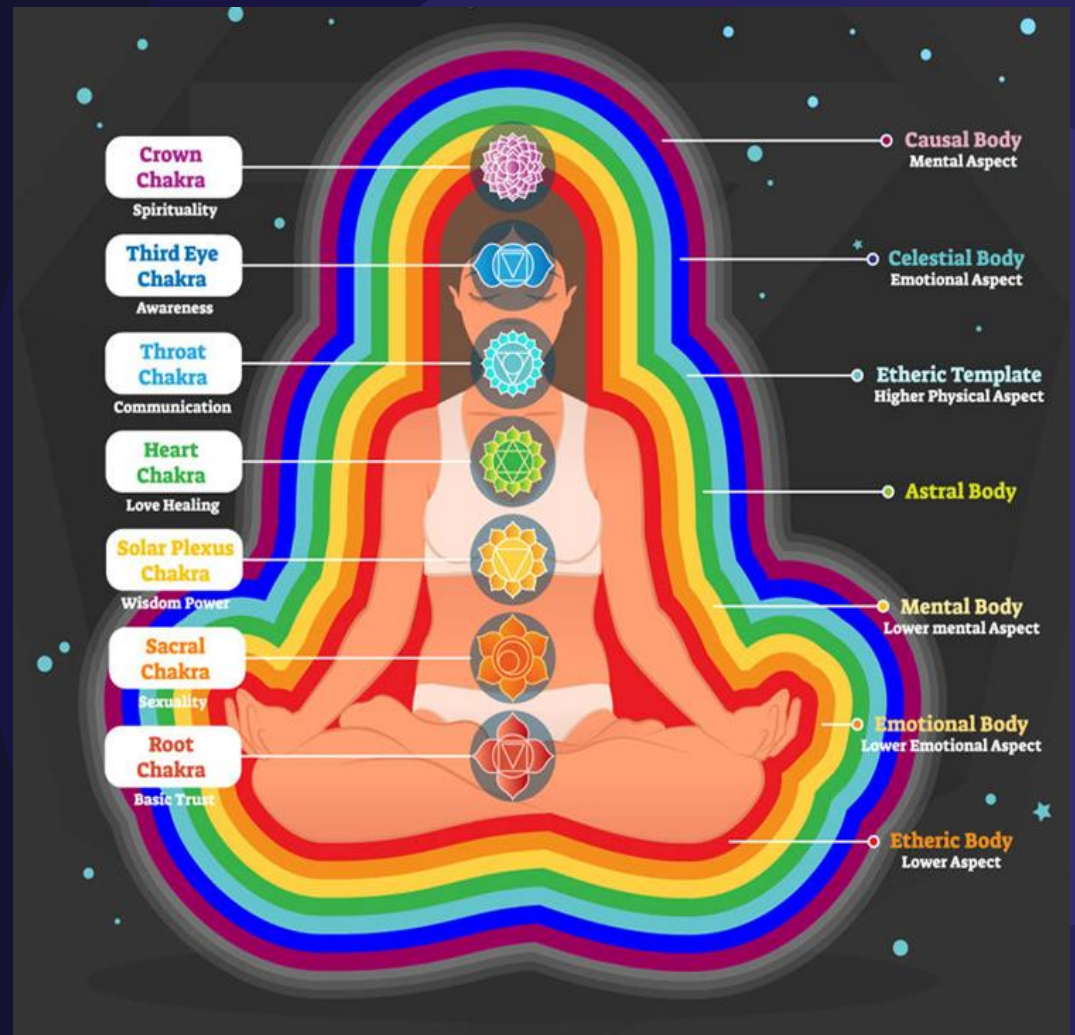
# Bio-Electric Field



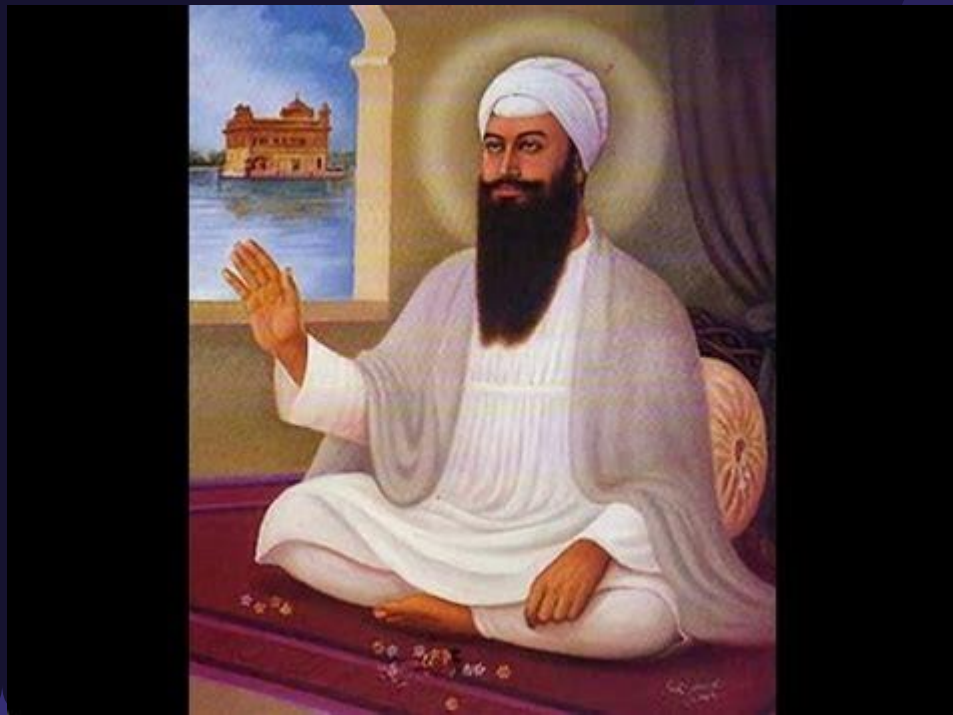
Video

# Layers of the Aura

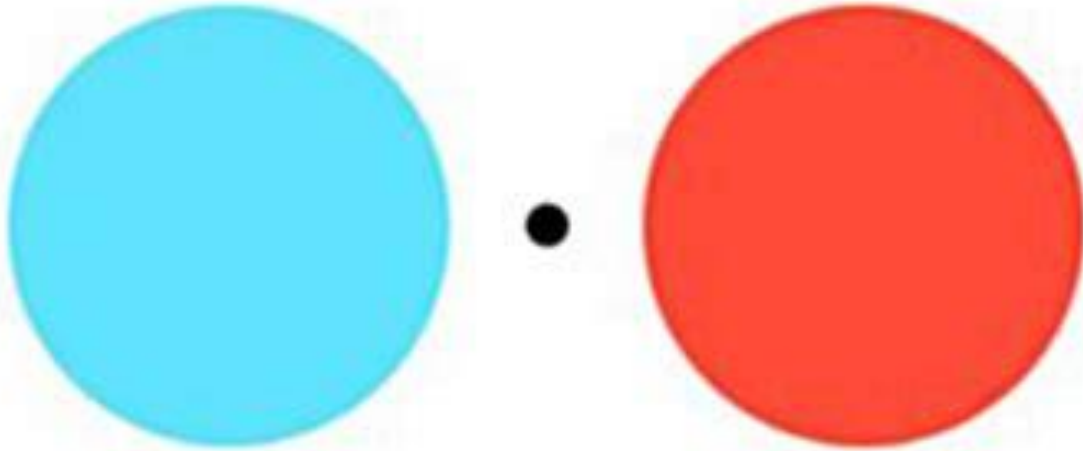
- Etheric Body
- Emotional Body
- Mental Body
- Astral Body
- Etheric template
- Celestial Body
- Causal Body



# Arc Lines



# What can you see?



1. Stare at the black dot. It is tempting to look around, but you need to focus your eyes on this dot and not look around or look away.
2. Doing this without blinking is best, but if that is not possible, do not worry.



# Tuning into the colour of your own aura



# Aura Photography

- Kirlian Photos



# Aura Cleansing Quiz

- True or False?



# Benefits of cleansing the Aura



*Why Aura Cleansing Is Important?*

# Traditional methods to Cleanse your Aura

- Using the Elements
- Visualisation
- Movement

## HOW TO CLEAN YOUR AURA

Soak in a bath with a cup of sea salt, epsom salt and baking soda  
CLOSE YOUR EYES AND VISUALIZE  
go to the beach or any other big body of water  
DEEP CLEANSING BREATHS  
*deep cleansing breaths*

**Use Crystals, magnets**

*Walk in Nature* OR ESSENTIAL OILS  
burn sage

Spray the space all around your body with rose water

MEDITATE *do yoga* OR HOLY WATER  
by Kalpesh Dave  
[www.lifewithcolours.in](http://www.lifewithcolours.in)

# Cleansing with the Elements

- Air
- Fire
- Water
- Earth

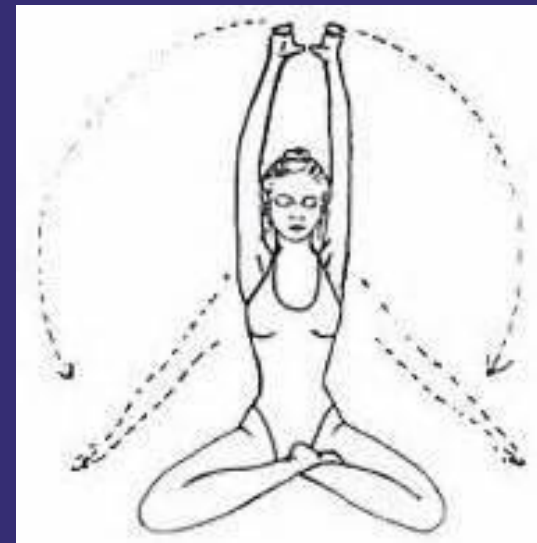


# Guided Visualisation to cleanse Your Aura

- White Light  
Cleanse



# Kundalini Aura Sweep





# Continuing Your Chakra & Aura Practice



Trying the  
different  
ways to keep  
your aura in  
balance

## Resources – Books

The Book of Chakra Healing by Liz Simpson

The Chakras by Charles Leadbeater

Chakras: Balance your energy flow for health & harmony

Working with Auras: Your complete guide to health & well-being  
Struthers

The Crystal Bible by Judy Hall

Kundalini Yoga by Shakta Kaur Khalsa

Theories of the Chakras by Dr Hiroshi Motoyama Ph.D