

Ascension

module 5

For Consideration

- Can you sense your auric field?
- When you comb through your field, what are you feeling?
- What emotions/memories come up to your consciousness when exploring your auric field?

Cleanse Your Auric Field

- Shower/bath
- Smudging
- Walk in the rain
- Mantras/Guided Meditation/Chanting

Practicing Aura Surgery

- When combing your field, can you feel an energetic mass?
- What is held within that mass?
- Where is the mass?
- Are you able to scoop it out?

Incorporate the Antahkarana into your self care practice

