



Your Aura Self Care Checklist For Better Feeling Energy

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Most auras accumulate extra unnecessary energy every day, and it's all too easy to let that energy pile up for weeks, months and even years. Use this checklist to build a quality aura cleanse routine each and every week, so you can get the most out of the energy that belongs to you. Shining bright and feeling better.

- *Marbella Barajas*

- Make observing your emotions a priority—there's no easier way to build a better aura than first noticing the signs to when it needs care.
- Get some alone time with spiritual music (Yoga, meditation music). We recommend Devi Prayer (its on youtube), of course. :)
- Plan a day in the week to "visualize" your aura exactly how you want it, you can shape it to any size and color you want. (We recommend to keep the aura as close to your body as possible for relaxation purposes)
- Encourage yourself to feel okay with not feeling okay. (Adjusting your aura is not emotional escape, but a tool to manage your energy)
- Don't forget about your gratitude practice! Gather all the love in your heart and spreading that feeling in your aura. This practice will heal your aura as well. (When you naturally start to smile, you know its working :))
- Start a conversation about auras with friends. It can be a topic as you watch a spiritual movie together (I recommend The Celestial Prophecy), you can slowly build a group of like-minded individuals to share your aura experiences.
- Trust the signs of your intuition (does your body react a certain way around people that make you uncomfortable).
- Offer a helping hand to your aura by visualizing a grounding cord to your body connecting you to the earth (this will naturally make you feel solid and stronger).
- Evaluate your existing commitments—can you prune anything in your life that brings too much stress? (as you work with your aura, you will notice things that no longer serve you, trust yourself and let them go)

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