

Laugh

Laughter raises the vibrations and in turn increases stimulation in all of the mental and emotional auric fields. This in turn expands the auric fields 1-5 which radiates from the body. So next time you truly laugh at something, feel the vibrations not just through your body but feel it stimulate your aura as well. It also brightens your soul when you laugh and that's never a bad thing!

Listen to your heart and your soul.

Your heart and soul does not argue with each other like the head and heart. The soul asks you to search deeper though than just your heart would wish you to do. When was the last time you truly listened to your soul? Have you in fact ever asked what it needs? Next time you meditate listen. Listen for what both need then ask the soul to search deeper for what you truly require

Wand it!

Use a selenite wand to wand your aura. When you come back from any external sources, maybe a walk or nipping to the supermarket other people's energies will transfer to your own. To cleanse this use a piece of selenite to rid your aura from these energies. You have enough to carry without the need to carry other's as well.

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