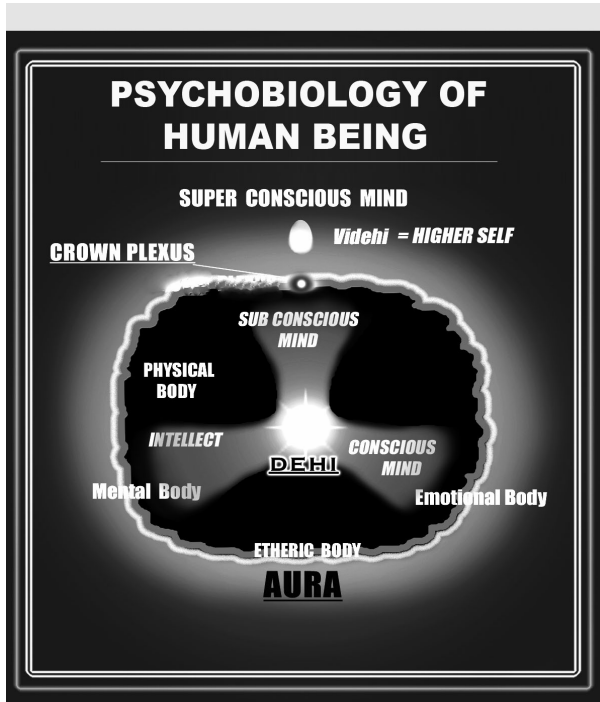


AURA HYGIENE

The Psychobiological diagram of the Human being



The embodied soul (*Dehi*) is seen in the centre as a bright light, and its three faculties - the conscious mind (emotional body), the intellect (mental body) and the sub-conscious mind (*Sanskara*) are shown to be three beams of denser light which spreads within the physical body made of the grosser physical energies of the five gross elements - earth, water, fire, air and space. Mind and intellect, the subtle faculties (metaphysical energies) of the embodied soul, function as emotional body and mental body respectively. The fifth body, the HS is the pure essence of all the other bodies combined.

Enveloping the physical body is the etheric body that vibrates at a higher frequency. The physical body is shaped and anchored upon the energy blueprint (template) contained in the etheric body. Surrounding the etheric body is the aura that represents the sum total of a person's energy patterns that can be seen as various intensities. Aura, the energy shield or force field, expands and contracts according to our moods and situations and may extend out to about 18 inches around the physical body. The Super Conscious Mind, Higher Self (HS) or *Videhi* is the perfect bodiless stage of the embodied soul. It is said to reside within the aura 6 to 8 inches

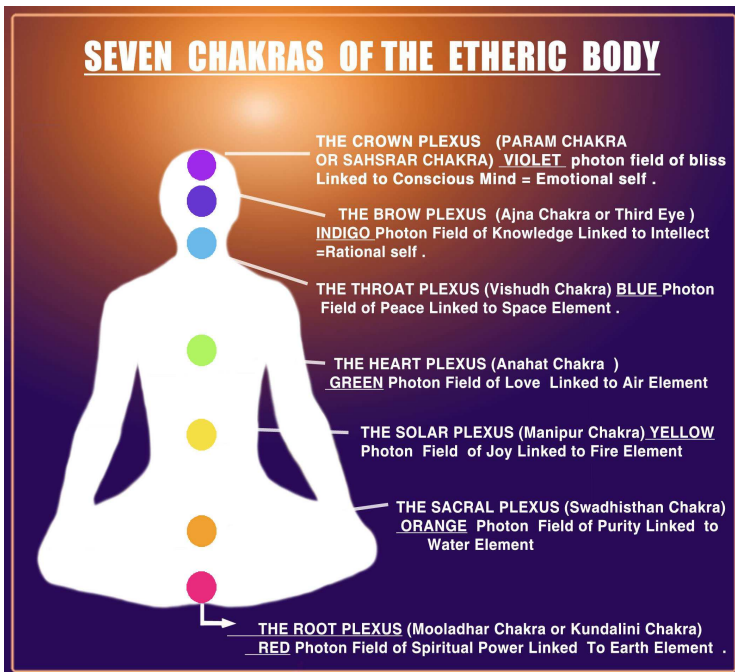
above the head. The Crown Plexus is the 7th *Chakra* on the top of the head. The HS or *Videhi* communicates with the embodied soul, *Dehi* through this plexus by means of intuitions or the 'inner voice'. When this chakra is blocked by alien energy the *Dehi* is cut off from the *Videhi*, i.e. its own wisdom. Then the *Dehi* (mind and intellect) functions as per the directions of the intruding energy.

Etheric Body (Subtle Body)

It is a subtle body penetrating the physical body, vibrating at a higher frequency. The physical body is shaped and anchored upon the energy blue print (template) contained in the etheric body. There are seven plexuses or ganglions called '*Chakras*' in the etheric body that allow us to absorb high frequencies of various kinds, including the vital force (*prana*). These *chakras* process and pass them on to the physical body. These energy centres regulate the flow of energy in and out of the physical body. Each *Chakra* is represented in the aura by a colour. The aura is the sum total of an individual's energy patterns which may be seen as seven colours or as various intensities. These include cosmic energies from outside the person, and changes brought about from within through physical, intellectual, emotional or spiritual activities.

The Seven Chakras of the Subtle Body

Each *chakra* is represented in the aura by a colour or photon field as shown in the diagram. The predominant linkage of the *chakras* with the five gross elements of the nature is also shown in the diagram. The link of the hues of the light spectrum – VIBGYOR- to the seven *chakras* has been sourced from the book '*Soul Healing*' by Dr. Bruce Goldberg, published in India by Pustak



Mahal'

The Aura

This energy shield or force field expands and contracts according to our moods and situations. It is a flexible sheath extending out about 18 inches from the physical body. It tries to communicate what it has sensed through its language of comfort or discomfort. The energies of different persons encroach upon our personal space (aura of 18 inches width) when they come close to us. Such brushing of the aura causes intermingling of the energies. The contaminating energies (emotions) may be felt either immediately or after the person has departed. This alien energy may linger on for years, even for the whole life, unless the aura is cleaned out. Such

contaminating energies stuck in our aura clog the communication channels, causing energy blocks and making it difficult to find room for self-esteem, self awareness and self-love. The intrusion of someone else's energy between your Higher Self (HS) and your seventh chakra at the top of your head obstructs the communication of self with HS. Parents often block the seventh *chakra* for control over you in childhood. 'Gurus' and teachers may impose control over their students by blocking their seventh *chakra*, thus severing the connection with their HS and their own wisdom. Fundamentalists, religious fanatics, terrorists, suicide bombers etc. are created by putting an energy chord into the seventh *chakra*, whereby these victims get truly brain washed! Such persons become 'blind' to any other perspective unless the intruder permits. The intruding energies are seldom loving or neutral; more often they are critical, judgmental, shaming and guilt producing. Hence we should remove such intruding energies at the earliest. The four exercises given below, when practiced regularly, help you to maintain your aura clean, healthy and vibrant. These techniques have been adopted from the book "**Healing the Past for a Vibrant Future**" by Arian Sarris, published in India by "Pustak Mahal".

Exercises for :-

1. Cleaning the Aura :

Focus your attention on your aura and visualize it covering you from over your head to under your feet, and spreading 18 inches all around. Feel the safety within the energy- shield all around you. Imagine holding a golden comb with 18 inches long teeth in both the hands. Comb out your aura physically moving your hands up and down, left to right and right to left of your physical body holding the psychic combs. Do not leave out any part, including under the feet. All the alien energies lodged in your aura fall on to the earth and get absorbed. You feel light and energetic.

2. Reinforcing the Aura:

Now imagine orange rays of purity from God entering your aura-shield and defining the limits of your space and raising your vibrations. As a result, no one with lower vibrations can invade you without your permission.

3. Retrieving your energy trapped in others' Aura:

These are spread out in other people's auras in all the places you have lived / worked in. To bring back these energies locked in the past, imagine that you have an energy whistle. By blowing this all your energies locked up elsewhere return to you. Blow the whistle a few times, close your eyes, and wait for five minutes to allow your energy to return. The first time you do it you might experience energies coming back in the form of snow flakes or any other form. You may get odd recollections of past incidents.

4. Creating Present Time Field:

Most of us remain locked up within our past through our doubts, fears and worries. As a child we felt contented and happy when we were comforted, nurtured, and held, but in the absence of such nurturing our lives become filled with fear and worry. This need for nurturing stays with us, within our emotional self or the **Inner Child**, as an adult also. Hence our adult decisions are made with our emotional heart based on what will keep the Inner Child safe and loved. A balance between our Rational Self (Intellect) and Emotional Self (Mind/ Heart) is required and it should be tempered with the wisdom of the Higher Self (*Videhi*). Clear communication among these three faculties is possible only when we get unstuck from the childhood fears and let the adult resources govern our life.

Every time we remember a past incident, we trap our energy in it. This energy becomes inaccessible for other purposes and lowers our energy level. **If as a child you were beaten by your father you are holding a lot of energy around those memories and whenever you remember it, more of your energy gets trapped. When you bring those accretions into the present time, they leave since they are connected to the past events only. Parental accusations, personal guilt, or judgments make up these accretions. Present-Time Field releases foreign energies and mental blocks, and allows free communication with your Higher Self.**

- Imagine yourself holding a magic wand of gold that turns everything touched by it into the present-time field.
- Tap the seven *chakras* in your etheric body at least seven times each because your aura has seven layers.
- Tap your *Videhi* 8 inches above your head with the wand likewise. Some consider the *Videhi* to be the 8th *chakra* with white light around it.
- Tap your feet and hands also with the wand, as they have their own *chakras*.
- Touch your knees also seven times as they too have their own *chakras*.

Regular practice of the above four exercises will ensure that your aura is kept clean and all *chakras* are in present time. These are the preliminary steps before undertaking any psychotherapeutic exercises described by Arian Sarris, which the author has tried on himself and others with positive results.

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