

Week 2 Day 6 – Our Auric Field

We have a field of energy all around our physical body that most people can not see with the eyes but are able to sense with their entire body. Some people just feel good to be around. Usually, they have expanded auric fields. We feel good because they can keep their field expanded and vibrationally high. In their presence our vibration also wants to climb higher. As tuning forks, we attempt to vibrationally match the higher vibration.

This is living in spirit. Living in spirit means we match that of Source and as we do the world around us shifts to match our vibration. Some may resist this from us. We allow this to happen. We don't attempt to change them; we allow ourselves to continue to vibrate high and the new people places and things will vibrate higher with us. This or something greater will come into alignment. All this and more you shall become.

This practice takes us to this level. Essentially, this is what you have been practicing for the past two weeks. As you shift yourself to higher states of awareness you will find that the world around you begins to match your high vibration. Synchronicities happen and inspiration surrounds you consistently. When it does not, we allow that to be...attempting to change no one or thing and only allow ourselves to be navigated elsewhere.

Today, we will continue to scan our bodies and practice aligning ourselves in truth. As we embrace this practice, we have done all week long we realize we can do this practice anywhere at any moment. Meaning, we could be in line at the grocery store, bank, having dinner, during a physical practice, or any number of possibilities. We can go within, breathe into our moments, allow spirit to speak with us, hold ourselves in light, and resolve and release. Anywhere at any time.

This is what we practice today. As we heal ourselves our aura naturally goes into expansion. We become light filled within and surrounding us. It is simply inspirational.

Allow this practice to expand and become embodied as one of your main tools as an intuitive. Know you are this powerful. All your relationships shift and transform and change as you do this work. It is simply profound.

Some of your relationships have already transformed and you may now find yourself responding profoundly well in most situations. We are no longer bound to old ways of being. We have successfully opened ourselves to higher frequencies resonating with the vibration of love. It is profound. When we are here, the energy flows, the synchronicities pour in, and miracles happen. Everything gets done.

This new version of you is easily and swiftly following your guidance without the weight of so many ideas that were hiding within your energy field.

Remember, you, as the master of your energy. Listen to what your body is telling you. If there is an ache, an inhibiting sensation, or an area that does not feel right, these are the physical cues to listen and tune into the real reason behind these limitations. Simply tune in. We are listening and opening to new possibilities.

As we do this work, we remove the false self. We become our own master. We ask, we breathe, we resolve, and the unraveling begins.

Allow this practice to completely integrate with your entire energy system of your body. Allow your auric field to expand. Become light.

Here is a reminder of the practice...

Always tune in and feel what is happening within you. When something doesn't feel right it is our cue to go within. Sense, feel, breathe, and allow our intuition to speak. What images, memories, or beliefs are there waiting to be discovered? Ask for help from Source. Breathe into them. Surround them with love. Place your hands over these areas. Imagine beautiful pinks, greens, golds, and silvery shimmery light embracing the entire area. Just love yourself. Thank the sensations for being there. Tell it, it has served you well. Express gratitude and allow it to be freed.

Imagine it dissolving and releasing like magical pixie fairy dust going back to that from which it came but now it has dissolved into our loving light filled energy that no longer holds the resistive lower frequency energy. It has been transformed and released as golden light vibrating and lifting high up into the universe.

Feel it, breath it in and sense it and know this is true. It has happened. You just resolved and released with your Creator... your light of the universe, God or the god of your understanding and resolved and released it back to be used and transformed in other ways.

Feel it, breath it in and sense and know this is true. It has happened. Then acknowledge the shift has happened by orchestrating **Rainbow Yes Ritual!** Say "Yes!" to your higher self for healing...

Clap once over your left shoulder & say "yes"... (see golden sparkles from your hands as you clap) then clap once over your right shoulder & say "yes" (sparkle!) ... then clap 3 times up the middle (see those sparkles) from heart level, say "yes", to third eye level & say "yes", to the crown level and say "yes" (sparkle, sparkle, sparkle). Do it again... Clap Left & sparkle – "Yes!", clap right & sparkle – "Yes!", clap at the heart level and sparkle – "Yes!", third eye sparkle – "Yes!", and crown sparkle – "Yes!". Do it a third time... clap left "Yes!", clap right "Yes", clap heart "Yes", third eye "Yes", and then crown "Yes".... Then raise your arms high and paint a golden sparkly rainbow with both arms down the side of your body as if you are stroking your aura and all the limitations have been transformed, transcended and your wish has come true. Then breathe... put your hands at heart center...right over left...and breathe in gratitude and announce "Thank you" to the universe. Take a moment to do this.

Energy does not stop, it merely transforms... you are helping everything within you that has been stored inside of you that has manifested as physical issues and perceived problems to be filled with light and released as you merely see it for what it is.... an illusion. See it, address it, comfort it, love it up, and resolve and release it with Creator. You are that amazing and full of high vibrational light as an intuitive. You are!!!!!!

Continue to embrace your practice today everywhere you go and within whatever you are doing. Connection happens everywhere. Opportunities are always happening.

See yourself as a light body capable of always expanding. Practice expansion by sensing and feeling and resolving and releasing at any point during your day.

You are becoming so good at this technique that anytime you are faced with a situation that feels not quite right you have the tools to clean your energy field and resolve for yourself. Additionally, allow yourself more time to pause, more time to breathe, and more time for gratitude. Everything gets done.

Your energy is the most important. As you expand you allow others permission to do the same. Be the light.

Today's Mantra:
I expand my light.
I expand my light.
I expand my light.