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## **Aura Repair**

Take 3 deep breaths.

Bring your conscious awareness to the top of your head, your crown. And feel your pranic channel connect to Source. Bring in all this energy back down in to your head, neck, shoulders, chest, trunk, legs, feet, all the way down into the core of the earth.

And as you anchor and connect deeply within the core of the earth, gather up all this sweet earth energy back into your body, carrying it all the way back up to your Highest Source. And now return this sweet mixture of earth and divine energy back into your head. Feeling your pranic channel deeply aligned in Heaven and

Earth. Keep these energies flowing back and forth on automatic.

In your front heart space, open a small window and allow these energies to gently pour through you and fill and expand your aura. Allow it to seal any cracks or repair and holes that may be in your aura. Continue to expand these energies in your field so you will feel full.

And now go to the back of your heart center and open another small window there. Again, allow these sweet energies to gently fill the back of your auric field and allow these energies to gently pour through you and fill and expand your aura. Feel how huge, soft, and comfortable your aura becomes.

Now gently close your front heart center's window, then the back heart center's window.

Rest and enjoy your new sense of fullness and light.