

You've Cleaned Your Physical Body and Your Chakras.... but Have You Cleaned Your Aura Too?

How the State of our Energetic Field can Allow Negativity In

Introduction

Have you noticed how, since the turn of the century, life - things - seem to have changed? As if someone upped and changed the rules? It goes without saying that the last decade or so has seen massive changes energetically and physically, for many people. The theories and processes that seemed to work previously don't seem to apply as well any more, with not much of a road map (yet) to the new way of doing things. Indeed, the only constant seems to be the human reflex of hanging on to what was, what used to work, and hoping that it's just one of "those phases". Yet even this is evolving. You'd think we had no control at all....

Things are certainly shifting though, as if the fog is lifting and things are becoming clearer. What was blocked and uncertain now seems to be moving more easily – "And about time!" some would say. This is probably happening for many reasons and each perspective will have its value. One point of clarity that's been emerging quite notably concerns the role of the aura, the energetic field around/towards a person, in shaping one's reality. Why say this? At least some of the things that can occur around a person can be due to less-than-stringent self (and therefore aura) cleaning routines. A "dirty" aura can affect a person's connection to higher/essential self, Source and the level of intuitive help/guidance s/he can access in that second.

This article seeks to examine the role of the aura as a communication and exchange mechanism; how it can attract the "right things" to us; and how auric health/cleanliness can affect our way of being. The aura is a two-way communication mechanism, making a regular cleaning regime essential (especially for those who are energetically sensitive). There's also a list of exercises that can help to keep the aura healthy and clean. It goes without saying: if we have one "dark atom" about us energetically, it can affect the rest of our being.

The Aura is a Communications Medium

What is an Aura?

In *New Chakra Healing: The Revolutionary 32-Center Energy System*, Cyndi Dale describes the aura as "the you around you: your energy field"¹. This is apt: the aura is an energetic extension of the human being, an invisible balloon or buffer zone that extends right around us - above head and under feet as well. In a healthy state, the aura tends to be egg-shaped and complete, with a distinct film/barrier around its outside edge.

Within the aura, there are many layers or "planes" as Dale calls them, each with specific qualities and functions. Barbara Ann Brennan in *Hands of Light: A Guide to Healing Through the Human Energy Field* also describes these layers in detail.² If the reader wants to know more about this, authors such as these are highly recommended.

¹ Cyndi Dale, *New Chakra Healing: The Revolutionary 32-Center Energy System*, Llewellyn Publications, St Paul, USA, 1996, page 133.

² Barbara Ann Brennan, *Hands of Light: A Guide to Healing Through the Human Energy Field*, Bantam Books, USA, 1988.

The Aura: More than an Energy Field

If there's any problem with the definitions above, it's that they can depict the aura as impersonal - an energetic "thing" quite removed from us personally. Now it's easy for anything outside the physical (and egoic) self to be relegated to the ranks of "removed" but this type of thinking can act to understate the role of the aura in how we process and experience life in all its forms. The aura isn't only a bubble of energy around one's physical body. It's a communications and exchange mechanism; an energetic extension of the physical self. One can actually feel, see and hear things going on in the aura before they get to the physical body, making the aura the first layer of the immediate self that we sense things with. [It's possible to sense things before they get to auric level, so the aura isn't the true first point of contact with anything.]

Please note: in no way are the comments in the last paragraph a criticism of other energy workers. The sole aim is to highlight how semantics can lead to misinterpretations, irrespective of the person communicating.

The aura is the first immediate point of contact we have with anyone and anything. Imagine being surrounded by rubber tyres - the Michelin Man so to speak. The first aspect of you that everyone bumps into or passes by are "the rubber tyres" around your physical body. To get to the physical you, to touch you on the hand for example, people have to penetrate the rubber tyres each and every time! Similarly, the first aspect of you that people sense, feel and take stock of are your rubber tyres - the colour, grain, texture; how easy it is to get past/through them to the "real" you; what physical, mental and emotional response you have as they enter your space/energy field; etc. You may laugh but this is actually what happens on the invisible level. We interact with one another on an energetic basis before we even get to the physical world "stuff". Whatever's in the aura in a given moment has the potential to colour and influence everything that follows, from and towards you, and it doesn't matter whether you're aware of this or not. The saying that "all is reflection" is really appropriate here: like atoms attract like atoms and the fact that human responses start at auric level can explain many things (e.g. sub/unconscious reactions, "gut"/intuitive responses, "unexplainable" likes or dislikes, and more). The aura's so much more than "just" an energetic bubble around the physical you; it's at the very beginning of every experience you have.

The Aura Functions in Two Directions

So the aura can be seen as an exchange mechanism, capturing and resonating with the thoughts, feelings and responses that are going on inside and around us all the time. It's not a one-way system either. The interactions that occur in the aura are very much a two-way communication flow.

Outward Communications, Thoughts and Feelings

In terms of outward flow, the aura receives every thought and feeling we have - consciously projected or not. The minute we think or feel something, consciously or not, that thought/feeling leaves the physical body in the form of an energetic vibration and travels out into the greater world. This is why some people can read/hear/sense the thoughts and feelings of others. Essentially, the world is made up of atoms and energy waves, and that includes everything we think and feel.

The aura is the first place our thoughts and feelings travel to when they leave our body or brain. If one is regularly thinking or feeling a particular way, the aura becomes coloured or saturated with that energetic vibration. It's like using the same coloured washing up liquid over a period of time - the medium (i.e. water) it goes into starts to become scented and textured with that particular brand, with a consistent reaction to everything that enters it. So, too, it is with the thoughts and feelings entering

the aura from within us. If we look after ourselves well, our aura tends to take up a healthy energetic resonance and emanate that out into the greater world. As a result, everyone/thing we encounter “meets” us as the vibration of care and health that’s emanating from our human form. Not everyone will realise that they’re responding to something on the energy level – they’ll just get a feel about us and react accordingly. So it goes for negativity too. If one is consistently hard on oneself, the aura will begin to take on this hue, creating a heavier vibration which other people can intuitively sense and react to. The way we feel and think about ourselves (and life in general) is critical in keeping the aura in good health.

Being a bubble of self around our physical being, the aura’s healthiest when one is consciously connected to higher self and Source. In this state, it’s full of universal energy – it has no (or fewer) gaps or weak spots and, through the spiritual connection, one’s aura remains cleaner. The minute we begin to think too much or doubt self, life, Source, etc, we begin to weaken that connection and that’s when “negative” states really begin. Negative thinking, feeling and fears have a detrimental effect upon the aura and its ability to shield us. In terms of negative or astral influence, when the aura’s weak, all sorts of things can get in.

In addition to the above, the aura acts as a storehouse for our responses to outside stimuli. Movies, books, memories, advertising, music, concerts - anything that creates an impression has the potential to end up as a colour, hue or atom of wallpaper somewhere in our energetic being, influencing how we react to life. Often, in cleaning the energetic field, one can become aware of pertinent moments in books, movies and video footage which impacted strongly enough to influence his/her style, belief systems or way of thinking. Many levels of energy can exist within the aura, which is why it’s important to take care of it.

The state of the aura is also influenced by what we eat, inhale and drink. Drugs, alcohol, sugar, additives, chemicals - even chocolate - can have a significant impact on the auric field. It can become less resilient, making it easier for outside energies/influence to get in. Diet’s an important factor in auric maintenance and health. Test this for yourself one day: take note of what you ingest (or entertain) and whether it changes the way you feel and/or think.

As an Inward Exchange Mechanism

As stated above, the aura receives incoming energies and communication too. Vibes, impressions, thoughts and feelings from other people, creatures and technology travel as energy waves in through the aura for you to receive. Every person, time, animal or thing that one makes contact with has the potential to form an energetic connection with that individual and the minute two beings/people begin to relate to one another, that energetic bond strengthens. Structurally, this can take the form of energetic cords and ivies passing between people and attaching to their auric fields. The cords may attach at the surface of the aura or they may lodge in deeper anywhere. The location varies (there’s no one process) around, above or below one’s energetic field.

This sort of connection can occur in any relationship, including those where there’s no physical contact whatsoever (especially in this internet-savvy world). Indeed, just thinking or feeling strongly about a person can be enough to create a psychic bond. Imagine, therefore, the energetic links that exist between people who’ve known one another intimately, strongly or over a long period of time. Potentially, all sorts of web-like structures exist between people depending on how they know one another, how long for and whether they clean their aura much.

The State of the Aura Really Affects Things

As stated above, the energetic state of the aura tends to depend on the degree to which one maintains a healthy connection to higher self, Divine will and Source. If one consciously aims to connect to the “right stuff” regularly, the aura tends to remain reasonably clean.

The health of the aura is very important. Outside energies can most easily pierce or penetrate an aura that's weakened from within. Dion Fortune, in *Psychic Self-Defence*, describes this very well and is recommended to those who want to read about the technicalities.³ Simply put, outside energies can affect a person most if the aura's already weakened by that person's own thoughts, beliefs and feelings (that's not factoring in over-exposure to lower level influences). This applies to “accidental negativities” (ones we just bump into) and deliberately projected ones (e.g. psychic attack, etc). These energies can only reside about a person when they have a sympathetic ‘ear’. As such, knowing where to connect to for one's highest good (put together with a regular aura cleaning regime) is critical, especially for the energetically sensitive person. It's not so much that one can stay continually clear of “negative” energies in today's world; it's more about knowing the importance of the spiritual connection and consciously remembering to look after it.

Another consideration is that the build-up of outside thoughts and energies within the aura can result in a magnification of any self-generated negativity that perhaps attracted them in the first place. By failing to keep the aura clear, outside atoms of doubt, aloneness, criticism, etc can collect in the aura and begin resonating with or magnifying negative self-dialogue. As a result, an increase in faithlessness (i.e. pessimistic thoughts and feelings) can occur and, unless one clears at night time, these strands can be the starting point in the next morning as well. In this scenario, an aura filled with negativity can be the first experience one has every day, even before “that” topic, person or thing is met with. Over-reaction, possessiveness, taking things too personally or getting defensive can all stem from an aura that's not truly clean (amongst other things). The act of clearing the aura can see dramatic shifts in our thoughts and feelings, making it an important discipline for the energetically sensitive.

A dirty aura can also help trigger extreme behaviour or emotions in an individual. For those who are psychically sensitive, an unclean/unhealthy aura can result in such things as physical pain, tension or discomfort, mood swings, illness, even a greater time spent dialoguing with invisible voices/energies. Energy levels, motivation, physical form, health, emotions, the ability to make decisions..... all aspects of one's existence can be affected by an aura that's not looked after.

Auric Build-Up Can Even Start to Block

How long can “stuff” remain in the aura? For as long as it takes for it to be cleaned out. Cleaning an aura may happen on a regular basis or it may wait for years. It can happen through one's own choosing; incidentally as a result of being in spiritual/energetically healing environments; or energetic build-up may trigger an event that encourages us to “face things”. Even if we consciously clear on a regular basis, there's always another layer than can require lightening. Auric health and condition is not only down to the human's conscious objectives however; it's also part of a greater picture that sees us spiritually evolving at the appropriate/given time.

An unhealthy aura can result in a slowing down or blocking of the positive/productive energetic exchange between an individual and the outside world. Anything that relies on an exchange or interaction can be affected – prosperity; relationships; the ability to make decisions and get things “moving”; even just the ability to feel well. An unclean aura can have major effects upon an

³ Dion Fortune, *Psychic Self-Defence*, Samuel Weiser, Inc., Maine, USA, 1993

individual's ability to process life, give and receive. A really dirty aura is like a poorly-ventilated room with no windows or air vents, blocking all sorts of goodness from getting to a person. This sort of barrier isn't healthy: it's the sort of wall that can make you victim or prisoner to that which surrounds you (not to mention, attract more of the same). The state of the aura is critical in determining one's ability to give without condition. Improved flows can occur on all levels simply as a result of cleaning the aura.

Ways to Get/Keep the Aura Clean

Often, just cleaning the aura can see issues move, change shape, even disappear. Be aware that, in clearing the auric field, one can experience a release at mental and emotional levels too. As such, it can help to do these exercises when you have sufficient time and space to process any emotions that surface.

There are many ways to keep the aura in a healthy state. Clearing can be a conscious act or quite incidental, and doesn't always have to be about "getting deep and meaningful". As long as it cleans out the cobwebs, any technique can help you.

Below are a few aura cleaning exercises worth noting:

1. White Light Exercises

In psychic/spiritual circles, white light is the colour/vibration associated with the highest level of goodness and universal energy. Within it are all the colours of the universe (dark and light) and every aspect of being (at some level). It's the colour of balance and complete understanding, and is often used in clearing self, spaces and issues. White light is the energy of universal intelligence and divine integrity. Thoughts, feelings and energies that are not of this vibration don't tend to endure white light energy too long.

Given this, a white light exercise is always useful when one feels out of sorts. There are many ways to do this: just breathe (in through your mouth for the count of four or five and out through your nose) and allow yourself to become aware of a white light above you (in your mind's eye). Allow the white light to come down and around you, using your breath to help you receive it in. Like standing under the best shower you've ever had, just breathe, release all tension and allow yourself to be cleaned - your physical body, aura and your greater reality.

Perhaps the only rule in using white light, especially for the psychically sensitive, is to focus on it coming down from above (rather than from around or beneath your being). This can help a person get free of astral, egoic and mind "stuff" more quickly.

Also, know what it is you're wanting - as an end result and as the type of vibration/energy you want to work with. It helps to aim for the highest level of integrity, whatever you call it, so as to quickly get clean and free. There are many ways to work with white light but it can be as "simple" as just picturing it, allowing it to do the work and breathe.

2. Just Let Go

Possibly the most effective piece of energy work regardless of the situation is the simple act of just letting go. As mentioned earlier, much of what can happen about us is the result of our (often unconscious) decision to enter into or stay in certain energetic, mental or verbal dialogues. That which we speak or do overtly is always the end result of the energetic and spiritual stances we entered in to just moments before. These things can be challenged, released, healed and modified at any time

if we remember to let go.

Auric health is one of the areas that can really benefit from a person's conscious decision to take time out and rebalance. The "things" we have about us on the invisible level are there partly because we're holding on to them. As such, a person is well-served when s/he decides consciously to just breathe and release all that s/he's holding, no matter its nature, to allow a stronger sense of peace into his/her reality. Letting go and release work can occur at any time of day, no matter the setting.

3. Focus on What You Do Want

Sometimes, no matter what one does to connect to white light and Divine intelligence, it's hard to break free from the subliminal binds and energies around us. Sometimes getting connected to self and Source is difficult, as if some invisible shield or bubble surrounds us, preventing us from getting clear(er). It's worth remembering at these times that a connection to outside energies can only happen for as long as one chooses to focus on them (consciously or not). For as long as there's some part of your awareness bound up or in agreement with that vibration, a connection's guaranteed. Like being on the end of the telephone whilst someone talks on and on: for as long as you hold the receiver, you're trapped. "All" it takes is an interruption in your stance and the paradigm ends. This is one way to treat a really strong connection in your auric field. The minute you sense it, do what you can (in integrity and in your mind's eye first) to break the connection. Focus on white light/Divine intelligence coming down from above; use your breath to release and let go (in your mind's eye) of all that you can.

4. Exercise!

You know, there's nothing like aerobic exercise to get a person processing stuckness or "negativity" of any sort. Activities that facilitate aerobic-level breathing are incredibly powerful ways to rebalance and clear – and not because you seek to "get spiritual". Aerobic exercise takes a person beyond conscious thought to a level of being where all they can do is breathe. As this occurs, the mind and ego relinquish grip on all sorts of "stuff", which helps the auric body as well as the physical one.

Routines that are done outdoors (amongst nature, trees and birdies) tend to be the most effective of all, especially if they are done in quiet (i.e. no talking!). Exercise taken indoors – no matter the specific environment – tends to be more encumbered by what's on the mental plane. Gyms, for example, can be full of mind energies as people breathe out and release in a zone that's more contained. Walls, doors and closed windows can make places less effective as clearing and healing zones (especially for the energetically sensitive). *This is not to say that indoor exercise has no positive place in life but it's important that one balances out indoor moments with outdoor ones.*

5. "Comb the Aura"

Cleaning the aura can also be done using other techniques such as:

- visualise the aura as an oval container for the physical body, a water-balloon-type structure. Allow white light to come through the top of the aura, filling it up and clearing you off at first. Once you feel light/clear, allow the white light into your aura to be absorbed/drunken through your skin; then allow your aura to fill again. Repeat these steps a few times, getting to a point where your entire being overflows with white light and universal goodness. Even at this point, allow white light to continue to flow in, until it starts spilling out of you of its own volition (i.e. into the outside world, without the need for you to project it). Allow it to radiate from you, simply because you're so saturated with it that you can't keep it to yourself.

- see yourself with a comb-like device and begin combing your energetic being (i.e. in your mind's eye), removing all traces of old and negativity from your energetic field. Comb all around your aura - front, back, left, right, top to bottom of your being (under your feet too!). Keep combing for as long as you sense your internal and external worlds releasing. Once the aura seems clear from the outside, take your focus to (i.e. sit in) your power centre (1st chakra for men; 2nd chakra for women) and begin cleaning your aura from there. Let go of all the psychic residue that's built-up over time. Working from the inside out and the outside in (i.e. all the way around you) can really get you clean.
- simply allow your aura to be energetically free. Choose to consciously (in your mind's eye) let go of everything that's within and outside of you. Every thought, structure, feeling and item - let go through your aura as well as your wider reality, for as long as it brings further relaxation through your being.

6. Head to Nature!

There's nothing like the energies of nature to clear a person in ways that can be simple, inexpensive, enjoyable and invigorating. The lighter energies of nature are often said to be the same resonance as Divine-level intelligence and healing. Just getting to a park, seaside or natural water space can help a person clear or rebalance energetically in a way that impacts positively on mind and physical health.

Release work and rebalancing don't need to be all serious work – they can involve days off, trips away, time out and pretty scenes. Yes, “more spiritual” practices can reinforce such “efforts” but rebalancing your energetic body doesn't always have to be “frowny”.

7. Invoke the Law of Personal Space

Sometimes, it's useful to remind yourself that your being (physical and energetic) is your personal space, no one else's. So tell “them” all to get out of it (i.e. on the invisible level, in mind's eye first). No one has a right to impinge upon or own your energetic space or being, even if you give them permission to do so. This law is known throughout the world of energy – even the most wilful usurper will back off if you hold to it. The position of energetic victim can therefore be relinquished when one knows the law of personal space and upholds it.

In applying the law, don't go round telling people on the physical level (unless they're really impeding upon your space mentally, emotionally or tangibly of course). Simply visualise the connections and stucknesses in your aura and state the law - in your mind's eye - for all to hear. The best way to work from an energetic perspective is to let go of/ignore the horizontal world completely and to bring your focus right back to Source (and your vertical spiritual connection) alone. Keep repeating this and require everyone/thing to leave your space accordingly.

Affirmations that can be useful when cleaning the aura include:

- “It's my life and my space, nobody else's.”
- “This is my body, my space and my being. I let go of everything around my being.”
- “The needs and agendas of others are not for me to carry. I let go of everything around my being.”
- “You have your own space. Please leave mine.”
- “I'm not responsible for other people's feelings and needs. I allow all things to release from me.”
- “I let go of all neediness, including my own.”
- “I allow myself to receive white light and Divine will from above.”
- “You are not the Divine. I let you go.”

- "I allow myself to acknowledge/sense the Divine in my world. I let absolutely everything go."
- "I allow all atoms to move."

8. Apple cider vinegar baths and other things

There are all sorts of psychic/spiritual cleaning rituals that can be used to clean the aura and lighten things up. Essential oils, burning candles, incense, music - even an apple cider vinegar bath can do the trick! Apple cider vinegar's a great all-rounder in the world of cleaning. In terms of aura clearing, put a cupful in your bath with a sprinkle of sea salt and immerse yourself fully several times to get clear (there's no need to stay under long). Adding epsom salts or sodium bicarbonate can also work wonders, as can swimming in sea water.

9. Look at what you're entertaining

In the world of energy, everything is focus and, in this light, so is that which you entertain. For as long as an energetically sensitive person has "one eye" on (or one foot in!) that which s/he doesn't want, one tends to find that "thing" hangs about. Everything is focus in the world of the energetically sensitive - if you don't want something in your scopes, you shouldn't be "looking" at it. This may sound obvious and as if it's easy to do but, some days, disconnecting from outside energies can be difficult. Focusing on the "right stuff" needs to include all of you in a way that there's no inner dialogue or tension prevailing. As such, some days clearing is about release again and again and again, simply because that's how it is from time to time.

So if you're still "hooked"? Keep focusing, use your breath, come back to faith and know you'll soon break through.

10. Pray/Ask for assistance

The act of asking G-d, Source, the universe for help can be useful at any time, especially when the going's tough. As you do this, allow the world of energy to be real; allow Source to exist in your world (in spite of you) as well as those on the invisible level who are there to genuinely help you. Acknowledge that 'they' are there - in your mind's eye or out aloud - and ask for your aura, space, home, etc to be cleared, rebalanced and cleaned. If you need to, talk to the Divine about your situation - fully - and, when you've finished talking, let go of the issue and breathe.

This exercise can often net a person more intuitive guidance, be it immediate or something that comes through later, however it can. Know that the world of energy is there to assist and guide you (because it is!), then use your breath to allow it in.

A Quick Note on Protection.....

Some energy workers recommend visualising protective devices around your being, house, world, etc as a means of keeping outside energies away. Whatever you want as a protective device can be included as you visualise yourself surrounded or guarded by it. Some people use walls; others use mirrors or white light bubbles. Whatever mechanism comes to mind as being an effective additional barrier can be useful.

It goes without saying however that, for as long as one weakens one's defences via his/her own habits and/or pessimistic dialogue (self doubt, lack of faith, criticism, etc), strong outside barriers tend not to last too long. Establishing a system of defence out of fear or negative opinion can actually attract the things you wish to defend against. As such and in my opinion, psychic and spiritual protection is best

established via aerobic exercise and a regularly maintained connection to higher/essential self and Source (as opposed to relying on any horizontal or invisible armoury). The key to any positive energetic defence or protection is to affirm, focus on and emulate the energy you do want in your world; and to aim upwards regularly so as to hold to that.

In Conclusion

As said above, the aura really is a multi-layered “thing”. It’s anything but single-faceted and is so much more than the energetic bubble one can perceive it to be. Much of the aura’s role is in the facilitation of communication (conscious and subliminal). It’s the very presentation of you, as well as having an influence upon your physical world and responses to things. As such, auric health is critical - from the outside in and the inside out. By cleaning the aura both ways, one can obtain a level of clarity that results in new and/or different things. Perceptions, thoughts, fears, feelings can all evolve quite magically - even how the world reacts to you as an individual. The role of the aura is critical in all that we do, making the act of cleaning it regularly a critical part of self-caring. So, the next time you’re feeling a little too caught up in the outside world, take a few moments to clean your aura off and see if that helps improve upon “things”.

A Word re “Atoms”

Please note that, wherever the word “atoms” is used in this article, it is applied in the context of spiritual and intuitive energy/phenomenon (not from a scientific platform). The term is used to denote the smallest level of creation within the invisible realm and, as such, could differ in meaning from its scientific counterpart.

For more information, contact Fran Davidson via <https://www.psychicandenergywork.com.au>

References:

- Barbara Ann Brennan, *Hands of Light: A Guide to Healing Through the Human Energy Field*, Bantam Books, USA, 1988
- Cyndi Dale, *New Chakra Healing: The Revolutionary 32-Center Energy System*, Llewellyn Publications, St Paul, 1996
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