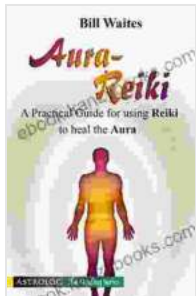


Practical Guide To Using Reiki To Heal The Aura | The Healing Series



Aura-Reiki: A Practical Guide to Using Reiki to Heal the Aura (The Healing Series)

★★★★☆ 4.4 out of 5

Language : English
File size : 4050 KB
Text-to-Speech : Enabled
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 128 pages
Lending : Enabled



The aura is a field of energy that surrounds the body. It is made up of different layers, each of which corresponds to a different aspect of our being. The aura can be affected by our thoughts, emotions, and experiences. When the aura is healthy, we are healthy. When the aura is damaged, we can experience physical, emotional, and mental problems.

Reiki is a Japanese energy healing technique that can be used to heal the aura. Reiki is a gentle, non-invasive therapy that can be used to promote relaxation, reduce stress, and improve overall well-being. Reiki can also be used to treat a wide range of physical and emotional problems.

This book is a practical guide to using Reiki to heal the aura. It includes step-by-step instructions on how to give and receive Reiki treatments, as well as information on how to use Reiki to heal specific problems.

What is the Aura?

The aura is a field of energy that surrounds the body. It is made up of different layers, each of which corresponds to a different aspect of our being. The aura can be affected by our thoughts, emotions, and experiences. When the aura is healthy, we are healthy. When the aura is damaged, we can experience physical, emotional, and mental problems.

The aura is often divided into seven layers. These layers are:

- **The etheric layer** is the closest layer to the body. It is made up of dense energy and is responsible for our physical health.
- **The emotional layer** is the next layer out. It is made up of less dense energy and is responsible for our emotions.
- **The mental layer** is the next layer out. It is made up of even less dense energy and is responsible for our thoughts.
- **The astral layer** is the next layer out. It is made up of very subtle energy and is responsible for our dreams and psychic experiences.
- **The causal layer** is the next layer out. It is made up of even more subtle energy and is responsible for our karma and past lives.
- **The spiritual layer** is the outermost layer of the aura. It is made up of the most subtle energy and is responsible for our connection to the divine.

How Can Reiki Heal the Aura?

Reiki is a Japanese energy healing technique that can be used to heal the aura. Reiki is a gentle, non-invasive therapy that can be used to promote

relaxation, reduce stress, and improve overall well-being. Reiki can also be used to treat a wide range of physical and emotional problems.

When Reiki is applied to the aura, it can help to clear away negative energy, repair damaged energy, and strengthen the aura. This can lead to a number of benefits, including:

- Improved physical health
- Reduced stress and anxiety
- Increased emotional well-being
- Enhanced spiritual connection

How to Use Reiki to Heal the Aura

There are many different ways to use Reiki to heal the aura. One simple technique is to simply place your hands on your body and allow the Reiki energy to flow through you. You can also use Reiki symbols to focus the energy on specific areas of the aura.

Here are some specific instructions on how to use Reiki to heal the aura:

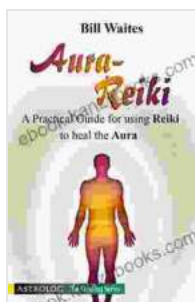
1. Find a quiet place where you will not be disturbed.
2. Sit or lie down in a comfortable position.
3. Close your eyes and take a few deep breaths to relax.
4. Place your hands on your body, palms facing up.
5. Allow the Reiki energy to flow through your hands and into your body.

6. Visualize the Reiki energy healing your aura, clearing away negative energy, repairing damaged energy, and strengthening the aura.
7. Stay in this position for as long as you feel comfortable.
8. When you are finished, slowly open your eyes and take a few deep breaths.

Reiki is a powerful healing tool that can be used to heal the aura. By using Reiki to heal the aura, you can improve your physical, emotional, and mental health. You can also enhance your spiritual connection and live a more fulfilling life.

If you are interested in learning more about Reiki, I encourage you to read this book. This book is a comprehensive guide to using Reiki to heal the aura. It includes step-by-step instructions on how to give and receive Reiki treatments, as well as information on how to use Reiki to heal specific problems.

I hope this article has been helpful. If you have any questions, please feel free to contact me.



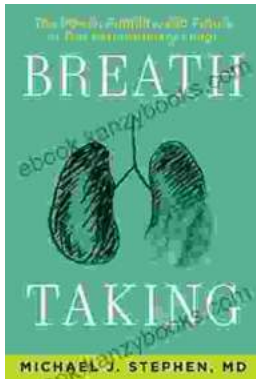
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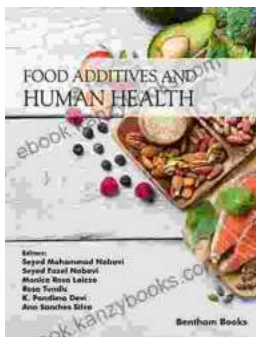
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