

angels and guides to replace all such energy with a golden-white light and vibrations of God's love.

If you know the source of psychic attack, tell that person's soul that it must leave your vibration and imagine yourself unplugging from your aura an attachment that it has made to you. If you feel the energy of psychic attack and don't know the source, then imagine your guides and angels simply unplugging all attachments of any sort to your aura, regardless of their source. See your aura filled with white light and love.

Now envision unplugging yourself from any attachment you may have made to others. Release all attachments and return your consciousness to your own energy and aura. Breathe in and see your aura in a crystal clear light. Slowly open your eyes.

Auras affect people more than words. Auras bring the sum total of one person's consciousness into contact with the sum total of another person's consciousness. It's like intermingling two different radio frequencies—leaving a confusing end result.

CHARTING YOUR PROGRESS

Remember, meditation is a very thorough way of clearing the aura. How are your meditation periods going? _____

How many days this week did you make entries in your psychic journal? Were you more aware of the energy from others? _____

How many days this week have you remembered to ground yourself? Were there any changes in your experience after doing this? _____

Have you been aware of your aura? _____

Have you cleared it? Feel better? _____

Have you felt a psychic attack? _____

Have you repaired any tears? _____

Are you remembering your aura hygiene? _____
