



## Lesson 4: All about Auras



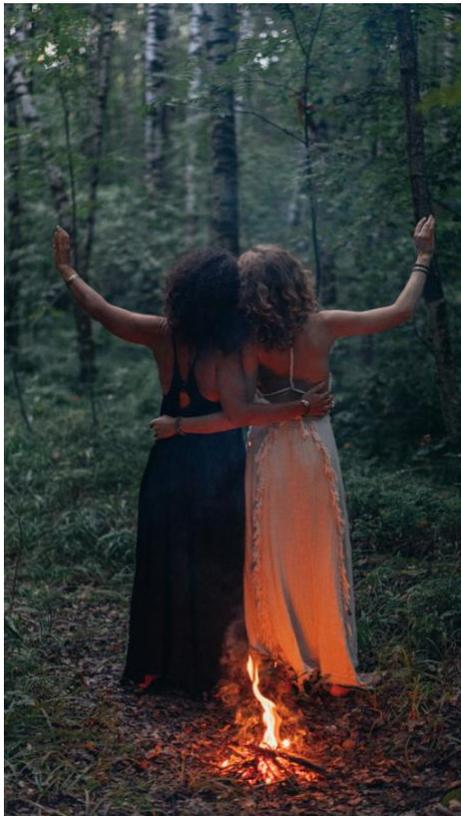
You have so far learnt how to feel magick & cast a circle. This is the very basis of witchcraft which (as I have said before) is simply the wilful manipulation of magick. Everyone can do this and everyone can learn this, it is not a difficult concept and one that everyone can enjoy.

Once the ability to detect and feel magick has been learnt, the next thing to try is the wilful changing of that energy and magick and the easiest way to learn this is by doing it on yourself. So that is where we will start.

As mentioned, everyone has an aura of energy around them, part of their prana, their animal magnetism and this aura is different for every single person who has ever lived. It is a flow of that person's energy around their body and this flow follows a certain pattern.

It is difficult to say how each person's energy flows around them, but **in general** your energy comes up from the 'root' of the spine - the tailbone. This then flows up through the body and comes out of the top of the head, exiting through the Crown Chakra. The energy then falls down around the body in a waterfall effect, most of it flowing back in through the tailbone but some falling to the feet and coming in through the bottom of

the feet and legs. This energy is replenished throughout the body and especially at night through sleep.



On an everyday basis, some of this energy that you have may fall back into the earth, some may be freely given to other people (for example if you support a person through hardship, you often are said to ‘give them love and support’. But what you are actually doing is giving them some of your aura - your strength & Prana to help them).

You might also give some of your love to a pet – this is giving aura to them, and they generally give it back to you – a win win situation. Each strengthens the other.

But



aura might be taken from you. Firstly, by other people leaching your energy or ‘emotional vampires’ as social media calls them. We all have experienced this, people who whinge for the support that you give, which is incredibly draining, so that being with them for five minutes can seem to completely void you of prana. Secondly aura is taken by demonic entities. These entities can attach themselves to you and promote your negative emotions such as fear, loss of confidence and anger. Once you are producing a lot of these emotions the entities can ‘feed’ of these negative energies.

A normal healthy aura does not have any blockages on it, no sticky patches where the energy is flowing sluggishly. It flows freely and easily – think of a child and how they feel to you – natural, energetic, free flowing, open - that is how your aura should feel.

Unhealthy auras may feel sticky, sluggish, patchy or have large areas that feel blocked in them. This is something that as a witch, we keep an eye on and ensure that our aura (and those of our loved ones) is always flowing in an optimal way. Aura is simply an energy and as with all energy this can be manipulated and changed. However, before you can do this, you need to understand how your own aura works and how it feels.

## Exercise 1: Feeling Your Aura – 5-10 Mins

As I am not with you, we are going to assume for the moment that you have a healthy aura flow. Even if you don't, for the purpose of these exercises, it does not make a difference. It is interesting to note though, that if you are feeling a little put off from doing these exercises this might be a sign of an unhealthy aura. We covered this technique in our first video, but this is a more in-depth look at your aura.



[Click here to watch a short video of this technique](#)

1. First, cast a circle around you using your prana only, saying these words aloud.

**'I cast a circle to help me connect to my aura'**

2. Stand or sit comfortably within your circle and take a couple of deep breaths to centre yourself.
3. Rub your hands together to bring your energy to bear on your hands.
4. Reach your arms out as far as you can, and turning your palms inwards facing towards you, but with arms fully extended, slowly bring your hands towards your chest.
5. Stop when you will feel a change or a difference on the palms of your hands as you bring them closer. Most people's aura sits around 6-8 inches away from their body and this is where most of you will feel the change occur.
6. If you are an introvert, you may well have your aura much closer to your body, if you are extrovert, it will be further away.
7. N.B. You may be one of the rare people that have a double aura – these people present a public face to the world keeping their real selves hidden behind this. This is shown in a double aura. I have only come across this about five times in my career, so not likely but you do need to know about this
8. Write down three words to describe how your aura is currently feeling.



Congratulations you have found an established a 'normal aura' setting for yourself and you know how your aura feels. We are now going to look at 'seeing' your aura.

## Exercise 2: Seeing Your Aura with Mind's Eye – 5 Mins



1. With your eyes closed sit within your circle and envision that you are standing in front of yourself, looking straight at you from afar. You can see your aura swirling peacefully around you. What colour is it?

2. Some people have several colours in their aura, some people have one overriding colour (for example by aura is generally bluey coloured for

everyday wear however my daughter has brown around her hips and pink above).

3. Do not second guess, or think that this is purely your imagination, go with what feels right and have the courage of your convictions. Write down in your Book of Shadows how you see your aura.

## Exercise 3: Seeing Your Aura with your physical Eye – (Some Time!)

For this exercise you will need a plain white piece of paper.

I used to practice this technique each day in the bath as it had a white background, and I was grounded and peaceful. After several days I could begin to see my aura quite easily, but it does take effort to perfect.

1. Cast a circle to help you see your aura. If like me, you are doing this in the bath then cast the circle around the bath.
2. Massage the point between your eyes with a gentle finger for a few seconds, this helps bring blood to the Third eye Chakra and this will help you activate that area. Calmly take a few deep breathes to ground yourself.
3. Place your hand flat on the white piece of paper (or the sides of the bath!) with the fingers ever so slightly spread out.



4. Stare at your hand with your eyes letting your eyes un-focus slightly. Try not to blink as this can break the line of sight too much. However, don't strain as this will defeat the object.



5. After a short while you should be able to gain sight of some colour – especially between the fingers of your hand. This might come as a flash or as a more intentional sight.

6. Write down the colour/colours

7. Do you see any darker/greyer patches in the aura – this is often a sign of unhealed physical trauma or negative energies.

8. Try this technique for three days running and note any changes in the colour/feel/style

### Homework 1:

Message me about what colour you saw in your mind's eye and whether this corresponds to the colour you saw with your physical eye. Let me know if your colours changed at all and most importantly – did you like them? Do they feel right for you?

### Exercise 4: Basic Aura Scans 10-15 Mins

For this exercise you will need an incense stick in your favourite blend.

By now you should be 'au fait' with feeling and seeing the colours of your aura. So, for the next exercise we are going to look at your aura as a whole. This is a useful technique for when you need to see if you are carrying any negative energies, or a simple daily way to understand if your aura requires any work.



1. To do this, you (of course!) need to cast a circle saying:

**“I cast this circle to connect to my aura”**

2. Take a couple of deep breathes to ground yourself then close your eyes. Massage your 'third eye' area (area between your eyes) for a minute or so.

With your **mind's eye** begin by looking at your aura and establish its colours. Do not disbelieve yourself, if you think your aura is yellow, then it is yellow. If it changes halfway then it changes (it might not though).

3. Carefully move from the top of the head down the body noting the colour as you go. What you are looking for here are grey patches, or empty patches or even just different coloured patches (an aura colour will cover all around a body so if there is a patch of different colour this needs to be investigated).
4. Pay particular attention to the back of the head and shoulder area as this is where problems are most commonly seen.
5. What have you found? Are the colours solid all the way through? Are there patches of colour that are lighter/darker than the surrounding? If yes, then we need to 'cleanse' this area.



6. Light your incense stick and using its smoke



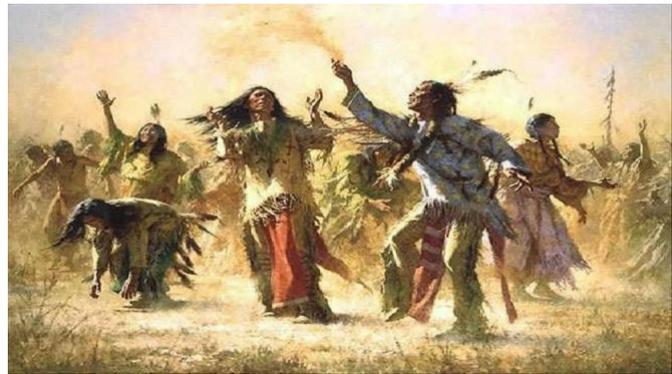
'scrub' the areas that are problematic with the smoke. Do this for as long as it feels necessary (anywhere from a few seconds to a minute or so).

7. When you feel the aura has been cleansed repeat the aura scan and see if the patches have cleared away. Sometimes they will not clear completely – **please let me know if this is the case**. How do you feel now? Often, people feel 'lighter' after this has happened. Sometimes they just feel 'normal'. Both these feelings mean that it has been a successful cleanse. Do not worry if none of this applies – just means that you were 'clean' to begin with.

Congratulations you have completed your first aura cleansing! It is very important that you use this technique every week. As you open your aura more and more to witchcraft

you will create an incredibly attractive pull to not just the Good, but The Bad and The Ugly. So, it is really important to stay on top of aura cleansing. I have been looking at my aura on a weekly basis for over twenty years, and this has enabled me to keep myself in tip top condition for witchcraft and prevent negative energies from harming me. Of course, it is not only yourself that you are going to smudge, but you will find that you have to smudge your home too – but we will cover cleansing a home in more detail later on in the course.

(A note on the word smudge: This is an Old English word - not a Native American one – I do not know what the Indigenous American word for smudge is. The practice of cleansing with smoke has been and is part of every culture in the world. The Native American closed practice is not what we are doing here. I do not know this ritual and have not appropriated it – I am using a ritual that has been in use by witches (and non-witches!) for millennia. Of course, there are similarities – but their closed practice has its own rituals and ways, and they have appropriated the English word of ‘smudge’ to describe it.)



## Homework 2 & Exercise 5: Basic Aura Protection Bubble

Please describe this exercise to me **on Messages**



Once you have mastered feeling your aura, you can move onto changing your aura. We are going to do this using the ‘Bubble Up’ technique. Bubbling is a way of changing your aura to suit. As being a witch can bring unwanted energies to you, for this first attempt we will look at making a protective bubble for you to wear when you are out and about.

This is one of the most important spells you can learn, I use them when I am away from home, having a work meeting, travelling or simply at a party where I feel the need. A bubble of protection is exactly how it sounds. The bubble will cover you from just above the head to underneath the feet. Unlike a warding spell this is a moveable spell – it is a bit like putting on a suit of armour for your astral body. Once you are competent at it you will not need to cast a circle to start with, you can just put it on, but for now:

**“I cast this circle to enable a protection bubble”**

1. Make sure the circle is not too large; it just needs to have you within it. If you don't like the circle, take the energy back in and re-cast.
2. Standing in the circle, visualise what a protection bubble looks like. Some people I know place themselves in iron cages, some in a glass sphere, I know one person who became invisible, others (such as myself) choose a diamond like bubble. Please go with the first thing that pops into your mind.
3. Write down in your Book of Shadows what this bubble looks like. What colour is it, does it move is it static surrounding your body?
4. Write down three words to describe the feel of the bubble (mine for example being a diamond is faceted, smooth and cold)
5. So, you have envisaged the bubble – now you need to make it. The easiest way to do this is to decide how you are going to put this bubble on. Are you going to step into it and pull it up over you like a sleeping bag? Are you just going to create the bubble around you? Are you going to drop it over your head? Decide on the technique first and write this technique down in your Book of Shadows.
6. Once you understand how to get into the bubble, command the bubble to appear. You can say out loud 'I call my bubble of protection to now form'. Once you can 'feel that the bubble has formed - put it on. I put my bubble on and form it at the same time, using my hands I bring it to being and 'pat' it onto my body.



7. Let's test it... Rub your hands together and stretch those arms out, palms facing inwards. Slowly pull the hands towards your chest. Stop when you feel the edge of the bubble & note the following:

- Write three words to how it feels? Does this correspond to what you wrote when you were merely visualising it?
- How far is it from your body – is it the same distance as your prana or further /nearer away?
- How do you feel now it is on? Do you feel safe/protected/out of the way?
- How long will it last for? (bubbles like circles last only a few hours)

Your homework for the next 3 days is to put on a bubble of protection each day before you leave your home. Write down the time you put it on and the time you think it had dissipated. Let me know if the bubble is lasting longer over each of the three days or if it stays the same (both are common results – it depends on how good you are at casting a bubble in the first place!)

## Homework 3 & Exercise 6:

Again, there are as many types of bubbles as there are fish in the sea, and they are all useful. Bubbles are essentially ‘walking circles’ in that they do the same as a circle but move around with you. Hence why they dissipate after a few hours (without some serious anchoring anyway). The technique that you have just learnt can be used for every type of bubble and the steps are

1. Cast a circle for a particular type of bubble
2. Visualise that bubble, how it feels and looks
3. Put it on!
4. Test the bubble with your hands.

For your final homework, I want you to **choose three** types of bubbles and use them over a period of a week (but not at the same time!) Here are some suggestions:

- Focus & Alertness
- Happiness
- Calmness
- Beauty
- Sociability
- Sensuality
- Empathy

### Let me know on Message the following

The Three Bubbles that you chose.

How each bubble looked/felt.

How it performed.

How long it lasted?

Which one was particularly strong for you? Why do you think this was so?