

## SIMPLE AURA CLEANSING RITUAL

This ritual is a simple way to clear your aura. As it draws energy from your field, it may make you feel tired, so it's best performed at the end of the day.

1. Drink 4-8 ounces of water with 1 tsp of lemon juice.
2. Fill your bathtub with warm water. To the water, add 1 cup of baking soda and 1 cup of salt. (If you don't have a tub or want to perform a shorter version of the ritual, place 2 tablespoons of salt and 2 tablespoons of baking soda in a bowl, bucket or pot large enough to immerse both of your hands or both of your feet.)
3. Set your intention for clearing your field, by either holding the intention in your mind while taking two or three deep breaths, or by saying aloud "I now choose to clear my auric field of any and all unhealthy or unloving energy."
4. Sit in the tub (or immerse your feet or hands in the water) for at least ten minutes, breathing slowly. Try to keep your hands and feet fully immersed. Imagine all the unhealthy energy in your body and aura traveling out of the palms of your hands and/or the soles of your feet and into the water, where it will be instantly trapped and neutralized by the salt and the baking soda.
5. Drain the tub or empty the bucket, bowl or pot.
6. Drink 4-8 ounces of water with a pinch of sugar or a little honey. If you feel tired or depleted, consider eating a healthy snack, such as a piece of fruit or a green salad.