

Sensing Auras

Practical Exercise

Please get into pairs and find a space where you are able to stand about 2 metres apart, facing each other. Make sure there is no tripping hazard around or in between you. One person will stay still, while the other person will do the sensing exercise and then you will swap around so each person has sensed and been sensed. Please make sure you have both centred and grounded your energies before performing the exercise. You may also like to use the thymus tapping method as an energetic protection check.

Person Sensing the Aura (moving)

1. Activate the chakras in the palms of your hands by rubbing them together or pressing the centre of each palm gently with your thumbs.
2. Now put your hands out stretched in front of you with your palms facing the other person.
3. Close your eyes and take a few breaths to tap into your intuition.
4. When centred and grounded, walk slowly towards the other person (either with your eyes closed or slightly open). Place your focus on the sensations you feel in your hands and body. Trust your own intuition and 'read' the air/void/aura.
5. You may feel 'bands' of energy as you get closer to the person. If you do, pause and sense the band before you move further forward.
6. Stop when you feel a resistance in energy - this is usually the inner most 'band' or layer of their aura.
7. Stay there for a while so you can sense the other person's aura and so that your partner has time to sense what it feels like to be 'sensed'.
8. When you have completed the exercise, close off your energies (both people) and exchange your experiences for 2 minutes. Then swap over so the other person has a go at sensing and you experience what it is like to be sensed.
9. In the group please share the highlights of your experiences.
10. Finally, write any significant learning down in your 'formula' log at the back of this booklet.