

Aura Protection Aura Spray Self-Therapy Techniques

Aura Protection Aura Spray fortifies the protective nature of your aura, so that you are less susceptible to unwanted energies, such as those that may be in your environment, and the negative thoughts and feelings of others.

The self-therapy techniques included in this document provide nourishment and clearing to the protective layers of our aura. This can support the body's processes in fighting off allergens, infections, and even provide resilience to the encroachment of other people.



Aura Protection for Aches and Pains

OVERVIEW

Every part of the body has energetic counterparts in the aura. This technique focuses on those counterparts as they relate to local areas of your body.

WHEN TO APPLY

- You want energetic support for local areas, especially those that tend to be susceptible to outside influences such as: sinuses, lungs, eyes, ears, and urinary bladder.
- A local area tends to get injured repeatedly.
- A local area feels weakened.

EFFECTS

The gemstone energies in the Aura Protection Spray are focused in the chosen area to strengthen its resilience to outside energies and influences.

PROCEDURE

1. Decide which area of the body you want to work on. Let's call it the target area.
2. Hold a bottle of Aura Protection Spray at arm's length away from the target area and spray toward it. If the area is on your back, reach over your shoulder and spray down toward it as best you can. Or reach around from the side.
3. Hold the bottle as close to the target area as you can. With the nozzle pointing directly away from the area, spray into the aura.
4. Repeat Steps 2 and 3 at least once.

Safety Tip

Close your eyes when you apply the spray near your head. GEMFormulas' sprays contain alcohol that can sting the eyes! If you apply this to someone else, tell them to close their eyes. Also, cover their eyes with your hand.

TIME GUIDELINES

This technique takes only seconds to apply. Use frequently, as often as every few minutes if the area is recently injured or in pain. For long-term chronic conditions, apply three times a day.

ADDITIONAL INFORMATION

Choose no more than three to five target areas in one application.

Video demonstration of this technique here: <https://youtu.be/oBW8SExrgI4>

Improving Aura Strength and Resilience Technique

OVERVIEW

You spray Aura Protection Aura Spray overhead, to create an all-encompassing curtain of mist that rains down around your body.

WHEN TO APPLY

- You want to improve your aura's overall strength and resilience.
- You are about to enter a potentially negative or stressful environment.
- You want to improve your resilience to allergens and other irritating energies in your environment.
- You feel as though you are coming down with something.



THERAPY TOOLS

- Aura Protection Aura Spray.
- Energy Clearing Aura Spray.

EFFECTS

As a result of performing this technique regularly, your aura will be cleared, nourished, and strengthened to enable it to fulfill its potential as a protective barrier. The aura is also a source of information about your environment and the people within it. The clearer and more nourished your aura is, the more accurate this information can be. This information will be communicated in various ways to your conscious awareness. Maybe you'll have a gut sense about something, an intuitive nudge, or a subtle knowing to avoid a person, place, or thing, or to bring it closer into your life.

Just one application can be enough to help you feel significantly stronger, clearer, and more resilient and protected.

PROCEDURE

1. Hold a bottle of Aura Protection Aura Spray overhead with the nozzle pointing up. Spray up and then let the mist rain down on you.
2. Continue to spray upward, but move the bottle in a circle about one foot (30cm) in diameter. Give yourself about six to eight squirts, somewhat evenly distributed around the circle. The mist will rain upon you over a wider area.
3. Repeat Step 2, but move the bottle in a circle about two feet (60cm) in diameter. This time mist will rain upon you over an even wider area.

Repeat Step 2, but move the bottle in a circle about three feet in diameter around you.
4. Repeat Steps 1 – 3 using the Energy Clearing Aura Spray.
5. Sit quietly for about a minute to allow your aura to absorb the gemstone energies.

TIME GUIDELINES

This technique can take about a minute or two to apply. Use once a day to gradually develop your aura's energetic strength and resilience.

ADDITIONAL INFORMATION

You can enhance the benefits of this technique. After the mist has fallen, take in a deep breathe. You'll be breathing in air that has been super-charged with the energies of the gemstones. This air has a higher vibration, and will smell fresh and life-giving. By breathing in the gemstone energies, you are inviting them to uplift the energies inside your body too. Be sure to wait until the mist has fallen. Some people may be sensitive to breathing in alcohol droplets.

Video demonstration of this technique here: <https://youtu.be/67GIzb5c2j8>

Boundary Strengthening Technique

OVERVIEW

You spray Aura Protection Aura Spray out into your aura in all directions, three to five times a day, as needed.

WHEN TO APPLY

- You feel another person is encroaching you upon emotionally or mentally.
- You are particularly sensitive to wifi or other types of electromagnetic radiation.
- You may be catching a cold, or are beginning to show symptoms and would like to strengthen yourself energetically.

THERAPY TOOLS

- Aura Protection Aura Spray.
- EMR Clearing Aura Spray.

EFFECTS

This procedure not only strengthens your aura, but also serves to push out the presence of unwanted encroaching influences. With each spray directed outward from your aura, you can imagine those encroaching energies backing away.

PROCEDURE

1. Hold a bottle of Aura Protection Spray overhead with the nozzle pointing up. Spray upward once.
2. Continuously spray outward while you move the bottle around your body. You'll start at your head and work down. You may turn to reach your back, or move the bottle to your other hand.
3. Remember to spray around your feet and also below them. This is an area of the aura that tends to be neglected and can be susceptible to weakness.

TIME GUIDELINES

How long this technique takes, and how you perform it, depends on your personal style. I've noticed that some people are spontaneous and spray all around themselves in what seems like random directions. In this case, the technique may take 10 to 15 seconds. At the other end of the spectrum are the methodical folks, who carefully premeditate and check the location of each spray application. In this case, it may take five to ten minutes to apply. Do what works for you.

Video demonstration of this technique here: https://youtu.be/I6jSD1U5_4A