

Metaphysical Anatomy:

HOW TO SCAN YOUR AURA

Energy Field Guide

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☯ How to Scan Your Aura 101 ☯

Info Sheet

↳ Introduction

This guide will walk you through scanning Auras, while the mentioned App is not necessary for doing this, it can greatly enhance your experience overall long term.

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Your aura is the electromagnetic field of energy and light that surrounds your body, extending outward in all directions. Auras are made up of different layers, colors and intensities, your Chakras act as keys for us to be able to get an insight into what is really going on. Scanning someone's aura provides insight into their physical, emotional, mental and spiritual states. Learning how to scan your aura can provide valuable insights into your emotional, mental, and spiritual well-being. This info sheet will guide you through two key techniques: Sensing Energy Field and Noticing Colors.

As we traverse through the realms of Spiritual Sciences, we can easily get lost, and the Chakras are one of the most important backbones you can always rely on to help you navigate. As mind-numbingly technical as we could get (Ancients studied these for 1000s of years) maybe it is better said as some say that 'you don't need to reinvent the wheel.' There are a million ways to tune up your power centers, but it's more important to just start now than wait around for the perfect day (or worse, an emergency!).

If you have been taking our Metaphysical Anatomy course, or The Metaphysics of Business & Marketing you are likely aware now that Chakras are akin to the energy centers located along the spine, each corresponding to specific physical, emotional, and spiritual aspects of our being. Balancing these wheels of energy can lead to enhanced well-being and a harmonious life to say the least. In Kundalini meditations, everyday people like you and I harness the raw power of these Chakra wheels together to seemingly do the impossible.

Just realize that although it IS important to approach great power with great responsibility, it can be a fun and eye opening process that is perfect for channeling into creative ideas and future collaborations. This info sheet will guide you through the associated colors, sounds, and crystals for each chakra to easily reference later.

I invite you to check out [The Genius](#), the best and only versatile Quantum Healing + Accurate Aura Scanning app (after evaluating many) we recommend at Light Body Balancing for Chakra balancing, Frequency healing, Scalar Light sessions, and PEMF therapy (for pain, stress, relaxation, peak performance etc).



In using The Genius, you do not need to be a genius, because you already are. Using one button, you can 'Quick Balance' your Chakras daily using a proprietary and intriguing program that some describe as 'Star Trek tech'. For the modern day and age, having the ability to do this through your phone is a game-changer, and can help those who have busy lives and find it hard to carve out enough time. With that said, there are no 'shortcuts' technically, so you will still want to do the inner work for yourself, although having some assistance can make it significantly easier and save you time. See Aura Scans in action [here](#).

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Sensing Energy Fields



What is it like to be Sensing Energy Fields?

This technique involves using your hands to feel the energy that surrounds your body, without making physical contact.

Benefits

- Increases self-awareness
- Detects energy imbalances
 - Enhances intuition
- Promotes emotional healing

How to Practice

1. Sit or stand in a relaxed position.
2. Hold your hands about 6-12 inches away from your body.
3. Slowly move your hands around your body, from head to toe.
4. Pay attention to any sensations like warmth, tingling, or resistance.
5. Take note of areas where you feel a change in energy.

Noticing Colors

What is Noticing Colors?

This visualization technique involves seeing or sensing the colors that make up your aura.

Benefits

- Identifies emotional states
- Reveals potential health issues
- Enhances spiritual connection
- Increases self-understanding

How to Practice

1. Close your eyes and take deep breaths to relax.
2. Visualize a white light surrounding your body.
3. Ask your intuition to show you the colors of your aura.
4. Take note of any colors that appear in your mind's eye.
5. Research the meanings of these colors to interpret your aura.

Tips for Accurate Scanning

- Practice in a quiet and distraction-free environment.
- Keep an open mind and trust your intuition.
- Consistency is key; the more you practice, the more accurate your readings will become.

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Conclusion

Scanning your aura is a powerful way to connect with your inner self and understand your energy dynamics. Whether you're new to aura scanning or looking to deepen your practice, these techniques offer a practical approach to enhance your spiritual journey.

Feel free to print this info sheet or share it with anyone who might benefit from learning how to scan their aura.