

# HOLES IN YOUR AURA

The aura has an outer layer that holds our energy in place. As long as this field is sealed up with no holes, your energy can't escape, and other people's negative energy can't get in.

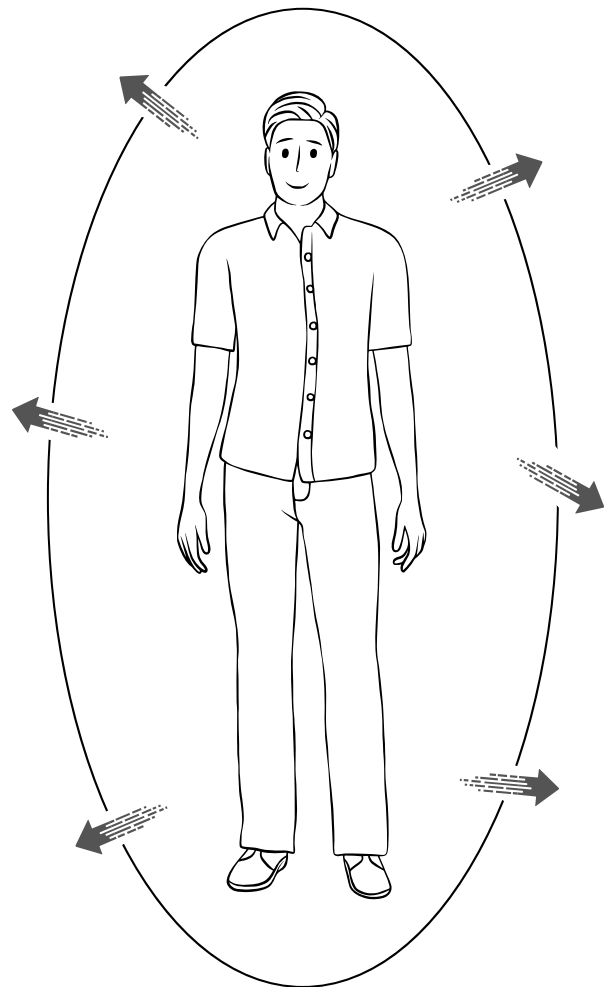
However, when the field develops holes, it becomes compromised and you may be more sensitive to your environment. You may also experience feelings of overwhelm and an inability to cope with the stress of everyday life.

## THE MAIN CAUSES OF HOLES IN YOUR INCLUDE:

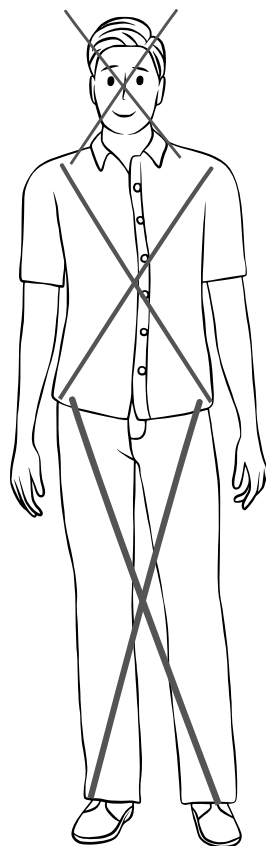
- Accidents
- Injuries
- Medications (especially steroids)
- Organ removal
- Scars
- Surgery

## SYMPTOMS OF HAVING HOLES IN YOUR AURA INCLUDE:

- Always feeling drained (even when getting enough rest)
- Compromised immune system
- Trouble focusing
- Difficulty making simple decisions
- Inability to enforce boundaries
- Vulnerability to negative energy



# HOW TO TEST FOR HOLES IN YOUR AURA

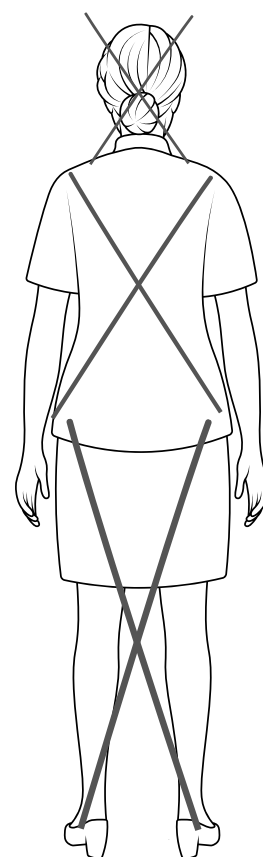


## FRONT OF THE BODY:

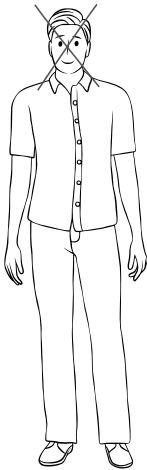
1. Stand with your feet shoulder-width apart and bend your knees slightly.
2. Test each directional, one at a time. There are four directionals at the head, four at the torso, and four at the legs.
3. Write down next to each directional whether you went forward or backward.
4. If you are unable to reach an area of your body such as a shoulder or foot, simply use your intent and focus your mind on the part of the body you are testing.
5. If you go backward in any direction, you have a hole in your field, and it needs to be repaired.

## BACK OF THE BODY:

1. Stand with your feet shoulder-width apart and bend your knees slightly.
2. Test each directional, one at a time. There are four directionals at the head, four at the torso, and four at the legs.
3. Write down next to each directional whether you went forward or backward.
4. If you are unable to reach an area of your body such as a shoulder or foot, simply use your intent and focus your mind on the part of the body you are testing.
5. If you go backward in any direction, you have a hole in your field, and it needs to be repaired.



## HOLES IN YOUR AURA - FRONT OF THE BODY



### 4 DIRECTIONALS AT THE HEAD:

Left head to right shoulder: \_\_\_\_\_

Right shoulder to left head: \_\_\_\_\_

Right head to left shoulder: \_\_\_\_\_

Left shoulder to right head: \_\_\_\_\_

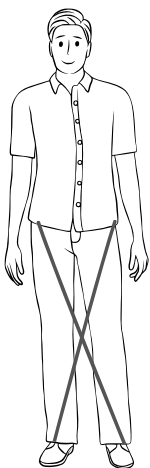
### 4 DIRECTIONALS AT THE TORSO:

Left shoulder to right hip: \_\_\_\_\_

Right hip to left shoulder: \_\_\_\_\_

Right shoulder to left hip: \_\_\_\_\_

Left hip to right shoulder: \_\_\_\_\_



### 4 DIRECTIONALS AT THE LEGS:

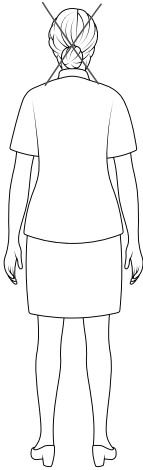
Left hip to right foot: \_\_\_\_\_

Right foot to left hip: \_\_\_\_\_

Right hip to left foot: \_\_\_\_\_

Left foot to right hip: \_\_\_\_\_

## HOLES IN YOUR AURA - BACK OF THE BODY



### 4 DIRECTIONALS AT THE HEAD:

Left head to right shoulder: \_\_\_\_\_

Right shoulder to left head: \_\_\_\_\_

Right head to left shoulder: \_\_\_\_\_

Left shoulder to right head: \_\_\_\_\_

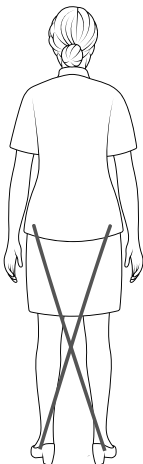
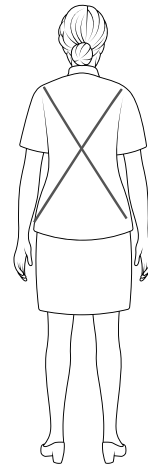
### 4 DIRECTIONALS AT THE TORSO:

Left shoulder to right hip: \_\_\_\_\_

Right hip to left shoulder: \_\_\_\_\_

Right shoulder to left hip: \_\_\_\_\_

Left hip to right shoulder: \_\_\_\_\_



### 4 DIRECTIONALS AT THE LEGS:

Left hip to right foot: \_\_\_\_\_

Right foot to left hip: \_\_\_\_\_

Right hip to left foot: \_\_\_\_\_

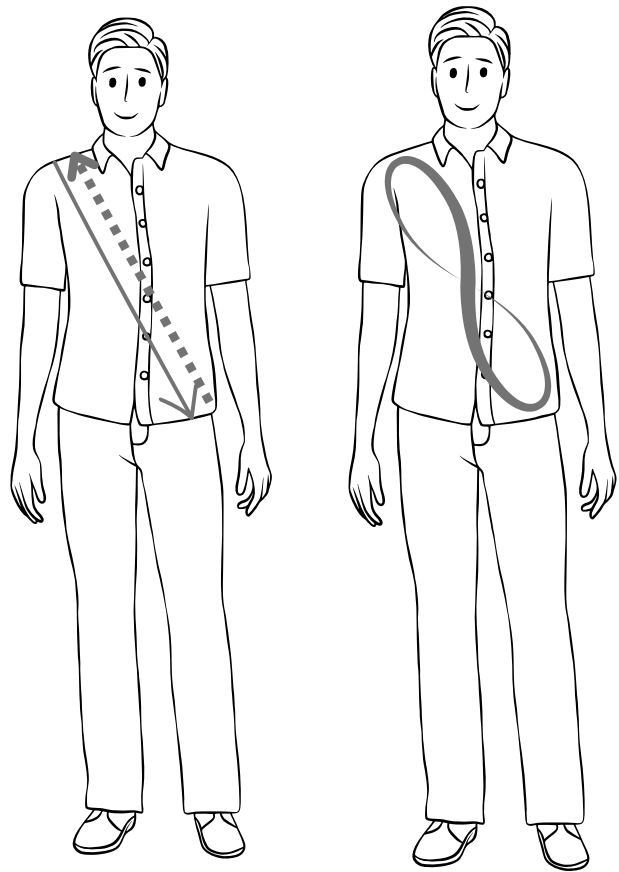
Left foot to right hip: \_\_\_\_\_

# HOW TO REPAIR HOLES IN YOUR AURA

Use the diagrams on the right as a reference for repairing holes.

When your body moves backward for any direction, do the following steps:

1. Trace back to the starting point. For example: if you test from the right shoulder to the left hip, the right shoulder is the starting point.
2. Draw a figure-8 pattern down the directional and back up several times until your body naturally moves forward.



## ADDITIONAL INFORMATION:

Moving the energy can be done in various ways such as with the palm of your hand or with the fingertips. You can experiment with different speeds and do what works best for you.

Practice repairing holes in the front of your body first. When you are confident with the technique, then practice the back of the body.

Remember, if you are unable to reach an area of your body such as a shoulder or foot, simply use your intent and focus your mind on the part of the body you are testing.

One repair may not be enough if the energy pattern has been broken for a long time. The repair will start holding with repeated corrections.