

Instant Harmony & Happiness

**via
The Auric Chakra
Harmonization Technique™**

Matthew Fifeforaite

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This book is not intended as a substitute for the medical advice of physicians. Readers should regularly consult a physician in matters relating to their health and particularly with respect to any symptoms that may require diagnosis or medical attention.

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Introduction

In the pages of this book you will discover an extraordinary subject matter, one that is still obscure to much of the world. But as more and more people awaken their natural ability to sense the energies in their environment and recognize the enormous impact they have on a person's happiness and unhappiness, successes and failures, interest in this field will soar.

The aura of energy that surrounds your physical body and the fluid energies in your environment may be invisible to the naked eye, but their existence is a fact.

Whether you are aware of the energies in your environment or not, they dramatically influence, either beneficially or detrimentally, how you think, feel and act.

While it is natural that we open ourselves to positive energy, we must also know how to guard ourselves against negative energy.

Negative energy in our environments automatically operates in us as countless negative conditions: depression, painful memories, unhappiness, anxiety, anger, illnesses, self-destructive behavior and failure in our endeavors, to name just a few.

Willpower is no match against the influence of negative environmental energy. But we can instantly, and without the use of willpower, guard ourselves against it using a technique I've

developed over the years to protect my aura, the *Auric Chakra Harmonization Technique™* (AHT). The AHT™ is completely natural, easy to learn and simple to apply. Anyone can do it.

Performing the AHT will activate the natural harmony of your auric chakras. Your auric chakras are the chakras of your aura. They are not the chakras on the physical body commonly written about and displayed on charts. Activating their harmony will protect your natural state of harmony and happiness from the unhappy environmental energies that would otherwise enter.

Most often, unhappiness is unhappy energy from our environments that has entered our bodies. It might be hard to imagine that unhappiness is simply an energy that you can remove from yourself. But you will know this to be a fact when any level of unhappiness, depression, anxiety, fear or any other negative condition you might be experiencing instantly and automatically disappears when you apply the AHT.

There is no generally accepted nomenclature for this type of literature. Therefore, in addition to fully defining words and terms commonly used in this subject, I've also introduced new terminology to ensure a clear and comprehensive understanding of the principles and techniques presented herein.

Italicized words in parentheses after a word are either the definition of the word or a synonym to aid the reader in understanding the relationship between different words with the same or a similar meaning.

This book is best understood if its chapters are sequentially read, as each one builds on information presented in preceding chapters. If you skip around, you will come across principles and

terminology, especially those unique to this book, that were defined and discussed in a previous chapter.

Instant Harmony & Happiness is the title because it is the result of performing the ACHT. I hope you will take this opportunity to experience firsthand how this simple technique can instantly and dramatically benefit your life.

“Your aura around your body is the living energy of your heart and mind. It is *part* of you. The energy of your aura is extremely interactive with the energies in the world.”

“Unhappiness and depression are usually caused by the unhappy energies in the world that enter us. Therefore, appropriate names for this condition are ‘environmental unhappiness,’ ‘environmental depression,’ ‘environmental illnesses,’ and so on. How can you stop the unhappy energies in the world from entering you? By activating the natural harmony of your aura.”

Matthew Fifeforaite

One Second to Happiness

Environmental Energy

Chapter One

We pay a great deal of attention to the solid world around us, but we often give little attention to the fluid energies that permeate solid forms and the space between them.

Some people can sense these energies in and around their body and some have not yet developed that level of awareness. Whether you are aware of these energies or not, the environmental energies – *that is, all energies produced by everyone and everything other than yourself* – with which you are constantly interacting dramatically influence how you think, feel and act. These energies can be positive or negative.

Your aura is a living part of you; it is part of your heart and mind. Therefore, when we refer to “one’s being” or “oneself,” not only does this include one’s mind (*awareness, intelligence and memory*), heart (*feeling and sensorial faculties*) and physical body, but it also includes the living energy of the aura around one’s body.

As simple as this might sound, and as obvious as it might seem, negative energy in one’s being (*heart, mind, body and aura*) naturally produces negative thoughts, feelings and destructive be-

havior, and positive energy naturally produces positive thoughts, feelings and constructive behavior.

The reason positive thinking does not work well for many people is that one is trying to think positive while filled with negative (*pessimistic*) energy. A positive attitude and positive action are not achieved by fighting negative thoughts, feelings and behavior, but rather, by simply changing the nature of the energy in oneself from negative to positive, the energy that *naturally* produces optimism, happiness, constructive behavior and success.

The positive or negative energy one receives from their environment influences one's being with that nature. Likewise, the nature of the energy produced by one's being affects the energy in their environment. It is a circuit of energy, and the positive or negative energy in one part of that circuit affects the other.

The natural state of your being is harmony. When you protect your natural harmony from negative environmental energy, you naturally maintain a level of positive energy.

There are events in our lives that cause us to be unhappy, angry and depressed. Unhappy events will occur in our lives. What is important is our ability to control the negative feelings those events cause in us so that we avoid a perpetuation of their destructive influences.

Harmonizing negative feelings caused by a traumatic event might seem counterproductive to the natural processing of the emotions relating to that event. But this is not the case. It simply allows one to *control* the feelings and one's behavior during the processing. If one permits those feelings to takeover and perpetu-

ate in their being, they can lead one into a continuing downward spiral of self-destructive behavior and unnecessary additional consequences.

It is healthy to channel painful emotional energy into constructive action, especially if that action is directed toward a healing of, or a solution to, that which caused the traumatic event. Too often, however, unhappy emotional energy becomes directed in self-destructive ways.

One might think that self-destructive behavior affects oneself only, but it really isn't possible to draw a line where self-destructive behavior doesn't also affect the lives of others, especially family, friends and business associates.

When you become aware of the impact environmental energies have on you, it will become clear that your being, and thus, your behavior (*speech and actions*), are expressions of the nature of the energy that vibrates in you. Moreover, it becomes obvious that we do not transgress one another, but it is the destructive environmental energies we allow to enter our beings (*hearts, minds, physical bodies and auras*) that influence transgressive activity in and through us.

Although we are not the primary cause of transgression, when we give speech and action to a body of transgressive (*negative*) energy, we become complicit in its activity and suffer the consequences of that behavior.

The degenerative nature of negative environmental energy is the cause of most of the ill conditions of one's body and life. Prolonged exposure to negative vibrations can cause them to imbed at a cellular level, resulting in cellular mutation and/or

activate latent inherent genetic defects. This, of course, is not only a contributing factor to numerous illnesses, but when we consider the self-destructive behavior negative (*unhappy*) energy influences in many individuals: addiction, self-harm, an unhealthy lifestyle, for example, it also causes significantly more physical health problems than the negative energy alone idling (*vibrating*) in one's body is causing.

Willpower alone is no match against the influence of a body of negative environmental energy. But one *can* guard (*harmonize*) oneself against the unhappy energies in their environment with the *Auric Chakra Harmonization Technique™* (AHT), and thereby, regain possession of the natural harmony of their being.

Unhappiness is the nature of negative (*disharmonious*) energy and happiness is the nature of positive (*harmonious*) energy. The degree of the disharmonious or harmonious energy in one's being is the degree of one's unhappiness or happiness, respectively.

It might be hard to believe that unhappiness is simply an energy that you can remove from yourself. But this will become obvious to you when any level of unhappiness (*negative energy*) you might be experiencing at any moment is instantly and automatically replaced with harmony and happiness upon performing the AHT™.

Not only can the AHT remove unhappy energy, but the resulting happiness of one's being (*heart, mind, body and aura*) will pull anyone who feels withdrawn from the world out into happy interactions with society.

A common reason why individuals withdraw from society is a weak auric field. This weakness gives way to a barrage of environmental energies that disorient their ability to harmoniously

interact with other people. If one does not know how to harmonize their aura against the turbulent currents of environmental energies, one can become reclusive, even agoraphobic.

How one perceives and interprets the world and their life in it might appear to be a contributing factor. But a negative perception, negative interpretations and withdrawing from society are all caused by the same energy. A negative perception, a withdrawal from society, unhappiness, anxiety, fear, etc., are all self-fulfilling aspects of negative energy morphing into different negative forms.

Negative energy manifests as *every* negative thought, feeling, sensation, behavior and condition, in varying degrees of darkness.

Our positive energetic connections with one another are essential to our happiness. In the same way that a circuit of positive energy between people increases and strengthens the positive energy of each of those individuals, the chronic absence of these positive circuits results in a weakening of one's life energy.¹

People suffering from this condition, and many others like it, can instantly control them by harmonizing their auras against the entrance of the negative environmental energies that cause them.

The ACHT does not protect us against physical matter. But it does harmonize us against the negative thought-energies, feeling-energies and sensorial-energies produced by living beings (*organic energies: people, animals, plants, etc.*).

The organic negative environmental energies we encounter were and are produced, past and present, by living beings

1 For detailed information on life energy, refer to the book *Particles from Heaven: Self-Realization* by Matthew Fifeforaite.

as thoughts, feelings, emotions, sensations, speech and actions. Once produced, these energies do not disappear, but they continue and become part of a collective body of hate-energy, anger-energy, envy-energy, fear-energy, self-loathing-energy, greed-energy, lascivious-energy, and the like.

The degree to which one is affected by this body of energy is primarily determined by the nature of one's speech and actions (*behavior*). Behavior, however, is highly dictated by the nature of the energy in one's being. Harmonizing (*Guarding*) oneself against the entrance of negative environmental energies, therefore, avoids the negative state of being and destructive behavior those energies would otherwise influence.

By simply activating your auric chakras, you strengthen the natural harmony and happiness of your being. This is the purpose of the ACHT

Your Auric Body

Chapter Two

Think of your aura as a body of energy that encompasses your physical body, with a radius (*measurement from the center of a circle outward*) from your skin of about two feet.

Just as your physical body has an outer layer of skin, so does your aura. The outer layer of your aura is your “auric skin.” Your auric skin is the location of your auric chakras.

Auric chakras are the chakras of your aura. They are not the chakras on the body commonly written about and displayed on charts.

The auric energy around your physical body is very different from the energy in your body. For this reason, the energy field (*aura*) around your body can be understood as its own body, which we will sometimes also refer to as your “auric body.”

You are naturally aware of the sensations of your physical body. You can also be aware of the sensations of your auric body. This will naturally occur when you learn to sense your aura. We will refer to your natural ability to be aware of the sensations of your physical body and of your auric body as your “sense-awareness.”

If you would like to be able to sense your aura, you can easily do so using the exercise in this chapter. The exercise aside, sensing your aura, as a general process, occurs by expanding your sense-awareness to and of the energies around the outside of your body.

A distinguishing characteristic of energy is its vibration. Therefore, when you sense the energy of your aura, what you will be sensing is the vibration of that energy. The quality of that vibration, harmonious or disharmonious, will naturally be apparent to you.

If upon sensing your aura, you sense negative energy in it, understand, that energy was already there influencing your being, your behavior and your life. That negative energy is what you will be removing via the ACHT.

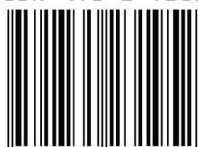


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