

# AURA

# Healing

The Aura Healing as performed by a MMS certified practitioner involves the balancing of the subtle energy fields surrounding the body, known as the aura. In all spiritual traditions, it is understood that there is a dynamic, multilayered energy field that reflects an individual's physical, emotional, and spiritual state — known as the aura. The goal is to remove energetic blockages, promote a free flow of energy, and restore balance to the overall energy system. A balanced and vibrant aura contributes to enhanced general well-being, and spiritual awareness.

## **BENEFITS OF THE AURA HEALING:**

- Enhances the flow of Light and removes energy blockages.
- Creates a harmonious state of being.
- Helps release and clear negative emotions stored in the energy field, promoting emotional balance and resilience.
- Reduces stress and promotes a sense of calm and relaxation.
- Improves mental focus and clarity; leaving one feeling more centered and better able to handle challenges.
- Expands consciousness and enhances spiritual awareness.
- ...and much more!

*Training for this modality received from*



£40.00

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