

# HOW TO CLEAR YOUR AURIC FIELD IN FOUR STEPS

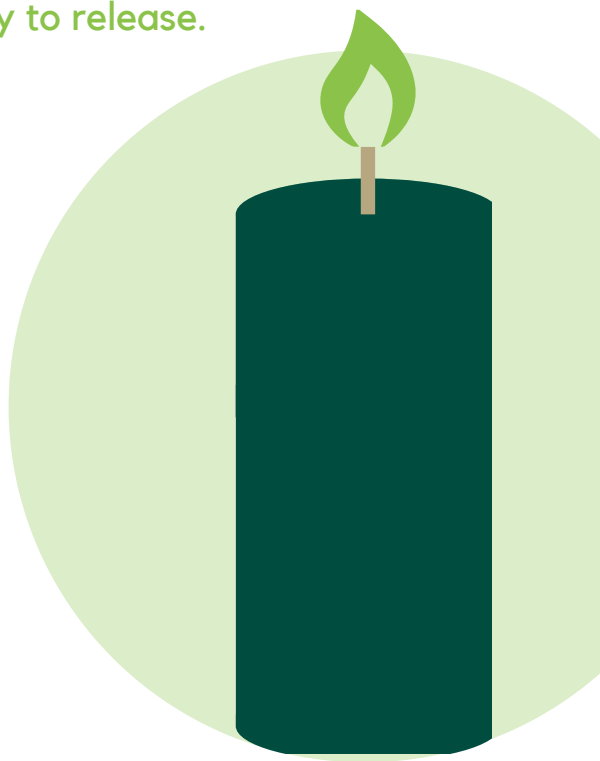


## STEP 1: TAKE A SALT BATH

Since ancient times salt has been considered as a tool to purify and transmute energy, take a salt bath with basil and rue, and program it with the intention of helping you clear all the energies, implants and thought patterns that you are ready to release.

## STEP 2: CANDLE MAGIC

Dress a candle with oils that support aura clearing such as palo santo, copal or sage, and light it on while meditating into the intention of detaching from what depletes you. Candle magic generates exponential results by adding the power of the elemental force of fire.



## STEP 3: RELEASE IN TO NATURE

Surround yourself by nature, and ask the spirits of trees and the land to transmute and elevate any frequency that keeps you from reaching your potential and shining your light as bright as it can be. The negative energy that is absorbed by nature is removed permanently from your auric field.

## STEP 4: ALIGN TO LIGHT FREQUENCY

Call upon Metatron's cube, and imagine that it surrounds you and supports you with reactivating the flow of energy from source that runs through you. This will facilitate your realignment with the original frequency of light while also protecting you energetically from psychic attacks.

