

A woman is shown from the waist up, in a meditative pose with her eyes closed and hands pressed together in a prayer position. She is surrounded by a vibrant, multi-colored aura that transitions through the spectrum of colors: red, orange, yellow, green, cyan, blue, and purple. The background is a soft, out-of-focus gradient of these colors.

**VISUALISATION FOR
AURA
HARMONISATION
AND
INNER BALANCE**

This simple visualisation technique is designed to help you harmonise your aura, balance your chakras, and regain inner peace. It is based on the understanding that your Higher Self is wise and that your thoughts influence both your emotional and physical wellbeing. When practiced regularly this technique will help you quickly find inner balance and peace.

Step-by-Step Practice:

- 1 - Lie down or enter a meditative state in a quiet space. Visualise yourself surrounded by pure light — a healing energy that soothes all wounds, no matter their origin.
- 2 - Notice the colour of this light. Often, it will be your favourite colour or the one your body needs most in this moment. Trust what appears — your Higher Self knows exactly what you need.
- 3 - Imagine yourself embodying the body and spirit you've long desired. Stay connected to that vision.
- 4 - Remain fully present in the visualisation, no matter what is happening around you. Let yourself drop deeper into meditation.
- 5 - Let your mind release waves of colour into the corresponding chakras. If you can convince the brain that your dream has already come true, it will — unless your Higher Self has a better path in store.
- 6 - When you feel complete, take a few deeper breaths. Gently begin to move your fingers and toes. Bring your hands to your heart and thank yourself for showing up. Open your eyes when you're ready — and carry that light with you into the rest of your day.

Notes:

- All chakras have both positive and negative radiations, which together form your aura. Learn to observe your aura, as you meditate. When you become aware of which rays of your own energy have curled up or closed off, you can understand where your weaknesses lie.
- To free the chakras from negative radiations, move step by step – always toward soul-soothing, growth, and love as the ultimate purpose of life.
- Through regular visualisation, you will gradually discover how much influence you have over your own psyche, dreams, and health – and how naturally open and creative you can become in your connection with others.