



Learn the basics of auras and how to apply their powerful energy fields to heal mental spiritual and psychical blockages for stability clarity and calmness in your life. After a thorough introduction of how to read each aura and its unique healing properties In Focus Auras gives exercises on how to harness the power of each field and direct these powerful energies to: Heal blocked chakras Extend your auras for others to feel it Feel and interpret the auras of other people Use auras to develop your senses and feelings Balance auras to affect your physical health The In Focus series applies a modern approach to teaching the classic body mind and spirit subjects. As a bonus each book includes reference cards or a poster held in an envelope inside the back cover that give you a quick go to guide containing the most important information on the subject. I didnt get enough info from In Focus Chakra Healing or Meditation or Crystals on auras so this book being created a whole entire book dedicated to auras was just what I needed! I love how much info is included within this volume. This accessible and beautifully designed guide to auras includes a frameable poster that outlines the unique characteristics of each aura layer: Auras are layers of energy within our bodies that interact with each other to express our emotional mental psychical and spiritual health. Authored by experts in their respective fields these beginners guides feature smartly designed visual material that clearly illustrates key topics within each subject: In Focus Auras: Your Personal Guide (In Focus 11) I really loved the Wall chart, The book in general is really really beautiful too :D konacoffeebelt. org In Focus: Auras by Joylina Goodings is a free NetGalley ebook that I read in late November: Auras what they are how they look how to reach out for them visually and what to interpret from them. This book is designed quite nicely with line illustrations and auras being photographed as electrical impulses but to be read into and intuited as layers of personal consciousness. Goodings explains on how to keep in touch with your inner senses and behaviors and to assign meaning to the colors that you see around someone: It's quite a lot like interpreting dreams what with the double meanings and slight variants.org I really needed this book. Answered most of my questions! Thanks In Focus! konacoffeebelt. konacoffeebelt.org.