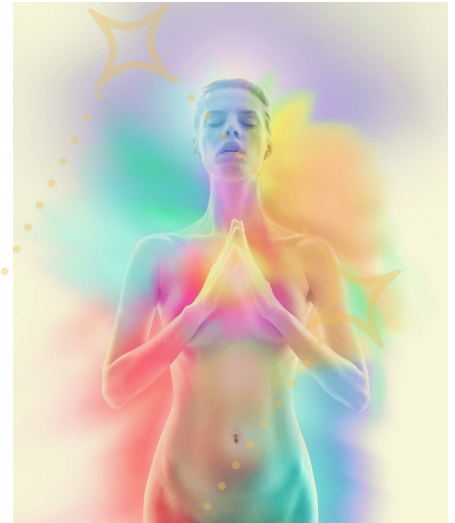




Module 2: Exercise 3

CLEANSING YOUR AURA:

Your Aura is a barometer of your consciousness. Your Aura can pick up on other people's energy plus the energy of your environment. It is important to cleanse your Aura often. Use tuning forks, chanting, smudging, colors, and visualization to purify your Aura.



STRENGTHEN YOUR WEI QI

Strike your forks and twirl them around your whole body starting on your right side from head to toe. Continue tuning around your body on your left side. Notice if forks go out. Move your forks close to your body and away. Which layers sing? Which layers are dense?

MORNING: EARTH TO HEAVEN

Tune your Kidney 1 and Liver 3 Stargate to ground. Strike your forks and tune the floor/Earth. Strike forks again and rise up, arms outward to create an oval around you as you reach towards the sky. Twirl your forks overhead. Do this 3-5 times.

EVENING: HEAVEN TO EARTH

Tune your Crown Chakra and Large Intestine 4 Stargate to say hello to your Higher Self. Strike your forks and tune the air above you. Strike forks again and forward old downward, creating arms an oval around you as you move towards the ground. Tune the floor and your feet. Do this 3-5 times.

