

Quick Spray Clearing Technique

OVERVIEW

Apply one to three squirts of each aura clearing Aura Spray at the locations where you need them.

WHEN TO APPLY

- When you wake up in the morning to help you start your day.
- When you need to get mentally clear about something.
- Daily to help keep you at your best.
- Before bed, to help you sleep better and have clearer dreams.
- Whenever you feel stressed or pressured.

THERAPY TOOLS

- Energy Clearing Spray.
- EMR Clearing Spray.
- 7-Color-Ray Diamond Spray.

PROCEDURE

1. Using the Energy Clearing Spray, spray overhead one to three times.
2. Spray in to those chakras or specific local areas that seem to call for it, or spray out from chakras or specific vectors in your aura.
3. Repeat the above steps with the EMR Clearing Spray and the 7-color-ray Diamond Spray.



TIME GUIDELINES

The 5-Step Aura Clearing Self-Therapy will take a few seconds to a few minutes to perform.