

Aura Bath

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This is a great way to clear your aura of stagnant energy and relax.

- One cup of salt (preferably natural salt without additives)
- One cup baking soda
- Optional A few drops of lavender essential oil for extra relaxation

Bless the water and salts and ask angels to help with clearing your aura and releasing any negativity into the water.

Soak in tub for an hour - longer than you might feel comfortable. Sometimes I let my head soak in the water and submerge for a while (will have to shampoo your hair afterwards if you do this as salt water like sea water will make it matt). Rinse off in the shower.

If you feel like it then take a nap afterwards or do a meditation and feel how relaxed and clear your energy feels now compared to before the aura bath.