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Hello, welcome back

I hope you had a great time playing around with your gold suns.

And today now we are going to go to another stage. We have done grounding, which was releasing your energy, old energy in your space.

We have done gold suns or gold globes or gold bubbles, however you decided to think of it for yourself and that was replenishing us and bringing more new energy, our own energy into our space.

And now we are going to go to the Aura, the energy around us, this electromagnetic energy around us that defines our space, our unique space.

And that's the space we are going to call "our sacred space"

But before we do that I want to take a step back and as you realise we played with gold suns "right"

Those gold suns were a neutral energy, they were your essence, they were your song and they are your connection to the source, the divine, God! whatever you want to call that really amazing creator that we really cannot really fathom that created us.

So, what I want us to do is look at that gold essence energy and because we are creating our sacred space, I want us to put that gold energy just at the top of your head.

And we had called it your seventh chakra but for now we will call it just the top of your head. Just put a gold energy there and close your eyes.

What we are going to do is set the energy for the space and your sacred space, and we are going to set it with a prayer.

As we meet we allow the cosmic and earth energies to flow through our bodies, opening the doors to become more aware of our spirituality and increase the communication of the god of our heart.

Let us pray.

Maybe with the blessings of the supreme being that whatever happens during this class, will benefit each of us within our spiritual growth, awareness and understanding.

Amen.

Now just enjoy that gold light, let it vibrate and enliven and go within and around you, and just feel it for a moment.

Yes, feel that calm, that neutrality. Feel that balance and the resetting of the energy that we are going to have for this class, so that you can transform and grow.

Ok, great so now we are going to come back to the Aura.

What is your Aura?

It is that biofield that is around you and as I said earlier, we have electromagnetic energy that we are made of and our Aura has different frequencies, different layers of that electromagnetic energy.

For me I see that we have our past life energy and information in our Aura, that's how I see it.

I do readings and when I do readings for different individuals, energy readings I relate to the past life phase as that part which is also in your Aura.

And why do I look at it that way?

Well just remember, we are souls and have had many many lives and experiences as souls, and even though we talk about our song, that song is the vibration that soul has decided for this lifetime.

And that spirit that is within is so huge when it comes from within, it cannot all fit in the body.

So what does it do, it keeps some of it within our Aura, our biofield.

Our biofield is actually like a library of all that different information. As I said some will be past lives and some will be different dimensions and some may be other peoples, yea.

Our Aura expands and contracts and we may not be aware, and we may actually like when you go into a room, expand your Aura, really trying to feel that you're safe.

But what you are really doing is taking on everybody else's energy, into your Aura, into your space and also their songs and their library.

So sometimes you have other people's books in your library.

And so what we are going to be doing is be aware of what is your information, separate from other people's information and that which is kept in your Aura.

So, our Aura.

It is about an arms length, up, side, down and ideally it's an egg shape all round you.

Yea just imagine, imagine that egg shape all round you. And if you're with somebody else you might just rub your hands together and one of you can stand up and see if you can feel their Aura.

Just really feel, do you feel some tingles or cold or different sensation. You can do it that way.

Or if you're not with someone do it the other way, come from within and see if you can feel your Aura around you on the outside, round you.

And if you don't feel your Aura, just imagine it may be way out and that's why you can't feel it, but that's ok, we are just becoming aware of our Aura.

Now we've got to this point, we are going to use that tool that I said we always have to use, called imagination.

So I'm going to ask you to close your eyes, feet on the floor, get them nice and comfortable, arms facing upwards, if you have an armchair you can put them on the armchair or on your lap. Either way is fine.

And then close your eyes, take a deep breath, send yourself back into your body.

Now because you already know about grounding, ground from the base of your spine to the centre of the planet, make that connection and you can make it a "today connection" a present time connection.

Release.

And from there just imagine this egg shape around you and just be aware, where it is.

Is it too far forward, is it to the back, is it to the side, is it crouched onto your back and all going forward?

Just imagine that egg shape around you.

And now just imagine it an arm's length around you or you can look at it as 60 centimetres or two feet, that's fine whichever way, around above, below and to the sides.

Doesn't have to be perfect, just imagine it, and if you're finding difficulty imagining, you're doing it, just because I've said this and you're hearing it energetically, you're actually doing it.

So don't make it a problem, great

Now for fun, let's imagine expanding it as big as we can, filling the whole room that we were in, just really allowing ourselves to really, really expand.

Just imagine it as big as you can. What does it feel like, yar what does it feel like.

Do you feel you're defused, uum do you feel cold, do you feel warm, do you feel so expanded that you're feeling a little insecure or do you feel really comfortable because that's what you always do.

And if there are other energies around, things and whatnot, do you feel them when you expand your Aura?

That lovely biofield around you.

Great.

What does your body feel like when you've expanded your Aura?

Do you feel any sensations in the body with an Aura so wide, so big?

Ok, now that you have done that, let's do the opposite.

Let's bring that Aura really close so it's touching your body, really close, touching yourself. Bring it really close to you, touching your skin.

All around you above, below, to the sides, everywhere.

Great, now what does that feel like?

Uh Umm what does it feel like, do you feel squeezed, squashed or do you really feel comfortable because that's maybe where you have always kept your Aura.

Keeping everybody's energy out and really coming close to yourself, and really protecting yourself that way.

What sensations does your body have and are you grounded?

Ok Great, so now what I want you to do is just go back to having it an arms length around, sixty centimetres or two feet all around, above, below and to the sides.

That sounds like a real grounding.

And how does that feel, just reorganising your Aura, protecting you from all the sounds around, protecting you from all the energy around.

Just having your unique space, your sacred space.

Ok great, now what I am going to ask you to do is take a deep breath, bring the attention to yourself, and breathe out, and breathe in again, nice deep breath and breathe out.

And take one more deep breath and when you breathe out just bend over, shake your shoulders, your head.

And then you can roll up and open your eyes and if you've downloaded the sheet of paper from this session you can use that or you can just find another paper and just write down your experience.

What did it feel like when you expanded your Aura? What did it feel like when you contracted your Aura, and then what did it feel like when you just had it at arm's length around you?

Ok, welcome back.

How was that experience, how was it having it far and wide and close, and then at two feet around?

What worked for you and what did you notice?

Was the Aura more front, back, side or lopsided?

Did you remember to have it two feet beneath your feet and two feet above your head?

Great, and now we are going to do it again because sometimes we need to repeat this so that it becomes familiar to us and we begin to imprint it into our system.

So what we are going to do is again, close your eyes, feet on the ground "yes you're going to keep on hearing that, that's part of running your energy" which we are going to do later and its part of all these tools.

Palms on your lap or on the side of your chair if it's comfortable, and just close your eyes and just be erect and be comfortable.

Great.

So again lets just imagine that Aura, that egg shape around your body, sixty centimetres above sixty centimetres to the side, sixty centimetres below your feet.

Arms length all round.

Two feet, two feet, two feet and just imagine that egg shape and for the heck of it, put it as evenly around you as you feel comfortable.

Great.

So we're just going to be aware of how we can ground this as well. As I said earlier, you may have books from other people's libraries.

You may have books in your Aura of past lives and what you may be doing is wanting that information in a past life, but what's happening is your bringing in that past life and your wondering "what the heck is going on"

Just for example, just say I was in a past life. I was a really wealthy merchant, and I knew how to deal with the books and how to collect all that money and I was a wealthy merchant during the Egyptian times.

And the weather was hot and I had about 4 wives.

And now when you bring that information you want in terms of that merchant, you want to know how you can manage your books and how can you create wealth for yourself, so you're bringing the information of that lifetime.

But!

If you bring in the lifetime and your not even married yet you may be wondering "why do I want all these women to be my wives"

I'm just saying for example.

Or why is it we are in a world that is dealing with cards and everything is virtual and yet your wanting to think money wise, the information is not coming quite right.

Ha ha ha, yea those dogs no it too, you need to bark away that lifetime in terms of when you lived and you bring in the information of what you want.

So imagine now at the base of your Aura, as wide as "let's say as wide as that two feet all round" and ground it.

Connect it to your grounding cord, you can either tuck it into your grounding cord or you can have a wider grounding cord as wide as your Aura and really just send it right down to the centre of the planet.

Let it really connect and from there, you can release.

Release all that old energy, just let it go down, just the way you have been doing with your grounding cord, really having that connection and really releasing.

Releasing all those old books, releasing all those past lives.

Releasing all the information of other people, just release it.

Yea, I can see all that just letting go. Your libraries getting a little empty right now.

Now what are we going to do next? Bring in gold suns, gold globes, this is now bringing in your new information. It's also bringing up that information in the books that you had into the present time.

Bringing it into the moment so that it can work for you.

That's what you're doing with the gold suns now, bringing everything and refreshing your Aura.

And refreshing those different frequencies and layers.

You know when we talked last time “I think it was the last session” I talked about the chakras.

Well here it's important to realise that your Aura and those chakras do relate, those energy fields, the one at the top, the one here on the third eye, the throat, the heart, the solar plexus.

The second chakra by your “I don't want to say the G spot, but yea” and the one at the base of your spine.

Those are where you have your seven main chakras we talk about and they really work with your Aura which has seven layers as well.

So when were grounding out all this energy, were allowing ourselves to define those seven layers and the layers in between so you can have the frequency clear and clean.

And you can keep on practising this, although at the moment it might be like “eh too much information” but that's ok.

You can keep on practising and just be aware that you do have seven layers of your Aura and were actually grounding that out through a grounding cord.

The same one we were using from the base of our spine which we made as wide as our hips, and now we are adding grounding the Aura.

And I'm going to say again, as you are grounding that Aura how are you going to protect it. We said we had seven layers of the Aura, how are we going to protect our sacred space now that we have defined it, that arm's length around, above , below and to the sides.

What you can do “and I like this” but you can find different ways of doing it. I like to put a mirror on the outside of my Aura, a mirror that defelcts any energy that comes my way.

So as I am making my changes in this lovely egg shape within my physical body and connecting to my spirit I can protect my changes and my growth by putting this mirror around and setting it to deflect any energy that is not in alignment with me or does not operate at the frequency of my song.

That's a wonderful way just to have that safe space, so even as you're doing all this work, you're having your sacred space.

There are others who will do something like a net, some will use “Uuum” .. with the church of divine man and BPI (Berkeley Psychic Institute) we sometimes use Roses, and we put them at the edge as one or other times we may put them all around.

But you can use any imagery you want, you can have dancers, you can have musicians, you can have “I sometimes like to use what's his name from Aladdin, the genie” or Cruella De Ville with her long cigarette just blowing the energy away from me.

So you can use any form to protect your lovely Aura, your sacred space. It's really up to you, but simply you might just use the mirror to start with if that works for you.

And so with that I was going to say, just take a deep breath and breathe out, take another deep breath and breathe out, and take one more and breathe out.

And I am going to ask you as you breathe out to shake your head and whatnot, just really come up.

Get a piece of paper or write on the sheet you have got from this session and this time draw your Aura so that you can make it real for yourself.

Whenever you learn a tool it's wonderful to draw it so it becomes real. You see, our brain takes in information from images, pictures. So when you draw a picture make it real and also be **kinesthetic** about it, doing it physically.

Your body actually makes that connection.

So I am asking you to just take a bit of time and draw your Aura. It does not have to be perfect, and if you're a person who likes to write words, how it felt, you can write words on that sheet of paper. It doesn't have to be lines, it can be however you like.

Be creative, do it the way that works for you. And you don't have to do it how to perfect it in school or any of those things, let those things go, those things can go right down your grounding cord and just have that child-like kindergarten space, where you have those crayons and you created things the way you wanted.

So draw your Aura and if you like you can also do the seven layers, but that's really up to you.

Yea, as I said when I do my readings I do past life, but I also do the Aura and your different layers and read them for you because they do have a lot of information that is connected with your chakras.

So I am just going to give you about two or three minutes as we wind up the class of this session.

And as you are still sketching out and drawing and allowing yourself to express and make real your Aura I just want to say your assignment for this week is to just be aware of your Aura.

Play with it, expand it, contract it, put a protection around it and remove the protection.

Going to different places, going to nature is it easier, is it more difficult?

What does it feel like in nature, do you want to be more expanded or closer to your body?

When you're in a crowd do you want to have your Aura closer to you or further apart, or when you're in the supermarket in line, just play around with your Aura and see what it feels like.

And see what your sacred space feels like when you play with your Aura.

Yea.

So really have fun with it.

Until the next session, as I always say "have fun" and be in that kindergarten.

Bye, Amen.