

STARRY EYED CHAOS
PRESENTS

5 REASONS CLEANSING YOUR AURA IS NOT WORKING

A woman with long dark hair, wearing a white sleeveless dress, stands with her back to the camera in a vast, arid desert landscape. She is holding a dark, feathered wand in her right hand. The ground is sandy and rocky, with low hills in the background under a clear sky.

WHAT DO I DO NOW?

A guide on auras beyond cleansing

By Stephanie Asher

First off what is an aura and what do you mean it may not need cleansed?

Good question! An aura (definitions may vary) is energy that surrounds people and objects which portrays what vibration you may be putting out to the world. It is colors associated with your Chakras as well. You see all over the InterWebs about cleansing your aura, your home, your work, your car, and your animals. But what if you don't NEED to cleanse your aura? Is that even a possibility?? Yes.

I will discuss here 5 reasons cleansing your aura may not even work for you and what may help instead!

1. Does your *Aura need* cleansed? Let's start at the very basics and with the biggest rumor. If you cleanse your aura, you will feel better - sound familiar? Have you ever cleansed your aura and felt exactly the same? Not even a smidge of difference? Perhaps your aura was already in check. Your energy is on the positive and feeling fine. While there is no harm in cleansing, it just won't change anything. That is perfectly fine and no need to worry about anything else. The cleansing will just keep you in check and if you still feel "off" maybe you need to look at something different in your life to adjust.

2. "I saged my aura and I don't feel any different." There are so many ways to cleanse an aura. While using sage is the most common herb to use, there are so many more ways to cleanse your aura that may work better for you. Let's take a look at other ways to cleanse:

- Smoke - Sage, Sweet Grass. Palo Santo, Bay Leaves, incense, candles, & campfires. Anything that causes smoke in some form.

- Water - salt water, fresh water, peat water, spring water, and rain. Taking a bath, shower, stand in the rain, swimming, all those activities with water.
- Scent - candles, incense, essential oils, flowers, flower essence, herbs, perfumes, cookies baking, food. Whatever causes scents that you feel cleanses you.
- Crystals - any type that speaks to you. There are so many to choose from and everyone has their own draw. You choose and use!
- Sound - sound bowls, music, nature, rushing water, birds, silence.....pick something that really resonates with you and makes you calm and powerful.

Sometimes the type of cleansing is really what is needed for you personally. And often your astrology chart can assist you with what your needs may be. It also can depend on the situation that arises.

3. Is it even *your* aura that needs cleansed? Is it someone in your family? A coworker? The neighbor? That dog crossing the street?? If you cleanse your aura and you are picking up on someone else's aura, it really won't help anyone to cleanse your own aura if it isn't needed. Again, won't hurt, but may not really help either. How do you know who's aura it is? Until you can learn that, you may cleanse your aura and not feel any different. Then process of elimination should take place if you can't figure out what exactly is off.

4. You have cleansed until the cows come home but what you really need is to ground yourself. How do you know the difference? That can be tricky if you don't do some research. Having your aura read and/or an astrology reading can personalize what helps you most.

But you can always try grounding by placing your bare feet on the ground and feeling the earth, meditation, hugging a tree, holding a grounding crystal such as tourmaline or hematite.

5. What if it is your surroundings and not you or someone else? You can try cleansing the room or even making changes to the area if you can. You can use the methods previously noted above and see if that makes a difference. But sometimes place may not be a good fit plain and simple. Add some crystals, move some air, spray some scent, smoke it out, put in some plants, change the atmosphere. It could also be your reaction to the area. Do you know why you react how you do? A chart reading and aura reading can also help you understand what may need to happen.

These are just a few new things to help cleanse you, your area, your pet, an object, etc and keep your energy your own. To gain any person insight please book a reading with me of your aura and your birth chart to really hone in on what will help you!

Book now at
www.starryeyedchaos.com