

Thank you for downloading my e-book.

Chakras, Aura and Spiritual/Psychic Protection

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Understanding the Chakras - Introduction

The chakra system is believed to have originated in India between 1500 and 500 BC in the oldest text called the Vedas. The chakra system was later described in a Sanskrit text by Pūrṇānanda Yati. The rainbow colors of the chakras are thought to have been defined as late as the early 1970s, by Christopher Hills, in his version of the chakra system. The chakra system is an energy system that consists of seven major energy centers in the body. Each chakra is associated with a specific color, sound, and aspect of life.

The Seven Chakras

The seven chakras are the main energy points in the human body, which run down the spine. The chakras are connected to different abilities, expressions, and types of health. Here is a breakdown of the seven chakras and their meanings:

Root Chakra: Located at the base of the spine, the root chakra is associated with our basic needs for survival, such as food, shelter, and safety. It is also linked to our sense of security, stability, and grounding.

Sacral Chakra: Located in the lower abdomen, the sacral chakra is linked to our emotions, creativity, and sexuality. It is also associated with pleasure, joy, and passion.

Solar Plexus Chakra: Located in the upper abdomen, the solar plexus chakra is linked to our personal power, willpower, and self-esteem. It is also associated with confidence, motivation, and inner strength.

Heart Chakra: Located in the center of the chest, the heart chakra is linked to our ability to love and connect with others. It is also associated with compassion, forgiveness, and gratitude.

Throat Chakra: Located in the throat, the throat chakra is linked to our ability to communicate and express ourselves. It is also associated with truth, honesty, and clarity.

If I – at some point during a psychic reading -get a frog in my throat and constantly have to clear my throat, I know this is a sign that my client struggles to express their thoughts and emotions about the topic we are discussing. When the throat chakra is blocked, it can be challenging to speak your truth. Fear, guilt, or suppressed anger may be holding you back. Or maybe you feel like you're not entitled to speak up.

Third Eye Chakra: Located in the center of the forehead, the third eye chakra is linked to our intuition, wisdom, and spiritual connection. It is also associated with imagination, visualization, and insight.

Crown Chakra: Located at the top of the head, the crown chakra is linked to our spiritual connection, enlightenment, and higher consciousness. It is also associated with divine guidance, inspiration, and unity.

Each chakra is believed to be connected to specific physical, emotional, and spiritual aspects of our being. When the chakras are balanced and open, we experience overall health and well-being. However, when the chakras are blocked or imbalanced, it can lead to physical, emotional, and spiritual issues.

Balancing your Chakras

Balancing your chakras is a practice that aims to align the seven energy centers in the body. These energy centers, or chakras, correspond to different organs, emotions, and aspects of our spiritual being.

Here are some ways you can balance your chakras:

Root chakra: This chakra is located at the base of the spine and is associated with grounding, stability, and security. To balance this chakra, try activities that connect you to the earth, such as walking barefoot outside or practicing yoga poses like the Mountain pose. Visualize two thick cables coming out of your feet. They move deep into the center of the Earth, pulling at your feet, keeping you stable and grounded.

Sacral chakra: This chakra is located in the lower abdomen and is associated with creativity, pleasure, and sexuality. To balance this chakra, try activities stimulating your imagination, such as art or dance, or engage in sensual experiences like bathing or eating delicious food.

Solar Plexus chakra: This chakra is in the upper abdomen and is associated with personal power and self-esteem. To balance this chakra, practice self-care and self-love, set healthy boundaries, and engage in activities that empower you.

Heart chakra: This chakra is located in the center of the chest and is associated with love, compassion, and connection. To balance this chakra, practice acts of kindness, spend time with loved ones and engage in activities that bring you joy.

Throat chakra: This chakra is located in the throat and is associated with communication and self-expression. To balance this chakra, speak your truth, engage in activities that allow you to express yourself, and practice active listening.

Third Eye Chakra: This chakra is located in the center of the forehead and is associated with intuition and spiritual awareness. Meditate, spend time in nature, and practice mindfulness to balance this chakra.

Crown chakra: This chakra is at the top of the head and is associated with higher consciousness and spiritual connection. To balance this chakra, engage in spiritual practices that resonate with you, such as prayer, chanting, or energy work.

Also, follow the tip from my spirit guides. When you need balance or support on one or several chakras, buy a t-shirt, a scarf, or socks in the color that supports the chakra.

Root Chakra: Red.

Sacral Chakra: Orange.

Solar Plexus Chakra: Yellow.

Heart Chakra: Green.

Throat Chakra: Blue.

Third Eye: Indigo.

Crown Chakra: Violet or White.

Sodalite is a beautiful blue mineral often used in crystal healing and chakra balancing. It promotes inner peace, harmony, and balance and effectively balances the throat chakra. The throat chakra is the fifth chakra in the body and is located in the neck region. It is associated with communication, self-expression, creativity, and authenticity. When the throat chakra is balanced, we can communicate honestly and clearly, express our thoughts and feelings, and connect with others meaningfully.

To balance the throat chakra with sodalite, you can start by finding a quiet, peaceful place to focus on meditation. Hold the sodalite in your hand or place it on your throat chakra. Close your eyes and take a few deep breaths, focusing on your breath and allowing yourself to relax. Visualize a beautiful blue light surrounding your throat area, and imagine this energy flowing freely through your throat chakra.

As you hold the sodalite, feel its energy merging with your own, helping to balance your throat chakra and promote clear communication and self-expression. You can also carry sodalite throughout the day or wear it as jewelry to keep its energy close to you. Additionally, you can meditate with sodalite regularly to maintain the balance of your throat chakra.

What about the other chakras and crystals?

Each chakra is associated with a specific color and energy, and certain crystals can help to balance and align these energies.

Here are some commonly used crystals for each chakra:

Root chakra (red): Red Jasper, Hematite, Black Tourmaline.

Sacral chakra (orange): Carnelian, Orange Calcite, Sunstone.

Solar Plexus chakra (yellow): Citrine, Yellow Jasper, Pyrite.

Heart chakra (green/pink): Rose Quartz, Green Aventurine, Rhodonite.

Throat chakra (blue): Blue Lace Agate, Sodalite, Lapis Lazuli.

Third Eye chakra (indigo): Amethyst, Fluorite, Labradorite.

Crown chakra (violet/white): Clear Quartz, Amethyst, Selenite.

To use these crystals, you can place them on the corresponding chakra while lying down or sitting in a comfortable position. You can also carry or wear the crystals as jewelry throughout the day. Some people also like to meditate with crystals. I am one of them and want to hold one when I give psychic readings.

It's important to note that while crystals can help balance chakras, they should be used with other forms of self-care and healing practices. It's always a good idea to consult a healthcare professional before significantly changing your wellness routine.

Balancing your chakras with meditation.

Balancing your chakras using meditation is a powerful tool to help you feel more grounded, centered, and aligned. Here are some steps you can take to balance your chakras with meditation:

Find a quiet and comfortable space to meditate without distractions. You can sit cross-legged on the floor, on a cushion, or on a chair with your feet firmly planted on the ground.

Close your eyes and take a few deep breaths to relax your body and mind. Focus on your breath, and let go of any thoughts or distractions.

Start by focusing on your root chakra, which represents your connection to the earth and your sense of security and stability. Imagine a red light glowing at the base of your spine, and visualize it is growing brighter with each inhale.

Move up to your sacral chakra, which is located in your lower abdomen and represents your creativity and sexuality. Visualize an orange light glowing in this area, and focus on feeling a sense of pleasure and joy.

Next, move up to your solar plexus chakra, which is located in your upper abdomen and represents your self-esteem and personal power. Visualize a yellow light glowing in this area and focus on feeling confident and empowered.

Move up to your heart chakra, which is in your chest and represents your ability to love and connect with others. Visualize a green light glowing in this area, and focus on feeling love and compassion.

Move up to your throat chakra, representing your ability to communicate and express yourself. Visualize a blue light glowing in this area, and focus on feeling clear and confident in your communication.

Move up to your third eye chakra, located in the center of your forehead, representing your intuition and inner wisdom. Visualize a purple light glowing in this area, and focus on feeling connected to your intuition and inner guidance.

Finally, move up to your crown chakra, representing your connection to the divine and your spiritual awareness. Visualize a white or violet light glowing at the top of your head, and focus on feeling a sense of peace and connection to something greater than yourself.

Spend a few moments in silence, focusing on your breath and feeling the energy flowing through your body. When you're ready, slowly open your eyes and take a few deep breaths before returning to your day.

Remember, chakra meditation is a practice, and it may take time and patience to feel the full benefits. Regular practice allows you to balance your chakras and feel more grounded, centered, and aligned daily.

When you have difficulty doing this meditation: there are a lot of free guided meditations on Youtube that guide you from chakra to chakra.

Understanding the Aura – Introduction

The concept of the aura has been around for centuries and is related to spiritual and paranormal beliefs. It is believed to be a colorful emanation surrounding living beings and objects, indicating their energy, emotions, and health.

As for the discovery of aura, no specific person discovered it. The concept of the aura has been a part of many ancient cultures and spiritual practices, including Hinduism, Buddhism, and Taoism.

In the modern era, Austrian chemist Karl Ludwig Freiherr von Reichenbach began experimenting with photographing objects in complete darkness in the 1860s. He claimed to have discovered a new form of energy called "od" or "odic force," which he believed could be seen as auras around living things.

Today, aura photography is widespread in some spiritual communities, where unique cameras capture the aura's colors and patterns around a person. The aura is made up of different colors, each with its special meaning.

An aura is often described as electromagnetic energy surrounding our body. It is connected to our physical, emotional, and spiritual well-being. The aura can be seen as a reflection of our current state of mind, emotions, and overall health. Each color of the aura corresponds to a different chakra. By reading the aura, one can gain insight into a person's current state of being and identify any imbalances or areas that require attention and healing. Overall, the aura reflects our inner world and can provide valuable information about our well-being.

The Meaning of the Aura Colors

Red: This color represents passion, energy, and strength. It is often associated with the root chakra and can indicate a solid physical presence.

Orange: This color represents creativity, enthusiasm, and joy. It is often associated with the sacral chakra and can indicate a person's ability to express themselves.

Yellow: This color represents intellect, clarity, and confidence. It is often associated with the solar plexus chakra and can indicate a person's mental capacity and ability to think critically.

Green: This color represents balance, growth, and healing. It is often associated with the heart chakra and can indicate a person's emotional state and ability to connect with others.

Blue: This color represents communication, intuition, and peace. It is often associated with the throat chakra and can indicate a person's ability to express themselves verbally and connect with their inner voice.

Indigo: This color represents spirituality, intuition, and wisdom. It is often associated with the third eye chakra and can indicate a person's ability to connect with their higher self and spiritual awareness.

Violet: This color represents creativity, imagination, and inspiration. It is often associated with the crown chakra and can indicate a person's ability to connect with their divine inspiration and higher consciousness.

These are just a few examples of the different colors in the aura and what they might represent. It's important to note that everyone's aura is unique and can change depending on their emotional and mental states.

The Different Layers

The different layers of the aura and what they represent.

The aura is an energy field that surrounds every living being and is made up of seven layers or levels. Each layer relates to a person's physical, mental, emotional, and spiritual state.

The first layer, also known as the etheric layer, is the closest to the physical body and represents the physical body itself, including the muscles, tissues, and bones.

The second layer is the emotional layer, which is second to the physical body. It represents a person's emotional state, including feelings, moods, and energy.

The third layer is the mental layer, representing a person's thoughts, beliefs, and energy.

The fourth layer is the astral layer, representing a person's relationships and connections with others, including their emotions and desires.

The fifth layer is the etheric template layer, which represents a person's blueprint for their physical body and helps to maintain physical health and well-being.

The sixth layer is the celestial layer, representing a person's connection to the divine and the spiritual realm.

The seventh and final layer is the etheric layer, representing a person's connection to the universe and the cosmic consciousness.

Reading an Aura

Learning to read auras can be a fascinating and rewarding journey. There are several ways to learn how to read auras, and one of the most effective ways is through self-education, intuition, and practice.

You can begin by practicing meditation and visualization exercises to learn how to read auras to enhance your intuition and sensitivity. You can also study resources such as books, articles, and online courses that teach aura reading techniques, including how to see and interpret the different layers and colors of the aura.

Practice is vital to mastering aura reading. You can practice by observing and reading the auras of friends and family members or by attending aura reading events or workshops to gain hands-on experience.

You might learn faster when you stare at someone sitting in front of a light-colored wall. You don't have to stare into their eyes; you can stare at the top of their head. If nothing happens, try again another time. Maybe you find it easier to close your eyes and "see" which color comes to mind. Take your intuition seriously and believe that the first color you see is one of the colors of the aura of the person sitting across from you.

I always see someone's aura looking like waves on the beach, moving in slow motion around someone's body. The colors often have beautiful golden and white strings and fine lines. They look like how the rivers look when you see Earth from above.

You can tell your aura to grow more prominent to feel more confident. Not too big that it fills the entire room, and you bump into other people's aura all the time, but an arms-length around your body is perfect.

Remember, learning to read auras takes time, patience, and dedication. With consistent practice and a willingness to learn, you can develop your aura reading skills and gain a deeper understanding of yourself and others.

Aura Healing

Aura healing is a holistic approach that focuses on the energy field surrounding the human body, known as the aura. The aura is a subtle energy field surrounding the body, composed of different layers, each with its unique vibration.

Aura healing aims to balance and align the different aura layers, which can help promote physical, emotional, and spiritual well-being.

Different techniques can be used to perform aura healing, including meditation, visualization, and energy healing.

One of the simplest and most effective ways to cleanse and balance your aura is through smudging, which involves burning dried sage or other herbs and using the smoke to clear any negative energy. You can also use crystals, color therapy, and sound healing to balance your aura.

To perform an aura healing session, you can start by finding a quiet and comfortable space where you won't be disturbed. You can then focus on your breath and visualize a bright white light surrounding you, permeating every part of your being. As you breathe in this light, you can visualize it cleansing and balancing your aura, bringing you into a state of harmony and peace.

It's important to remember that aura healing is a personal and individualized practice, and what works for one person may not work for another. The key is experimenting with different techniques, finding what resonates with you, and trusting your intuition and inner guidance.

Your body, aura layers, and chakras love working with you. To acknowledge them is beautiful. They have awareness. Every cell in your body has awareness. They are all a part of you, making you complete. The biggest and strongest sentence you can say to yourself and your body is: I LOVE YOU. Let these words come out of your mouth as often as possible.

Spiritual Protection

Psychic/spiritual protection refers to techniques and practices to safeguard oneself from negative energies, entities, or influences that can harm a person's physical, emotional, or spiritual well-being.

It establishes a protective shield around oneself, which blocks out any negative energy or influences while allowing positive energy and guidance to flow through. Spiritual protection can take many forms, such as meditation, visualization, prayer, protective amulets or talismans.

When you visualize yourself in an egg of protection, I recommend putting an extra layer of silver around the outside. Silver immediately reflects every back that doesn't belong to you and doesn't serve you. You can also visualize a protection egg or shield around the people you love, like your children.

You may need psychic/spiritual protection if you are experiencing negative energy or influences in your life, feel drained or exhausted after interacting with certain people or places, or are involved in any spiritual or healing work.

It can also be helpful for those sensitive to energy or going through a spiritual awakening. It's important to note that psychic/spiritual protection should not replace seeking professional help or medical treatment if you are experiencing mental health issues. It's merely a tool to help you feel more grounded, centered, and protected daily.

Put away your phone now and then. Smartphones emit blue light, which can interfere with your body's natural production of melatonin, which regulates sleep. This can lead to disrupted sleep patterns and insufficient rest, which can cause fatigue and headaches. Additionally, looking at a smartphone screen for extended periods can cause eye strain, resulting in headaches. Finally, excessive use of smartphones may lead to poor posture and neck pain, which can contribute to headaches and fatigue.

Be honest with yourself and ask yourself: who drains me, and who gives me energy? A feeling of being drained is your intuition and body saying to you; this isn't a healthy person to hang out with. Find ways to be less in this person's vicinity.

Some very common – but often forgotten – protectors are drinking enough water and ensuring you get enough rest. How many hours of sleep you need differs per person. When you feel weak, your aura, chakras and protection are more fragile too. You want to have a strong aura and chakras in balance.

My guide always said to me: look at the eyes. The eyes are the mirror of the soul. You want to be around people who have a normal look in their eyes; friendly, stress-free and kind, just like your eyes. Of course, our eyes can sometimes look stressed or angry – that's normal; we are human. My guide (his name is Ben) means to look out for the eyes with no emotions in them. Or a look that screams: I am insane and can only shout and be nasty to everyone who crosses my path. Or the steady gaze of the psychopath, the (covert) narcissist's arrogant look in their eyes. They want to suck you into their insanity and take you in the opposite direction of where you want to go. Turn around, walk away, swipe away, run away and don't look back.

Start today with the tools provided in this e-book. Start a journal to write down when you feel different, more powerful, more energetic, etc. Also, write down when you have an off day. Maybe you notice a pattern when you reread your notes after a couple of weeks—a pattern you weren't aware of before. Being mindful is being able to change it.

And the most important thing: Have lots of fun with it.

Love,

Barbara

About the author: Barbara started her psychic medium practice over 30 years ago. She was born and raised in the Netherlands and is a proud mother of two sons. She has been invited numerous times on TV, podcasts and radio to discuss this beautiful profession.

She wrote a book: *My Most Memorable Psychic Readings and Personal Stories, Plus Exercises and Meditations to Expand and Deepen Your Awareness*. Available on Amazon: <https://www.amazon.com/dp/9090365532>

She offers a range of services to help you connect with your spirit guides, explore past lives, find your soulmate, communicate with deceased loved ones, gain insight into your future, and better understand your life's purpose.

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