



SHINE

**WITH THE AURA
OF SUCCESS!**

**BY
CYNTHIA SUE LARSON**

SHINE

With the Aura of Success!

By Cynthia Sue Larson

Author of the book, *Aura Advantage: How the Colors in Your Aura Can Help You Attain What You Desire and Attract Success* (Adams Media, 2004)

Dedicated to the inner light in all of us.

Contents

(1)	Introduction to Auras	1
(2)	Feel at Ease Almost Anywhere	6
(3)	Sense Danger & Opportunities	10
(4)	Improve Your Health	13
(5)	Sense Your Life Purpose	17
(6)	Communicate Effectively	19
(7)	Attract What You Most Desire	21
(8)	Protect Yourself	24
(9)	Make Good Choices	26
(10)	Non-Locally Affect Others	28
(11)	Find Lost Things	30
(12)	Conclusion	33
(13)	Bibliography	35

(1) Introduction to Auras

Have you seen people in love "beaming" or observed how some people seem naturally radiant? That's the aura radiating in a full and positive way! Have you wondered why some days are filled with love, synchronicity, and the manifestation of your heart's desire, while others suffer from dissonance and conflict? When you've observed how some days feel happier, healthier and luckier than others, you've felt the aura in action.

A noteworthy exception to the old adage, "You can't take it with you," is your bioenergy field, or aura. What the Chinese call qi ("chee"), people in India call prana, Muslims call baraka, Greeks call pneuma, Polynesians call mana, and mystics call the aura. While this basic life force has been given different names by dozens of cultures around the world, you know it best by the way it feels. Your qi is your source of inner strength, your link to everyone and everything you know and love, an excellent indicator of your quality of life, and a source of protection and inspiration in troubled times.

Most peoples' auras surround their bodies and extend about as far out as a person can reach their

hands up and out from their body. When people are feeling healthy, their auras extend further out from their bodies, and when they are feeling sad or sick, their auras hug their bodies more closely.

Our language reflects the information we feel from our auras, such as when we say, “He’s in a dark mood today,” or “She’s green with envy.” Many paintings of saints show halos shining brightly above their heads, with radiant light pouring forth from their bodies. While most people’s auras don’t have halos, they do tend to shine most brightly above the head and shoulders, with light radiating outward all around the body.

Your aura is the composite blending of all of your energy centers, called chakras, which means “wheels of light” in Sanskrit. You have seven primary chakras. They are situated at: the top of your head, the center of your forehead, your throat, your heart, your solar plexus, your sacral region (just below your belly button) and the base of your spine. Each of these energy centers contain information about you, which then flows into the aura surrounding your entire body.

The colors of the aura indicate an individual’s overall outlook on the world, as well as their mood.

For example, people who have a lot of red in their aura most all the time will tend to be very active – the kind of people who often say, “Let’s go DO something!” They may occasionally have other colors in addition to the red, which indicate their mood or thoughts at that time. For example, their aura may appear bright yellow with happiness, or violet after having spent time in prayer or meditation. When people are in a dark mood, their aura colors can become quite muddy.

Your bioenergy field stays healthy and bright when you eat healthy food, get enough rest, and exercise regularly. Some athletes, pregnant women and people in love are said to “glow,” because their energetic radiance is so noticeable! Your qi will also be stronger when you learn to stay energetically grounded, regularly assess your energy centers, and meditate. By noticing how your energy body feels when you try different practices, you can choose the lifestyle best suited to your individual needs and spiritual beliefs.

Whenever you feel energetically weak, you tend to be more accident-prone, unlucky, and in poor spirits. You can feel immediate improvement in your physical health by dedicating at least twenty minutes each day to some form of qi work – whether it’s

yoga, Qi Gung, or simply quiet prayer or meditation. When your aura is strong, you'll notice you are better able to: feel at ease almost anywhere, sense danger and opportunities, improve your health, sense your life purpose, communicate effectively, attract what you most desire, protect yourself, make good choices, non-locally affect others, and find lost things.

So how can you find out what sort of meditation is best for you? There are so many ways to meditate, I hesitate to recommend only one. Some people meditate while walking, others while gardening, some while listening to music... some while paying attention to their breathing and clearing their minds of all thoughts. Those are just a few techniques. Once you know what kind of meditator you are, you can zero in on a method that works well for you!

Here's a quick way to identify your best meditation technique. First choose a favorite physically relaxing activity, and then select a favorite mental focus. When you combine these two, you'll have a customized meditation technique that's exactly right for you!

To get started, all you need to do is honestly answer this question:

One of my favorite ways to relax is to:

Listen to music

Work in the garden

Close my eyes and breathe deeply

Watch clouds go by

Take a hot bath

Go for a walk

Simply doing whatever activity you find most relaxing is a form of meditation! There are more advanced techniques in which you can pay attention to your breathing and/or your thoughts... but the most important starting place is picking what sort of meditator you are.

People who enjoy walking can develop their own form of walking meditation. Some people count their breaths as they walk, others simply let go of their worries with each deep breath, and still others observe their thoughts go by without pursuing them. What sort of mental focus appeals to you?

I most enjoy focusing my attention on:

Letting go of all thoughts

Breathing

Observing the patterns of thoughts
Feeling energy flowing through my body

Whatever mental focus most appeals to you is the one to try. This is really all there is to it... just combine one of your most relaxing activities with your favorite relaxing mental focus, and you are meditating!

If you try one meditation and find you don't like it, go ahead and try another one. You will find something you like, so don't give up! Make some time for meditation every day, and notice any difference you feel in your level of stress and ability to “go with the flow” and see more possibilities in your life. Meditating for between ten and twenty minutes a day is a good start for most people.

(2) Feel At Ease Almost Anywhere

Would you like to feel at home no matter where you go? It is possible to increase your sense of comfort by becoming aware of and strengthening the outmost layer of your energy field, so you no longer feel tired or uneasy. By keeping your energy positive and sealed off from the rest of the world, you can truly feel that anyplace you go is home!

Have you ever felt someone staring at you behind your back, and then spun quickly around to find out you were right?

Do you tend to sit or stand a certain distance from people in public?

Have you noticed that you feel more at ease in some places than others?

If you answered “yes” to any of the above questions, you may have been sensing your aura’s ability to define your personal space. In much the same way that cats depend on the whiskers on their faces to provide them with sensory input, you are constantly collecting information from your energy field. When your bioenergetic field is healthy and strong, you feel more comfortable even in the most crowded, chaotic places, and can more easily carry yourself with a sense of confidence through every situation. Your personal boundaries are energetically defined in ways that others automatically and unconsciously respect, and you’ll feel a sense of fitting into the rhythm and flow in this dance of life when your auric field is strong.

You can gain a better sense of your ability to perceive your surroundings through your aura by conducting a do-it-yourself staring experiment similar to the one that biologist Rupert Sheldrake proposed to determine your ability to know when you are being stared at. Ask a friend to sit or stand behind you (with your back turned to your friend), and then have your friend either look away from you or stare at you without your being able to see which it is. Notice when you suspect your research partner is staring at you behind your back, and turn around after guessing, to find out if you were right!

To improve your level of comfort wherever you are, visualize the outermost layer of your aura being strong and reflective, so it seals you off from all energies that are not based in unconditional love. Imagine that the outermost layer of your aura is protecting you from all external energies around you, deflecting everything that is less than positive. People who are exceptionally sensitive to energy fields need to seal their auras in this manner, or else they will tend to feel very uncomfortable in crowded places – picking up sensations of sadness, pain, or illness mysteriously, as if out of thin air. When our auras are not sealed off, we're left wide open in much the same way as our houses are if we leave the doors wide open, so anything can wander on in. You

can think of a sealed aura as being something like a very strong screen door that keeps small animals and insects from flying into the house. If you feel you need even stronger auric protection, you can visualize that, too – surrounding yourself with brilliant white divine light, or angelic guardians.

Not only is the protection I've set noticeable to me, but others respond to it, too. Once when I was walking at night in one of the not-so-nice parts of downtown Oakland, California, I had set my auric protection to a distance of about ten feet in all directions around me. I noticed a group of three young men approaching me, so I reinforced my auric protection, breathing deeply to recharge my aura. The sidewalk was about ten feet wide and the men had been walking directly toward me... but as they neared the outermost layer of my auric protection shield, they swerved to avoid it, walking very close to the wall of the building as I walked further out toward the street! I was impressed that a “mere visualization” could be so viscerally felt by others, and relieved to see that my auric boundaries were being felt and respected so clearly.

A good time to set protection for yourself and seal your aura is any time you travel, any time you enter a new situation, and any time you leave home. You

can also visualize protection surrounding your home, your car, your place of work, your computer, your neighborhood, and even your loved ones. You'll find that not only will you feel at home wherever you go, but you will also no longer feel mysteriously confused, sick or sad.

(3) Sense Danger & Opportunities

Your energetic field constantly communicates information from beyond your physical body that gives you the ability to sense the “vibes” of the people and places you visit. Those first impressions are energetically conveyed, so that in addition to ordinary sensory information, you also pick up what neurologist Shafica Karagulla calls “high sensory perception” (HSP) information. This high sensory perception information often feels intuitive in nature as you receive hunches and insights that seemingly come from out of the blue. You may also notice more detailed information that corresponds to the senses of hearing as clairaudiance, seeing as clairvoyance, feeling as clairsentience, tasting as clairgoutance, and smelling as clairolorance.

Dr. Karagulla discovered that the majority of physicians she interviewed in the 1950s were able to

perceive subtle energies in their patients that allowed them to provide better medical care, but they were reluctant to “go public” with their high sense perception abilities, for fear of public ridicule. Karagulla was fascinated to note that far from being a liability, HSP provided these well-known doctors and medical practitioners with a tremendous advantage... the ability to perceive what ailed their patients even when medical tests and equipment could not.

One of the most famous stories about auras is the one reported by Edgar Cayce, whose friend had once seen people who seemed eerily dark. She had been shopping in a department store, admiring some red sweaters as she waited for the elevator to come so she could shop on other floors. When the elevator arrived, she turned around and suddenly felt “repelled. The interior of the car, although well-lit, seemed dark to me. Something was wrong.” She changed her mind about getting into the elevator. The red sweaters seemed quite a bit more interesting, so she turned around to look at them some more. Moments later, the elevator cable snapped, and the car fell to the basement, killing everyone aboard. She later realized she had been alerted that danger was close by the fact that, “The people in the elevator had no auras.”

Opportunities can be spotted just as easily as danger, because they appear as being bright and full of positive energy, whereas dangerous situations appear quite dark and foreboding. All things have an energetic vibration, and these vibrations are being felt by you right now.

Every time something new comes to your awareness, take a moment and ask yourself, “Does this feel bright and energizing, or does this feel dark and foreboding?” New opportunities that feel bright and energizing are coming your way all the time, and you’ll be able to better take advantage of them when you start learning how to recognize them. Similarly, dangerous and unfavorable experiences can also be perceived for what they truly are on an energetic level. If you get a queasy feeling in your stomach when you’re greeting someone new, pay attention to that feeling! Provided there is no obvious reason for this sudden unpleasant sensation, you will do well to heed this warning.

The next time you notice your qi is strong, see if you have a better sense of whether people are being honest or not, and get intuitive hunches before opportunities and crises approach. Notice if you find yourself in the right place at the right time, and have

a knack for knowing what to focus your time and attention on. Sensing your environment through your energy field is a skill that improves with practice, so start paying attention to what kind of information you can pick up... and have fun with it!

(4) Improve Your Health

When you've felt like you were "in the flow" or "in the zone," chances are good that your energy body was looking very bright and smooth at that time. Healthy energy appears bright, clear, strong and smooth, and is free from ragged edges and grainy texture. Healthy cells and tissue have a very different energetic feel than unhealthy cells and tissue, and noticing the difference is the first step in keeping your body in the best possible health.

Your energy field keeps your physical body healthy in two ways: through energy cord connections to those you love, and also through a healthy auric field that surrounds your body like a brilliantly glowing egg. When your auric field is perfectly bright and smooth, you are not suffering from physical health ailments. Since dark areas in auric fields appear long before their physical counterparts, one of the best ways to keep your physical body in

good health is to keep your energy body in great shape. Likewise, when your physical body needs healing, you can help it tremendously by strengthening your energy body.

People who have cancer can learn to feel the rough, grainy quality of the energy surrounding the cancer, and tell the difference between that and the smoothness of the energy in healthy parts of their body by holding their hands over different areas and waving them slowly back and forth. It's also possible to notice how healthy parts of one's body have a different apparent temperature than sick parts – either cooler or warmer. Once these differences are noticed, it's then possible to help the body learn to improve its energy over the affected area through visualization, intention, and meditation.

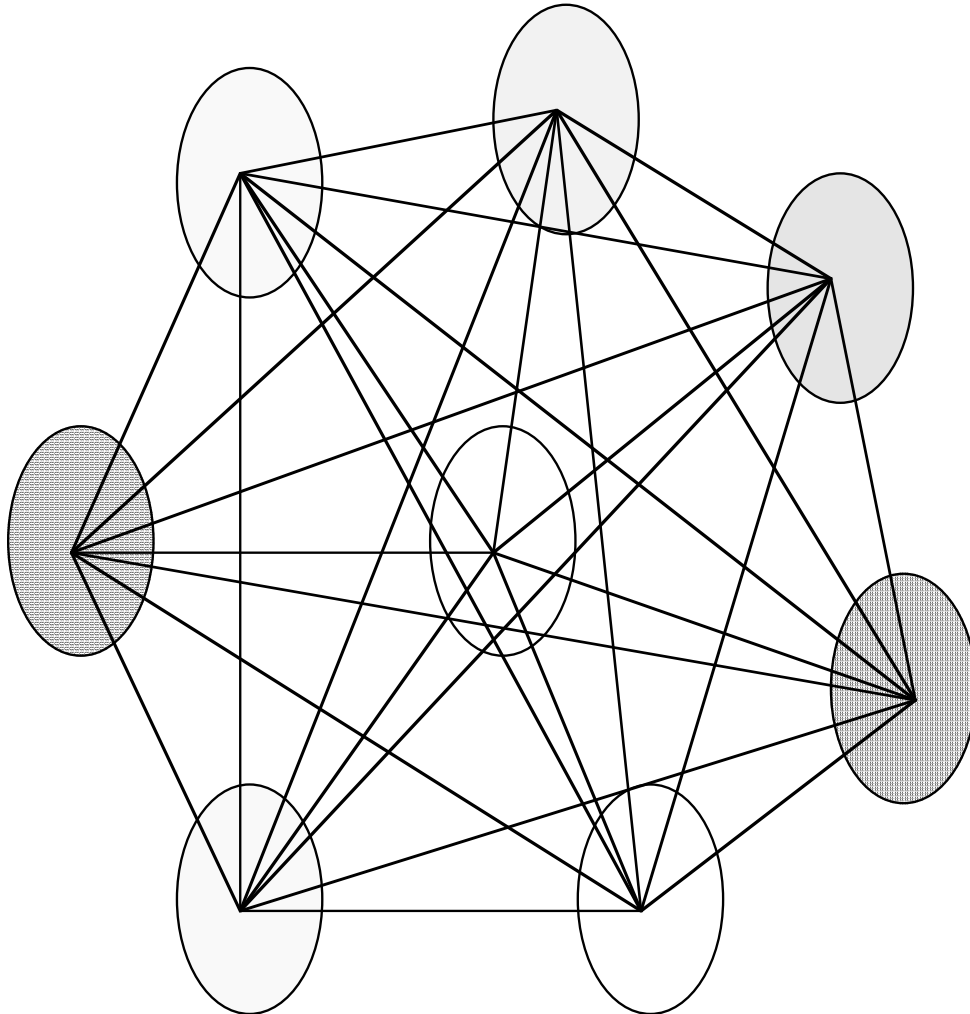
Energy cord attachments to those you care about have a powerful and noticeable effect on your health. This effect can either be helpful or harmful, depending on how those you're connected to feel about you. Generally speaking, close-knit communities provide very beneficial health effects for their members. This health advantage was dubbed “The Roseto Effect” by medical researchers who found that the death rate from heart attack was

half the national average in the close-knit Italian-American community of Roseto, Pennsylvania.

You don't live in a close-knit community? No problem! Even though you may feel isolated from others, you can find ways to create the kind of energy bonds that helps foster good health. You can get involved in your community, volunteer your services for charity, or simply share a kind word with those you meet.

Energetic Connections in a Close-Knit Group

Research shows that close-knit groups of people (such as the Italian/American community in Roseto, Pennsylvania in the 1950s) benefit from reduced risk of heart disease and enjoy longer lives. The thick web of energetic connections boosts the energy of all members of the group.



(5) Sense Your Life Purpose

Have you ever had a sense of knowing who you are that transcended your physical body? Your aura connects you to a sense of your best possible self through an energy center called the crown chakra, situated at the top of your head. Your crown chakra provides you with a direct connection to invaluable spiritual information, such as what your divine gifts are and what your life purpose is.

When your crown chakra is open and functioning well (from spending time outdoors, or making time for regular meditation or prayer), the information you receive through it can provide you with insights and guidance for knowing what is best to do and where you can best be in each moment of the day. You can also feel more passionate and inspired than ever before when you access this wealth of spiritual intuition.

You can keep your crown chakra open by meditating quietly for twenty minutes or more each day. Imagine that you can see golden light coming down from above, gently touching the crown of your head. Allow this loving, divine energy to permeate your energy body, and intend that your

crown chakra energy center atop your head is now open to receiving divine guidance and insights.

Even if you are not interested in knowing your life purpose at this time, you can benefit tremendously from feeling your energy being fully connected with your best possible future self and the divine energy that unites all things.

One of the first times I felt my crown chakra fully open, I was amazed at the number of remarkable synchronicities that occurred. I felt like I was living a wonderful kind of waking dream, as I followed my intuition and ended up exactly in the right place at the right time all day long. People would say unexpected things to me that made perfect sense, as if they were part of an orchestrated drama unfolding all around me. Once I'd experienced how magical life can feel, I wanted to every day to be this good!

It's very helpful to know that we can change our lives for the better so quickly and relatively easily. Just by maintaining a clear connection to your higher self, you will broaden the number of options available to you, and increase your sense of making the best use of your time and energy.

(6) Communicate Effectively

You are constantly broadcasting your feelings and thoughts through your bioenergy field, and along the auric cords that connect you to everyone and everything you love. This tremendous flow of information can seem to be a muddled mess, or it can be crystal-clear and helpful to everyone it encounters.

Bioenergy field researchers describe the two effects created by our thoughts as being:

- (1) **A vibration of energy** that radiates out into the universe, and
- (2) **A “floating form” or symbol.** To someone who sees such information through an open third-eye chakra, it can look a lot like a picture or movie.

I’ve thoroughly enjoyed watching musical performances while looking at the beautiful images floating above the orchestra. Many of the world’s most famous composers saw colors when they heard music, and would make comments such as Franz Liszt’s remark, “More pink here,” or Franz Schubert’s reference to E minor as being, “unto a

maiden robed in white and with a rose-red bow on her breast.”

The world’s most effective orators put so much energy into their words that they take on a life of their own, and are carried away with the audience to be repeated again and again. All performers are aware of the tremendous energy they receive from their audiences, and notice the subtle (and sometimes not-so-subtle) differences between supportive and non-supportive audiences... even when they are not doing anything physically all that different.

Whether or not you can see thought-forms, you can focus your conversations by imagining that you are lighting up the ideas you wish to clearly convey. By simply envisioning these ideas being illuminated, you will be energizing them so others feel and respond to that energy, too. In similar fashion, you can increase your personal charisma and the power of your spoken words by charging your words with energy and seeing your spoken words as brightly illuminated. You can also hide or redirect attention from yourself by mentally darkening yourself as you light up decoy ideas.

(7) Attract What You Most Desire

While most of us know that we attract whatever we're vibrating in harmony with, we sometimes have trouble making our favorite dreams a reality. The six biggest problems we tend to face when we wish for something to come into our life is that we often tend to:

- (1) Energize fantasies that we don't really want to come true (be careful what you wish for!)
- (2) Get in our own way
- (3) Ignore our "gut feelings" which warn us of possible trouble
- (4) Visualize (and thereby attract) worst-case scenarios by worrying and asking questions like, "what else could possibly go wrong?"
- (5) Focus our attention on what is bothering us the most (the cup is half-empty), which summons more challenging situations and a chronic case of feeling ever-so-close, yet so far away from attaining our heart's desire
- (6) Take no action

Now that you've seen the six most common pitfalls people tend to fall into, you can turn your attention to their counterparts... the six ways to ensure that

your dreams of love, success, and prosperity will most likely come true!

- (1) **Energize your dreams** of what you truly most desire, by thinking and talking with supportive friends about how you'll feel when your dreams come true. Make sure your dream is truly the best for all concerned, to ensure you will not regret having wished for it. Visualize your dream as being fully realized... close your eyes and imagine you can see and feel and touch it.
- (2) **Get out of your own way** by replacing negative self-talk with positive affirmations that encourage you to reach your goals. When you hear yourself thinking something that sounds like criticism or a “wet-blanket,” replace it with it's life-positive opposite statement, and say that out loud several times until it starts to sound true and believable to you.
- (3) **Listen to your body** and trust the sensations in your physical and energy body that give you intuitive information about people and situations and choices around you. How does your body respond to this wish you are

making now? Listen to how you feel... and talk to your body to reassure any parts of you that are nervous or afraid.

- (4) **Expect what you most desire** and make time each day to feel how thankful you are that all your favorite dreams are coming true. Ask, “How GOOD can it get?!” and let your wish go to the universe of possibilities to come true in some amazing and wonderful way.
- (5) **Appreciate every moment** and find ten things you are grateful for right now. Write them down and FEEL how grateful you truly are!
- (6) **Do something nice for someone today** – it will make you feel good, and will put you in harmony with the wonderful things that are even now coming your way.

Take a moment to think of something you'd like to bring into your life... or how you'd like your day to be the best it can possibly be... and go through these six steps right now. You'll be very glad you did!

(8) Protect Yourself

When Edgar Cayce's friend was about to enter the elevator in a large shopping center and suddenly felt repelled, she heeded her intuition that something would go terribly wrong if she entered the elevator. Following your intuition regarding avoiding dangerous situations is the first step in protecting yourself.

When you find yourself in dangerous situations, you can help protect yourself by taking a moment to:

- (1) **Strengthen your energy field** through prayer and/or meditation
- (2) **Seal your aura from external attack** by visualizing an infinitely strong, reflective outer layer for your aura (like a mirror made from the very strongest material)
- (3) **Call on energy guardians to protect you.** These guardians can be angels, animal spirits, or even "imaginary" creatures like dragons or unicorns.

The more often you practice setting protection, the less time it will take. It's a good idea to practice

often, since in an actual emergency, you'll want to be able to call on this protection very quickly.

When you maintain a positive attitude in dangerous situations and visualize the most positive outcome you can imagine, you'll greatly increase your chances of getting through the situation unscathed. American psychologist Carolyn Miller reports numerous cases in which people have made miraculous escapes through the most dangerous situations.

You can detect and clean your aura any time you suspect your energy field is getting weak, by doing two simple things:

- (1) **Feel connected to all who love you throughout all time and space.** Feel the love of everyone who has ever loved you. Feel the love of everyone who loves you right now. Feel the love of everyone who will ever love you. Take some time to really let all this love soak in!
- (2) **Visualize yourself as being connected to your best possible future self.** Feel how your best possible future self loves you right now... savor this feeling.

When you make this a regular part of your daily meditation, you'll feel more empowered and more self-confident, and in greatly improved spirits. You'll also enjoy improved health from feeling the love from all those who love you through all time and space – since feeling loved is the best thing for preventing and healing all kinds of health problems.

(9) Make Good Choices

When you face a particularly challenging decision, choosing between two options, your energy field can help you find the answer by helping you see the choice that shines. The brighter choice will actually shine more brightly, and feel more full of energy. Swedish scientist and philosopher Emanuel Swedenborg described seeing “ a certain cheering light and joyful flash,” at times when he was in the presence of great truth. I've seen similar bright flashes of light when I've had a particularly auspicious idea, or when I'm watching someone have one. Just like the cartoon image of a light bulb going off over someone's head, these bright flashes of illumination bode quite well for whatever is being thought or discussed at the time.

Have you ever wondered if there was some way you could tell what choices were best for you... some kind of oracle that was always available to give you advice? You need look no further than your two hands! You can make better decisions when you learn to view and feel the inner light from each of your options.

The next time you need to choose between two alternatives, start by intending that you will now know what choice is truly best for you. Imagine that you are firmly holding one of the two options in your right hand, and the other in your left. Shut your eyes, and with your eyes still closed, notice if you can “see” your hands shining as you place your hands on your lap, palms up, with your fingers closed shut over your palms. Relax, and notice if you can sense that one of your hands is shining more brightly than the other, is tingling, or feels noticeably warmer or heavier. You might even notice that one hand is opening all by itself, while the other remains closed. If so, this is the better choice of the two for you at this time. You can open your hands, rub them together, and try this again with the choices switched, if you’d like to get a second opinion.

I used this technique when I worked as a Citibank project manager to decide which projects to dedicate myself to. I was able to accomplish the work of many people because I never wasted time on projects I could see were dark or “dead.” I can choose the freshest corn in the grocery store without peeling back the husks, know what movie I’ll like best, and decide which car to buy... all based on the energy.

You can greatly improve the quality of your life by practicing the art of energy sensing when you make decisions. See what happens when you start “choosing the path that shines” in all your decisions, from the least important decisions about what to wear today, to the biggest decisions about who to befriend, hire, and marry.

(10) Non-Locally Affect Others

Recent studies in refereed medical journals have reported that distant healing makes a statistically significant difference in the health of seriously ill patients. These double-blind studies reported that the health of advanced AIDS case patients and cardiac care patients improved noticeably when non-

local healing was provided for them, unbeknownst to both patients and doctors.

Just as healers send healing energy to others, you can also non-locally affect people through the energy cords that connect you to them. You can sense what is happening around people, using high sensory perception, and can send thoughts and feelings to others.

Start by feeling your love for whoever you wish to connect to, visualizing a white cord of light connecting your heart to theirs. Feel your love for them, and theirs for you. Be sure to keep this connection clean, feeling only true, unconditional love, for best results. Other kinds of connections are possible, but no others feel as good or are welcomed by everyone as are cords of pure, unconditional love. Once you've established a good connection of love between your heart and the person you are connecting with, you can ask a question, send a thought, and receive impressions in response. You can also just hold the connection of love open, in order to foster a deeper relationship.

When I drove a car that broke down fairly often, helpful people were always on the scene in minutes, no matter how remote my location. On one such

occasion, it was late at night on a very secluded road, yet I had no concerns. I simply reached out to the universe with a cord of love direct from my heart, and awaited a response. Within a few minutes, a police car appeared on the scene. When the police officer saw that my car had broken down on such a secluded road, he chided, “You really should get a cell phone,” to which I replied, “I don’t need one. Any time I need help, someone always shows up to help me right away.”

You can utilize your energy connections to others to help your business deals go through, and to help smooth out difficult relationships with others. You can send thoughts along these energy cords of love which will be felt either consciously or unconsciously, and you can even get impressions back in reply. Naturally, it is best to always make such connections with the intention that you are wishing for the best for all concerned.

(11) Find Lost Things

Your aura can help you stay in touch with everything and everyone you love.... and even help you get back together with those you love and have lost! Love is the connection that spans all time and

space between you and everyone and everything you care about.

People have found long-lost precious belongings in the most unlikely places, often many years after the item had disappeared. Pets have often traveled great distances to show up on their owners' doorsteps, arriving even at places they had never before visited. How are these things possible? Just as physicists contemplate how our universe may consist of string-like curled-up dimensions, mystics have described energy cords that connect us to each other in an energetic web of life.

The next time you lose something that you'd like to find, take a moment to ground your energy. Grounding your energy when you're feeling stressed allows the excess energy to flow away from you, so your stress won't cause any energetic problems in your life (such as electronic equipment malfunctioning). Ground yourself by visualizing an energy cord running from the base of your spine to the center of the Earth, and feel all your anxiety and upset feelings drop down away from you and into the Earth. Next, calm yourself through whatever form of prayer or meditation you feel most comfortable with. When you feel fully relaxed, reach out to what was lost by visualizing yourself

sending a long arm to touch what you wish to find. Notice any impressions you may sense, and ask, “Where is (what I lost)?” as you send feelings of love along the energy cord connecting the two of you.

When my daughters were toddlers, they once took the housekeys and hid them somewhere... and were too young to be able to say where they were. After first looking around the house in obvious open places, I realized it would help to be guided to where they were... because they were not in plain sight. I closed my eyes, felt my connection to the keys, and intended I would walk directly to them. I felt inspired to walk to the bathroom, so I did. I then intended that I’d reach out to where the keys were... and I reached out my right hand to open one of the drawers in the bathroom cabinet. Sure enough, there were the keys!

Next time you notice something is missing and you need to find it, remember that you are energetically connected to it... and your chances of finding it will greatly improve!

(12) Conclusion

Just as everything in the universe is made of energy, you too are an energetic being. You are energetically connected to everyone and everything you love, and these energy cords convey information that continually influence physical reality in many ways.

Being aware of your true energy nature and taking time to recharge yourself with meditation will enhance your health, well-being, and ability to make good choices, receive inspiration and guidance, and avoid danger. By paying attention to the energy behind what you observe “out there” as well as “in you,” you’ll begin to understand how to make the most of each moment of every day.

Are you facing a difficult decision? Look at the energy behind each of your options.

Are you concerned about your safety? Practice energetically protecting yourself and all you love.

Would you like to find new possibilities where it seems like you’re facing a dead end? Practice keeping your crown chakra open.

Would you like all your favorite dreams to come true? Review the tips for attracting what you most desire.

Would you like your health to improve? Choose the kind of meditation you most enjoy, and start practicing it while visualizing yourself in perfect health for twenty minutes each day.

Whatever you wish to do or become, you'll find that paying attention to the underlying energy will make all the difference. When you feel the energy of your surroundings, you'll become aware that things are not always as they seem. When you experience how people and things are not as inflexible and unchanging as they might seem, but that they respond strongly to your thoughts and feelings, a whole new world of possibilities opens up!

Bibliography

Besant, Annie, and Leadbeater, C.W. (1925) Thought-Forms. The Theosophical Publishing House: Adyar, India.

Bruhn, J.G.; Philips, B.U. Jr.; Wolf, S. (1982) “Lessons from Roseto 20 Years Later: A community Study of Heart Diseases” Southern Medical Journal. 75 (5): 575-580.

Cayce, Edgar (1945). Auras: An Essay on the Meaning of Colors. A.R.E. Press: Virginia Beach, Virginia.

Harris, William S.; Gowda, Manohar; Kolb, Jerry; et al. (October 25, 1999) “A Randomized, Controlled Trial of the Effects of Remote, Intercessory Prayer on Outcomes in Patients Admitted to the Coronary Care Unit,” Archives of Internal Medicine, vol. 159, no. 19, pp. 2273-2278.

Karagulla, Shafica (1967). Breakthrough to Creativity. DeVorss & Company: Marina del Rey, California.

Larson, Cynthia (2004). Aura Advantage: How the Colors in Your Aura Can Help You Attain What You Desire and Attract Success. Adams Media: Avon, Massachusetts.

Miller, Carolyn (1995). Creating Miracles: Understanding the Experience of Divine Intervention. HJ Kramer: Tiberon, California.

Sheldrake, Rupert (1995). Seven Experiments that Could Change the World. Riverhead Books: New York, New York, pp. 105-124.

Sicher, Fred; Targ, Elisabeth; Moore, Dan; and Smith, Helene S. (1998) "A Randomized, Double-Blind Study of the Effect of Distant Healing in a Population with Advanced AIDS," Western Journal of Medicine, vol. 169, no. 6, pp. 356-363.

Create Your Best Reality!
<http://realityshifters.com/>