

Your
Aura Healing Checklist

A personal tour of your life & health
through all 7 levels of your Aura

with

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Healing. What does that mean really?

For too many of us, some part of us translates that as "fixing". Because, let's face it, when something hurts, you want it to stop or go away. You don't want to go into it or through it.

But you are meant to. Because that is where your greatest growth and learning are. Your 'soul optimization' if you like. Your initiation into fullness.

So, let's replace this idea of 'getting fixed' with reaching your highest potentials, letting more of your soul light shine. Clearest vibration.

Your True Nature.

And where is the map of your True Nature? Your energy-consciousness field, or aura is a vibrational orchestra of low and high notes, a chorus from bass (the 1st level of your field) to soprano (the 7th level of your field). The ideal is for each instrument to be in tune, so the music is beautiful. And not rigidly perfect, but EVOCATIVE.

That is a life well lived.

This checklist will take you through the 7 levels of your Aura to show you which aspect of your life experience is held in each. You will begin to see where you have blocks, and how you can bring more health to each level and therefore fulfillment to your life.

Grab your journal and take stock. This is fascinating stuff!

Shelley

"If all of your energy bodies are strong, charged, and healthy, you will have a full life in all areas of human experience.

If your energy field is weak at any level, you will have difficulty having experiences that are associated with that level, and your life experience will be limited.

The more levels or bodies that you have developed, the fuller and broader your life experience will be."

Barbara Brennan (Light Emerging)



Level 1: Sensations

Your Etheric Body

This is the level of your aura or energy field that is closest to your body. Like all the layers of your field, it also penetrates into your body, right down to your cellular level. If you could see it, it appears as structured standing lines of blue light that trace every part of your anatomy. (There are gorgeous illustrations of the Human Energy Field in Barbara Brennan's book *Hands of Light*, and I share images with students in the *Aura Healing Journey* course.)

It is the level of sensations-painful or pleasurable. Your Etheric Body is charging your physical body with life energy. It emanates about 1-3" from the surface of your skin. It contains the lower bandwidth frequencies of your field, the grounding frequencies that support life and health.

The more you feed your body with pleasurable sensations and pay attention to guidance coming through feelings of discomfort or pain, the more balance and vitality you will have on this level of your health.

- Do you exercise?
- Do you sleep enough?
- Do you eat wholesome food that you digest and assimilate well? Bonus points if you focus on local + organic. (it has more prana than any produce, even organic, that has travelled too far and sat on the shelf too long.)
- Do you breathe well? Do you spend time outdoors getting fresh air?
- Do you get sun? (Some is great, too much fries this layer of your field and = sunburn.)
- Do you work under florescent lights? (Not so good... they shatter and deplete this level. Get outside at lunch or change your bulbs!).
- Do you live in a geographic area you love? (city, country, mountains, desert, ocean...) Or are you longing to move somewhere else?
- Do you get bodywork? (massage, physio, chiro, osteo, craniosacral...). How often. Why not?
- Do you pay attention to your pain guidance and act to address it? Or do you hope it will just go away?

- How well can you tune into sensations throughout your body? Or are you more checked out?
- How is your physical hygiene? (bathing, finger and toe nails, teeth, hair).
- Are you here? Or are you up in your head, thinking, day dreaming, partaking in media...)
- Do you spend time outdoors with the earth in parks or other natural/wilderness settings?
- Do you like to go barefoot?
- Do you have a lover? Or other practices that awaken sensation in your body?
- Are you...capable...of...slowing...down...? The healthy pulsation rate for this level of your field is 8Hz which is the same steady pulse as the Earth's magnetic field or Schumann waves. When you slow down and sync up, this is what we call being "grounded."

Come home to yourself. Spend a few minutes just noticing and feeling sensations in your body. Where do you feel discomfort? What words would you use to describe it? Where do you feel pleasure, ease or comfort? What words describe those sensations? Feel the paces you pay less attention to... your ears, your toes, your elbows, etc.

This simple practice will help you "come in for a landing" on this level.



Level 2: Emotions

Your Emotional Body

This layer of consciousness contains your feelings about yourself. They appear as unstructured clouds of colour moving over your body about 4-6" out.

When you feel good about yourself they will be lovely pastel shades, clear, and flowing. When you have negative feelings about yourself, the clouds get dark, stagnant, and heavy and you feel tired, moody and negative.

- Are you aware of your feelings?
- Which feelings are ok or feel safe to express?
 - Fear
 - Anger
 - Joy
 - Grief
 - Caring/sympathy
- Which feelings don't feel safe to express?
- Are you hard on yourself?
- What is your internal dialogue? Are there many feelings of self-love, appreciation, and pride? Or are you always feeling bad about what you did, said, didn't say, didn't do?

Take a moment to say something nice to yourself. Compliment and acknowledge yourself for something great you did today. Notice how that feels throughout your body and being.

Do something pleasurable. When this level of your field is healthy, you will have feelings of pleasure, delight, love for yourself and playfulness.

Read a poem out loud. Smell a flower. Put on music and dance. What is pleasurable for you?



Level 3: Thoughts

Your Mental Body

This level of your field is structured standing lines of light again. But this time they are all yellow! **Here all of your thoughts play out as energy... positive and negative.**

If you are a bright positive person with a lot of mental clarity and love for learning, the structure here will be coherent, and a fine veil of bright yellow lines.

If you have a lot of habitual negative thoughts, or feel mentally cloudy, things might be getting a little dull here.

- Do you consider yourself smart or stupid?
- Does your mind feel clear, or foggy, tired, hard to wake up, groggy? Only at certain times of the day? What is your best, most alert time of day?
- Do you need to use stimulants to keep your mind sharp? Coffee, caffeine, chocolate, cigarettes, other?
- What is your mental outlook on life? Do you expect the best, or the worst?
- Is your mind continually making positive comments about others, or negative, judgmental comments about others?
- Is your mind constantly assessing yourself in a positive or negative way? What do you think about yourself?
- Is your mind busy? In a way you enjoy, or in a way that is driving you nuts!
- Are you engaged in any learning right now that is interesting?
- Can you name a habitual positive thought that is working for you?
- Can you name a habitual negative thought that is getting you down?
- Do you think you are your mind and thoughts, or can you sense that this is just one level of your being where consciousness is going on?

An important skill in your personal growth is to develop your witness or observer. Sit and watch the thoughts that arise from a neutral, observer perspective.



Level 4: Relationships

Your Astral Body

Now things get really juicy. Expanding out, from a cellular level to about 2 feet out from your body is another fluid level of moving colours that have more substance than the 2nd Level.

This is the place where you begin to share energy interactions with others in relationship. There are relational cords here from your chakras to other chakras, and you can extend energy out beyond your boundary to interact. You relate to other humans here, but also animals, plants, the earth, all that is sentient.

- Do you have an intimate partner? Do you long for one? If you have one, are there a lot of positive exchanges, or more negative exchanges?
- Do you have children? How many? Or do you long to be a parent?
- Do you feel nourished in your relationships? Are there many positive exchanges happening? List the people here you feel the most nourished with... and make a point to spend time with them! It's so important for your health!
- Who are you still mad at or hurt by that you haven't forgiven?
- Who is still mad at you or hurt by you that might not have forgiven you?
- Do you have pets? Are they a source of stress or comfort and joy?
- Do you have plants? Do you like to garden or spend time with nature? Is this a source of relational joy for you? Do you talk to your plants?
- Do you relate to the earth as sentient and conscious, or is it just a resource and a bunch of elements?
- Is there unfinished business with your parents or other family members?
- Is there unfinished business with old lovers or friends?
- Is there unfinished business with ancestors (your relational cords to them connect out the back of your chakras in your back-body.)

A wonderful practice for this level is to spend time with someone you have an enjoyable, warm, heartfelt exchange with. Another way is to attend a group or community event. A third suggestion is to take quiet time in nature.



Level 5: Guidance

Your Etheric Template

Now we move up into what are considered your "spiritual" levels of consciousness. The energy frequencies are higher, and your consciousness expands to include more of reality. These are levels of your being that also need nourishing. Notice they are almost ½ of who you are. 3 out of 7 levels!

This level is the blueprint for your 1st Level Etheric Body. Where there is a line of blue light on the first level, there is an empty channel of space for form to arise in on this level. The whole level of your field is cobalt blue, with lines of empty space holding the perfect form of what is to arise in the physical.

This is the level of Divine Will, or the perfect pattern of alignment. It is a dimension of order, structure, sound creating form, the Word, and guidance.

- Do you have a sense of a greater will guiding your life, or are you feeling lost and without direction?
- Were you taught that Divine Will was heavy handed, judgmental, harsh, rigid or punishing? Or were you taught that God's will was supporting your highest potential? Or were you taught nothing about the Divine and that you were on your own in this world?
- Are you able to maintain order and tidiness in: your living space, your office, your finances? Is there a place for everything, and everything in its place?
- How do you access guidance for your life, your health, your decisions and choices?
- Who or what is the Divine to you? Is it a personal being you relate to or something different? (There are no right answers here!!)
- What is your sense of what your Divine's will is for you?
- What is your sense of the higher purpose of your life?

The big practice here is to surrender and align. A key mantra is "Thy will be done."



Level 6: Bliss

Your Celestial Body

Now we ascend into the level of Divine Love. This level looks like radiant beams of opalescent light shining out to at least 3 feet.

Here you feel awe, ecstasy, bliss, inspiration, and a higher love. You need to have practices in your life that lift you up and keep this level of your spirit healthy.

- Do you have a spiritual practice? How do you feel after you do your practice?
- Do you use drugs to access bliss, ecstasy or an expanded sense of yourself?
- What instills you with awe?
- What inspires you?
- Do you schedule time to do the things that lift you up, make you feel radiant, or fill you with bliss, awe, inspiration or serenity?
- Do you struggle with depression?
- Do you pray?
- Have you ever had an encounter or experience with an angel, or other spiritual being, force or presence? How was that for you?
- Do you try to expand to the spiritual all the time as an escape from the difficulties of being grounded and managing your life?

Spend a few moments recalling the highest spiritual experience you have had. Was it standing on top of a mountain with a breathtaking view? Standing in a cathedral listening to a choir? Sitting in quiet meditation? Looking into the eyes of your lover and feeling the boundary of separation dissolving?

Remembering these experiences will bring you back to the feeling of connection on this level.



Level 7: Meaning of Life

Your Ketheric Template

This glorious level of your being is the protective outer boundary of your Aura. It expands out to about 3.5 feet or more and is composed of very resilient, high frequency structured gold lines of light.

It is the level of Divine Mind. Here the big picture of your life in this incarnation is held. When you attune to this level there is an incredible feeling of serenity, power, and grace.

- Do you believe in or more importantly, have a felt experience of God, or a Higher Power? The cosmos? The universe?
- Have you ever connected with your Higher Self?
- Do you feel you carry some wisdom about life?
- Do you meditate to quiet your mind and move to the higher perspective?
- Do you feel safe in your own personal space? Or do you feel like others invade your energy with their thoughts, emotions and static easily?
- Are there times you experience serenity?
- What is your meaning of life?
- How would it feel to have a deep sense of Knowing about why you are here, and where you fit in?

A mantra that can take you into the experience of your 7th level is "Be still and know that I am God." Try repeating it to yourself silently for 10 minutes as you sit with your spine aligned. Daily practice will deepen your experience.



Hey, I'm Shelley Harrison,

I work with soulful women & men who want to shine in every area of their life, by revealing where their positive desires for their life are getting blocked, then helping them to transform it through the 7 levels of their energy field which you just explored. (And other dimensions of energy I work with too. There's more?! Yes... you are such an amazing being!)

One of the things I am the very best at is reading how your energy moves, animates and gets blocked or distorted, as you tell me about the things that are challenging you in your life, be they physical, emotional, relational, or spiritual.

I hold a sacred space for you to shift these energies. In healing treatments, I can help you transform compacted, constricted, blocked, distorted or tangled energy into flowing, coherent, creative, generative energy.

I serve as a companion and guide to walk along the path with you, giving you feedback and holding a sacred space for you to come into and do your work of connection with self, soul and the sacred.





What next?

To read about the 7 Levels of your Aura in more detail: grab a copy of [Light Emerging](#) by Barbara Brennan. I trained for 4 years at the Barbara Brennan School of Healing, from 1995-1999.

Let's work together on your energy field. [Book a free 30-minute consult](#). You will share what you are hoping to get support to shift or what jumped out at you in the checklist. I will let you know if I can help you and suggest how we can work together to get the results you desire.

Book an [Aura Discovery Session](#). In this 75 min appointment I will go over with you what you learned in this checklist. We will review your notes together. Then I will attune to and "read" each level of your Aura and share with you what I observe.

Are you ready to work through all 7 levels of your Aura? Join me for the [Aura Healing Journey](#) online course and healing package. The Aura Healing Journey is a 7 month immersion where I will guide you through all 7 levels of your Aura so you can:

- Identify your blocks.
- Work with your own energy.
- Plan ways to get your needs met on each level.
- Enter onto the wonder your own aura and the deep self-understanding you can gain by attuning to it.
- Come home to all the layers of your True Nature.

I can help you to heal your blocks and get the guidance for your life you seek. I can see and name how your limiting patterns are animating moment to moment in your energy field, and support you to dissolve them.

Shine on!

Shelley