



ACTIVATING YOUR SHIELD: AURA EXPANSION/POLARIZATION TECHNIQUE

The Aura Expansion technique (also called “Aura Polarization”) is a technique for strengthening & activating your psychic shield. In order to excel as a medium or channeler, and to be resistant to negative psychic influences, it is essential to have a strong psychic shield. This Aura Expansion technique (also known as P.E.S., or “Polarize, Expand, Shield!”) is perhaps the single best method for strengthening your aura and establishing psychic protection.

Practicing the Aura Expansion Technique: Condensed Instructions

Basically, what you do to polarize your aura is first draw in energy through your HEALING CHANNEL (left temple) & the ENERGY-EXCHANGE CHANNEL (skull-base chakra, where the skull meets with the neck). Then, gather this energy that you have drawn in up into the solar plexus & heart chakras, letting it swell up in these chakras, forming “pools” of positive energy & light. Then, mentally extend the energy outwards in all directions, forming a large & thick protective “shield” or bubble around you.

When properly formed, this shield will have great density to resist all negative influences, but will also be porous enough to allow in positive energies.

In addition to being a “shield”, you can think of it as a giant filter that allows the energies to move through you while purifying and removing anything that you do not need or that does not serve your higher good.

To add extra power, say strongly to yourself, “POLARIZE, EXPAND, SHIELD!”

Repeat these words several times while you expand the aura out...”POLARIZE, EXPAND, SHIELD!”

On the last sequence of repetition, follow the words with a loud “Ha!” or “A-ha!”

For best results, practice this aura strengthening exercise daily, until the field has developed to a level that feels sufficiently strong for deep level psychic work. Also, for best results, practice this aura-expansion/polarization technique **STANDING UP** as well as sitting and lying down, so that you get used to experiencing it in different scenarios.

MORE DETAILED INSTRUCTIONS for Aura Expansion Technique

PRELIMINARIES: First of all, stand up, especially if this is only your first or second time practicing this technique. I recommend standing because you can usually feel your energies expanding more easily this way. However, make sure that you also have some later “practice times” while sitting or laying down.

Become aware of your breathing, and slow down. Be aware of your posture as well...let it be firm & relatively straight, without being rigid or stiff.

As a “warm-up”, open your arms & stretch a little. Roll your neck both ways. Shake your body out a little, almost like you are dancing in place.

STEP 1: First, draw in energy through the “healing channel” at the left temple. (If you’re left-handed, in most cases, your healing channel will be at the right temple instead.)

If you’d like, use your hands to direct the energy into the left temple. Draw in healing energy from the angels & the Universe through the “healing channel”.

STEP 2: Direct, or “collect”, the energy from the “healing channel” into the heart & the solar plexus chakras.

STEP 3: Open up the “energy exchange channel”, or “skull base chakra”. Draw in more of your own spiritual essence through this “skull-base chakra”.

Just a little review: The “energy exchange channel” or “skull base chakra” is located where your neck connects with the base of your skull.

This is where “you” (as in your “essence”) enters you, or your physical body. The vast energy of your soul enters your physical body through the energy exchange channel. (Thus, the legends about how the only way to really kill a supernatural being is to cut off their head...this prevents the soul from re-entering the physical body.)

STEP 4: “Collect” or gather the energy from the “skull base chakra” (energy exchange channel) down into the solar plexus & heart chakras.

STEP 5: Draw energy from the cosmos directly into the heart, and then radiate some of it down into the solar plexus.

STEP 6: Now, expand the aura out in ALL directions from the solar plexus & heart. As you do so, the aura creates an impenetrable bubble, or a giant “shield-filter”. Expand your aura in all directions.

Further Instructions: First, use your imagination to expand the aura 6-12 feet out all around you (including above & below). Then, expand it out even further to fill the entire room, reaching equal distance in all directions...in front, to the sides, behind, above, below. Then go further yet.

If you’d like, you can create tiny, porous “holes” to allow in light & filter out negativity.

STEP 7: Say “Polarize, Expand, Shield!” with great force. Repeat a few times if you feel the need to.

STEP 8: To seal the expansion, say loudly, “Ha!” or “A-Ha!”

Closing Thoughts

Practicing this exercise regularly will help to strengthen your psychic stamina. It will also help you stay centered in the positive energy of your soul. Most importantly, regularly practicing the aura expansion technique will help you to resist the negative energies of any lower vibration spirits or people whom you encounter. In fact, the more you practice the aura expansion technique, the less likely you are to encounter such individuals (whether it is in the physical or spiritual world).

Remember that “aura expansion” technique is one of the most IMPORTANT psychic development techniques to master. Practice often.

Do not wait until you feel that you are being psychically attacked to develop your ability to “polarize” your aura, because then it will be too late to be able to do it well. Begin practicing *now*, before you think you “need” it, and you will notice a difference in all of your encounters in both the spiritual & physical worlds.