

# Healing Auras, Chakras and Energy Fields:

By Mary Kurus  
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## Why Look After Our Energy Systems

Our energy systems are alive and intelligent. When our energy systems are disrupted, blocked, slowed down, or damaged, messages are sent to the conscious level that something is wrong and that we need to address imbalances, blockages and damage. We are trained to look at the physical body and address its needs rather than look at our energetic systems to provide them what they need for perfect health. Our energy systems are conscious energy and this energy is connected with all energies in the Universe. Our energy systems act as a connection between the physical world and the metaphysical or spiritual world. When we look after our energy systems we look after our deepest and most profound needs, including the physical, emotional intellectual and spiritual.

## About Auras, Chakras, Meridians

**Auras:** An aura is an energy field that surrounds, penetrates and extends out beyond the physical body, that is electromagnetic, electric and magnetic, and is made up of varying types of live and intelligent vibrations or frequencies. An aura surrounds not only every living thing including humans, animals and plants, but also every inanimate thing such as rocks, all objects made by man, and the earth, sun, moon, and all planets in our Universe. The human aura has layers of physical, emotional, mental and spiritual elements.

Auras contain all the primary colors of the rainbow at any given time and change color depending on the emotion an individual is experiencing. Our auras are made up of many colors and many shades of colors that are constantly changing. This reflects the constant change in our thoughts and emotions.

Happy and loving thoughts expand your aura while sad or angry thoughts contract your aura. Aura sizes adjust depending on the density of the population where you live. Residents of New York City have tighter and smaller auras in comparison to residents living in rural Vermont. A dowser can easily tell you many of the physical qualities of your aura.

**Chakras:** Chakras are spinning wheels of electric energy of different colors that perform many functions connecting our energy fields, bodies and the broader Cosmic Energy Field. Chakras are directly connected to and govern the endocrine system that in turn regulates the aging process.

The chakras are linking mechanisms between the auric field and the meridian system within the physical body and different levels of the auric fields and cosmic forces. They affect the flow of energy into the physical body. They absorb primary energy from the atmosphere (called chi, prana, orgone) and send it along energy channels. Chakras are energy transformers.

Our bodies contain seven major chakras or energy centers and 122 minor chakras. The major chakras are located at the base of the spine (Root Chakra), at the navel (Sacral Chakra), in the solar plexus (Solar Plexus Chakra), within your heart (Heart Chakra), within the throat (Throat Chakra), at the center of your forehead (Brow or Third Eye Chakra), and at the top of your head (Crown Chakra). These chakras are linked together.

**The Entire Energy System - Within, Around and Penetrating Us:** Our energy systems surround us, are inside of us, and penetrate us completely. This includes the light body, which extends beyond our auras and I believe is the very essence of us that goes on forever, our auras that surround us and penetrate our physical bodies, the meridian system, a system of energy channels within us through which all energy moves throughout our body, as well as the chakras, the energy transformers changing and processing live giving prana within us. The issues and care which I describe for auras and chakras, applies to the entire energetic system within, around, and penetrating us.

## **Potential Aura, Chakra and Meridian System Issues**

There are many issues that can affect the functioning of our auras, chakras, and meridian systems leading to a variety of health problems. The following are a number of key potential issues.

- I. Blockages can be caused by any of the following: emotions that have not been felt and released; negative thought forms from others; psychic attack energy or negative energy from energetic spells; entities or spirits lodged in our auras or chakras; chemical, metal and atomic toxins; other types of poisons or toxins; past life memories or experiences.
- II. Distorted auras and chakras can be caused by any of the issues identified under blockages;
- III. Holes in the auras can be caused by any of the issues identified under blockages;
- IV. Lack of synchronization between the auras, chakras, and meridian system can create serious difficulty. Physical issues, emotional issues, intellectual imbalances or spiritual issues can create imbalances in various parts of the auras, chakras and meridian system. These imbalances affect the specific aura or chakra that in turn affects other parts of the energetic system.

Nature always tries to achieve perfect balance and these imbalances create a real disharmony in our energetic systems. This can create unbalanced thinking, feeling and behavior.

V. Negative connections and rays can become attached to our auras. These are a result of negative emotions, drug and alcohol use, psychic attacks or spells, other intelligent being in the Cosmic World, environmental pollution, lack of nature i.e. trees, plants and flowing water. Negativity in thought and behavior in individuals, communities, draws negative forces to us from the broader Universe. These connections, rays and energies can have a real negative effect on our vitality and energy.

VI. Energetic and chemical markings can be left by other dimensional beings in our auras and brains so that these energetic beings can find and track us. Constant interference by other dimensional beings can seriously affect our vitality and health.

VII. Negative energy programs can be sent into an individual by other human beings. These programs establish connections so that ongoing negative energy can be run into an individual. This can have a serious effect on our entire energy system and inner vitality.

VIII. Negative energy can easily flip from one individual's aura into your aura. Energy is alive, moves around, and you can eventually become quite affected by the negative energy of those around you, in your homes, offices or stores.

IX. Imbalances can be created by earth energies especially the intersecting points of the Hartman and Curry grids and underground running water.

X. Underactive or overactive chakras can create a variety of issues. Underactive chakras can translate into fatigue, lethargy, weight problems, just a slow attitude towards life or a lack of zest for living. Overactive chakras create other types of problems including hyperactivity, panic attacks, emotional imbalances, and many types of health issues in the physical body.

## **Major Effects of Negative Energies**

There can be so many different effects from energetic issues. The following is a limited listing of certain major potential effects.

- I. Fatigue
- II. Lacking vitality or a zest for life
- III. Negative or distorted thinking
- IV. Negative, unbalanced or distorted emotions
- V. Negative, unbalanced or distorted behavior
- VI. Feeling disconnected from other human beings
- VII. Feeling disconnected from the Creator or whatever we choose to call our Higher Power
- VIII. Feeling disconnected from nature
- IX. Panic attacks that can be caused by a vulnerability caused by holes in our auras

X. A compromised energy system leads to many types of physical illnesses.

## **Identifying the Overall Status of Your Energy System**

There are many different ways to identify the health status of your energy systems as follows: A Vibrational Assessment by Mary Kurus gives you a detailed status of all energy system elements. A dowser experienced in energetic healing can identify the status of different parts of your energy system. Many different types of energy workers can also do the same, but please ensure that you're working with an experienced energy worker since the area of energy systems is complex and working with your energy systems is very sensitive work.

I am a dowser and am often called an intuitive. I use distance dowsing to work with people around the world. Dowsing helps you tap into many different types of energy to obtain information that would not be readily available through other means. An experienced dowser or intuitive can help you identify the strengths and weaknesses of the many parts of your energy system.

## **Cleansing and Activating Auras, Chakras and Energy Systems**

Since our auras, chakras, and meridian systems are affected by things physical, intellectual, emotional, and spiritual, the answer to looking after our energetic aspects falls under these same heading. The following are summaries of the physical, intellectual, emotional and spiritual ways to effect clearing, rebalancing, activating and healing of your energy systems and all aspects are interconnected and all aspects are required for healthy and vibrant living.

**Vibrational cleansing with Choming Essences** can eliminate many types of blockages and can stimulate the repair some of the damage. Metal, chemical, atomic, pollution and pesticide poisons can be eliminated using a Choming Essence detoxification program. Using the **Black Obsidian Spray** concentrate that I make is also quite effective since it breaks down negative energies lodged in auras and chakras. There are certain Choming Essences that can help repair damages in the magnetic, electric and electromagnetic systems within the energy systems. Healing damages in these systems is complex.

**Smudging with white sage** clears out certain types of negative energy blockages in your auras, chakras as well as your home. All you need to do is seal your room closing windows and doors, burn some white sage so that the smoke fills your room, and remain in that room and many negative energies will dissolve, within you and your home. Or just burn a few leaves moving the smoke through your auras and negative energies will dissolve.

**Auric brushing** or having someone run their hands down your aura from top to bottom can help release blockages in your auras. **Crystals and gems** can be used to clear out blockages in your auras but one needs to be experienced to do this type of clearing and often crystals and gems are too strong and can create serious damage in the auras and chakras rather than be part of the healing process.

A **healthy diet, clean and vibrant water**, and lots of **sleep and relaxation** are essential to having healthy energetic systems. High ongoing stress creates serious damage in auras and chakras as well as the physical body.

**Physical exercise** and certain types of **breathing exercises** are an important element of a healthy energetic system. I highly recommend the book “Science of Breath” by Yogi Ramacharaka (ISBN 0-911662-00-6) that describes a series of breathing exercises for vibrant health. All types of **physical exercise** help to activate the chakras. One set of exercises that are outstanding for activating the chakras and auras are called the **Five Tibetan Rites**. I strongly urge you to buy the book “Ancient Secret of the Fountain of Youth - Book 2” by Peter Kelder (ISBN 0-385-49167-0).

**Connecting with nature** has a profound effect on your energy systems. There are many ways to use nature such as connecting with trees; communicating with all types of nature; using vibrational essences such as Choming Essences which are made from nature to effect healing at all levels; being with nature and allowing the vibration of nature to bring healing into your energy system.

**Healing with color** is powerful. Different colors have different vibrations that affect different elements of a person. E.g. green is a color that affects healing and calmness so if you want to focus on staying calm and supporting your healing, wear the color green, do some pore breathing with the color green, visualize that you are breathing in the color green, or decorate your room with the color green. If you want to feel energized, do the same with the color red.

**Sound and music can be used** to heal the energy system. Sound can activate the chakras. There are different types of music being produced today that can activate chakras, which in turn activate the entire endocrine system.

**Intellectual stimulation and intellectual pursuits** are critical elements required for healthy energy systems. The mind rests in the mental aura and this level of the aura needs to be stimulated or it will slow down, accelerating the aging process. We need to be learning, interested, and passionate about something at all times in our lives.

It is only when we **spend time alone** that we can deeply communicate with our Higher Power, internalize the experiences of the day, get in touch with our thoughts and feelings, and ground ourselves so that we are truly with ourselves

and our lives in that moment. You can go through life only partially experiencing what is actually happening to you, fairly unconscious to the experiences of the moment.

**Loving yourself and being able to give and receive love from family, friends and community** are important. When we feel love we release certain chemicals in our body and when we are angry we release a different set of chemicals. We have been made to achieve a certain balance and an imbalance in these types of emotions affects the vibrancy of our energy systems.

**Owning your emotions and being able to express your emotions** to others is fundamental to having a healthy energy system. Emotions not felt or expressed remain lodged in our physical and energetic bodies creating blockages, distorting our chakras, and creating holes in our auras. Repressed and unfelt emotions make us ill in the long-term. It's important to learn how to release emotions lodged within to release blockages and allow our chakras to function harmoniously and actively.

**Creativity in your life** is a vital element of a healthy energy system. Creativity is not necessarily painting or sculpting, but it can include these activities. It can also be cooking, gardening, needlework, studying, hiking, or many other different types of activities.

**Past lives** can play a major role in the health of our energy systems. Valerie Hunt in her book "The Infinite Mind" describes the effects of past lives in great detail. You can touch one of your past lives through meditation either alone or with an energy therapist. Past lives lodged in your auras can provide you with deep insight into your soul purpose or core issue for this life.

**Spiritual integrity** in all aspects of our lives is necessary for healthy and vibrant health. Values can become quite confused today. People can love their children and spouse, cheat at the office, are ruthless in business, help in their community, and be kind and generous with their aging parents. A lack of spiritual integrity in any aspect of life will seriously affect your energy system.

**Prayer and meditation** are central to the achievement of healthy energy systems. Prayer connects us with our Higher Power bringing emotional balance and stability. The power of prayer can be quite amazing. Meditation helps us quiet our busy minds so that we can become open to listening, being, and hearing from Universal Powers. These practices energize and heal our energy systems.

Integrating many of the above elements requires love of self, time and tenacity. I usually suggest to my clients that they begin with a few, and then continue to layer additional elements when they feel ready to do so.

## To Order a Healing/ Clearing of Your Auras, Chakras and Energy Field:

To order an energy healing/ clearing please email Mary Kurus at [mary@mkprojects.com](mailto:mary@mkprojects.com) and give her the following information:

- Your full name including middle names and maiden name if married
- Date of birth
- Home address if you require a healing of your home as part of the energy healing (there is an additional charge for this).
- The price for an Healing/ Clearing of your auras, chakras and energy field is \$195.00 US
- If individuals want specific issues addressed these will need to be identified as part of your information
- At times you might want an energy healing as part of a routine health program that you follow, something that I highly recommend approach

I have many articles on various aspects of energy on my website at [www.mkprojects.com](http://www.mkprojects.com) and I hope you will visit my website to read them under "Free Articles". I can be reached by e-mail at [mary@mkprojects.com](mailto:mary@mkprojects.com).

With Love and Caring,  
Mary Buchowski-Kurus