

DAY 19 - STUDENT AURA WORK & ENERGY SCANNING WORKBOOK

दिन 19 - छात्र कार्यपुस्तिका



AURA WORK & ENERGY SCANNING

आभा कार्य और ऊर्जा स्कैनिंग

Practice Notes, Scanning Records & Protection Techniques

अभ्यास नोट्स, स्कैनिंग रिकॉर्ड और सुरक्षा तकनीकें

Student Name / छात्र का नाम: _____

Date / दिनांक: _____

SECTION 1: DAY 18 REVIEW

दिन 18 समीक्षा

Quick review:

What is Nadi Shodhana?

Write the memory aid for the pattern:

"In _____, hold, out _____.

In _____, hold, out _____."

What is the channeling flow for Reiki?

_____ → _____ → _____

→ _____ → _____ → _____

How did your first complete session feel?

UNDERSTANDING THE AURA

आभा को समझना

2.1 WHAT IS THE AURA? आभा क्या है?

AURA = _____

The aura is the external expression of _____ Kosha.

The aura contains:

- Life force _____ (Prana)
- _____ energies
- _____ energies
- _____ energies
- Imprints of _____

In Vedic tradition, the aura relates to:

TEJAS (तेजस्) = _____, _____

OJAS (ओजस्) = _____, _____

THE THREE MAIN AURA LAYERS

तीन मुख्य आभा परतें

Complete the chart:

LAYER	DISTANCE FROM BODY	TYPE OF ENERGY
Inner Aura	0 to ___ inches	Physical / _____
Middle Aura	6 to ___ inches	_____ / Mental
Outer Aura	18 to ___ inches	Spiritual / _____

2.3 AURA COLORS AND MEANINGS आभा के रंग और अर्थ

Fill in the meanings:

RED = _____, _____, _____

ORANGE = _____, _____, _____

YELLOW = _____, _____, _____

GREEN = _____, _____, _____

BLUE = _____, _____, _____

INDIGO/PURPLE = _____, _____, _____

WHITE = _____, _____, _____

GOLD = _____, _____, _____

PROBLEM COLORS:

MUDDY/DARK = _____, _____

GRAY = _____, _____

BLACK SPOTS = _____, _____

AURA VISUALIZATION PRACTICE

आभा दृश्यावलोकन अभ्यास



3.1 SEEING YOUR OWN AURA अपनी आभा देखना

Practice results:

What I saw around my hand/fingers:

- Thin line of light
- Haze or shimmer
- Specific color: _____
- Movement
- Nothing visible yet

Description: _____

3.2 SEEING ANOTHER'S AURA दूसरों की आभा देखना

Partner's name: _____

What I perceived around their body:

- Outline of light
- Colors - specify: _____
- Movement or shimmer
- Different on different sides
- Stronger in some areas
- Nothing visible yet

Description: _____

3.3 CANDLE GAZING मोमबत्ती दृष्टि

What I noticed with candle gazing:

Did the afterimage help train subtle sight? Yes Somewhat Not sure

SENSING THE AURA - PARTNER PRACTICE

आभा को महसूस करना - साझेदार अभ्यास

4.1 FEELING THE AURA LAYERS आभा की परतों को महसूस करना

Partner's name: _____

AS PRACTITIONER:

Where did I feel the OUTER boundary? ___ inches from body

Where did I feel the MIDDLE boundary? ___ inches from body

Where did I feel the INNER boundary? ___ inches from body

Sensations I noticed:

- Warmth
- Coolness
- Tingling
- Pressure
- Resistance
- Magnetic pull
- Texture change
- Other: _____

Notes: _____

AS CLIENT:

What I felt when my partner scanned me:

FULL BODY AURA SCAN

पूर्ण शरीर आभा स्कैन

Partner's name: _____

Record what you sensed at each area:



HEAD/CROWN:

Strong Moderate Weak Hot Cold

Blocked

Notes:



FACE/THIRD EYE:

Strong Moderate Weak Hot Cold

Blocked

Notes:



THROAT:

Strong Moderate Weak Hot Cold

Blocked

Notes:



CHEST/HEART:

Strong Moderate Weak Hot Cold

Blocked

Notes:



UPPER ABDOMEN/SOLAR PLEXUS:

Strong Moderate Weak Hot Cold

Blocked

Notes:



LOWER ABDOMEN/SACRAL:

Strong Moderate Weak Hot Cold

Blocked

Notes:

HIPS/ROOT: Strong Moderate Weak Hot Cold Blocked

Notes: _____

LEGS: Strong Moderate Weak Hot Cold Blocked

Notes: _____

FEET: Strong Moderate Weak Hot Cold Blocked

Notes: _____

Areas that felt strongest: _____

Areas that felt weakest: _____

AURA CLEANSING METHODS

आभा सफाई विधियां



5.1 THE FIVE CLEANSING METHODS पांच सफाई विधियां

METHOD 1: HAND SWEEPING (मुख्य विधि)

Direction of sweeping: _____ to _____

Distance from body: 4-8 inches

After each sweep, do what? _____

Number of sweeps for complete clearing: 3-5

METHOD 2: COMBING

How to hold hands: Fingers _____ like combs

Movement: Head to _____, smoothing _____

METHOD 3: CORD CUTTING

What are cords? Energetic _____ to people/situations

How to cut: Use hand like a _____

What to say: "I release all cords that _____"

After cutting: _____ away and fill with light

METHOD 4: LIGHT SHOWER

What to visualize: _____ or golden light

Direction: _____ down over body

Where does negativity go? Into the _____ to be transformed

METHOD 5: SALT & SAGE

SALT BATH: Add 1-2 cups to bath, soak ___ minutes

SAGE: Light bundle, waft _____ around body

CLEANSING PRACTICE & SCANNING PROTOCOL

सफाई अभ्यास और स्कैनिंग प्रोटोकॉल

5.2 CLEANSING PRACTICE NOTES सफाई अभ्यास नोट्स

When I practiced HAND SWEEPING on partner:

When I received HAND SWEEPING:

6.1 THE SCANNING SEQUENCE स्कैनिंग क्रम

Fill in the protocol:

STEP 1: _____ IMPRESSION (30 seconds)

- Stand back and observe
- General sense of field

STEP 2: _____ AURA SCAN (2 minutes)

- Distance: 2-3 feet from body
- Sense outer boundary

STEP 3: _____ AURA SCAN (2 minutes)

- Distance: 1-2 feet from body
- Feel emotional/mental layer

STEP 4: _____ AURA SCAN (3 minutes)

- Distance: 4-8 inches from body
- Systematic head to feet

STEP 5: _____ CORRELATION (2 minutes)

- Connect findings to chakras

WHAT TO SCAN FOR & DISTURBANCE IDENTIFICATION

किसके लिए स्कैन करें और गड़बड़ी पहचान

6.2 WHAT TO SCAN FOR किसके लिए स्कैन करें

AURA SIZE:

- Healthy = ___ to ___ feet in all directions
- Contracted = pulled in (indicates _____)
- Expanded = too far out (indicates _____)

AURA DENSITY:

- Strong = _____, vital
- Thin = _____, exhausted
- Holes = _____ in field

TEMPERATURE:

- Warm = _____ flow
- Hot = _____, inflamed
- Cool = _____
- Cold = _____, depleted

7.1 TYPES OF DISTURBANCES गड़बड़ी के प्रकार

Match the disturbance to how it feels:

BLOCKAGES feels like: _____

DEPLETION feels like: _____

HOLES/TEARS feels like: _____

FOREIGN ENERGY feels like: _____

CORDS feels like: _____

CONGESTION feels like: _____

DISTURBANCE → TREATMENT MATCHING

गड़बड़ी → उपचार मिलान

Draw lines to match:

DISTURBANCES

- BLOCKAGES
- DEPLETION
- HOLES/TEARS
- FOREIGN ENERGIES
- CORDS
- CONGESTION

TREATMENTS

- Sweeping, cord cutting
- Sealing, gentle Reiki
- Extended Reiki, sweeping
- Dispersion, grounding
- Energy infusion, rest
- Cord cutting, boundaries

AURA PROTECTION

आभा सुरक्षा



8.1 SEALING TECHNIQUES सीलिंग तकनीकें

TECHNIQUE 1: GOLDEN EGG

What to visualize: _____ light forming egg shape

What to intend: "This field is _____ and _____"

TECHNIQUE 2: CLOSING THE FIELD

Hand movement direction: _____ circles

Movement path: From _____ down to _____

8.2 SHIELDING TECHNIQUES TO TEACH CLIENTS ग्राहकों को सिखाने के लिए शील्डिंग तकनीकें

1. BUBBLE OF LIGHT

Visualize: _____ of white light surrounding you

Size: About ___ feet in all directions

Function: Allows _____ in, keeps _____ out

2. MIRROR SHIELD

Visualize: Aura as a _____ on outside

Function: Negative energy _____

3. GROUNDING CORD

Visualize: Cord from _____ chakra into _____

Function: Negative energy _____ into earth

PARTNER PRACTICE - COMPLETE AURA SESSION

साझेदार अभ्यास - संपूर्ण आभा सत्र

9.1 AURA SESSION STRUCTURE आभा सत्र संरचना

Fill in the steps:



MY EXPERIENCE AS PRACTITIONER

प्रैक्टिशनर के रूप में मेरा अनुभव

Partner's Name: _____

PRE-SCAN FINDINGS:

Overall impression of their aura:

Strong Moderate Weak Contracted Expanded

Notes: _____

Size of aura: approximately ___ feet

Any colors noticed: _____

DETAILED SCAN FINDINGS:

Disturbances identified:

Location 1: _____ Type: _____

Location 2: _____ Type: _____

Location 3: _____ Type: _____

CLEARING WORK:

What cleansing methods I used: _____

What released during clearing: _____

SEALING:

Method used: _____

Overall experience giving the session:

9.3 MY EXPERIENCE AS CLIENT ग्राहक के रूप में मेरा अनुभव

How I felt at the beginning:

Physical sensations during cleansing:

Emotional experiences:

How I felt after sealing:

AURA SCAN DOCUMENTATION FORM

आभा स्कैन दस्तावेजीकरण फॉर्म

AURA SCAN RECORD

Client Name: _____ Date: _____

AURA MAP - FRONT VIEW

Mark: X=Blockage O=Hole ~=Weak *=Hot -=Cold



OVERALL ASSESSMENT:

Aura Size: Contracted Normal (2-3 ft) Expanded

Aura Strength: Strong Moderate Weak Patchy

Colors observed: _____

Main Disturbances Found:

1. _____
2. _____
3. _____

Treatment Applied:

Hand Sweeping Combing Cord Cutting

Light Shower Other: _____

Sealing Method: _____

Client reported feeling: _____

Recommendations: _____

Practitioner: _____ Date: _____