



DAMANHUR ALCHEMY SCHOOL

AURA DISPLACEMENT AND PERCEPTION EXERCISE

- Imagine or feel your aura and expand it.
- Next connect and sense in frequency and vibration your expanded aura with the energetic auras of the other forms present in your environment.
- Sitting with eyes closed, breathe and bring yourself to the zero point.
- Now, go to your right to perceive the person on your right, then you go back to yourself, then you go to your left to perceive the person on your left, you can get an emotion, a feeling, an image, a color.
- Lastly, go around the room to perceive and sense what you receive

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