



STUDY SANCTUARY

How Aura Soma Works on Consciousness

Aura-Soma has the potential to support you in accessing all levels of consciousness. There are four main levels of consciousness to which we can all access/become aware of:

Your Higher Self: The God essence within you.

Your Conscious Level: Your thinking self that is reading and processing this information

Your Sub-conscious: What you learn through experience and repeat as a habit.

Your Unconscious: The unconscious does not distinguish between the past and the present; there is only now. In the unconscious the past and present are one and the same so the unconscious will do everything it can to protect you and keep you safe because it remembers what you don't. The challenge is that most of what it remembers, is no longer relevant to the current experience, however, in the effort to protect you, the unconscious will set up internal resistance.

Bottle # 75 - Go with the Flow



Conscious Level - Magenta

Unconscious Level - Turquoise

Affirmation: *My intention is to see life anew with love.*

Magenta represents: Divine Love; Love in the little things; Power; Compassion; Kindness; Cooperation; Universal Harmony; Emotional Balance; Intuition; Psychic Ability; Uplifting; Free Spirit; Cheerfulness; Contentment; Appreciation;

Optimism; Spontaneity; Resourceful; Organization

Turquoise represents: Creativity; Heartfelt Communication; Sensitivity; Empathy; Care; Spiritual Growth; Self-Esteem; Clarity of Thought; Balance; Harmony; Calmness; Compassion and Self-Sufficiency

Dominant Characteristics: This bottle promotes:

- ~ Being in touch with the flow of life through a re-orientation from thought to feeling.
- ~ Supports and facilitates self-acceptance.

- ~ Letting yourself be
- ~ Giving care and attention to what is in front of us in the present moment.
- ~ Individuation – moving away from the past and family patterns.
- ~ Personal Master of mind and emotions.
- ~ Energy, strength, and courage.
- ~ Exemplifying love in all relationships, and supporting others with genuine caring
- ~ Divine love and heartfelt communication with a willingness to impart wisdom and insights freely.

Spiritual Level:

- ~ Optimizing talents and overcoming illusions
- ~ Opens the heart to the revelation and acceptance of ultimate life's purpose.
- ~ Clarity to recognize true desires

Mental Level:

- ~ Allows for the user to feel less victimized.
- ~ Supports and relays information from the subconscious into the conscious.
- ~ Calms the intellect and brings emotions to the surface so they can be acknowledged, accepted and healed.

Emotional Level:

- ~ Connects the consciousness with anger and resentment
- ~ Supports coping with and working on love issues.
- ~ Facilitates the user in being able to talk about their feelings.

Potential Challenge Aspects: While being able to see the truth outside of the self, there can be a tendency to be blocked the inner truth – resulting in feeling like a victim. There is a potential to repeatedly ask the question, "Why me? Why is this happening to me?" There may be resistance to look at your own life. There may be a self-perceived inability to change things which results in a high degree of despair. Unchecked, this can lead to wanting to be free from life and its' inherent responsibilities. There may be a predisposition to seeing the painful challenges in situations instead of the call to growth. This unconscious mindset will feed hidden anger and resentment held deeply within. Tragically, mindset will overshadow the great love capacity and drive people away.

Where to Apply the Substance: Everywhere on the body.

Remove the plug from the bottle. Shake and pour half of the bottle into a tub a warm water.

Soak for 20-30 minutes, warming the water as necessary.

Following the bath, use every day, for 7-9 consecutive days or until the bottle is complete, by rubbing all over the body, including the soles of the feet.

If no bathtub is available, remove the plug and use liberally, all over the body, daily until the bottle is complete.

POMANDER



Fun and Laughter

Color: Yellow

Fragrance: Fruity, Lemony, like the forest

Crystal Energies: Amber, Fluorite, Yellow Quartz, Topaz, Citrine

The Yellow Pomander clears the mind and brings clarity of direction and receptivity and innate wisdom into any situation. Sun People will feel its affects almost immediately, and for these individuals there is no better protector of their "inner-tuition". Can help develop a strong sense of self. It may be useful in overcoming irrational fears and nervousness, thereby being supportive in the process of breaking habits such as smoking, drinking alcohol or coffee.

Pomanders work within the electro-magnetic field surrounding the physical body to essentially help protect, cleanse, refresh and strengthening the energetic field around you. This energy field, like the physical body, can become damaged for numerous reasons. With regular application of a Pomander, positive energies surround you and filter out any energies that can be harmful. They can also be used to help focus our intentions.

Every Pomander contains the energies of herbs which consist of 49 different herbal extracts and essential oils, color and crystals. Each Pomander has predominant herbs which are chosen in accordance with the color code and associated chakra. Although the 49 herbs are present in all the pomanders their quantities change according to their color code. The white pomander is the only exception as it contains all 49 herbs in equal balance. Therefore, each pomander can be worked with according to the color/chakra bringing the most appropriate energies that reflect the individual beings needs.

It has been found that Kirlian photography has been able to capture the effects that surround the aura that can last up to several hours after applying a Pomander to the energy field.

QUINTESSENCE



Serapis Bey

Master of the Rays: Clear

Basic Theme: "Cleansing"

Color: Clear

Fragrance: Spicy and Flowery

The Serapis Bey can offer purification of thought and feeling, clarity and new beginnings. Serapis Bey reveals our inner essence through the purification of the subtle bodies, providing clarity of purpose and vision. It is the perfect essence for energetic cleansing of a room, any gemstones, or basically the aura surrounding any being.

It can create the balance to clear, protect and increase the magnetic field. Mix 1 cup water to 12 drops of Serapis Bey in a spray bottle, and spray away.

Serapis Bey assists us to focus on the messages/gifts that all minerals have for us. It is especially useful for "clearing" quartz crystals that are to be used by crystal workers for whatever purpose. Using this vapor in conjunction with a quartz crystal and meditation will facilitate 'contact' with the crystal - thus extending your reach into the innermost dimensions and the ancient knowledge contained therein. It is also powerful in giving depth of understanding as it pertains to conflict, pain and suffering.

The Quintessence brings a subtler energy into the Aura-Soma system. They work through the astral and etheric levels to facilitate the flow of energy from the inner planes. When we use a Quintessence, we invite into our auric field (electro-magnetic field surrounding the physical body) the most positive energies of the color rays to which they are related. As we do this, we are invoking our own qualities into manifestation from deep within us. The Quintessence's help us to accept and recognize our own inner beauty and power.

The Quintessence is the fifth Element and can be defined as the highest; purest energies of Spirit. By putting a quintessence on, you are calling on that pure vibration of the Divine Spirit to assist you. You are also calling forth that aspect of yourself that has been asleep, inviting it to awaken and be more active in your life. Therefore, when you ask Spirit to blend with your world and you blend with the spiritual world energy. As used in the Aura Soma technology, Spirit is translated to mean pure or high energy. This is not to be mistaken for "spiritual entities."