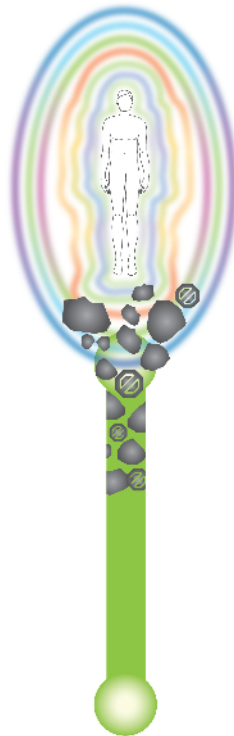
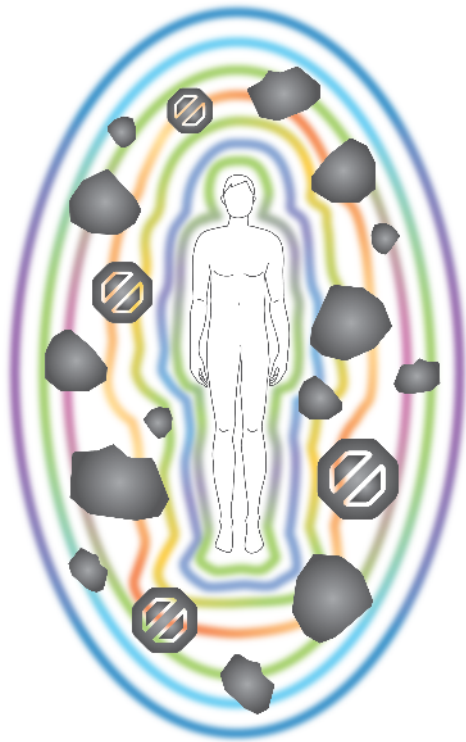




Obstructions, Constrictions & Blockages



Obstructions, constrictions and blockages represent stuckness in your life.

Obstructed, constricted or blocked energy diminishes flow. It inhibits healing, and sometimes leaves you without enough energy to 'do' your life.

To restore Auric flow, visualize pushing the blockages to the base of the Aura and then into the Grounding Cord.

Notice any freeing insights you glean as you return to a state of ease and flow.

