



ENERGY HEALING INSTITUTE
Education for The Consciously Curious

Astral Practitioner Program

Repairing Astral Auric Breaks

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Def: Astral Auric Breaks occur in people who experience trauma over long periods of time, usually beginning in childhood. Astral Auric Breaks are usually perceived between the 3rd and 4th chakras (85-90%) or between the 2nd & 3rd chakras (10-15%). The Aura is divided into two sections, an upper section (3rd or 4th layer – 7th) and a lower section (1st – 2nd or 3rd). The two sections remain disparate, and the patient perceives life's experiences through a dis-integrated perspective. He or she is engaged in an experience through the lower chakra awareness, and resonating with the energies in the lower section of the Aura, or the upper chakra awareness, and resonating with the energies in the upper section of the Aura. In either case, the patient cannot fully heal and integrate the trauma until the Aura is integrated and healed.

Description


An Astral Auric Break is an unconscious trauma response that is put in place to keep the patient safe in his or her environment. Generally the trauma is prolonged, and begins in childhood, in some cases prior to the patient having verbal capacity. The Auric Break separates the Astral body into two distinct parts. If something unpleasant is happening to the child, to his or her body, or in the home, the child can escape to the other part and find safety or respite from the trauma. In cases of physical or sexual abuse, the child escapes to the upper half of the Aura, and then usually leaves the body. In the case of mental or emotional abuse, the child may escape to the lower half of the body and freeze up or go numb emotionally.

Repairing the Astral Auric Break involves sealing the seven layers of the Aura into one integrated field.

The practitioner stands to the side of the patient on the table, and Clairvoyantly determines where the Auric Break exists – between the 3rd and 4th chakras, or the 2nd and 3rd chakras.

Beginning at the 1st layer of the Aura, the practitioner gathers each layer and merges them together. The work is detailed and complex. The gap is sealed all the way around the Aura. The practitioner imagines that the Auric layer is flowing through his or her fingertips, sealing together as it passes through. The entire layer is sealed before moving to the subsequent layer. There is a subtle pressure or other form of feedback in the fingertips when each layer is sealed. It's useful to imagine the separate sections of each layer overlapping as they seal, and then bouncing into place as the work is completed.

It generally takes 15-20 minutes to repair the Auric Break. It can be tiring since the arms are held in the air throughout the process. It's possible to be seated for the lower layers, however the upper layers are at least two feet off of the patient's body, so quite high in the air.



It's certainly acceptable to rest the arms for a moment or two before continuing with the upper layers. However, do not switch to other forms of clearing or infusing until the work is completed.

When the Aura is fully repaired and sealed, an infusion is appropriate, as well as saying hello to and clearing any emotional energy, trauma, or other constructs that may be resonating in the Aura that could cause discomfort to the patient.

Once the Astral Auric Break is repaired, it will not sever again based on historical experience. If the patient is living in an abusive situation in current time, it's possible that he or she would create a new rift in the Auric field.

Should this occur, it's appropriate to ensure that the patient has an ongoing relationship with a therapist who can facilitate the patient out of the abusive pattern.

Sometimes patients will attempt to avoid therapeutic work with energy healing. Be aware of this tendency, and be prepared to refer these patients to an appropriate therapist in the community.

It is not a good idea to serve as a substitute for a therapeutic relationship, unless the practitioner has a background and expertise in therapeutic counseling.

Background

Trauma tends to create dissociation, especially when it occurs in childhood. The child has no mechanism for understanding how to resolve what is occurring, and learns to dissociate (separate from the situation or person creating the trauma) to save him or herself. Done repeatedly, the Astral energy field separates as well.

In most cases, the break in the Aura occurs between the 3rd and 4th chakras. The child organically understands the Heart as the fulcrum or the gateway to the upper chakras, and that the lower chakras have far more to do with the day-to-day functioning in his or her life. The break occurs there so that the child can continue to experience love, separate from the abuse he or she experiences. It explains why many children love the perpetrator, in spite of the abuse they suffer.

Less frequently, the break in the Aura occurs between the 2nd and 3rd chakras. In this case, the child separates his or her emotions (2nd chakra) from the ability to take action and accomplish life's daily tasks and requirements. He or she may experience life as relatively flat, burdensome, without much ability to experience joy or happiness. These people can become highly functional adults – they overcompensate and use their 3rd chakra energy to perform without having much connection to their emotions. Conversely, some people collapse and become very low functioning, recycling trauma, having difficulty completing simple tasks, holding jobs, etc.

When the Astral Auric Break is perceived in the Auric field, it's helpful to know the patient's status therapeutically. Do they have a relationship with a therapist? Are they connected to and

aware of the trauma? Do they have a connection to the effects on their experience, energy and emotions?

It's not typical that a practitioner will see this break in initial sessions. It's generally something that is revealed as a patient's story unfolds, trust is established and a relative level of safety and ease is emerging in the person's energy and experience.

In general, when the Auric Break is lit up, the patient is ready for integration and the degree of wholeness that will emerge as the Aura is repaired and healed. Trust the process, if it shows up, the patient is ready.

It can be helpful to discuss the protocol with the patient so that he or she is aware of the healing opportunity available in the session.

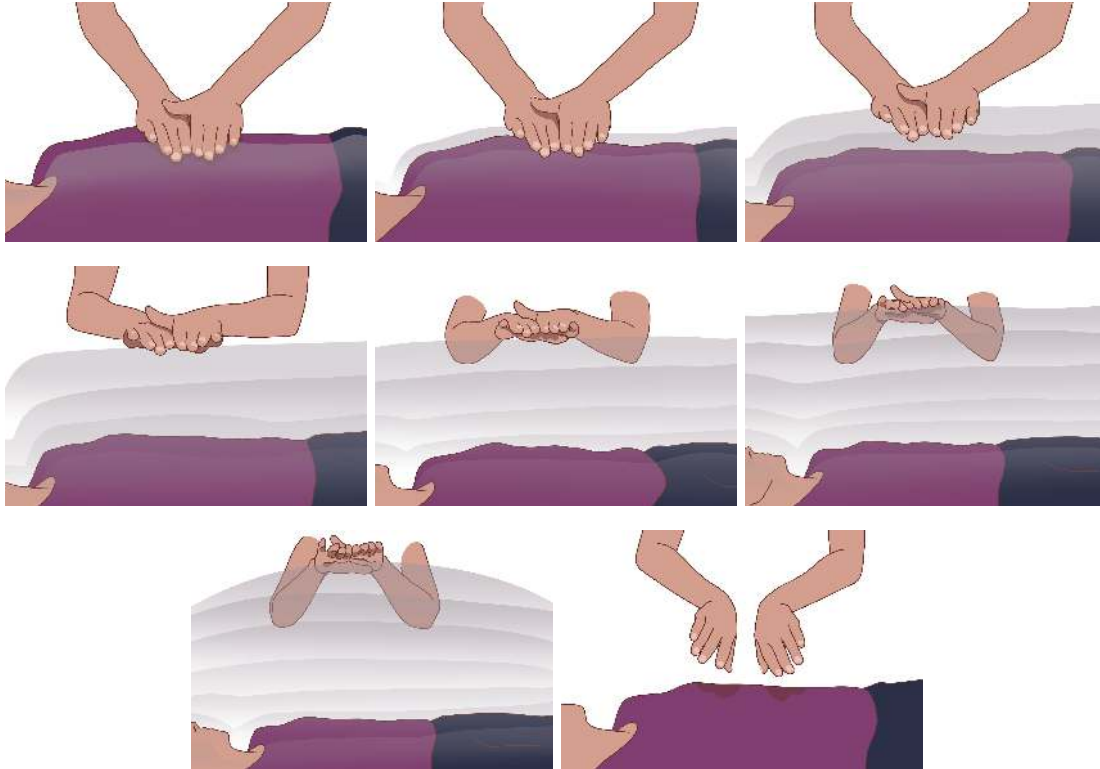
It is not necessary to describe the process of resolving the break in detail, rather a more general discussion about integration, balancing the upper and lower chakra energies, creating a unified field from which the patient will now operate supports acceptance.

The patient (except on rare occasions) will have no awareness that the Auric Break exists. He or she will be aware that trauma is part of his or her story, so the break can be described as an energetic consequence of the ongoing trauma.

And the patient should be reassured that this could only be perceived by the practitioner if the patient lit it up. The practitioner facilitates healing, but does not decide what healing is going to take place.

The practitioner greets the patient's energy, invites release and follows through with protocols based on what is lit up in the field.

Illustration: Repairing Astral Auric Breaks



Patients who have experienced trauma at a young age often present with a fragmented Aura – a Humpty Dumpty split, through all 7 layers – usually between the 3rd and 4th chakras. The patient is either living through the lower chakras or the upper chakras, but has no ability to sustain integrated awareness.

Beginning with the 1st Layer, the practitioner brings the two fragments together and seals them with their hand and fingertip chakras, and will continue until all 7 Layers are joined and sealed.

When completed, this is a permanent healing for the patient, and an enormous support for evolving and neutralizing trauma and its effects.

Exercise: Repairing Astral Auric Breaks

Stand at the patient's side as he or she lies on the table

Clairvoyantly perceive and validate with your hand chakras, the Astral Auric Break between either the 2nd & 3rd chakras (10-15%) or the 3rd & 4th chakra (85-90%)

Discuss the break with patient as appropriate prior to repairing and sealing the Aura

Begin with the 1st layer of the Aura where the break has occurred (between 2nd & 3rd or 3rd & 4th chakras); use the fingertip chakras to pull the Aura edges together, overlapping slightly

Imagine the Auric layer sealing all the way around (from the front of the body, to one side, the back, the other side and finishing at the front of the body)

Listen, sense, see the sealing completed in the layer before migrating to the next layer

Complete all 7 layers before moving to any other task

Infuse the field

Invite any Emotional Energy, Cords, Auric energies to light up and clear – perhaps asking anything that inhibits ease, integration and healing to light up for clearing

Infuse again, consider using compassion, ease, flow, trust along with green, gold & rose quartz

Set & Partner chakras, Auric Boundaries, Ground the patient