

Aura Transformation

Emily Anderson feels empowered and calm after an AuraTransformation session with Karen Burt

An AuraTransformation is not something to be taken lightly, yet this powerful method of expanding your consciousness brings the light of spirit directly into your life – and all the dynamic change that goes with that. This thorough cleanse of your aura has the potential to increase intuition, drive and focus, bring clarity, harmony and inner peace, happiness, freedom and fun.

Before undertaking a session of AuraTransformation with one of the UK's first Aura Mediators, Karen Burt, also an author and speaker on consciousness and the 'new time' on earth now, she recommends reading Anni Sennov's *Balance on All Levels with the Crystal and Indigo Energies*. Now I'm excited - and a bit scared.

An AuraTransformation, which takes around five hours over two sessions, is a permanent, irreversible clearing away of the old soul aura, past life karma and blockages, to bring in the new Indigo and Crystal energies. After this you will be guided to live out your purpose and able to manifest what your heart truly desires. Once your new aura has fully crystallised, which could take anything from three months to three years, your spirit is then fully integrated into your cellular structure, rather than being something outside yourself where you have to get through the auric body and beyond to tap into for guidance.

What to Expect

Sounds good but I've just had two years of intense, life-shattering stuff going on, so I don't need more turmoil. But I could do with bringing balance into my life and experiencing fun again.

When I reach Karen's light-filled, tranquil home in the woods near Lewes, East Sussex, I instantly wonder why I



• KAREN BURT

worried as I relax in her calm, confident presence. Lying on my back under a blanket, she gently holds my bare feet, and we both close our eyes. She asks me to become really present, taking deep breaths and feeling each breath go all the way into every bit of my body.

First, she scans my aura and chakras to see what state I'm in right now. My aura is shrunk in close to my body, as if pulled in close to protect myself. My third eye chakra is inflamed, explaining why I'd been experiencing the hurt and betrayal so intensely, and most other chakras were blocked as I've not been expressing my true self for a long time. I start sobbing.

'Let it all go,' instructs Karen. 'At my AuraTransformation, three and a half years ago, I bawled my eyes out.'


Once my old aura is cleared away, including any past life memories stored here, which Karen mentions if they seem relevant, Karen mentally asks my spirit energy to come in. This she describes as a

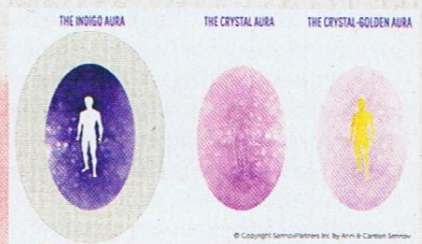
clear golden light, really whooshing in. I strongly feel the energy swirling up from my feet and around my relaxed body. Next, various images appear to Karen, all parts of my true spirit coming back to me, including a big brown bear, an eagle, a lizard, a white wizard with a big beard and cloak, and an apple tree. What incredible things to have in my aura! All will now give me strength and passion to live out my purpose connected to my love of writing, which Karen could see made my aura crackle with buttercup yellow beams of light going out like the rays of the sun.

After-Effects

Leaving Karen, I feel clear, positive and full of energy. Then, after a couple of days, worry and tiredness set in, and I feel lost and confused, all common after the first AuraTransformation session. Walking in the woods connecting deeply to nature helps. As do Karen's suggested energy maintenance techniques of imagining gathering my energy back from everyone, through a filter to clear it, sending others' energy back to them, and visualising the indigo aura balancing my energy.

In my second even more relaxing session, Karen fully integrates the Indigo Balance Body into my aura to protect it and anchor the Crystal Energy over time.

As the wonderful energy swirls around me again, I'm told to tune into what my heart wants for me now. I see myself in Italy, walking through fields feeling the sun on my skin - but how to forge a life there? Karen advises: 'Spirit will let you know the path to take through your intuition. If you're ever unsure, know that it should feel right, empowering and most of all fun!' 



Find out more

• Karen Burt's website, I of Spirit is a platform 'for the consciousness expansion and lifestyle shift promised by the new pure and empowered energies being established on Earth at this time'. www.iofspirit.co.uk