



AURA HYGIENE TIPS

HERE ARE SOME IMPORTANT SPIRITUAL HYGIENE TIPS THAT YOU CAN INCORPORATE IN YOUR DAILY ROUTINE

Crystals:

If you want to use crystals for protection, healing, and energetic cleansing, consider these options:

- Black Tourmaline: This is the most powerful protection crystal, ideal for grounding and shielding.
- Tourmalinated Quartz: This crystal amplifies powerful healing and can be used for chakra balancing.
- Smoky Quartz: A great choice for psychic and EMF protection, this crystal can also help with stress relief.
- Black Obsidian: Use this crystal to cleanse psychic smog from your aura, but be sure to cleanse it often with selenite.
- Flourite: Known for absorbing negative energy, this crystal also requires regular cleansing with selenite.
- Clear Quartz: A powerful transmutter of negative energy, this crystal can be placed in all four corners of your home to amplify the effects of other crystals.
- Red Jasper: Use this crystal to cleanse your aura and deflect negative energy back to its source.
- Selenite: Ideal for cleansing your aura every night and morning, selenite can also be used to recharge other crystals. Place stones on a selenite bowl or plate for at least four hours to recharge. Plus, the best part is you never have to recharge selenite! To cleanse with selenite, circle your entire body from head to toe while saying you are clearing all negative energies and low vibrations from your aura,

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Grounding:

One of the easiest methods to get rid of unwanted energies and revitalize our energy field is by grounding ourselves to Mother Earth / Gaia. By doing this, our souls are anchored into Earth's energies. This harmonizes the soul energies and physical energies in our bodies, creating a sense of balance. To ground yourself, visualize red and black roots extending from your feet and reaching deeper into the earth. Keep picturing the roots until they connect to the middle of the Earth. Finally, express gratitude to Mother Earth for the connection.

Love Bubble:

After cleansing your aura with Selenite, it's important to protect it with a "love bubble." Envision a bright golden light radiating from the sun or the heavens, enveloping you in a protective sphere. You can extend this bubble to your loved ones, including your kids, partner, and even pets, whether they are nearby or far away. Remember, it's all about setting your intention.

Invisibility Cloak:

It may seem unbelievable, but the simple act of visualizing oneself wearing an invisibility cloak can shield us from negative energies and entities. By combining this technique with other established protocols, we can keep ourselves safe and secure. When putting the cloak on remember to cover your head and face with the hood to complete the invisibility.

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HOW TO RAISE YOUR *Vibration*



Meditate, Pray
Practice mindfulness



Notice your thoughts
Practice Mindfulness & Gratitude



Eat closest to the source
Drink Water



Rest & Breathe



Declutter



Journal
Read Self-Help Books



Move your Body

**THE HIGHER THE FREQUENCY OF YOUR ENERGY OR VIBRATION, THE LIGHTER YOU FEEL
IN YOUR PHYSICAL, EMOTIONAL, AND MENTAL BODIES. YOU EXPERIENCE GREATER
PERSONAL POWER, CLAIRTY, PEACE, LOVE AND JOY.**

BENEFITS OF SAGE

- Removing bacteria from the air
- Repelling earthbound spirits and some negative entities
- Improving Intuition
- Purifying Specific Objects
- Improving Mood and Reducing Stress and Anxiety



**Very easy to grow your own, cut, bundle, dry and burn.

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BENEFITS OF *Meditation*

01 REDUCES STRESS

03 REGULATES MOOD

02 STRENGTHENS SPIRITUAL
CONNECTION

04 HELPS ANXIETY/
DEPRESSION

DIFFERENT WAYS TO *Meditate*

- Walking
- Cooking
- Puzzle Solving
- Listening to Music
- Mandala Coloring
- Gardening
- Knitting / Crocheting
- Aromatherapy
- Journaling
- Reading
- Deep Breathing
- Skipping Stones
- Crafting
- Tai Chi
- Yoga
- Hiking
- Writing Inspirational Thoughts
- Organizing
- Watching Emotional Films
- Lighting Candles
- Origami / Folding Paper
- Rock Painting
- Engage in Art
- Creative Visualization
- Listening to Seashells
- Resting Your Eyes
- Light Exercise
- Tea Ceremony
- Taking Photos
- Stretching
- Riding a Bicycle

SITTING IN SILENCE AND STILLNESS WITH CLOSED EYES IS ALL YOU NEED TO ACHIEVE A SUCCESSFUL MEDITATION SESSION. WITH PRACTICE, IT BECOMES EASIER TO DO.

Transmuting your emotions *in a healthy way*

ANXIOUS

- Meditate

SAD

- Exercise

LACK OF SELF CONFIDENCE

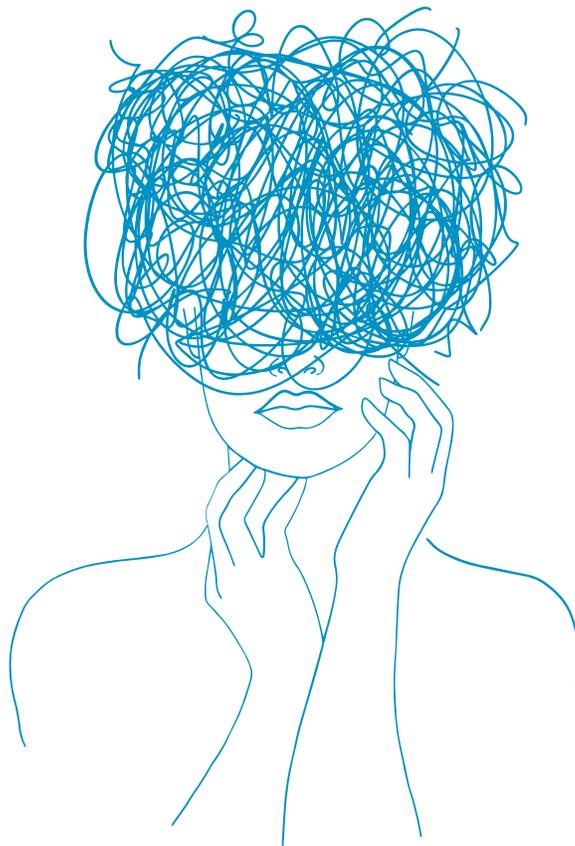
- Shower

TIRED

- Nap

TENSE

- Stretch



ANGRY

- Music

OVERTHINKING

- Write

STRESSED

- Walk

LAZY

- Reduce screen time

BURNT OUT

- Read

ALL OF THE ABOVE

- Breathe in an essential oil

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How to Get Your Energy UNSTUCK!

Let go of fear...

Fear makes you stay in your current mindset, circumstances, and it keeps your energy revolving around the same thing.

Get rid of something old...

Hoarding, accumulating, or simply keeping things that you don't need keeps the energy around you stuck. Let it go! In order to let new energy come in, you need to make space for it by getting rid of old energy. Items carry energy.

Change a daily habit...

Sometimes the fear of making big changes keeps you from making any changes at all. Or just the lack of motivation keeps you from just starting. Start with a SMALL daily habit to make the energy move. For example, just 10 minutes of stretching or a quick 10 minute yoga video free on youtube.

You have to move...

Energy is stuck when you are too sedentary. Exercise, stretch, jump, clap, etc.



HOW YOUR BODY SAYS *No!*

crossing your arms

feeling frozen, stuck or
unable to move

fingers curling in to make fists

tightness & constriction in
body or breath

lump in throat

hunching over or making
yourself small

persistent fatigue or
heaviness

jaw clenching

knot in your stomach

difficulty speaking up

heart palpitations

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HOW TO BURN PALO SANTO

- Light a Palo Santo stick
- Hold the stick downwards at a 45-degree angle.
- Let the stick burn for 30 seconds.
- Blow out the flame. Place it in a heatproof dish to let it burn.



THE BENEFITS OF PALO SANTO:

REMOVING NEGATIVITY, OVERCOMING OBSTACLES, AND
INVITING GOOD LUCK!

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