



Video Transcript

Standing Aura Clearing Practice

Hi, I'm Megwin and welcome to this standing aura clearing practice. The practice that we're going to be doing today works with a physical posture and it also is going to be working with our breath to help clear the aura, the energy center of our body that is non -physical. Now, Even though it's non -physical, it can hold a lot of energy. And sometimes it can be impacted by our emotional state. Perhaps we're going through something in life that's really heavy and draining. You might feel that your energy also feels drained. Or perhaps you feel like, you know, you might feel judged by someone and sometimes your aura can be impacted. So this practice is going to help you to clear all that static, all that clutter that oftentimes gets in the way of your energy body. And to do that, we're going to be using an ancient Taoist technique that is going to be engaging a stance. We're going to be standing nice and wide like this, so a little wider than your hips. And we're going to be bending our knees, and you're going to just allow your tailbone to gently draw under. You're not tucking it or anything like that, just allowing it to lengthen. And this position is going to help to ground us. It's also going to help to activate that chi energy that's going to help to clear anything that's blocking our aura. And the next thing we're going to be doing is we're going to be using an ancient mudra that's called the Saakshi Mudra. To do that, you're going to bring your hands together, so the sides of your hands touch just like this, and you're going to bring your thumb together like this, and the tips of your fingers like that. The thumbs are then going to go inside your hand. So you're making this kind of shell -like shape, And you're going to, let's start with actually just bringing that to the center of our chest. So you'll notice right away when you hold this position, you kind of feel a little bit more

relaxed. The Sakchi Mudra is used to help us to connect to our inner witness. The part of us that can see things in a neutral type of way, it also is going to help to connect us to an inner clarity. And also, it can even help to relax the muscles of the face. So we're going to be working with it in a few different positions. Let's just start with it just in the center of the chest, just so that you can feel that relaxation. Start with a deep inhale, and then exhale. You can breathe through the nose or through the mouth. There's no specific way to breathe as we do this, whatever feels comfortable.

And as you're holding that, again, just noticing that relaxation.

And now what we're going to do is we're going to connect this mudra to the three dantians in the body. So we're going to start with the lower dantien, which is about two inches below the navel. So we're going to be holding it there for a little bit. And then we're going to bring it up to the heart, to the middle d'antien. And then finally, we're going to go all the way up to the upper d'antien so that the fingers are going to be pressing, not touching the head, but they're going to be in alignment with the third eye. And at that point, you're going to also let your head draw back a little bit. You know, in front of each of these centers, we're going to be focusing on clearing those centers. And as you do this, you might feel like you want to move your body. That can happen very, very naturally. So allow that to happen. And as you're doing this practice, you can close your eyes. If you feel dizzy or uncomfortable, you can keep your eyes open. And you can also just look directly over your nose. And that'll help you to feel really balanced. Now, so to begin, let's go ahead and bring our hands down, and you see that I'm level, perpendicular with the ground, and a bend into that horse stance. So it's nice and grounded, letting the tail lengthen below me, and I'm going to hold that position, relax the shoulders, relax the head, and let's just begin with our breathing, inhaling deep and exhaling, grounding that breath.

center.

And as you're holding this, you can also start to begin to feel that we are made up of these atoms, there's space inside of the body.

Feeling that inner witness through that Sakshi Mudra, connecting to that inner space, Just allowing yourself to ground this energy.

You can also help here to really unlock the energy. A Taoist practice is to make a gentle Buddha smile. So gently widening a little bit in the cheekbones.

This will help.

and

you might visualize roots going down through your legs to your feet all the way down into the earth, grounding and connecting to that magnetic energy of the earth. And Now we're going to move up into the middle Dantien, so we're moving right to that heart center. It's also the seat of our compassion. This is where we hold a lot of emotional energy.

And as we hold here again, we're feeling into that inner space inside the body.

And just allowing ourselves to witness and feel.

And the more conscious you are of the breath, especially that exhalation, slowing it down, is going to enhance energizing the body with that chi.

We're generating energy.

We're clearing the center.

And again, your body may move. You might even feel spirals of movement. Just allowing yourself to move in whatever way. Your body wants to move and consciously Hearing that heart, see if you can bend a little bit more into that horse dance and taking one last breath here

now we're going to move that mudra all the way up to the third eye and it's almost like i'm tipping tipping a glass and we're going to go right into that third eye but i'm not touching and the reason for that is we want to activate that magnetic energy so keeping it just a little bit away from your head and breathing slow and deep.

So in this upper Dantian center, this is where we connect to our higher consciousness, our intuition.

This is the seat of enlightenment.

So just breathing slow and deep and focusing on that inner witness.

So even though you're using energy here to hold yourself up, the more you can activate that energy from the inside, you almost feel like your body is being held up without any energy at all, clearing that upper center as

we do this who might even imagine your aura now just expanding out in all directions visualize yourself taking space allowing that space to extend far, far beyond your physical body.

Expanding, empowering you.

And as it expands, also feeling the energy of your body grounding deep into the earth. Take one last breath. Inhale. Exhale.

Just imagine drinking. Most imagine you're drinking an elixir, a golden light, allowing that light to move through your third eye, all the way down through your spine, all the way down to your tail. You can bend a little bit more and ground that. Great. and let's slowly release this coming up and reach your arms out see that aura extending in all directions

and fantastic job I'm super proud of you for doing this I know it's not easy but now as you leave this practice just notice how you feel If you also want to, you might want to journal and just allow yourself to write. If anything came up, it can be really, really helpful to just take a moment now to reflect. And I look forward to seeing you in our next practice.

