CHAKRAS & AURAS
Their Role and Importance in Mediumship, and Psychic & Intuitive Development
And how to Put Them to WORK for you!
ClareMcNaul.com
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As someone who is developing your intuition, psychic ability and/or mediumship skills you will have a basic knowledge about chakras and auras by now. It is also important that you understand how chakras and the aura play a part in your development and in the process of intuition, psychic readings and spirit communication.

Expanding your awareness in this regard is what this little booklet aims to do! Both your chakras and your aura can provide you with a great deal of information during your psychic, intuitive and mediumship development work. It is simply up to you to learn how to utilize these aspects of your being and be willing to jump in and do it!

Let's talk about the chakras first.
Chakras: The Internal Energy Centres

Chakras are energy centres located inside our body and aligned through the centre along the spine. Chakra in Sanskrit means “wheel” or “disk”. To visualize the chakras would be to see them as spinning disks or wheels, aligned in a column, a total of seven, positioned from the base of the spine and, one above the other, moving up the centre of the body to the top of the head. These wheels correspond to our physical, emotional, mental and spiritual wellbeing. If one or more of your chakras is out of balance, or alignment, this will be reflected in your life usually manifesting as a physical symptom or malady, emotional upheaval or even mental imbalance.

It is no coincidence that our first awareness of the chakras often coincides with the beginning of our spiritual development. When we understand how the chakras work we open a doorway into deepening our spiritual growth.

When your chakras are in balance the energy in your body flows easily back and forth through them. You feel good in your being from your mental attitude to your physical health. When they are not in balance there is usually a back of up energy or a blockage of some sort that is impeding the energy flow. Picture this as a gate or a door that is jammed and will not allow anything to go through, or is severely impeding or slowing down a natural flow of movement. Your chakras are influenced by many things including personal experiences, interactions with others, and environmental factors. An upsetting experience with a loved one can result in a blockage in your heart chakra, which could manifest as feeling inadequate or unloved, or your solar plexus chakra, which could manifest as a physical feeling of upset in your stomach area. Bringing awareness to your feelings and / or physical sensations as I have just described will give you important information about
where you are blocked in your chakras and empower you to be able to do something about that for yourself.

But did you know that you will often quite naturally pick up the energy of others through your chakras? If you are talking with someone who has a sore throat or difficulties with communication you could pick up that energy in your own throat chakra which might begin to feel swollen, soar or noticeable in some way. If you are in the presence of someone who has recently experienced heartache or sadness you might pick up that energy by feeling a tingling in your own heart area or by having your attention drawn to your own heart chakra. So not only do your chakras provide you with information about your own state of wellbeing, they can also provide you with information about the state of the physical, emotional, mental and / or spiritual wellbeing of someone else. Empaths, people who have a particular sensitivity to the energy of others in their space, are often picking up and processing energetic information about other people through their own chakras on a regular basis. Unless they have learned to draw an energetic boundary and they maintain that boundary for their own wellbeing. This is a big lesson that needs to be incorporated into the lives of many a natural empath.

Here is a brief run down each of the seven chakras, their location, color association and indications when in and out of balance. I will also include the clair (clairvoyance, clairsentience, clairaudience and claircognizance) most closely and naturally associated with each of the chakras. The “clair” association is where the chakras become a particularly important aspect to be aware of when you are doing psychic readings and mediumship.

First Chakra: Also known as the Root chakra. Located at the base of the spine / tailbone area. Associated with security and survival issues such as

**Second Chakra:** Also known as the Sacral chakra. Located in the lower abdomen near the pubic bone. Associated with creative energy, pleasure, overall well-being, abundance. Color: orange. Symptoms when cluttered or out of balance: jealousy, lack of sexual desire, urinary tract infections, kidney stones, experiencing creative blocks. Clairsentience.


**Fourth Chakra:** Also known as the Heart chakra. Located in the centre of the chest just above the heart. Color: green, pink. Associated with the ability to give and receive love. Symptoms when cluttered or out of balance include: heart problems (including heart attack), intolerance, week immune system, asthma, angina and lack of joy in life. Clairsentience, clairvoyance.

**Fifth Chakra:** Also known as the Throat chakra. Located in the base of the throat (Adam’s apple area). Color: blue. Associated with communication, decision making, creativity and truth. Symptoms when cluttered or out of balance include: Soar throats, dishonesty, thyroid problems, incessant talking, being too shy, inability to speak one’s truth to another. Clairaudience, clairsentience.

**Sixth Chakra:** Also know as the third eye or Brow chakra. Located just above the eyebrows in the centre of the forehead. Color: indigo. Associated
with intuition, intelligence, wisdom and discernment. Symptoms when cluttered or out of balance include: migraine headaches, tension headaches, eye problems, feeling spaced out, forgetfulness, inability to remember one’s dreams, being too much in one’s head, problems staying focused and an inability to connect with one’s inner wisdom. Clairvoyance, claricognizance.

**Seventh Chakra:** Also known as the Crown chakra. Located at the top of the head. Color: violet, pure white light. Associated with inspiration, oneness with the Universe, divinity, inspiration and present moment awareness. Symptoms when cluttered or out of balance include: confusion, dominant ego function, mental illness, worry and dizziness. All the clairs: claircognizance, clairvoyance, clairaudience and clairsentience.
The Chakras Role in Psychic Readings, Intuition and Mediumship

Chakras six (Brow) and seven (Crown) are often referred to as the intuitive chakras, because they directly linked to psychic vision - clairvoyance - and psychic inspiration - claircognizance. It has been my own experience, however, that all of the chakras have the ability to intuit or pick up and read energy. The main ‘clair’ operating through the first to the fifth chakras is clairsentience. I have also been able to associate clairvoyance with the heart or fourth chakra in my work as a psychic medium, but most especially as an animal communicator, which involves my "seeing" with my "heart". It has been useful to me as an animal intuitive that I use this technique in my psychic reading and mediumship no, as well. I share it with you here, in case (and in hopes!) that you will find it useful, too.

Because you, as an intuitive, are going to pick up information through your chakras, it makes good sense for you to be in touch with and aware of the overall state of your chakra system and focused on keeping the flow of your life energy, otherwise known as Prana, moving smoothly through your chakras. If one or more of your chakras is out of balance it will be more difficult to clearly pick up on and identify the energy you are perceiving about someone else during a reading, for example, via that chakra. If your heart chakra is out of balance and you are reading for someone who is seeking guidance regarding relationship issues, you’ll have a harder time discerning what you are picking up energetically from that person. Likewise, if you are receiving information from a spirit who is trying to send you a message about love through your heart chakra, you may having trouble receiving it and / or discerning it if your own alignment heart chakra is out of alignment.
This is not to say that realigning a certain chakra always happens all in a few seconds. Completely clearing and balancing a chakra can take some time, especially if it has been out of balance for a while. However, once you bring your awareness to the state of your chakras you are on your way to the clearing and balancing process. Awareness is the starting point and goes a long way to advancing your ability to better discern the external energies that you are picking up via your chakras. Knowing your chakras leads to greater self-awareness, which leads to a deeper understanding of that which you need to improve upon or change in your life in order to be healthy, happy and whole. Understanding what bothers you and what may be preventing the energy flow empowers you to work with those blocks and clear out and balance your chakras.

In the exercises section that follows you will learn how to open your chakras so the energy flows freely between them putting them into the state of balance desired while you are working with spirit or doing readings or energy work.

So to recap and sum things up: Your chakras are seven energy centres located inside your body from the base of your spine to the top of your head. They are connected to your physical, mental, emotional and spiritual wellbeing. They are also a vehicle through which you perceive the energy of spirit, the world around you and people for whom you are doing psychic readings. As an intuitive you have the ability to feel the state or condition of someone else’s chakra(s) in your own corresponding chakra(s). The chakras tell a story and reading the energy of the chakras of others can provide a wealth of information regarding imbalances, challenges, etc. Having a healthy awareness of the condition of your own chakras and taking steps to bring them into alignment and flow will help you become not only more
efficient but also more accurate with your energy work, psychic readings and spirit communication.

Now let’s move on to auras.
The Aura: The External Energy Halo

The aura is the luminous energy field that radiates around the outside of our body and resembles a halo. The aura radiates color and, as with the chakras each color in the aura has associated meanings and indications and these colors can be seen by people with clairvoyant ability. There are seven layers to the aura. Starting with the layer closest to the body and moving out from there they are: physical auric body, etheric body, emotional astral body, mental, causal, spiritual and divine bodies. The information contained within each of these layers corresponds to different aspects of our being. The first layer corresponds to the physical body. The second layer speaks to the sexual and emotional energies of a person. The third is connected with issues of power, control and self-esteem while the fourth reveals information regarding matters of the heart, love, care and compassion. The fifth layer concerns communication, and is the blueprint for that which you create in the physical plane, including your personality. The sixth layer is associated with your self-perception and your higher consciousness while the seventh and farthest layer from the body holds information about the perceptions that others hold about you, your connection with all that is and can reveal any possible residue from the auras of others that have blended and reached into our own aura. All living beings emit energy in the form of an aura, including plants and animals.

The colors in an aura can tell you about how a person is feeling in the present moment. Red, for example could indicate anything from feelings of anger, to an adventurous spirit to an outgoing personality, while green might mean that the person is a healer, head over heals in love or very creative or artistic. The colors in the aura can vary in intensity, from bright and clear all
the way to muddy and dull and this is also highly indicative of where a person is at in any given moment. If the green in a person’s aura is muddied or bland it could mean that person is feeling greedy or is mired in feelings of lack. The colors of the aura and the size and shape of the aura will shift and change as one’s mood shifts and changes. Your aura will expand out into the space when you feel confident and powerful and become smaller when you are feeling intimidated or lacking in confidence. This can change from moment to moment. Your aura can be a certain way, say expanded when you are feeling happy and then shift very quickly, retracting and shrinking when someone who presence makes you feel uncomfortable or unhappy enters the room. The aura is kind of like the mood ring of your body!

Whether you have yet to see an aura up to this point in your life or not, you have undoubtedly felt the aura of others around you. For example, when you are feeling magnetically attracted to someone or decidedly repulsed you are experiencing the energy of his or her aura and are sensing something significant about that person. Experiencing someone’s aura can quickly give you to an accurate read on that person’s intentions, honorable or not and even whether a person is being honest or lying to you. You can quickly assess someone’s emotional state, and if it is not in the best shape, be able to work to diffuse or improve a situation before a potential problem or challenge occurs. I owned and operated a busy store for many years and found my ability to read people’s auras very useful in helping me diffuse a number of situations that could have blown out of proportion had I not had the ability and the awareness. A number of times I could see that someone meant to do some shenanigans, usually shoplifting, and I was able to preempt this by contacting security who arrived quickly coming to my aid.
How are the Aura and the Chakras Connected?

The aura and the chakras do influence one another. The picture above is a good illustration of this. If a chakra is out of balance that will show up as a disturbance seen in the aura. Conversely if the aura is in a state of imbalance the chakras can be affected by that. Each layer of the aura corresponds to each of the chakras. For example, if the heart chakra is out of balance that will be reflected in the fourth layer of the aura. Likewise if the root chakra is out of balance that would be revealed in the physical auric or first layer of the aura. The difference between the chakras and the aura, though, is that the aura tends to shift and change from moment to moment while the chakras are in a more static energy state and remain that way until there is a
conscious shift toward healing, balancing and clearing them. So you can start to see here why reading the energy of both can be very helpful.

**How do the Chakras and the Aura Play a Role in Psychic Reading and Mediumship?**

I cross paths with psychics all the time who express a preference for reading the energy of the either chakras or the aura, but not both. I am not sure why, other than a possible lack of experience around the effectiveness of reading both, perhaps a pattern that has been set down early in their development or possibly desiring to adhere to a particular teaching that emphasizes reading one of these energy systems to the exclusion of the other. I, personally, read the energy contained in both the aura and the chakras. When I tune into someone’s chakras I actually feel that energy in my own chakras. When I tune into someone’s aura I see it around that person and am able to assess his/her current state, mood or intentions based on what I am seeing. By reading both I can determine whether what I am sensing in the aura is a temporary condition or more deeply rooted in an imbalance in the chakra system. When I am doing spirit communication I use both my aura and my chakras. I expand my aura out into the spirit world so that I am better able to make the energetic connection with spirit. I also invite spirit to step closer into my aura so that I can actually feel their energy during a reading. To convey a message through me, spirit will also touch, activate and/or energize one or more of my chakras to shed light on and help me understand where and what the matter at hand or what area of life is being addressed. By not limiting myself to just reading one or the other of these energy systems I open myself up to be able to receive a more information in a more efficient manner, quickly and effectively.
I highly encourage you to do the same! Develop your ability to feel, read, see and sense the energy in both the chakras and the aura. Invite spirit to impress you through your own chakras and to step into your aura so you can feel their energy and be better able to accurately deliver their messages. You will be delighted with the results.
Exercises and Practices to Clear and Open the Chakras, Get Cozy with Your Aura and Harness their Power in Your Spirit Communication and Intuitive and Psychic Readings.

Aura Exercises

Some people allow their aura to span quite a distance from their body - usually unconsciously - while other people, again, usually unbeknownst to them, keep their auras much closer to their bodies. Extroverts and charismatic, outgoing people usually have bigger auras while introverts and folks who are more reserved tend to have the smaller auras. Getting to know your aura will provide you with a greater awareness of how large or how small it is in any given moment. As a medium, psychic and intuitive you greatly benefit by not to be “sloppy” with your aura. By sloppy I mean unaware how far away and into the surrounding space and into the aura’s of others your aura stretches or spans. Having this awareness means that you can also intentionally stretch your aura further out into the space when you need to and when it serves your work and your ethical goals and an intuitive, psychic and a medium.

Getting to Know Your Aura Exercise #1

As you would for a mediation, sit comfortably in a sturdy chair, feet placed on the floor, or on the ground if you are outside, hands clasped in your lap or resting gently on your thighs and close your eyes.
Take several balancing, calming breaths, completely emptying your lungs with each out breath. Once you have done this three or four times go back to your natural breathing rhythm.

Now scan your body with your mind’s eye. Use your clairs to sense and feel the energy field that emanates from your body and creates the halo of color around you. Scan from the top of your head down your body to the bottom of you feet. Even though you are sitting down, visualize yourself standing up with your arms resting lightly and loosely by the side of your body. See, with your inner eye and/or feel your aura all around your body. Notice how close to your body it is or how far into the surrounding space your aura spans and stretches. Notice the predominant color(s) of your aura. Focus on your skin and feel the energy of your aura. You might feel a tingling sensation, or a sensation like delicate silk brushing against your skin, or something completely different and specific to you. Whatever your aura feels like, take in the sensation and the experience of your aura fully.

When you are done make some notes about your experience so that you can refer back to see how your aura changes from time to time as you work with it and get to know it. What is your aura saying about you today? In this moment? You may discover some things that you will want to work on or alter with regards to your aura, like how far it stretches out from your body for example, so your notes will be helpful. Do this exercise a minimum of five times or as often as you like as you are getting to know your aura.

**Getting to Know Your Aura Exercise #2**

Choose a day when you will be going out into the world to a public place, like a grocery store, a family gathering, a party or a public park for example
and are in a more relaxed state of mind, especially for your first time doing this exercise.

Once you are in the place where you are going to do this exercise take a couple of nice deep, calming breaths. Close your eyes, tune in and visualize your aura in your mind’s eye. What is going on with it? How big is it? Does it shift or change in any way or become bigger or smaller as other people around you move in, or out, or walk by or into your aura? Do the colors change in any way? If so, what happened to make that change come about? How does your aura feel against your skin in this public space? Has that experience changed at all from how it felt in exercise #1?

Do this exercise at least three to five minutes. Make notes about your experience.

**Getting to Know Your Aura Exercise #3**

This exercise is done when you are engaged in a one to one exchange with another person. You can do this while you are talking with someone over the phone, having lunch with a friend or having a random conversation with someone. You can let the other person in on it if you feel comfortable doing so, or you can do this exercise quietly yourself, whatever feels best to you.

As with the first two exercises, bring your inner eye awareness to your aura. If you can precede this by taking a couple of breaths first then do so. If not, that is ok, too, simply bring your mind’s eye into focus on your aura.

As you engage with the other person, notice how your aura responds during the conversation or the interaction. Does it get bigger or smaller at certain
points? Does the color change? Does it feel differently on your body at any point?

Make notes about your experience.

* * *

Regular practice of the above three exercises will greatly improve your awareness of your own aura. Have fun with this. Try to spend three to five minutes on each of these exercises if you can, but if not, or if you get interrupted don’t sweat it. Simply try again another day!

Practice Exercises for Seeing the Aura of Others

Though there are people who objectively see the aura around a person with their physical eyes, the aura is seen primarily via your clairvoyance or your inner eye. These three exercises, done with the help of someone else, will help you to hone your clairvoyant ability in this regard.

Seeing the Aura Exercise #1

Have a friend or family volunteer sit across from you in a chair. Sit about two feet away from your volunteer. Take a couple of calming breaths. Close your eyes. Visualize your volunteer’s aura via your clairvoyance. Notice everything that you can about it including color(s) and the size. Also notice how you feel in this person’s aura. Take a moment when you are done assessing the characteristics of your friend’s aura to tune into your own aura as you sit in the energy field of your friend. What do you see?
Try this exercise again with this variation: Move to a distance of four feet away from your friend. Does the difference in the distance change your friend’s aura? Then move to six feet away. Does anything change in either of your auras?

Make notes about your experience for future reference. Share your observations with your volunteer and ask for feedback.

**Seeing the Aura Exercise #2**

Have a friend or family member stand across from you. This time stand approximately eight feet away from your volunteer. Take a couple of calming breaths. Close your eyes. Bring the aura of your friend into your focus via your inner eye. Notice everything that you can about it. Now open your eyes and move to a distance of about six feet away. Close your eyes and focus again on the volunteer’s aura noting any differences. Now open your eyes and move to a distance of about four feet away. Focus on your volunteer’s aura noting the characteristics and any possible changes.

Now open your eyes and step back from your volunteer to a distance of about six feet. Gently swirl your arms through and around your friend’s aura as you move in a circle all around your friend. When you are back in front of your friend close your eyes and refocus on the aura. How does it look now? Larger? Smaller? Changes in color(s)? Note any differences.

**Seeing the Aura Exercise #3**

Take yourself off for a walk to a public space. A street corner, a park, a busy cafe, any area that will have a lot of people moving through it will be a good
place for this exercise. Make yourself comfortable, close your eyes then take
a few nice deep calming breaths, completely emptying your lungs on the out
breath. Then move back into your natural breathing mode.

Open your eyes and glance around at the people you see. Stop when one, for
whatever reason, stands out to you. Now, with your eyes open or closed,
your choice, although by this time you will likely be as comfortable with
your eyes open as with them closed having practiced the previous aura
exercises, bring that person’s aura into your clairvoyant focus. Even if you
choose to keep your eyes open you are still focusing on and seeing the aura
with your inner eye. What does it look like? How big, how small, colors, etc.
Can you see evidence in the aura as to why that person stood out for you?
How does it shift or change as other people move past or by the energy field
of that person? Notice all that you can about that person’s aura, then centre
again with a couple of breaths and repeat this exercise with another person
that stands out to you in some way.

Some Further Tips for Practicing with Auras

Now that you have gotten to know your own aura much better through the
above exercises, you can now quickly tune into it at any time to find out how
your aura is doing, how far it is spanning, etc. You can also play around with
your aura, flexing or contracting it in different situations. For example you
can actively practice pulling your aura closer to your own body when you
are in a stressful situation or a crowded place. It can be very grounding to
bring your aura more closely around you when you are feeling over
stimulated. Contracting your aura in certain appropriate situations can help
you feel more comfortable. Flexing and contracting your aura is quite easy
and is done simply through visualization. See your aura becoming smaller
and getting closer to your body. Then notice what difference that makes for you.

The other side to this practice is to send your aura out, making it more expansive. Situations that call for a boost in confidence on your part are the perfect ones in which you can practice visualizing your aura expanding into the space. Actors and people who spend a lot of time talking in front of others or in performance naturally expand their auras into the space, which boosts their confidence, charisma and abilities. Before I do any kind of mediumship demonstration I take a few minutes to visualize my aura growing bigger and stronger and stretching out into the room in which I am working. This helps me to feel more confident and “ready to roll” in my live demonstrations and gives me the ability to quickly and efficiently pick up on the energies that will be helpful to me during my demonstrations. When I am working with spirit I visualize my aura getting bigger and blending with spirit’s energy. This is an incredible way to improve your reception to the messages, and subtle signs from spirit. When I am finished working with a certain spirit and need to end the link - in other words it’s time over for that spirit - I retract my aura from that spirit’s energy and move on to the next spirit waiting (patiently!) to communicate through me, sending my aura out to that spirit. When I am doing a reading for a client I expand my aura out so that I can get closer to the client’s energy and better read it through my own aura. This works wonders for me and I highly encourage you to incorporate expanding and working with your own aura into your psychic work with others and your communication with spirit.

Go ahead and work with these exercises to become more aware of your aura and the auras of others. As you exercise your aura through visualization it will not only get stronger, you will also gain more control over it and more deeply develop your clairvoyance, as well.
Chakra Exercises

Like the aura, the chakras of others can be seen via clairvoyance and felt via clairsentience.

Before employing your chakras to sense the energy of others you need to take a few moments to clear and balance them. I have a great little book “Chakra Balancing Tips, Techniques & Exercises” that has a wealth of information on how to balance and clear your chakras. It is available at my website ClareMcNaul.com. If you really want tap into some quick and easy ways of clearing, balancing and aligning your chakras pick up a copy of that ebook.

Here are two of my favorite chakra balancing exercises from that ebook. They are very simple and take only a few minutes. One or the other of these balancing exercises is best done prior to doing the energy reading exercise that follows after the balancing exercises below.

Hands on Chakra Balance

As the title suggests you are going to use your hands to balance your chakras.

Choose a quiet time and place where you will not be disturbed to do this exercise. Lie down in a comfortable spot. Breath in and out deeply so that your tummy rises and falls and watch your tummy for a few moments as you are doing this. While you are breathing set your intention to balance and align your chakras. This is as simple as saying “I am balancing and aligning my chakras.”
Gently place one of your hands on your first chakra and the other on your second chakra. Keep your hands on these chakras until you feel that urge to move on. When you feel that urge it usually means that those two chakras have come into balance. Keeping your hands on your chakras for one to two minutes is usually the right amount of time. You may feel the chakra energy pulse or buzz slightly. Don’t sweat it, simply trust your intuition as it will let you know when it is time to move on.

When you are ready move your hands, one resting on the second chakra and the other on the third chakra. Repeat as you did for the first and second chakra, keeping your hands resting on those chakras until you feel that it is time to move on.

Repeat this process for the remainder of your chakras.

When you have done balancing the last or seventh chakra lie still for a few moments focusing on the balanced feeling. When you feel ready get up slowly. Have a drink of water to refresh yourself. Enjoy your balanced feeling throughout the rest of your day.

You can do this exercise to balance all of your chakras or you can focus in on a particular chakra that you feel could use a little more tender loving care. This is also an excellent exercise to bring your chakras into balance prior to doing psychic readings and intuitive work and mediumship. Try combining it with your pre-work meditation and see how it shifts your experience.

**The Five Minute Total Chakra Balance**

Sit comfortably or if you prefer you can stand. Bring your intention to balance and align your chakras into your focus and awareness.
Take a few deep breaths and, whichever way works best for you, imagine or visualize each of your seven chakras within you, all together at the same time. See them in order from the root to the crown, visualizing their corresponding colors as well. Watch as they work together, flowing one into the other as you go up and down, passing their energy from one to the other, the first chakra sending its energy up to the second chakra, the second sending its energy down to the first and up to the third, and so on all the way up. Feel and visualize your chakras working in harmony with one another to come into balance and alignment. This exercise does not require any effort on your part, just awareness and a focus on visualizing the harmonizing and balancing of your chakras. Do this for the full five minutes, which means that you will be spending about 40 seconds on each chakra.

You can do this exercise any time that you have five minutes to yourself, pretty much anywhere you might happen to be. If you are feeling frazzled or stressed it’s a good time to take five and do this chakra balancing exercise. This is another excellent exercise to do before you are doing psychic work or mediumship, because it sets your chakras right (so to speak) and opens them up which beautifully facilitates your ability to read energy via your chakras.

**The “What do I Pick Up with My Chakras?” Exercise**

You can do this exercise with the help of a volunteer or by focusing in on random people who happen to be in your space. The benefit of having a volunteer do this with you is that you can get instant feedback and verification.

With a volunteer: Stand about four feet in front and across from your friend or volunteer. Take a couple of calming breaths. Close your eyes and focus
Your attention on your friend, seeing her in your mind’s eye in front of you. Stay focused on your friend’s image for a few more seconds. In your mind’s eye step into your friend’s energy. Now tune into your own chakras to see what is going on there. Do any of them feel tingly, pronounced, or energized in any way? Do you feel drawn to your solar plexus for example? Perhaps your heart chakra? If you do feel drawn to one or more of your chakras while focusing on your friend you have very likely picked up something going on with her chakra(s). Stay with your experience for a few seconds to a minute or even two. Feel into your experience to see what information you might get. Do you see or hear something? Do you receive a thought impression? Share all your impressions - that which you have seen, felt, heard or thought, with your friend and ask her for her feedback.

Variation: You can also do this exercise in a public area, sitting in a cafe or at the library, for example. You won’t be seeking feedback for this version, you will simply be going through the steps of calming yourself, focusing in on someone who stands out to you in some way, stepping into his or her energy (after you have silently asked permission to do so - if you get a ‘no’ response, respect that and move on to someone else), then see what you get in your own chakras. This is a good way to practice with your chakras.

After doing the above exercise:

When you are finished the above chakra exercise (stepping into the energy of another and feeling that in your own chakras) take a moment to call back your own energy and clear your chakras. To do this simply close your eyes, see your energy field in your mind’s eye, and pull it back in towards yourself. See it wrapping nice and snugly around your body. Then, visualizing your own chakras send pure white light from the root chakra,
through all the chakras to the top of your head at the crown chakra, then send that white light out into the universe and back to source. This will ensure that you do not continue to carry or hold in your own chakras any of the energy that you picked up from another during this exercise.

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I hope you enjoy and employ these exercises to better get to know the chakras and aura and then harness their power to enhance your mediumship, your ability to perceive energy and improve the depth and accuracy of the information that you receive. You’ll be glad you did!

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About Clare:

Clare McNaul is a medium who wears a large. Clare loves what she does which includes teaching others how to develop their intuitive and psychic gifts and animal communication skills. And she writes books. She draws on a lifetime of extraordinary experiences and has studied extensively with world leaders in her field. Known for her expressive and articulate consultation and presentation styles, Clare infuses her teaching and her session work with warmth, humor and sensitivity and loves guiding her clients and students to a deeper confidence in their own unique and sacred gifts and abilities.

For more information, great ebooks for intuitive development or to drop Clare a line please visit ClareMcNaul.com.