

Marie McAneney - Intuition Mentor

Auras

What is an Aura?

Our human body vibrates constantly with energy. This is known as our aura. Our aura is made up of electromagnetic particles that radiate out from our body. Information from our past, present and near future is held in our aura. It is through our life-force energy, our aura, that sensitive people can pick up on our ever-changing moods, as well as our physical, emotional, and spiritual health.

The environment and other people that we encounter influence our energetic auric field. Our auras also influence others. Have you ever walked into a room and felt like you could cut the air with a knife. You were picking up on the energetic negative energy from the people in the room. Your aura was sensing this.

Do you ever get an instant knowing that some places and people "feel" good, and others do not. You are unconsciously sensing another's aura and the energy within it; this is also why you take an instant dislike to someone, even if you don't really know why.

Our aura is constantly changing and reflecting our ever-shifting moods and feelings. They also interact and feel the different energies that surround them. These interactions can affect your own energy and moods.

Have you ever been around negative, pessimistic people and felt dragged down? This is because you are interacting with the energy within their aura.

I call these people energy vampires.

On the other hand, being around positive people who are happy and vibrant, allows your energy to stay upbeat and vibrating at that higher level.



THE SEVEN AURIC LAYERS

You might think that our aura is a single energetic field around the body, however the human aura consists of seven distinct layers. Spiritual healers who are highly sensitive may be able to see or feel each of the layers separately. However you don't have to have this ability to understand the different roles that each of these levels play.

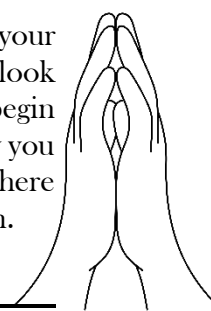
To learn more about the layers of the aura - grab your [free download](#)

One way that you can strengthen your ability to see auras, is by practicing looking at Autostereograms (those images that create 3-D pictures, sometimes called magic eye pictures) When looking at them, soften your gaze, almost like you are going cross-eyed, and see what pictures you can see. [CLICK HERE](#) for a demonstration on how to see a magic eye picture.

Looking at these images trains your brain to look for something, that at first glance doesn't appear to be there. Once you are able to successfully see the hidden pictures with a magic eye image, your brain remembers how to do this, and realises there is often more than meets the eye at first glance. When viewing a magic eye picture you relax your focus to allow the inner picture to reveal itself. This is similar to how you can learn to see your aura.

VIEW YOUR ENERGY FIELD AROUND YOUR HANDS

Hold your hands out before you, in front of a white or cream background. Press your fingertips lightly together (like you are praying). Gaze at your hands, as if you're able to look through them...As you continue to stare at your fingertips before you, gently and slowly begin to fully separate your finger tips apart. Look into the space between your fingers, much like how you looked for the picture with the magic eye image. When you keep gazing upon the area where your fingers were previously touching, you will begin to see a light, or colour in between. This is your aura. Keep practicing with that and make a note about what you see.



Using Essential Oils to Promote Vibrational Healing

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There are many ways to work with essential oils to enhance your spiritual development and support you on your path to your highest self.

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Using Essential Oils to Promote Vibrational Healing.

We are all vibrational beings in a constant state of flow. A significant key to our well-being and growth is reinforcement of our desired energetic patterns. What this means is that to ensure we are healthy and vibrating at our unique frequency, we need to recognise the inharmonic patterns in ourselves. That is where vibrational tools, such as crystals, essential oils, sound, colour, etc can resonate with our natural vibrational patterns, to fine-tune our energetic bodies and bring us back into harmony.

When you understand all aspects of essential oils, including its associated, chakra, tattvas and archetypes you can design rituals to support your specific needs.

There are many ways to incorporate essential oils into simple rituals to enhance your spiritual development and support you on your path to your highest self.

Using Oils for The Soul Affirmation Cards

Find a quiet area where you won't be interrupted. Focus on relaxing your breathing and connecting to your hearts space.

1. Shuffle the deck.
2. Take a deep breath and ask your highest self to reveal the oil that is essential for you today!
3. Choose a card and let the energy of the card you have chosen flow through you.
4. Journal your intuitive thoughts relating to your chosen card, affirmation message and essential oil.
5. Use the oil as advised on the bottom of the card.
6. Alternatively, you can apply one drop of the essential oil to the palm of your hands. Rub your hands together, creating friction, until the scent is diffused. Then hold your hands palms facing towards you and breathe in deeply, then repeat the affirmation on the chosen card.

(Please make sure that you refer to the "using Oils Safely" card in the pack, for dilution and diffusion instructions)



Please download my "Oils For The Soul Affirmation" card deck on [Deckible](#), or purchased them in a card copy from my [Website](#), including a free [journal download](#).



There are many ways to work with essential oils to enhance your spiritual development and support you on your path to your highest self. Part of the fun of working with essential oils is creating your own rituals and oil blends and familiarising yourself with all of the aspects of each oil, including their associated tattvas, chakras, and archetypes.

A book that I have found most useful to promote vibrational healing is [Essential Oils in Spiritual Practice: Working with the Chakras, Divine Archetypes, and the Five Great Elements](#) by **Candice Covington**

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The Opposite of Namaste

By Timber Hawkeye

The ego in me sees the ego in you, there for I understand why you do what you do.

A definition of "Namaste" is "The divine within me acknowledges the divine within you."

Timber says this is easy to do when we are surrounded by loving, generous and considerate people who treat us with kindness and compassion. However, it can be difficult to see someone as divine if they are rude, hostile, impatient or greedy. Which is why he believes we need a term for the opposite of "Namaste", something that says, "The ego in me acknowledges the ego in you."

We have all been rude, hostile, impatient and greedy at times throughout our life, have we not? So "The opposite of Namaste" immediately makes us all more relatable, and it prevents us from falling into the trap of thinking we are superior to another.

Taking the time to understand why we do what we do, being self-aware, allows us to remove the judgement and any and all belittling of others because we realise, they are no different from ourselves.

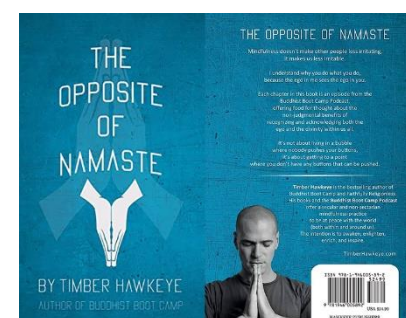
When we find ourselves complaining about another person's behaviour, we have jumped straight into judgement without making the effort to understand them.

Timber says that we all have an ego within us that can overpower the divine, because our egos main aim is self-preservation. It is fully concerned on taking care of its own happiness.

By reading "The Opposite of Namaste" you will better be able to understand yourself and the people around you. Begin to look at everyone and think to yourself: the ego in me acknowledges the ego in you, and the divine within me loves the whole of you (ego and all). People are not their behaviour, look deeper.

Some of my Learnings from "The Opposite of Namaste"

- Set healthy boundaries, don't put up with what you end up with
- Commit to your chosen path without taking every exit to see what's there.
- Get to know yourself and your own intentions.
- If you are irritated by someone who refuses to change, it means you are also refusing to change.
- Set the intention to be peaceful while still alive.
- Remove whatever obstructs your access to happiness (Fear, expectations, greed, hatred etc.)
- Stop blaming other people for how you choose to feel.



[The Opposite of Nameste](#) - Each chapter is a transcript of an episode from the buddhist boot camp podcast

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Raising Your Consciousness

Tap Into Your Inner Knowing



As we grow, awaken, and lift higher in our consciousness, we see things from a spiritual perspective.

There is no right or wrong way to get there. This journey is personal and unique to each of us.

Let's look at a few ways to help you raise your consciousness and strengthen your intuition.

To begin let us consider what INTUITION is. The oxford dictionary says that intuition *“is a thing that one knows or considers likely from instinctive feeling rather than conscious reasoning.”*

Our psyche or soul is that invisible part of us which often has awareness beyond what we can see, hear, feel, taste or smell. It is our soul which can offer insights into our lives.

Tapping into our inner knowing can seem challenging, especially if we don't trust the messages we are receiving. Stilling our minds chatter long enough to acknowledge our intuition/awareness takes time and patience, but the rewards are so worth it.

When you tune into your intuition and embrace the methods you prefer, you can develop your inner awareness so that it becomes a reliable guide to decision making in the future.

What are **Spirit Guides** – They are simply souls without spiritual bodies who offer to guide or assist us in our spiritual development. These nonphysical beings are assigned to help our soul attain its greatest potential, whilst we are here on Earth. We all have one or two main guides assigned to us from birth. These guides will connect to us if we call them in and connect with them.

Connecting to your Spirit Guides Meditation

1. Make yourself comfortable.
2. Breathe in for 4 breaths, hold for 4 breaths, breath out for 4 breaths, hold for 4 breaths, repeat 5 times. Allow each breath to take you into a deeply relaxed state.
3. Imagine yourself sitting in a beautiful cave full of crystals, beautiful luminous crystals, vibrating beautiful healing energy all around you. This magical cave will help you open up your third eye and heighten your intuitive senses.
4. Ask now for your spirit guides to come closer and connect with you. Do this three times. Know that they love you unconditionally. Can you notice the shift in the energy, do you feel a light touch on your face, goosebumps all over your body. Can you feel your forehead tingling, or is there a slight pressure in this area? This is the spirit worlds way of connecting with you and showing you that they are there.
5. Bring yourself back now to full conscious awareness.

Do this exercise whenever you want to connect to your spirit guides and watch how this connection grows.

Be patient, the more that you do this, the easier it will be for you to sense, see or know they are there. You can ask them for a calling card. Ask them to give you a sign when they are around.

I get the chills all over my body when my guides are near and working with me. They give me confirmation when I am on the right track, when I say something that is correct or if I need guidance when considering the next best step. They truly are a blessing to me and the work that I do.

Whilst you are in the crystal cave you can also ask your guides to show you what they look like (*although this is not important for them to work with you*)

There are a few different guides who work with each of us.

Soul Guides – Watch over us and help us on our path.

Gatekeep Guides – Protect us and only let the right energy into our space. They help us tune into psychic information, connecting and linking us with the spirits that we need at the time

“Please protect my aura and spirit as I go about my day. May I enjoy the experiences ahead of me and may people who cross my path feel connected and aligned to their higher purpose”.

Healing Guides – Assist us in times of need. They may work on our body to help rebalance our energies. By asking they will help, they are always willing to assist.

Angels – Are higher beings who also like to support and gently guide us. They honour our free will as they know we have the final decision in making life choices.

The best protection for when opening up spiritually and raising your vibration/consciousness, is guarding your thoughts and your health.

When we eat nourishing food and limit toxins from our body this protect our cells and spirit body. Feeding your body with high vibrational foods, will help keep your aura strong and resilient. Reduce those foods that will drain your energy.

A simple prayer before you go out into the world will help shift the vibration in the environment, and in your soul and with those souls you meet (*see above for simple prayer – you can use this or create your own prayer*)

As we move through life and are presented with difficult times, we are reminded of our role. One may opt to give up, check out, and float through the challenging times or actively engage in and adjust their situation. They may flip their script, like so many people in my [“Flip the Script Podcast Series”](#) have done and who have created a new outcome with their intentions and actions.

As we are a soul here in human form, this is our unique opportunity to face our fears and situations and take responsibility for that which we can, and seek assistance and guidance needed to pull ourselves up, to raise our vibrations and consciousness. In doing so we will find inner strength and wisdom. Our emotions and mindset and the energetic frequency we are in, absolutely play a direct role in our consciousness.

To support our growth and to elevate our consciousness we need to take full responsibility for our mood, emotions, and patterns of thinking. As we awaken, we begin to clear away old patterns and programming that no longer serves us. This is how we activate more of our true soul-self and pull light in, so that we can support this shift in our consciousness.

The more we meditate and seek clarity in a pure, honest and open way, the more we will uncover areas for adjustment. We can receive support from our guides, higher-self and angels as we do this.

Remember to keep love and an open willingness to experience the magical moments in your heart, so that you can develop your intuitive gifts naturally, and strengthen your relationship with your guides and high vibrational beings.

Marie McAneney

Flip The Script

Body, Mind and Soul Podcast



Conversations with real people.

Conversations with people who have "flipped the script" and overcome hardships, obstacles, and life's daily challenges, and who now live life on their terms, trusting their hearts and intuition. Discover strategies and tools to help you "flip your script" and live a more abundant and fulfilled life.

Contact Marie if you would like to share your story and be interviewed on the podcast.

Episode #1: ["Recovery Is Possible" with Natalie Rodgers](#)

Episode #2: ["Labels Are for Cans" with Rose Porterhouse](#)

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Episode #12: ["Grief & Loss Relating to Suicide" - with Melissa Newman](#)

Marie McAneney

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SERVICES

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Psychic Clairvoyant Readings (Akashic Records Soul Readings) \$120 - 1 hour
Feminine Power Guidance Reading \$60 - 20 mins
Body, Mind & Soul Coaching \$130 - 1 hour
Crystal Chakra Balancing \$170 - 45 mins
Essential Oil Emotional Support Reading \$110 - 45mins
Signs For The Soul Custom Art/Reading \$110 - 45mins
Custom Made Crystal Healing Lamp Price Variable (Made to suit your budget)

Group Events (Contact For Bookings)
Soul Art At Your Home/Workplace \$30pp (Host Free)
Workshops Nurture You - Essential Oil Blend Empower You - Neurographical Art Creative You - Intuitive Breath & Meditative Alcohol Ink Art
Retreats Soul Medicine Retreat Vietnam 7 Nights - 20 - 27 May 2023



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ABOUT MARIE

Marie is a Women's Intuition Mentor, Body, Mind & Soul Coach, Chakra/Crystal Healer, Wellness Advocate, Akashic Records Reader, Psychic, Clairvoyant, Creative Mindfulness/Art Facilitator, and Digital Social Media Designer. For the past 30 years, Marie has compassionately cared for and supported others, in her previous career as a Registered Nurse, in all areas of health, including mental health. Marie is also a certified workplace trainer & assessor.

To learn more about Marie's Services and to book in please click [HERE](#)



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