

## Brushing the Aura with a Selenite Wand - a Selenite Sweep

Using this technique right at the end of the healing before you do the Infinity lines helps to cleanse any unwanted energy through the aura on the etheric, emotional and mental levels. It also aids grounding and 'waking to fullness' for the client as quite often they can sense the Light of Selenite as it moves through the aura.

Selenite is extremely cleansing, prepares the Client to move onwards in their life and brings in the Light. Using this technique lessens the effects of any healing crisis.

Once again, you are using the shaft of a selenite wand or a selenite palmstone.

Begin at the client's crown and in the Etheric layer of the aura first, begin to make brushing movements through the aura - intend that you are brushing or sweeping out any unwanted energy residues. Move all the way through the aura in this level all the way over the body - downwards movements to the feet. When you get to the feet, touch the ground with the crystal so you are grounding the unwanted energy into the Earth for recycling.

Do the same movement through the emotional layer and the mental layer, moving over the whole body sweeping the energy downwards towards the feet and grounding it into the floor.

So this is a technique moving through the aura from head to toe three times, each time on a different level of the aura.