

Based on an original workshop created by Cassandra Eason
Music by Aetherium from Chakra Gold and Healing Gold

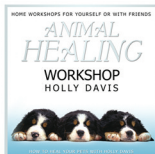
Mastered by Eventide MediaCraft T: 01462 893995

Produced by Llewellyn
Executive Producer Philip Permutt
Design by Clare at clookai multimedia

THE WORKSHOP SERIES



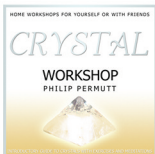
PMCD0060



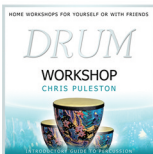
PMCD0061



PMCD0093



PMCD0058



PMCD0083



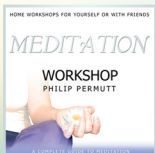
PMCD0059



PMCD0062



PMCD0101



PMCD0089



PMCD0074

UK: Paradise Music Ltd, Paradise House, PO Box 998, Tring, HP23 4ZJ, United Kingdom.
tel: +44 (0)1296 668193, fax: +44 (0)1296 662574, email: info@paradisemusic.co.uk
USA: Paradise Music, 2590 Northbrooke Dr. #306, Naples FL 34119.
tel: 239-592-7300, fax: 239-592-0020, email: jane@paradisemusic.us.com
To hear samples of other Paradise Music albums please visit our website:
www.paradisemusic.co.uk - or - www.paradisemusic.us.com © & © 2010 Paradise Music Ltd.



HOME WORKSHOPS FOR YOURSELF OR WITH FRIENDS

AURA

WORKSHOP CASSANDRA EASON



A COMPLETE GUIDE TO AURAS

AURA WORKSHOP

We are all spiritual beings within a physical body and our inner spiritual body is made of rainbow light that radiates beyond our physical form.

This light forms our aura or elliptical rainbow energy field surrounding our body that holds the secrets of what we feel and who we are.

Learning to read the aura of others helps you to understand the personality and intentions of total strangers even before they speak and to anticipate the moods and unspoken needs of those you love.

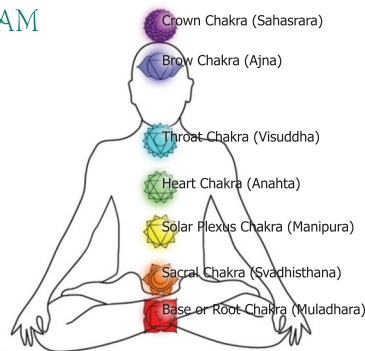
Our auras can become blocked or too active because of the stresses of everyday life. This CD will teach you to cleanse your aura, to fill it with energy and seal it to make you more resistant to spite or the harmful effects of the modern world.

Once aura work becomes part of your daily life, you can become healthier, happier and radiate confidence to make a good impression and to attract love, success or whatever you most desire.

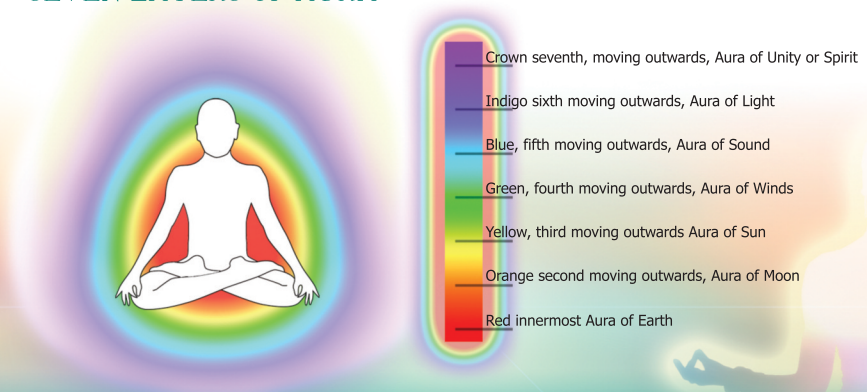
Fill your life with rainbows every day and walk through life with radiance and with joy.

For more information on auras and details of her aura, chakra and crystal books contact: Cassandra Eason at www.cassandraeason.co.uk

CHAKRA DIAGRAM



SEVEN LAYERS OF AURA



This Workshop is not intended to be a substitute for medical care. If you are currently suffering with any medical disorder, we strongly suggest that you please discuss using these notes with your doctor or therapist. Always use this CD under supervision. Neither Cassandra Eason nor Paradise Music Ltd. assumes responsibility for improper use.

AURAS AND CHAKRAS

The aura layers are each ruled by one of the chakras and share the same colour. I have explained the functions of each aura layer and its chakra on the CD.

Etheric or first red innermost layer of the aura,(nearest the hair) the aura of the Earth, linked with the Red Base or Root chakra that is located around the perineum, the lower back and the soles of the feet.

Associated with physical functioning, basic instincts and the five physical senses. Any potential physical problems may manifest here; problems with legs, feet, bones and bowel discomfort or irregularities.

Emotional or second orange or silver layer of the aura, the aura of the Moon, linked with the Sacral chakra that is situated just below the navel and includes the female womb and male genitals.

Associated with spontaneous feelings and urges, self-esteem, fertility and aspects of comfort or satisfaction, such as eating, drinking and sexuality; hormones, bladder and kidneys.

The Mental or third yellow layer of the aura, the aura of the Sun, linked with the Solar Plexus chakra that is sited at the base of the sternum around the upper stomach area.

Associated with mental power and control and digestion, stomach ulcers, liver, gall bladder and spleen; also nausea.

The Astral or fourth green layer of the aura, the aura of the Winds, linked with the Heart chakra that is situated in the centre of the chest, its energies radiating over heart, lungs, breasts and over the arms and hands.

Associated with harmony within the self as well as with others and with circulation of blood, viruses, infections, lungs, skin and allergies.

The Etheric Template or fifth blue layer of the aura, the aura of Sound, linked with the Throat chakra, is situated close to the Adam's apple in the centre of the neck. As well as the throat and speech organs and thyroid gland, it controls the neck and shoulders and the passages that run up to the ears.

Associated with synthesis of emotion and thought and with metabolism, glands, teeth, neck and throat.

The Celestial body or sixth indigo/purple layer of the aura, the aura of Light, linked with the Brow chakra, is situated, just above the bridge of the nose in the centre of the brow and controls the eyes, ears and both hemispheres of the brain.

Associated with unconscious wisdom and psychic powers, especially clairvoyance and with the nervous system, ears, eyes, migraines and sleep disorders.

Ketheric Template or seventh violet/white/gold layer of the aura, the aura of Unity or Spirit, linked with the Crown chakra, situated at the top of the head in the centre, extending from the centre of the hairline to several centimetres above the head.

Associated with the union of mind, body and spirit, the divine spark in us all, the immune system, neurological conditions and with cells.

ABOUT CASSANDRA EASON

Cassandra has worked with auras and spiritual energies for more than fifteen years and regularly teaches workshops on seeing, interpreting, empowering and healing the aura in the UK and Sweden. She has published more than 70 books worldwide on psychic development, crystals, healing ,magic and mythology, including Chakra Power (Quantum/Foulsham), the Illustrated Guide to Healing Crystals(Collins and Brown) and Aura Reading(Piatkus).

Cassandra has five children, two cats and lives on the rural Isle of Wight.



WORKSHOP INSTRUCTIONS

For this workshop you will need:

A small clear pointed quartz crystal or a clear crystal pendulum.



All the instructions you will need are on the CD.

Remember that the process of sensing the aura and cleansing and energising it, is very slow. Relax and move your fingers gently through the energy field.

The aura is in seven roughly equal rainbow bands extending round your whole body like an ellipse.

It is easiest to work with the aura around your head and shoulders and the effects will be felt throughout the whole aura.

Combing the aura to cleanse it is like untangling your hair with your fingers, except your aura begins where your hair ends. You could if you prefer use a crystal point as though it was a comb.

The aura is not a physical essence and you will see it clairvoyantly with your inner psychic eye, either in your mind or externally.

PURPLE/INDIGO

Personality:
Gentle, mystical, naturally clairvoyant, drawing healing powers through prayer and from Divinity, a dreamer.

Mood:
Intuitive and unwilling to condemn anyone or anything; receptive.

Drawbacks:
Pale: Lacking drive and incentive in real world.
Blurred: Prone to daydreams and illusion
Dark: Isolation.

GOLD

Personality:
Visionary, perfectionist and noble spirit, one who is destined for great things.

Mood:
Will protect and sacrifice self for others
No drawbacks.

BLACK

Tends to appear in small patches as knots, jagged places or dark spots to indicate stress or exhaustion.



GREEN

Personality:

Loving, faithful, altruistic, a natural healer, sympathetic, good with animals and children, concerned about environment and forgiving.

Mood:

Kind, generous, ready to listen and understand; ready for love.

Drawbacks:

Yellowish green: Possessiveness, emotional manipulation.

Pale green: Unwillingness to let go, dependency and sentimentality.

BLUE

Personality:

A natural leader, a keen sense of justice; knowledgeable, channeller of healing from angels or spirit guides.

Mood:

Willing to consider both sides of story; calm, eager to make peace or find compromise

Drawbacks:

Harsh: Intolerance, a power struggle in some aspect of life.

Dull: Over- conservatism, a concern for rigid rule keeping.

Pale: Indecisive.

ABOUT AURAS

Every person is surrounded by a psychic energy field that forms seven bands of rainbow colour in the shape of an ellipse. This is called the aura.

This energy field interacts with the aura of other people and also with those energies emitted by places, animals, crystals and plants.

The source of this dynamic power is the life force that rises from the earth and descends from the sky, entering our bodies from all directions. These energies are filtered to and from the body via the chakras, seven major energy centres and numerous minor ones.

The aura is generally about an extended arm span all round but can vary in size according to a persons current health and mood. The colours can also vary from almost transparent or an overall dark cloud to rich vibrant rainbow colours that become progressively more ethereal the further they move outwards from the physical body.



THE COLOURS OF THE AURA

On this CD you will learn to learn to see and sense both the predominant Mood aura of a person that may change rapidly and the more permanent Personality aura, as well as to distinguish and interpret the seven separate bands of colour.

WHITE

Personality:

Healthy, well balanced and spiritually evolved; an innovator and focused on a wider world view.

Mood:

Open to new ideas, new approaches and able to see the whole picture.

Drawbacks:

Too bright: Pushing ahead regardless of consequences, possible personal burn out.

Misty and pale: Unrealistic expectations and disillusion with life.

RED

Personality:

Courageous, a crusader, very active and won't take no for an answer; also passionate and strong.

Mood:

Determined to succeed or act and eager for change and movement.

Drawbacks:

Bright metallic: A short temper

Dull: Suppressed fury, an irritable nature, resentment over perceived injustices.

Scarlet flashing: Flirtatious.

ORANGE

Personality:

Confident, independent, a natural negotiator; lucky, fertile and creative.

Mood:

Self-confident and willing to co-operate; well balanced and self motivated.

Drawbacks:

Dull or murky: Over territorial or an over sensitive ego.

Pale: Lack of sense of separate identity; low self esteem.

Harsh: Eccentricity, addictive personality.

YELLOW

Personality:

Logical, focused, quick to learn, adaptable and a natural communicator.

Mood:

Ready to take a calculated risk; will not be swayed by emotions; in a work mood.

Drawbacks:

Mustard: Jealousy, spite or a potential gossip.

Metallic: Less than honest intent

Cold lemon; A workaholic; the head always rules the heart.