



Change Your Aura, Change Your Life: A Step-by-Step Guide to Unfolding Your Spiritual Power

By Barbara Y. Martin, Dimitri Moraitis

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Encyclopedic in scope, colorful and easy to read, Change Your Aura, Change Your Life is an award-winning, hands-on training manual that shows you how to work with your aura to improve your quality of life. It outlines exactly what the aura is, and explains how every thought, word, emotion, and action radiates a spiritual energy that comes through in definite colors and hues. It introduces a powerful yet simple meditation technique that will help you access an unlimited source of auric power to facilitate change. Complete with over 90 meditations, and 12 full-color and 8 black-and-white illustrations. Winner of the Readers Preference Editor s Choice Award. Published in 30 countries.

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Editorial Review

Review

An informed and informative "self-help" guide to harnessing personal spiritual energy, and utilizing effective metaphysical techniques to improve one's aura, feel better, look better, and enjoy life more. Meditative prayers, counseling, spiritual wisdom, and the developing/exercising power over oneself, are all presented and discussed in this inspirational, motivational, metaphysical guide. --Midwest Book Review

A refreshing diversion from the typical aura book. Most similar books spend a great deal of time discussing the spiritual aspects of auras and leave very little space to understanding and using them to improve yourself. That is where this book differs. It starts with a step-by-step guide to understanding the aura; its shape, colors, and meaning. This is followed by a section on how to change your aura via meditation. This section details the colors to meditate on, where to concentrate, what to visualize, and similar factors. The third and final section is about using the meditations and aura focus to change mental and emotional states such as anger, grief, worry, forgiveness, affirmations, and visualizations. The book contains several four-color illustrations in the middle of the book to help the reader visualize and understand the text. For those interested in auras and using them as a focus point for meditation as a method of change this is a recommended read. --Readers Preference Reviews

CHANGE YOUR AURA, CHANGE YOUR LIFE is a gem of a book that shows in words and pictures how you can turn your life around by transforming your inner light, or aura. What makes this book truly priceless are the full-color illustrations depicting a variety of mental and emotional states -- and the transformations that occur when people practice meditation. Author Barbara Martin demonstrates her clear comprehension of the aura by sharing personal experiences of aura viewing, along with helpful meditations for achieving personal goals (such as improved health and prosperity). As Martin says so eloquently, You are the aura you radiate. Whether you can currently see auras or not, CHANGE YOUR AURA, CHANGE YOUR LIFE can help you attract positive life experiences through simple visualizations and meditations. --Cynthia Sue Larson Author of Aura Awareness

About the Author

Internationally recognized author and aura specialist, BARBARA Y. MARTIN is one of the leading clairvoyants and pioneers in the field of metaphysics. Affectionately known as The Mozart of Metaphysics, Barbara was born with the gift of seeing auras in all their subtleties. As a healer, Barbara can see in great detail the spiritual dimensions of health and illness in the body. She has taught thousands of people all over the world how to better their health and life by working with the aura. Barbara's first and highly acclaimed book, Change Your Aura, Change Your Life, was the recipient of the 2003 Reader Preference Editor's Choice Award. Her new book, The Healing Power of Your Aura, is the recipient of the prestigious Benjamin Franklin Award and has been endorsed by medical luminaries C. Norman Shealy and Dr. Richard Gerber. She lives in Los Angeles, California where she co-founded Spiritual Arts Institute, a nonprofit educational corporation dedicated to the promotion of health and spiritual development.

Users Review

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