



## Reinforcing the Smart Filter of the Aura

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At the edge of the aura there is a filter that determines what can come in and what goes out. It is the equivalent of the zip-up on the body – it is the aura’s zip up.

I call this the “Smart Filter”.

*To zip up the aura and strengthen the Smart Filter:* figure-8 the edge of the aura, between what is you and what is not you. This helps to create the balance between the inner and the outer self, the aura and the not aura, the “you” and the “not you”, so that the passage between those is smooth and balanced.

This figure-8 runs toward the body and away from it, and the client or practitioner can do it across the (figurative) edge of the aura at arm’s length (or imagine sending it out to the aura’s edge).

Since the aura is so large, it’s great to call on help. Most clients giggle when you suggest bringing in fairies or elves (Santa’s elves are often available outside the Christmas season) to help reinforce the edge of the aura. This activates radiant energy on behalf of the process and makes it work even better. The helpers can “finish up” or come in periodically to help us reinforce the Smart Filter when we aren’t able to figure-8 our own aura.

Then, fill the Smart Filter with a color of choice using radiant imagination—and hands—to distribute the color. White light is NOT recommended for the smart filter, since it will attract lost souls! If you want to use white, put a tint in it.

This is an abbreviated description of how to use a Smart Filter. It will actually not only protect you from incoming negative thoughts and energies, but help to suck inappropriate energies out of your field (if someone is standing right next to you, for example, spewing toxic energy).

It is also possible to create and reinforce the smart filter on the edge of any morphic field – a room where your family is gathered, a classroom, or practice room, etc.

For more information see demonstrations of this on my DVDs, You can use a smart filter to create a strong, protected space in your practice room or house as well.

*More information on this and other simple Energy Medicine techniques, as well as advanced Energy Medicine protocols and frameworks are available on DVD at [www.ellenmeredith.com](http://www.ellenmeredith.com).*