



# BOOK SUMMARY

## *The Power of Auras*

By Dr. Susan Shumsky

IN *THE POWER OF AURAS*, readers will discover these subtle energy fields both in individual and cosmic life. They will understand how this energy has been studied worldwide throughout the ages. They will learn to perceive, evaluate, restore, and strengthen these energies. This book will provide tools and techniques to help readers master many disciplines that will bring greater energy to their auric field: subtle sense perception, spiritual healing, intuitive dowsing, color and sound therapy, breathing and movement, meditation, affirmative prayer, visualization, and energetic sexual practices.

*The Power of Auras* operates on four levels:

**Inspirational:** The book offers motivational, self-affirming concepts that inspire readers to become self-reliant, confident, and spiritually uplifted

**Informational:** The book provides an abundance of knowledge about auras and subtle energy fields from both ancient and modern sources.

**Instructional:** The book trains readers in powerful methods of healing not only themselves, but also their environmental atmosphere.

**Experiential:** The book helps readers begin to have deep experiences of meditation and subtle sensory perception.

In the ancient Greek language the word "aura" means "breath of air." Thus, the aura, or subtle energy field that permeates and envelops your body, is the vital energy that breathes life into your very being. You are a multifaceted, multidimensional radiant soul of immense light, power, and energy. The beautiful, magnificent light comprising your higher self is your auric field.

The breath of air that gives you life also breathes life into the entire cosmos. Thus everything on earth and in the universe is filled and surrounded by auric fields that can be experienced, measured, healed, and intensified.

Throughout more than 47 years of teaching spiritual disciplines, the author has often heard the following complaints, to which *The Power of Auras* provides practical solutions:

I want to learn how to see auras.

This book offers specific tools and techniques for readers to develop their subtle sensory perception so they can see or feel auras.

I want to develop my healing abilities and begin a healing practice.

In this book readers learn many methods for healing their own energy field and the energy field of others.

I feel controlled by other people and get drained in certain places, as though vampires were sapping my energy.

This book provides ways for readers to overcome psychic-sponge-syndrome, over-sensitivity to environmental influences.

I experience a lot of fear, and I don't feel safe.

This book helps readers develop spiritual self-defense and to experience the safety, security, and protection of their higher auric field.

I feel off-balance, scattered, confused, and ineffective.

Here readers learn how to become more powerful, centered, balanced, focused, and clear in their energy field.

I feel overwhelmed by negative thoughts and emotions.

This book provides specific healing affirmations and prayers that help readers transform and transmute their mental/emotional body.

I have creepy vibrations in my home and office.

This book helps readers heal and release the dense vibrations in their environmental atmosphere.

I want to have better relationships at home and at work.

This book offers techniques and tools for working with subtle energy fields to create healthier relationships.

I have a problem with co-dependency and addiction.

Here readers learn to release undue attachments and addictions that have become crystallized in their energy fields.

I've been deceived by the promises of gurus.

The techniques and information in this book help readers become more self-reliant and less dependent on gurus.

I'm offended by rules and regulations, cults, and coercive organizations.

The universal techniques in this book impose no restrictions and are compatible with other religious philosophies, lifestyles, and personal beliefs.

I don't want to work at difficult, strict, hard-to-follow disciplines.

This book is easy to understand, logical, and practical, with simple-to-learn methods requiring no previous experience, background, training, or knowledge.



*The Power of Auras* is an easy-to-understand, practical, informational book about the human and earth energy fields.