La Terapia Aura Soma

#aura-soma therapy #color therapy healing #holistic well-being practices #spiritual growth guidance #energy healing techniques

Discover Aura-Soma Therapy, a unique holistic practice combining color, plant, and crystal energies for profound self-discovery and spiritual growth. This gentle yet powerful energy healing modality guides individuals towards holistic well-being by addressing mind, body, and spirit. As a form of color therapy, Aura-Soma supports emotional balance and personal transformation, offering a path to deeper understanding and inner harmony.

These articles serve as a quick reference for both beginners and advanced learners.

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forming a protective basket around the planet

joining the hands above the crown

place them within this light in front of the heart center

breathe three deep breaths into the temple of the body

Aura-Soma la Sabiduría de la Luz y el Color. Somos los colores que elegimos con Antonina Canal - Aura-Soma la Sabiduría de la Luz y el Color. Somos los colores que elegimos con Antonina Canal by Antonina Canal 4,689 views 3 years ago 13 minutes, 24 seconds - AURA, -**SOMA**, (SOMOS LOS COLORES QUE ELEGIMOS ". Muchos me han preguntado de que se trata esta **terapia**,.

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is a system of colour, plant and crystal energies that enhance ...

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112 views 1 year ago 35 seconds - Accessing tools to that may bring the potential of being the best of who we are, anytime, anywhere and for anyone.

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