

# ELEVATED EXISTENCE

DECEMBER 2011

*Discovering the divine in body, mind and soul*

[www.elevatedexistence.com](http://www.elevatedexistence.com)

2011 Editor's  
Gift Picks

Expert Advice:  
Marianne  
Williamson  
Iyanla  
Vanzant

Benefits  
of Being  
Alkaline



# Wayne Dyer

Known as the Father of  
Motivation, Dyer talks  
about health, manifesting  
desires, 2012 and more!

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P.O. Box 35  
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quarterly by Elevated Existence LLC. A one-  
year subscription is \$10, and can be purchased  
at www.elevatedexistence.com.



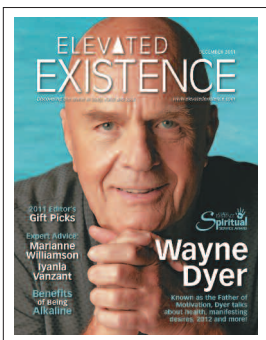
2011 Silver Folio:  
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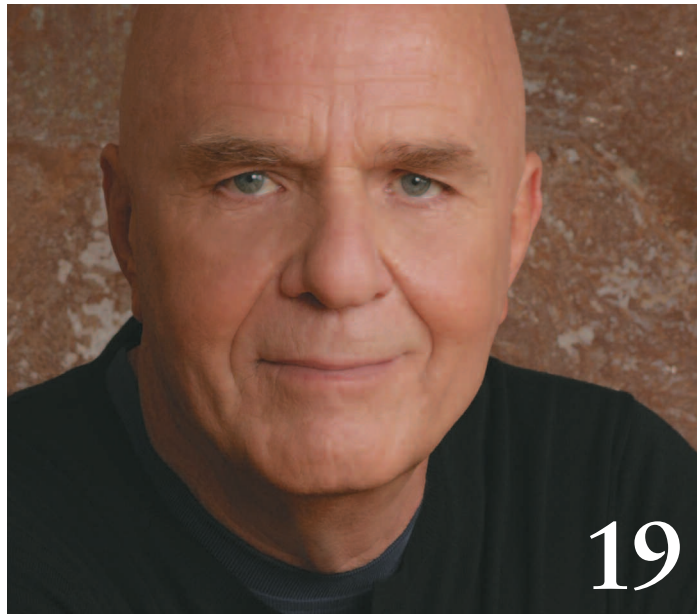
2010 Clarion Award  
for Best Online  
Publication



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Spiritual Category



Cover photograph courtesy of  
Dr. Wayne Dyer



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## ► Maintaining a Healthy Aura

Learning to cleanse and revive the auric energy around the body can heighten intuition, energize the body, generate creativity and restore emotional balance

By Kala Ambrose

AS A PERSON WHO HAS SEEN THE AURA AROUND people for decades, I've had the opportunity to view the energetic patterns and shapes in the auric fields. One of the most interesting patterns I've seen is energy bursts, which erupt from the body, similar to what occurs when the sun emits a solar flare. These energetic bursts are capable of disrupting electronics and are felt by other people who have intuitive ability and are sensitive to energy.

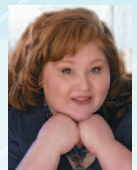
However, in some cases it's not a burst of energy being released, but rather built-up negative energy residue trapped within the aura and unable to be released properly. To imagine what this looks like in the aura, visualize a thunderstorm right before the rain is released from the sky. The clouds are heavy and full. The energy gathers and the air feels pregnant, ready for a release. If the conditions are not right, and the rain is not able to gently fall, tumultuous weather patterns can occur with lightning and high winds. Energy blocked in the aura can cause similar disruptions as it seeks to be released.

The auric fields are receiving and emitting electrical impulses in and out from the body. With our stressful lifestyles, we often aren't able to release pent-up energy from inside of us, and it

builds up until it erupts outward to release. For some people, they release it with bursts of anger, while others cry once the energy builds up to a certain level. Some people release it with a nervous habit such as twirling their hair or biting their nails. In these cases, there is a quick release, but the energy is not fully removed from the auric fields.

When I read a person's aura, it shows me what layers are holding residual energy patterns in the mental, emotional, physical and spiritual levels. The potential is there to build up both negative and positive energy patterns. I harness positive energy in my auric fields to use for creative endeavors in my work. This energy is a gift, and if used wisely, can be extremely helpful. It typically requires some instruction though, to learn how to build and cultivate this energy. This is what I teach and often say: "We are a sea of energy, floating in vibratory fields." With practice and guidance, accessing these waves of energy consciously can create positive effects, including physical healing, soul healing, working with nature, and raising the energy vibration of people and places.

Some people with intuitive and empathic abilities have not learned how to peacefully release the energy they take in from other people's



*Kala Ambrose,  
author, intuitive, wisdom  
teacher and radio host,  
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energy fields. Instead, they have a tendency to release this pent-up energy in a large wave, which I refer to as an energy blast, which affects the environment around them.

For example, if you have ever found that when you are walking or driving by street lights, the lights will go off or turn on when you pass by, then you are one of these people who release energy in a blast or wave. If you have an over-abundance of energy that is trying to release itself from the containment area of the auric fields, it can affect lights and other electronics as it is being released. Think of it as an energy surge.

Many people release this energy when they are in a high emotional state (positive or negative) and it comes as a surprise when an electronic device is affected. When the energy blast is released, it can affect the performance of radios, clocks, watches, computers and televisions, or cause lights, security alarms and other electronics in their home to turn off and on repeatedly.

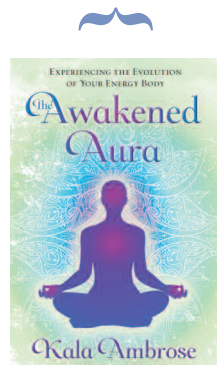
When we are unable to release the pent-up energy in our auric fields, we become tired,

emotionally drained and lose access to our creative thought processes.

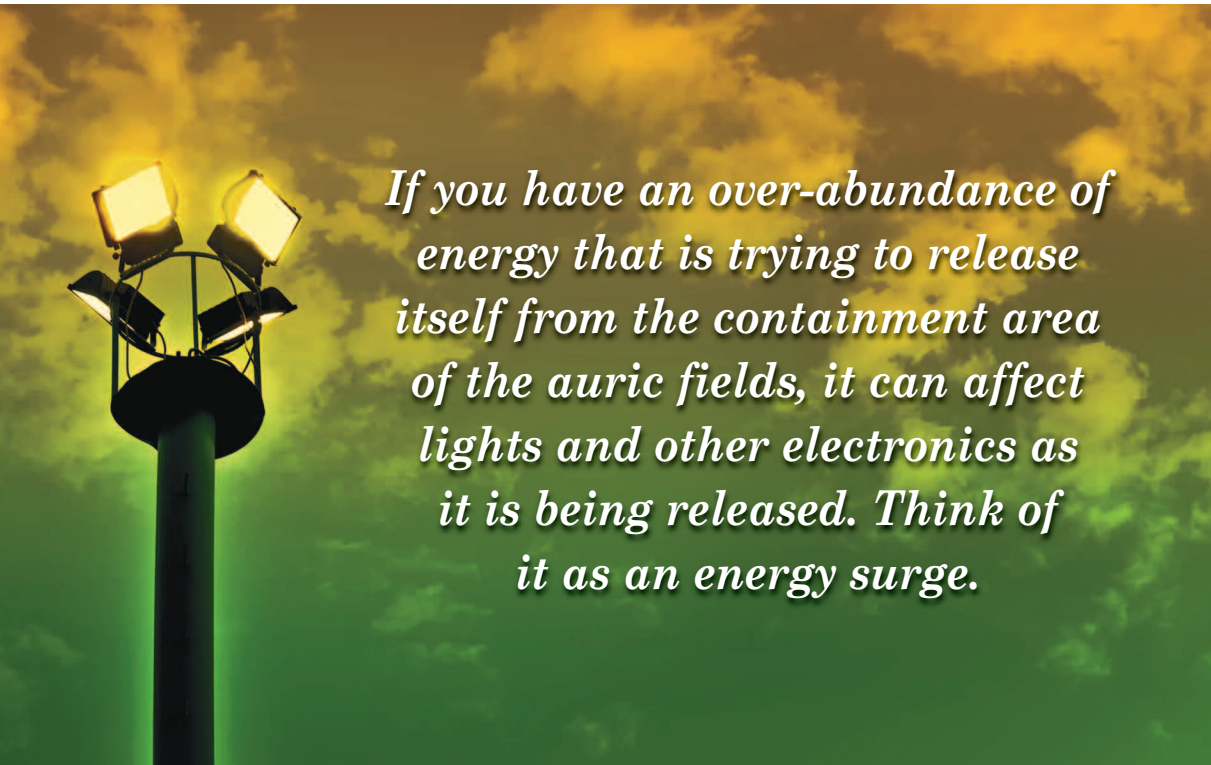
### CLEANSE AND RESTORE

There are three techniques to revitalize and restore the aura on a daily basis in order to assist the mind, body and spirit in operating at their highest and best capacity. These techniques release blocked energy and restore the auric fields. As a bonus side effect, putting conscious energy into the aura awakens these fields, which can heighten your intuition (spirit), raise your energy (physical), generate creativity (mental) and restore balance (emotional). The techniques work best when you practice all three on a daily basis.

**Technique One: Awaken the Energy in Your Aura** — During this energy exchange, the physical and auric body open to receive an energetic transformation and informational download. The energy is now directed around the person, enhancing the physical, mental, emotional and



*“The Awakened Aura: Experiencing the Evolution of Your Energy Body,”*  
by Kala Ambrose



*If you have an over-abundance of energy that is trying to release itself from the containment area of the auric fields, it can affect lights and other electronics as it is being released. Think of it as an energy surge.*

spiritual bodies, filling the aura with powerful light and energy. For best results, repeat this exercise twice a day, once at morning and once in the evening.

Raise your arms upward from your body, making the shape of a “V.” This allows the energy to flow from the higher spiritual planes down into your auric field and physical body.

Take three deep breaths inward, while imagining clear pure energy coming into your body. Then exhale after each deep breath, releasing any negative energy away from your body.

Continue to hold your arms in the V shape. Visualize pure white light surrounding your body, spiraling around your body from the spiritual planes.

Say aloud three times — “I am surrounded by the pure white light. Nothing but good can come to me. Nothing but good comes from me. I give thanks. I give thanks. I give thanks.”

Then ask for a Divine Blessing. For example, Divine Order; Highest and Best in My Life; Divine Wisdom and Divine Health.

Hold the energy and thought for one minute and then bring your arms down and cross them over your chest in an “X” formation. This seals the energy into your aura.

**Technique Two: Connect with Other Energy Fields** — Each day, spend a few minutes outdoors breathing in fresh air and connecting to the natural environment around you. It only takes a moment to allow your energy field to reach out and engage with the energy of nature. Doing so rejuvenates your auric energy field. As you build this energy up in your aura, share it with others you meet along the way. A warm smile or gentle embrace fills another’s aura with positive energy, helping them restore their energy as well. What we give out, comes back to us threefold.

**Technique Three: The Power in Rejuvenation** — A 20- to 30-minute siesta in the afternoon allows the body to fully digest nutrients after lunch, offers the mind a respite to drift to creative thoughts, and replenishes the aura with pranic energy. If you can’t fit a nap in during the day, take a 15- to 20-minute break to daydream



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and relax. You’ll return to work refreshed and ready to take on a new task.

Auras are powerful conductors of energy. They allow us the opportunity and sacred space in which to regenerate, transmute and transform. During this next decade as science and spirituality connect the dots on deeper levels, seeing what occurs and is stored in the aura energy field will lead to a deeper understanding of energy medicine.

#### ABOUT KALA AMBROSE

Kala Ambrose is the author of “The Awakened Aura: Experiencing the Evolution of Your Energy Body,” “9 Life Altering Lessons: Secrets of the Mystery Schools Unveiled” and “Ghosthunting North Carolina.” She is an intuitive, wisdom teacher and the host of the highly acclaimed Explore Your Spirit with Kala Show. She teaches workshops around the U.S. at the Omega Institute, the Learning Annex, LilyDale Assembly and online via the Daily Om and John Edward’s Infinite Quest. For more information about Kala, visit [www.exploreyourspirit.com](http://www.exploreyourspirit.com). **EE**