



AURIC FIELD

Infographic Collection

Understanding the Energy Field
That Surrounds and Supports You

VOLUME
2



AWARENESS



BALANCE



HARMONY



CONNECTION



VITALITY



Explore the
layers of your
auric field and
discover simple
ways to support
your energy,
balance, and
wellbeing.



Reiki insights, practical tools, and daily practices
for a balanced mind, body, and spirit.



VOLUME 2 IN THE REIKI VERDE VALLEY RESOURCE LIBRARY



Welcome

to the

AURIC FIELD

Infographic Collection

We're so glad you're here.

This collection is designed to help you understand the layers of your auric field and how they influence your overall wellbeing. May these insights, tools, and practices support you on your Reiki journey and in your daily life.

*"Your energy is your signature.
Honor it. Nurture it. Trust it."*



THIS COLLECTION WILL HELP YOU:

- Explore the layers of your auric field
- Recognize signs of balance and imbalance
- Learn practical Reiki tools for energetic wellbeing
- Build simple daily habits for aura care and self-awareness

When your energy is in harmony, you can show up in life with clarity, compassion, and confidence.

WHAT YOU'LL FIND INSIDE



UNDERSTAND

Discover what the auric field is and how it supports your mind, body, and spirit.



EXPLORE

Learn about the layers of the auric field and their unique purposes.



RECOGNIZE

Identify signs of balance and imbalance in your energy field.



PRACTICE

Use simple Reiki practices to support healing, balance, and vitality.



NURTURE

Build daily aura care habits for long-term wellbeing and resilience.



GROW

Deepen your connection to yourself, your intuition, and your purpose.



**You are more than your physical body.
You are energy, light, and infinite potential.
*Let's begin this journey together.***





HOW TO USE THIS COLLECTION

This collection is designed to help you explore your auric field through simple information, Reiki practices, affirmations, and self-reflection.



EXPLORE

Learn about each auric layer and its purpose.



REFLECT

Notice what resonates with your current experience.



PRACTICE

Use the Reiki tools and rituals provided.



RETURN

Revisit the pages whenever you need support.



REMEMBER



There is no perfect aura.



Energy changes and evolves.



Awareness creates balance.



Reiki supports harmony.



Small practices matter.



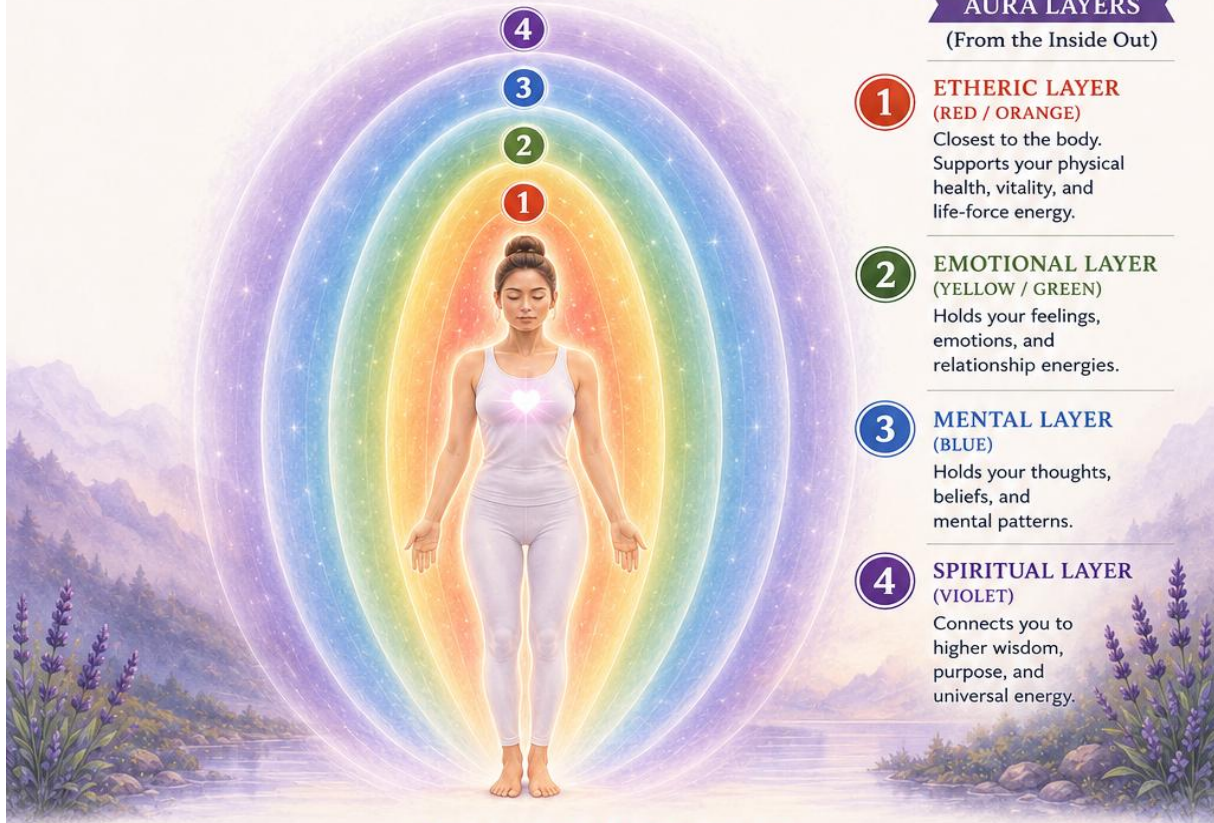
Closing Affirmation
I honor my energy and support my wellbeing one day at a time. ♥





OVERVIEW OF THE AURIC FIELD

Your aura is a multi-layered field of energy that surrounds, protects, and supports you.

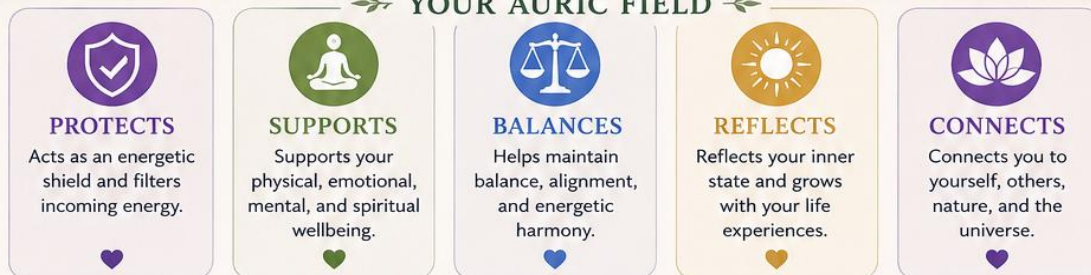


AURA LAYERS

(From the Inside Out)

- 1 ETHERIC LAYER (RED / ORANGE)**
Closest to the body. Supports your physical health, vitality, and life-force energy.
- 2 EMOTIONAL LAYER (YELLOW / GREEN)**
Holds your feelings, emotions, and relationship energies.
- 3 MENTAL LAYER (BLUE)**
Holds your thoughts, beliefs, and mental patterns.
- 4 SPIRITUAL LAYER (VIOLET)**
Connects you to higher wisdom, purpose, and universal energy.

YOUR AURIC FIELD



THE AURIC FIELD IS:



Closing Affirmation

I trust in the wisdom of my energy and the support of my auric field.

THE ETHERIC LAYER

THE ENERGETIC BLUEPRINT CLOSEST TO THE PHYSICAL BODY

The etheric layer is the auric layer closest to your physical body. It supports your physical health, vitality, and the flow of life-force energy throughout your body.



AT A GLANCE

- Closest auric layer to the physical body
- Supports physical health, vitality, and healing
- Carries life-force energy (prana or qi)
- Connects you to the earth for grounding and stability
- Acts as an energetic blueprint for the body

CORE THEMES

- Vitality
- Grounding
- Physical Wellbeing
- Life Force Energy
- Stability

AFFIRMATIONS

- My body is strong and supported.
- I am grounded, vital, and connected.
- Life-force energy flows freely through me.
- I honor my body and care for my energy.

WHEN BALANCED

- ✓ Feel grounded and present
- ✓ Strong physical energy
- ✓ Resilient immune system
- ✓ Healthy connection to body
- ✓ Steady flow of life-force energy

SIGNS OF IMBALANCE

- Fatigue or low energy
- Feeling disconnected from the body
- Frequent colds or illness
- Poor circulation or tension
- Difficulty grounding

REIKI PRACTICES

- Self-Reiki
- Grounding
- Time in nature
- Breathwork
- Rest and sleep

5-MINUTE RITUAL

- 1 Place your hands on your lower abdomen.
- 2 Take five slow, deep breaths.
- 3 Send Reiki into your body.
- 4 Visualize roots growing from your feet into the earth.
- 5 Feel yourself grounded, supported, and energized.



Closing Affirmation
My body is supported by a strong and vibrant energetic foundation.

THE MENTAL LAYER

YOUR THOUGHTS. YOUR BELIEFS. YOUR PERSPECTIVE.

The mental layer holds your thoughts, beliefs, ideas, and mental patterns. It shapes how you interpret the world and influences your choices, focus, and inner dialogue.



AT A GLANCE

- Holds your thoughts, beliefs, and mental patterns
- Shapes your perspective and decision-making
- Influences your focus, clarity, and imagination
- Protects your mind from negative or intrusive energies
- Expands through learning, insight, and positive thought

CORE THEMES

- Thoughts
- Beliefs
- Focus & Concentration
- Learning & Insight
- Mental Clarity

AFFIRMATIONS

- ♥ My mind is clear, calm, and focused.
- ♥ I choose thoughts that empower me.
- ♥ I am open to learning and growth.
- ♥ I trust my inner wisdom and intuition.
- ♥ I release worry and mental clutter with ease.

WHEN BALANCED

- ✓ Clear thinking and good focus
- ✓ Positive and empowering beliefs
- ✓ Open-minded and flexible
- ✓ Confident decision-making
- ✓ Calm, peaceful mental state
- ✓ Creative and inspired thinking

SIGNS OF IMBALANCE

- Overthinking or racing thoughts
- Worry, anxiety, or stress
- Negative or limiting beliefs
- Poor concentration or focus
- Confusion or mental fog
- Indecision or self-doubt

REIKI PRACTICES

- Self-Reiki
- Mind Clearing
- Breath Awareness
- Affirmations
- Rest & Recharge

5-MINUTE RITUAL

- 1 Place your hand on your forehead.
- 2 Take five slow, deep breaths.
- 3 Send Reiki into your mind.
- 4 Visualize a bright white or indigo light clearing your thoughts.
- 5 Feel your mind calm, clear, and focused.

Closing Affirmation
I choose clarity, positive thoughts,
and inner peace. ♥

THE EMOTIONAL LAYER

YOUR FEELINGS. YOUR ENERGY. YOUR CONNECTION.

The emotional layer holds your feelings, emotions, and relationship energies. It influences how you experience life and connect with yourself and others.



AT A GLANCE

- Holds your feelings, emotions, and relationship energies
- Influences how you experience life
- Stores emotional impressions
- Affects your connections with yourself and others
- Flows and shifts with your experiences

CORE THEMES

- Emotions
- Feelings
- Relationships
- Emotional Balance
- Self-Acceptance

AFFIRMATIONS

- I honor my feelings.
- It is safe for me to feel.
- I release what no longer serves me.
- I choose peace, love, and understanding.

WHEN BALANCED

- ✓ Emotional stability
- ✓ Healthy relationships
- ✓ Compassion for self and others
- ✓ Ease in expressing feelings
- ✓ Ability to release and let go

SIGNS OF IMBALANCE

- Emotional overwhelm
- Mood swings
- Feeling easily hurt
- Holding onto past hurt
- Difficulty expressing feelings

REIKI PRACTICES

- Self-Reiki
- Heart Centering
- Emotional Release
- Reiki for Relationships
- Calm and Soothe

5-MINUTE RITUAL

- 1 Place your hand on your heart.
- 2 Take five slow, deep breaths.
- 3 Invite Reiki into your emotional body.
- 4 Visualize a soft pink or green light surrounding you.
- 5 Feel love, peace, and compassion filling your heart.



Closing Affirmation
I honor my emotions, choose love,
and create balance within.

THE SPIRITUAL LAYER

YOUR CONNECTION. YOUR PURPOSE. YOUR SOUL.

The spiritual layer connects you to your higher self, soul purpose, universal energy, and divine wisdom. It supports your growth, intuition, inner peace, and connection to something greater than yourself.



AT A GLANCE

-  Connects you to your higher self and soul purpose
-  Links you to universal energy and divine love
-  Supports spiritual growth, awakening, and enlightenment
-  Brings meaning, faith, hope, and inner peace
-  Guides you with intuition and inner wisdom

CORE THEMES

-  Soul Connection
-  Higher Purpose
-  Universal Oneness
-  Spiritual Growth
-  Inner Peace

AFFIRMATIONS

-  I am connected to divine love and guidance.
-  I trust my soul's path.
-  I am surrounded by universal light.
-  I am open to wisdom and synchronicity.
-  I align with my highest good and purpose.

WHEN BALANCED

-  Deep inner peace and trust
-  Strong intuition and inner guidance
-  Sense of purpose and meaning
-  Feeling connected to all life
-  Gratitude and compassion
-  Faith, hope, and spiritual joy

SIGNS OF IMBALANCE

- Feeling disconnected or lost
- Lack of purpose or direction
- Cynicism or spiritual doubt
- Feeling separate from others
- Closed intuition
- Fear of the unknown

REIKI PRACTICES

-  Self-Reiki
-  Crown Chakra Balancing
-  Connecting to Source
-  Gratitude Practice
-  Meditation & Silence

5-MINUTE RITUAL

- 1 Place your hand on your crown.
- 2 Take five slow, deep breaths.
- 3 Send Reiki into your spiritual body.
- 4 Visualize a violet or white light above your head, connecting you to universal love and wisdom.
- 5 Feel guidance, peace, and purpose flowing into you.



Closing Affirmation
I am connected to the divine, trust my soul's path,
and embrace my highest purpose.

SIGNS OF AURIC IMBALANCE

Your energy is out of balance and
may need care and attention.



FATIGUE & LOW ENERGY

You feel drained,
tired, or run down.



EMOTIONAL OVERWHELM

Your emotions feel
intense or hard
to manage.



MENTAL FOG & CONFUSION

You have trouble
concentrating or
thinking clearly.



STRESS & ANXIETY

You feel on edge,
worried, or unable
to relax.



WEAK BOUNDARIES

You feel easily drained
by others and struggle
to say no.



LACK OF PURPOSE

You feel unmotivated,
disconnected, or unsure
of your path.



DISCONNECTION

You feel isolated, unseen,
or out of sync with
yourself or others.



NEGATIVE THINKING

You notice repeating
problems, self-doubt,
or negative thoughts.



REMEMBER

Imbalance is not a problem—
it is information.



AFFIRMATION

I listen to my energy
with compassion and respond with care. ♥



SIGNS OF AURIC BALANCE

YOUR ENERGY IS CLEAR, STRONG, AND IN HARMONY.



GROUNDLED

You feel stable, safe, and present in your body.



ENERGIZED

You have steady energy throughout the day without feeling drained.



EMOTIONALLY BALANCED

You navigate your emotions with ease and resilience.



CLEAR THINKING

Your mind is clear, focused, and aligned with your values.



HEALTHY RELATIONSHIPS

Your connections are supportive, respectful, and uplifting.



INNER PEACE

You feel calm, centered, and connected to yourself.



STRONG BOUNDARIES

You protect your energy and honor your needs with confidence.



SENSE OF PURPOSE

You feel inspired, guided, and connected to what truly matters.



Remember:
Balance is not perfection.
It is the natural flow of energy returning to harmony.

My energy is balanced, supported,
and flowing with ease. ♥





REIKI AND THE AURA



Reiki is pure, loving energy that
clears, balances, and strengthens your aura.



REIKI SUPPORTS YOUR AURA BY:



CLEARs

Releases stagnant, heavy, and negative energy from your auric field.



BALANCES

Restores harmony to your energy and supports emotional well-being.



STRENGTHENS

Reinforces your aura and helps protect your energy from outside influences.



ALIGNs

Supports your natural flow of energy and your highest good.



NOURISHES

Brings in light, peace, and vitality to uplift your whole being.



REMEMBER

Your aura is always receiving and responding.
Reiki helps keep it clear, strong, and radiant.

I am open to Reiki. My aura is
clear, protected, and filled with light. ♥



AURIC CARE *Practices*



Simple daily practices to keep
your aura clean, strong, and vibrant.



GROUND

Spend time in nature,
walk barefoot, and
stay connected to
the Earth.



CLEANSE

Clear your aura regularly
with Reiki, sage,
salt baths, or sound
cleansing.



PROTECT

Visualize a shield of light
around you and set
healthy energetic
boundaries.



RAISE YOUR VIBRATION

Listen to uplifting music,
practice gratitude, and
surround yourself with
positive energy.



MOVE YOUR BODY

Movement keeps your
energy flowing and
prevents stagnation in
your aura.



STAY HYDRATED

Water clears and energizes
your system and supports
a bright, healthy
aura.



MEDITATE

Quiet your mind,
connect within, and
strengthen your energy
field.



LIVE WITH INTENTION

Choose thoughts, words,
and actions that align
with your highest good
each day.



REMEMBER

Your aura reflects your inner world.
Nurture it with love, and it will shine with light.

I care for my aura with love
and intention every day.



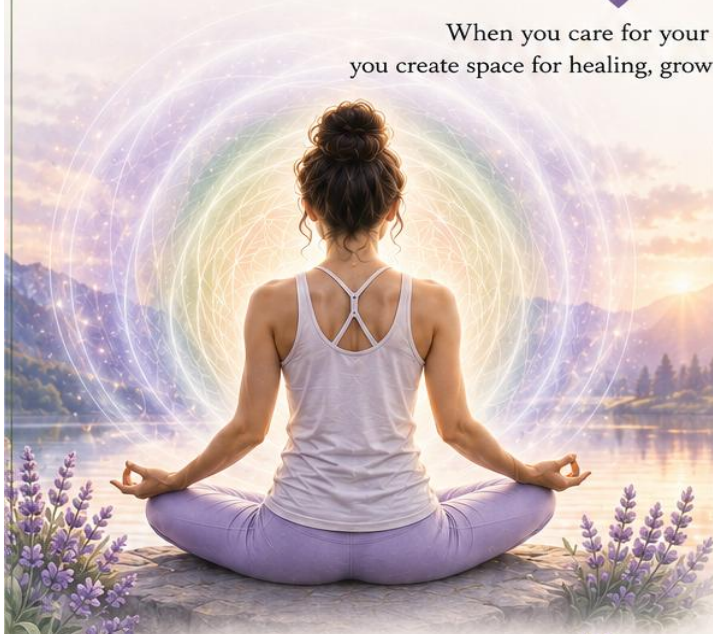


CLOSING *Reflection*

YOUR AURA. YOUR ENERGY. YOUR LIGHT.

Your aura is a reflection of your inner world—
your thoughts, your feelings, your choices, and your spirit.

When you care for your energy,
you create space for healing, growth, balance, and joy.



REMEMBER



You are energy.



You have choice.



You are supported.



You are worthy.



Your light matters.

Thank You

Thank you for allowing this collection to support your journey.
May your path be filled with peace, wellbeing,
connection, and limitless possibility.

With Gratitude,

Julie Russell

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AFFIRMATION

I trust my energy.
I honor my journey.
I radiate love, light, and peace.



Continue Your Journey



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Thank you for spending time with this collection.

My hope is that these teachings inspire you to bring Reiki into everyday life and encourage you to continue exploring your own path of growth, healing, and self-discovery.



May these reflections serve as gentle companions on your journey and remind you that wisdom is found not only in what we learn, but in what we live.



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