



AURA-SOMA POMANDER

FOR AURA PROTECTION

Day to day life presents us with many challenges which can take their toll – both physically and mentally - from trauma to everyday stress. The same can also be said for the effect on your aura (the colourful electromagnetic field, or light body, surrounding your physical self) which you can restore and re-balance by regularly using an Aura-Soma Pomander.

Used to cleanse and refresh the energetic system, the vibrational qualities of the Aura-Soma Pomanders act to re-energise, strengthen and protect your physical, emotional being and aura, empowering you and elevating your consciousness. In addition to restoring balance, these infusions can be used to focus intent on your everyday.

POMANDER COLOURS

The colours of our aura change with our mood and environment. An Aura-Soma Pomander is designed to help protect and maintain the integrity of our electromagnetic fields. Available in 17 colours, each Pomander contains 49 herbs with a predominance of six essential oils. The White holds a special place amongst the colours, as it is the only one which contains all 49 herbs in equal balance. Following your intuition, you'll instinctively be drawn to the colours you need. For example, pink may bring us the experience of love and warmth, whereas turquoise may help us communicate our creativity.

HOW TO STRENGTHEN YOUR AURA USING POMANDERS

For the most powerful and positive impact on your aura, follow the sequence outlined below with your chosen Pomander.

1. Make sure you're standing, with space around you
2. Place three drops in the palm of your left hand and rub both palms together
3. Stretch your arms straight above your head, with palms facing each other. Imagine the flow of energy from the left hand into the right hand
4. Bring your hand towards each other and move them slowly around one another without touching, keeping them above your head

5. Then, join the palms together, palm to palm, remaining above your head
6. Keeping them together, bring your hands slowly down, past your face, to your heart
7. Place one hand over the other on your heart and pause for a few seconds
8. When you're ready, bring your hands apart and bend slowly to touch the ground, letting the energy flow into the earth
9. When you're ready to close the sequence, stand up and bring your hands up to your mouth and nose. Take three breaths deep into the temple of the body

WHERE CAN I FIND AURA-SOMA POMANDERS?

Request a consultation with [your nearest practitioner](#) who will guide you to the right Aura-Soma Pomander for you.

[BOOK A CONSULTATION](#)



OTHER PRODUCTS

What is possible and contained within the Aura-Soma products is the potential to empower you to be more of what and who you are. When you identify with this, you are able to access a very deep level of self-awareness. Explore our complete wellbeing collection and bring ease, balance and calm to your energetic system, while strengthening and protecting the aura.

[FIND OUT MORE](#)

INGREDIENTS

Just like [Equilibrium](#), Pomanders combine plant, crystal, and colour energies to bring ease, balance, and calm to the energetic system. They are predominantly made from herbs, with a total of 49 different herbal extracts and essential oils, colours, and crystals in each. In line with our 'soil to soul' philosophy, we grow many of the Quintessences ingredients on our own farm to biodynamic standards.

[READ MORE](#)





FIND A PRACTITIONER

Meet one on one with an accredited Aura-Soma Practitioner for a private consultation; we have practitioners in more than 40 countries. Together you will review your chosen colours and explore their meanings in the context and depth of your own journey to discover which of our products are best suited to help build and maintain happiness and vitality in your every day.

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