clean your aura after doing the Final RTR, as it removes a lot of curses from your soul.

If you're short on time, this abbreviated version works very well:

1. Visualize the brilliant light descending down into your head and pushing down any dirt, filth, thoughtforms [thoughtforms can appear as chunks of filth or for those who are advanced, you can see them as they may be shapes, symbols, like elementals, or otherwise]. This will be gray or black energy [as it collects], and will get darker as it descends.

2. Visualize the brilliant light descending through your throat, down through your shoulders, chest, then stomach area, hips and all the way down through your feet, pushing out all of the dirt from your aura and soul.

3. Move the filth beside you, in a pile.

4. DO THIS THREE TIMES, steps 1 through 4. Keep piling the dirt.

5. When you are finished, your aura and soul should be much brighter and cleaner. You can either ask for a Demon to take the energy and to return it to the senders [especially if you’re new], OR, you can visualize it shooting away from you, directing it to the senders.

6. Affirm 3 times:

My aura is deflecting and repelling any and all negative energies, curses, bindings, Ill will, thought forms and destructive energy directed at me and is immediately returning it to the senders.

The link below is more detailed. You can do this at any time. It should be done every day. Just don't do the cleaning of your aura/soul for the very first time on a Void of Course Moon.