

# How to Apply the Pomandar



The Ascension Coach

BE THE LIGHT

- How to apply the Pomander
- In your left palm add drops of the colour pomander. Rub your hands together and smell the colour, engaging with the colour.
- Then take both hands up above the head and in the left hand imagine sending out the colour to the world by wrapping the colour around Mother Earth and all its inhabitants. You can just visualise streams of colour and that would be sufficient.
- You could add statements of what you hope for others to benefit from this colour. E.g. Royal Blue – ‘May people allow themselves to connect with their intuition, functions of the higher mind’ etc. Or
- Deep Red – ‘May all beings be awakened and live their passion.’
- Then once you’ve sent this out to the world, in your right hand imagine this energy coming back into your own auric field, then drop the colour into your aura by taking both hands over the crown chakra, allowing the hands to carry on the colour towards the ground in a sweeping motion
- Then sweep your palms of your hands over the back of the head 3 times, with the intention “I let go of what I no longer require”.
- Then massage the sense doors by circling forwards over the sides of the head (practice feeling the energetic of the sense doors being enlivened).
- Then bring both sides of the aura together, taking the hands into prayer pose over the 3rd eye and stop at the throat imagining this colour activating the throat chakra and using the benefit of the colour in how you express yourself. Stay here for a couple of breaths.
- Then move down to the heart chakra, feeling the colour opening you up to this potential. Stay here for a few breaths. You might want to extend your hands out in front of you to extend your auric field or massage the heart chakra in a circular fashion.
- When you are ready (after you’ve used the pomander for yourself a number of times) you might like to bring in other people into your heart to share this experience. Do this by visualising the person and bringing them into your heart space.
- Then wrap your hands around the back of your heart from front to back 3 times in a band. Then continue on wrapping from front to back, banding the colour over the solar plexus, sacral chakra and then the base chakra.
- Then continue over the knees.
- Then take your hands down to the floor and imagine the colour being sent down to Mother Earth so that she can absorb the colour.
- Then scoop up the colour again from the ground and come back up to standing bringing your hands up to your face in a cupping fashion and take in 3 deep breaths. On each exhalation imagine you are sending the colour all throughout your aura.
- That’s it! Feel the joy of the colour! Do as often as required e.g. Use in the morning then maybe throughout the day when you need a break / energy pick to embrace the benefits of this colour again.