# STATETIMES TO A Y

**Your Companion for a Funday** 

# 6 brilliant ways to cleanse your aura and invite good energies

ura, or the energy that surrounds us, greatly affects our mood, emotions, and our life. And that is why having a healthy, vibrant aura is important for overall well-being and positive energy flow. The aura surrounds every living being, and can become clouded by negative energy, stress, and everyday interactions. And thus, cleansing your aura can help restore balance, invite good energies, and improve your physical, emotional, and spiritual health.

#### Here we list 6 ways to cleanse your aura.

One of the easiest ways to cleanse your aura and let go of the harmful, negative energies is to take a salt water bath. Salt baths are a simple and powerful way to cleanse your aura as salt has natural purifying and cleansing properties that can help remove negative energy and toxins from your body and aura-

To cleanse yourself, use natural sea salt, Himalayan pink salt, or Epsom salts and then fill your bucket or bathtub with warm water and add a cup of the salt. Stir the water to dissolve the salt and then pour that water over yourself. As the water covers and flows through you, think about how it will wash away the negativity that has attached itself to you. Once done, pour some normal water and then think about how your aura is more positive, clear, and vibrant.

#### Sage cleansing

Sage cleansing, or smudging, is an ancient practice that is used in many cultures to cleanse people's aura and the space where they live or work. Sage, particularly white sage, has powerful cleansing properties that can clear negative energy from the surroundings and the energy field.

For a sage cleanse, get a bundle of dried sage, a fireproof bowl or shell, and some matches. Then, light the sage bundle and let it burn for a few seconds before blowing out the flame to produce smoke. Then use your hand to spread that smoke all around your body, from head to toe. Then, think about that smoke absorbing and removing any negative energy in your aura.

#### Crystal cleansing

Crystals are known for their unique energetic properties and can be powerful in aura cleansing. There are different crystals that can help cleanse, protect, and



balance your aura, and should be bought or used only after consulting an expert. Once that is done, choose your crystal, it could be clear quartz, amethyst, black tourmaline, etc, and then first cleanse it by placing it under running water, in moonlight, or in a bowl of salt water. Then hold the crystal in your hand and run it through your body while thinking about how the crystal will absorb any negative energy and replace it with positive, healing energy.

#### Sound healing

Sound healing uses vibrations from various instruments to cleanse and balance the aura. The sound waves are said to enter your energy field and cleanse it from the inside, removing any stagnant and negative energies. Simple musical instruments like singing bowls, tuning forks, and even wind chimes can help cleanse your energy. To start, sit in a comfortable spot, free from any distractions and noise and then start playing that instrument. Focus on the sounds and vibrations and feel them bettering your energy.

#### Walk in the rain or on green grass

Another amazing way to cleanse your aura is to connect with nature. Walking in the rain while feeling the droplets fall on you and walking on the green, soft grass and feeling the slight, gentle tickle, are all ways to cleanse your energies. Walking in the rain can be both refreshing and cleansing. The natural water can wash away negative energies and leave people feeling fresh. And then walking barefoot on green grass helps you connect with the earth's grounding ener-

#### Chant mantras

Chanting mantras is a simple, powerful way to cleanse your aura and improve your energy levels. Mantras are one of the most sacred phrases and carry specific vibrations and intentions. Even the simplest mantras like 'Om' can help improve your energy levels greatly and when you sit down, close your eyes, and take a few deep breaths along with the chanting, the energy around you is filled

When you chant and visualise the right things, it will help remove any negativity from your mind and body and help you be a better human.

# How to keep your children from idling at home during summer break

ummers for kids usually mean happiness, holidays, vacation, study free time, picnics, outings and trips to new places. For parents, it brings along a whole gamut of issues like how to engage the kids who are idling at home, how to keep them away from devices, what diet to follow for a disease-free summer and so on

#### Plan a trip

To ensure summer vacation isn't limited to trips to malls or indoor play areas, parents should plan a family trip, preferably to a cooler destination, where kids can gain life-enriching experiences & create lasting memories. However, innovative new play areas are also highly recommended, providing hours of age-appropriate fun. For instance, some play zones allow children to learn about science, gravity, and germination. There are indoor areas where they can engage in missions, transactions, and activities that teach them about daily life. Additionally, there are numerous arts, craft, and sports-based classes available across the city. The key is to choose activities that your child will enjoy and benefit from

# Spend time with your children

Summer holidays should enhance family dynamics, so make sure you spend quality time with your kids. These summer holidays will cherish their memories. Create the right memories while also taking proper precautions to keep your children healthy and safe. This way, after a refreshing summer break, they will be ready and refreshed for the new school year.

# Enroll in a summer camp

Keeping children busy during summer vacations is a task. There are a lot of summer activities and camps all around the city that the parents and children can choose from. One must go for options best suited to your child's likes and age group. Try to keep a healthy balance between indoor summer camps, which can keep them occupied when it is too hot to be outdoors in the sun. and other outdoor physical activity-based camps like swimming/badminton/gym-



nastics and so on. This will help them engage socially with peers and friends, while keeping them physically fit. STEM-based (Science, Technology, Engineering, and Mathematics) indoor activities can also help refresh the minds of children

#### Eat a balanced diet

According to Dr. Asmita Mahajan, Consultant Neonatologist & Pediatrician, SL Raheja Hospital, Mahim - A Fortis Associate, "Avoid prepackaged and processed foods, as they tend to be high in fats, sugars, and sodium. Incorporate as many fresh foods as possible to the child's diet, including a variety of colorful vegetables and fruits, to maintain your child's health and support digestion. Keep only nutritious snacks, this will limit access to unhealthy snacking options. Ensure that your child stays wellhydrated by offering them plenty of fluids like Coconut water, aam panna, buttermilk, lassi, and homemade soups. Avoid indulging them in fatty, oily, and spicy foods; importantly, make daily junk food consumption a strict 'nono.' To make their usual meals more appealing, consider using cheese, eggs,

# Follow the summer rules

When you send kids outdoors to play during summer, a few precautions should be taken they should wear light-colored loose-fitting clothes, carry a napkin or towel to wipe themselves when sweaty, carry a water bottle filled with boiled and cooled drinking water

# Do not let kids play in the heat

etting kids play in the scorching heat during peak daytime; they may head out to play after 4 pm. It is advisable if they play where there is shade. In the evenings, it is advisable to use spray-on mosquito repellent creams/ patches to avoid mosquito bites. Wearing caps, sunglasses, liberal sunscreen application, and use of umbrellas can help them to beat

# Habits to inculcate after 7pm that will transform your life

→hat you do during working hours or the day is as important as what you do during non-working hours as this is the time you can devote to yourself. From gratitude and mindful reflection of the day to slow breathing and reading a book, many simple yet immensely impactful habits can greatly enhance your life. These easy practices are highly beneficial for achieving both physical and spiritual growth, leading to a transformation so profound that you may not even recognize your previous way of living. You'll likely find yourself deeply addicted to this lifestyle and these habits, to the extent that you'll never want to return to your old habits. So, if you're truly seeking to effectively transform your life, keep reading to delve deeper into the details of these amazing habits.

# Mindful reflection

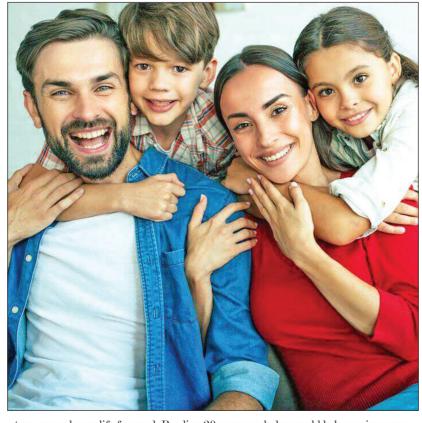
Mindful reflection is a practice of replaying and looking back at your day with openness and immense awareness. It basically has three essential components or steps to follow. The first is considering what went well, then reflecting on areas of improvement, and lastly expressing gratitude. So, you need to start by carefully acknowledging everything, big or small, that went well on that particular day. Anything from freely and openly laughing together with your family while having dinner to getting appreciated at work. Next, take a moment to go through all the aspects of your day that could have gone better or if you think you could have utilized that particular time more productively. All the things that did not meet your expectations will come under this. By acknowledging these areas for improvement, you empower yourself to make positive changes and strive for better outcomes in the future. Finally, end this exercise by expressing honest gratitude for all the blessings you came across, everything included, the good things that happened in your day, and even for the challenges that you can use as an opportunity to learn and grow better.

#### Disconnect

Here comes the second practice, which would definitely make a huge difference in your life, and that too in a positive way. Here, "disconnect" marks the end of your digital world for the day. Simply put, it means disconnecting from all kinds of electronic devices and social media. Digital devices, including everything from your phones to TVs and iPads, can affect your body's natural sleep and wake cycle, keeping you awake unnecessarily while indulging in and consuming social media. This can lead to disturbances, negative thoughts, and a sense of anxiousness. To prevent this from happening and to ensure a sound sleep, make sure to stop using these devices at least an hour before sleeping, giving your mind a sense of calmness and

# Reading

The third practice is to include in reading a book, at least 20 pages each night. After you keep your electronic devices aside, you'll have much more time instead of mindlessly scrolling through the feed. So, make reading a daily habit to effectively



turn around your life for good. Reading 20 pages each day would help you immensely in many ways, from improving your concentration and vocabulary to enhancing your quality of sleep, bringing you calmness, and also improving your knowledge. Simply choose a book you find interesting, anything from non-fiction and self-help guides to novels or even a dictionary if you like, for that matter. Create a peaceful environment, you might even light a scented candle or make an aromatic cup of tea or coffee, and that's it, happy reading!

# Plan for tomorrow

Another important practice to do before sleeping would be to plan your next day in

advance. There is immense importance in planning your coming day in detail to set you up for a more organized and highly productive day. Planning will ensure that you have a clear sense of direction and purpose for the day, and not leave you confused and hanging in between tasks. So, start by reviewing or recalling all the essential things like any appointments, meetings, or important tasks you have, and note them. Then, prioritize and mark the most important ones that you consider to do first and what tasks could be done later that day. Create a simple to-do list in order, and finally, do the important preparations according to your tasks. Everything from keeping aside your outfit and charging your laptop to making your bag and keeping all important documents. Here you go, all set for a productive tomorrow!

# Build connections

Make sure to always set aside a little time after 7pm to be with your family and loved ones. Regardless of how tired or busy you feel, even just a few minutes can be incredibly beneficial. Whether it involves having a meaningful conversation, playing games, sharing a meal, or simply sitting together cherishing each other's company, it can foster feelings of love and appreciation, offer support and a sense of peace, and strengthen relationships with important people in your life.

# Nature walk

Make it a daily habit to take a short walk in the nature before sleeping every evening or night. The sounds, smells, and sights of the night-time outdoors are truly magical, helping you relax and promoting better sleep quality. Simply take a few minutes to stroll through a nearby garden, walk barefoot on the grass, and take slow, deep breaths. It will surely be a peaceful and rejuvenating experience.

# Self-care and hygiene

Simple self-care practices and hygiene are essential for overall well-being, helping vou feel calm, refreshed, and confident. Investing in a good skincare and body care routine can be incredibly beneficial, especially before bedtime. Consider indulging in a warm shower with your favourite body wash, followed by a gentle scrub. Don't forget to brush your teeth and follow up with a quick skincare routine, including washing your face and applying a nourishing face mask. Incorporating these practices into your daily night routine can significantly enhance your sense of peace, comfort, and overall sleep quality.

# Mindful breathing

The last and the most important habit leading to a happier and healthier life would be to simply breathe. Take a few moments to close your eyes, lay on your already made bed, and visualize a happier tomorrow, thinking of all the good things you would want to happen tomorrow and believing that they would happen. Imagine yourself in your upcoming day as you want it to be, "a perfect tomorrow," while taking deep and slow breaths. Finally, thank God, any higher energy or universe you believe in, and you are done for the day. Have a great night, full of peace and a sense