



Healers use their hands to remove energy blockages



Actress Drew Barrymore is a big fan of Bi-Aura therapy

What on earth is BI-AURA THERAPY?

Unblock your "life force" with Bi-Aura therapy, just like Drew Barrymore

Who does it?

Drew Barrymore, David Arquette.

What is it?

Bi-Aura works on our underlying biological energy or "life force". Eastern healers thousands of years ago believed this energy played a fundamental part in our health and well-being and could be used to help the body heal itself. The idea is that the human body is surrounded by an energy field, which has centres of energy or "chakras" that distribute energy throughout the body. The key to healing is releasing any blockages so that energy flows freely.

How does it work?

Bi-Aura practitioners use their enhanced energy sensitivity to scan the energy field around your body and detect any blockages or imbalances. They do this by moving their hands around your body – mainly while you're standing – but

without any physical contact. Any blockages will then be drawn out.

What are the benefits?

Apart from bringing you a real sense of peace after it's done, Bi-Aura therapy is well known for releasing tension and reducing stress. It can also help heal illnesses and injuries. Bi-Aura is safe and effective for

anyone, including older people, children and even pets.

Will I feel anything?

You might feel a tingling sensation around your body as you're healed.

Do I have to get naked?

No. You remain clothed and have your eyes closed.

Where can I do it?

Sessions start at around £35. For a practitioner in your area, contact The Bi-Aura Foundation in Northumberland on 01 661 844 899 or visit www.bi-aura.com for more information. If you're in the Surrey, Kent or London area, telephone Closer's own practitioner Lesley Gibson on 01 342 833339.

ONE WOMAN'S BI-AURA EXPERIENCE



Lauren Libbert, 32, Closer's News Editor

"I was overwhelmed and impressed by the Bi-Aura experience. I'm a bit sceptical when it comes to things 'other-worldly' but when the healer scanned my body and told me whereabouts my energies were blocked (throat and head) and the reasons why (not communicating, confused and conflicting emotions), I was astonished because it

made so much sense to me. As the blocked energy was slowly drawn out with the healer's hands, I experienced an unexpected emotional release and at one point I even cried. Afterwards, I did feel a bit drained and slightly vulnerable – but generally so much lighter and at peace. For a few days afterwards, these "lighter" feelings remained and things that would normally leave me stressed or tense didn't have the same impact. 'Healing' might sound a little new-agey, but after one session, that's exactly what Bi-Aura did – heal. I'd recommend it to anyone."

WORDS: ANITA NAIK PHOTOS: DAN KAHN, ALPHA