I had a lot of lucid dreams when I was 5 years old and out of body experiences as I used to have asthma and slipping out of my body and swirling above myself used to lull me to sleep. In my teens, I began to have precognitive dreams and it used to spook my family and friends out.  By the time I was in college, I began to fully research into energy work and tarot reading and shamanism.

When I was 7 years old, I used to massage my family - it was there I began to feel people's auras. But I didn't know it back then. I spooked my mother once when I told her "You have pain right here and  jabbed her shoulder blade." She said yes.  Then a few minutes later she jerked her head up and said "I never told you that. How do you know that?" I replied, "I felt it."

I became a Reiki Master in my 20's, but retired after 10 years of that field. A Japanese bodyworker sensed Reiki was draining me. I didn't believe her and denied it for 3 more years until I finally connected the dots that Reiking people was in fact, draining me.  So I returned to my innate skills of detecting auras and cleansing them - I no longer felt drained doing my way.  I prefer doing aura cleansing in person but can do long distance aura cleansing if one truly needs it.