

# Relationship Between Levels of Consciousness and Aura



How your aura expands as you hold more soul in your body.



## Topics in this article:

- How Do Levels of Consciousness Affect Size of Aura?
- How Can we Increase our Levels of Consciousness?
- How Can we Increase The Health of our Root Chakra?
- Coupling Technique to Restore Root Chakra Health
- How to Get the Best Results When Manifesting
- How Long Do You Need to Hold Your Intention to Manifest?
- Decalcifying Pineal Gland to Increase Levels of Consciousness (and Aura)
- How Aura Size Changes with Levels of Consciousness



# Relationship Between Levels of Consciousness and Aura

We have noted in our testings that as an individual's levels of consciousness increase, so their aura expands. Tests have shown that the size of aura is related to, but not dependent on, levels of consciousness. Furthermore, the size of aura has tested as being related to, but not dependent on, the functioning of the root chakra.



## How Do Levels of Consciousness Affect Size of Aura?

What this means is that, as someone's levels of consciousness rise, typically so does the size of their aura but to know the exact size of the aura it would be necessary to test the individual rather than mapping it to the level of consciousness since we must take into consideration the health of the individual's root chakra (which is a measure of their groundedness).



## How Can we Increase our Levels of Consciousness?

That's a great question and one we examine in more depth in another post. There is an integral relationship between ego and levels of consciousness - it's a bit like a set of scales, so as one side reduces, the other side increases.

Since one of the keys to increasing levels of consciousness is to reduce ego, the easiest starting point is to aim to allow more love, forgiveness, understanding and any positive (high vibration) emotions into the way in which you interact with the world and conversely to reduce the way in which you respond with fear, anger, need to control and any negative (low vibration) emotions to situations.

Dr David Hawkins goes into great detail about this in his book [Transcending Levels of Consciousness](#) which is not the easiest reading material as he is an academic and uses many uncommonly used words! However it is worth persisting with for it does help increase understanding on this topic.



## How Can we Increase The Health of our Root Chakra?

The root chakra is a node (a portal) that is connected with the earth below and helps us to remain grounded. When in good health, we have a plentiful supply of energy and personal power (this is not a forceful power but an expansive loving energy). When we are stressed which most of us are in our day to day lives at some point, we can lose the root chakra connection and then we can feel weak, disempowered, disconnected.

In our opinion it is abundantly clear that the very structure of society has been intentionally designed to create an inordinate amount of stress, leaving us in a permanently weakened state and with not enough time or strength to object to ever increasing disempowerment techniques being introduced. Examples include having to leave the sanctity of the family and start education at a very young age; working 60+ hour weeks (by the time you've added in commuting and household work); losing so much of our income in direct and indirect taxation that we're left with no spare so we're continually worrying about finances.

So within this frenetic structure, how can we ensure that we remain connected with source energy and have a continual supply of energy to help us navigate the stresses of life?

The answer is multifold but starts with awareness. The first step is to establish an understanding of what it feels like to restore your root chakra to a more healthy, vibrant frequency.



### **Coupling Technique to Restore Root Chakra Health**

The coupling technique proposed by [William Tiller](#) and taught by [Sarita Sol](#) very clearly is a really easy way to restore health to all areas of the body including the chakras. Tiller discovered that by setting the intention to couple a desired outcome with the 'all that is' (consciousness) that this ensures you are aligning the outcome you wish (eg, healthy root chakra) with the field of creation (consciousness). This is more powerful than simply setting the intention as you are working with the physics of consciousness to achieve what you want.

This post is not intended to be a lesson on the coupling technique - we suggest that you watch this [video](#) by Sarita for a better understanding of how to implement it.

We used Resonance Testing to adapt the technique slightly so that it is of maximum consciousness. Here is the statement you can use to restore health to your root chakra is (while focusing on the root chakra):

- *I set the intention to couple this energy centre with the infinite field of love light*



### **How to Get the Best Results When Manifesting**

We have found that an effective way of coupling for manifestation is first to connect with the energy centre (or whatever you intend to couple), then to open your awareness into the infinity of space (consciousness) around. Then, while holding the awareness of the space around, bring your attention to the centre point of the energy centre and connect (couple) the space into this focal point. Next, expand the space out into the energy centre and beyond and this is where you will experience the energy wave going through your body, or you may feel a release of emotion or as Kundalini.

Wait for this wave, which Sarita describes as a sense of relief or outpouring of positive emotion (bliss).

Next say:

- *I imprint this energy centre with 100% optimised health on all levels, timelines, past lives and dimensions.*

We have added in the 'levels, timelines, past lives and dimensions' since we have observed that false information and its associated vibrations can be held in any of our layers (physical, auric, soul), timelines (all potentialities), past lives (all actualities) and the 12 dimensions.



### **How Long Do You Need to Hold Your Intention to Manifest?**

You now need to hold your intention (imprint), with an open, expanded heart. We have used Resonance Tests and discovered that the length of time you would need to hold your intention for depends your level of consciousness.

You will see below that, if your level of consciousness is 0, you will need to hold your intention for 20 minutes, but this time reduces as your levels of consciousness increase:

0 : 20 minutes

100 : 12 minutes

200 : 8 minutes

300 : 6 minutes, 30 seconds

400 : 4 minutes, 30 seconds

500 : 2 minutes, 20 seconds

600 : 1 minute, 40 seconds

700 : 1 minute

800 : 40 seconds

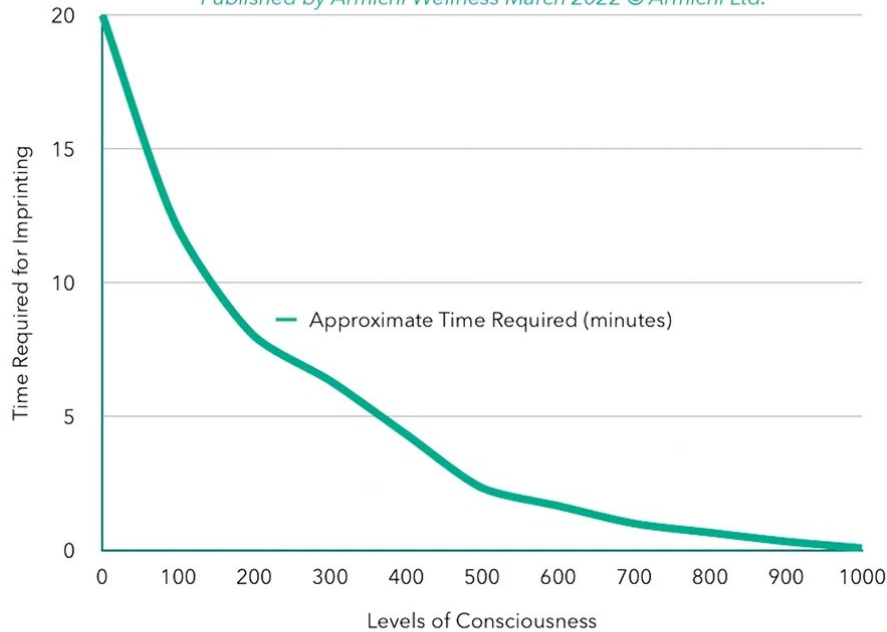
900 : 20 seconds

1000 : 5 seconds

You will see that, as your levels of consciousness increase, so the time required to imprint (manifest) decreases. We have tested the approximate times required to imprint, to serve as a guide and illustrated them in a chart below.

## Relationship Between Levels of Consciousness and Time Required to Imprint (Manifest)\*

*Published by Armichi Wellness March 2022 © Armichi Ltd.*



*\*When Using William Tiller Coupling Technique*

Please note that your levels of consciousness can be determined by [Resonance Testing](#).



### **Decalcifying Pineal Gland to Increase Levels of Consciousness (and Aura)**

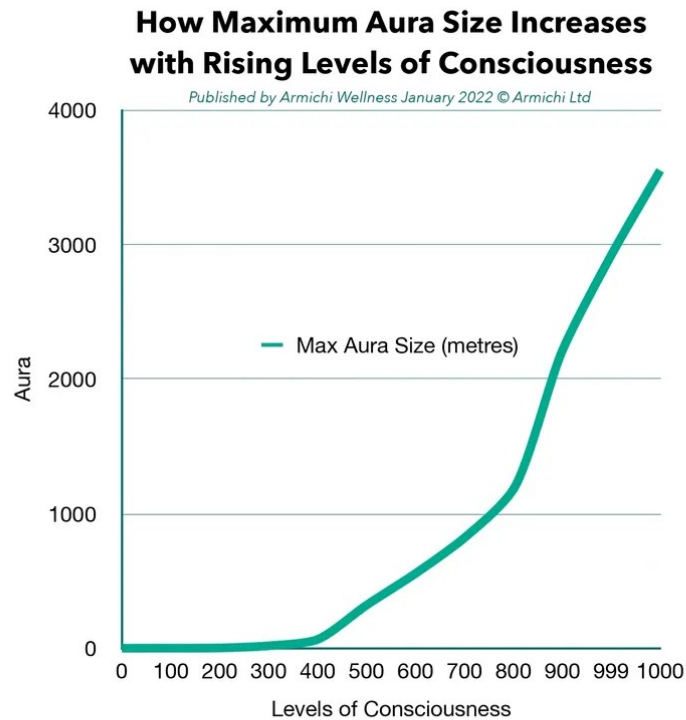
We discovered accidentally that by decalcifying the pineal gland this can result in a massive and immediate increase in levels of consciousness. This can be done by cutting consumption of fluoride (toothpaste, drinking water); increasing consumption of foods that help the body release the calcium such as walnuts (not if you have a walnut allergy); increasing exposure to sunlight; and using diluted sandalwood essential oil on the third eye point.

We have found that the quickest way to decalcify the pineal gland is with healing and have seen consciousness levels jump up by more than 200 points in one session as a result. You could also try the coupling technique described above.



## How Aura Size Changes with Levels of Consciousness

The chart shows how the maximum size of aura changes as levels of consciousness rise. We have not accounted for the effects of the root chakra in this chart.



**Published by Armichi Wellness, February 2022**

Please feel free to quote or republish this article with a link back to [Armichi Wellness](#) thank you.