

1. Get Into a Calm, Relaxed State

To begin seeing auras, it's essential to enter a calm, relaxed state. Auras are often subtle, and you need a clear, focused mind to perceive them.

- Find a quiet place where you won't be disturbed.
- Sit comfortably, with your back straight, and take a few deep breaths to center yourself.
- Clear your mind of distractions, focusing on the present moment. You can try a quick meditation to settle into the moment.

2. Practice Peripheral Vision

Auras are usually seen with your peripheral vision, not with direct focus. The key is to relax your gaze.

- Pick a person or an object with a solid background (a person works best for most people).
- Stand or sit about 3 to 5 feet away from the subject.
- Look slightly above or to the side of the person, but don't focus directly on them.
- Relax your gaze, allowing the edges of your vision to soften.

3. Observe the "Energy Field" Around the Person

At first, you may not see the full aura immediately, but with time and practice, you'll start noticing subtle shifts in light, color, or shadows around the person.

- Focus on the outline of the subject—look for any faint, glowing light or color that seems to emanate from them.
- The energy field may appear as a halo or glow, often around the head or hands, but sometimes around the entire body.
- Auras may appear as bright or translucent colors, and they can vary in intensity.

4. Notice the Color and Shape of the Aura

Once you get comfortable seeing the glow or light, start paying attention to the colors and shapes you might see.

- **Color:** Different colors are believed to represent different emotional states or energies. For example, red might indicate passion or physical energy, while blue could suggest calmness or emotional stability. You may need to research aura colors to understand their meanings better.
- **Shape:** Sometimes the aura may appear in distinct layers or have different shapes, such as a circular or oval energy field around the person. You might also notice distortions or shifts as the person's emotions or energy change.

5. Practice on Objects First (Optional)

If you're struggling to see auras on people right away, try starting with inanimate objects first, as they may be less distracting. Place an object like a plant or a crystal in front of you and repeat the process—softening your gaze and focusing on the subtle light surrounding the object.

6. Refine Your Skills

As you practice more, you might begin to notice patterns, shapes, and color shifts in people's auras. Over time, your ability to see auras may improve.

- Practice daily for a few minutes to develop your skills.
- Keep in mind that the aura might not always be visible, or you might only see part of it at first.
- Try to focus on your intuitive feelings as well—sometimes, your gut sense of a person's energy can be as telling as the colors you see.

7. Trust Your Intuition

Some people are naturally more sensitive to energy fields, and they can “feel” a person's aura rather than see it. You might start picking up on shifts in energy as you get better at focusing. Trusting your intuition as you practice is just as important as the physical sighting of the aura itself.

Tips for Success:

- **Be patient:** It may take some time to start seeing auras, so don't get discouraged.
- **Stay open:** Don't force it. Sometimes, it happens naturally when you're relaxed and not trying too hard.

- **Practice regularly:** The more you practice, the more sensitive you will become to subtle energies.
- **Protect your energy:** Seeing auras can open you up to different energies, so grounding practices, such as meditation or spending time in nature, are important.

Common Challenges:

- **Seeing "nothing" at first:** Don't worry if you don't see anything immediately—it's totally normal. Auras can be faint, especially for beginners.
- **Fatigue:** Sometimes, after a lot of practice, you might feel drained or overwhelmed by other people's auras. Be sure to ground yourself afterward (walking barefoot outside or doing a short meditation).