

Seeing Aura's (Class 10.20.14) We will be working with each other auras in class



A Little Bit Of Theory - Before we proceed to more practical information, let's answer the question first – what is an aura? Aura is a field of psychic energies that extend from few inches to about two metres from our physical body (and energy body as well). The energy projected out of our energy system is like a corona of a Sun. Each day, each minute we're projecting these energies, while taking some new energies inside. You can call it a dynamic energy exchange.

everyone is different, and everyone perceives psychic energies in a different way. Some people who are very visual can perceive aura as colorful field made of multiple layers. Others might see only particles, while others can see only a waving air. Most people sense auras (psychic fields around people).

Remember that your own perception of aura fields might be completely original, unlike any other.

Contrary to popular belief, one does not have to be born with the talent to be able to see auras. The technique to learn how to see auras only takes one minute to learn. However, it may take years to see auras well enough physically to glean all the information they can offer.

Aura reading, as with most things psychic, is a lesson in patience. You may see auras right away, or within a few days of practice. You may not. You may see them initially, and then have a period of time where you don't seem to see anything. Although some people see colors almost immediately, others may practice for several months before colors start to appear. Keeping your chakras clean, especially your third eye, should aid in seeing them.

As with any psychic work, DON'T STRAIN YOURSELF! Practice initially only a few minutes per day; as your eyes get used to refocusing, you may look at the aura for a longer period of time. If you feel any strain on your chakras, STOP. If your chakras begin to hurt, STOP, close them up, and don't practice anything for a few days. This goes for any time you overstrain your chakras.

To See Auras:

Get a partner or stand in front of a mirror. The background (wall, etc) should be blank and preferably white. Rooms that aren't too bright usually seem to work better. Have the subject (or yourself) stand approximately 18 inches from the wall.

To see the aura, look at the wall behind the person and a couple inches away from their body. Remember the 3-D stereogram pictures that were popular a few years ago, where the trick was to look a few inches into the "noise" to see the 3-D image? The trick to seeing auras uses the same concept. Look beyond where the person is standing. Ignore the person's body; if you look at them you'll lose the aura image. You should see an area around the person where the background wall may look lighter than the rest. If you can, try to see the color. If you had to pick any color (besides white) to describe this area, what would it be? Also, different areas of a person's aura may be different colors. The color you pick for one area may be different than another area.

Once you think you see it, have them sway from side to side. The energy field you see should move with their movement. An after-image would not move with the person, it would only move as your own eyes moved. Also, after-images are the exact opposite color of what you were looking at; auras may be any color.

You can also practice seeing the various colors, however, by looking at after-images. Cut out several circles, each approximately 3-4 inches in diameter, from colored construction paper, or color them in with markers. You should end up having red, orange, yellow, green, blue, purple, pink, white and black circles. Place one on a white piece of paper, and stare at it approx 30 seconds. Remove the circle and look at the white paper. You should see an afterimage, the exact opposite color of the circle you stared at. Bring the

color into focus, and you may find your eyes refocusing a few inches deeper than the surface of the paper, just like looking at auras. Practice with each circle.

Most people have little problem seeing the whitish area around people. A few months of practice, and you may notice that this whitish area separates into light yellows and blues and pinks. More practice, and these colors will separate further; oranges may be found where you once saw yellows, greens may be seen instead of light blue. An electric blue or purple area may also be seen close to the body, and this is the etheric body. The etheric body is quite vivid, and may be seen within a few months of practice, even while no specific colors are visible in the rest of the person's energy. Eventually, you may see the person's chakras, which may look like brighter energy areas, energy vortices, etc.

Auras tend to have a base color, which determines the person's overall personality. Also, several other colors may be shown at various places around the body. These other colors may describe the person's current state of mind, as well as any ailments. Illnesses may be seen in the aura which have not yet manifested themselves physically.

Although certain colors have a general meaning, these colors may mean something totally different to you. You will have to learn what each color (or combination of colors) means to you. For example, some people see pain as a red inflammation, while others may see it as a black splotch. Pink may mean love to one person, and shyness to another. While seeing the aura, feel it emotionally. Describe the color that you see in the way it feels to you.

Listed below are the basic Aura Colors, these may vary depending on your sight.

AURA COLOR MEANINGS:

RED AURA COLOR: Relates to the physical body, heart or circulation. The densest color, it creates the most friction. Friction attracts or repels; money worries or obsessions; anger or unforgiveness; anxiety or nervousness

Deep Red: Grounded, realistic, active, strong will-power, survival-oriented.

Muddied red: Anger (repelling)

Clear red: Powerful, energetic, competitive, sexual, passionate

Pink-bright and light: Loving, tender, sensitive, sensual, artistic, affection, purity, compassion; new or revived romantic relationship. Can indicate clairaudience.

Dark and murky pink: Immature and/or dishonest nature

Orange Red: Confidence, creative power

In a good, bright and pure state, red energy can serve as a healthy ego.

ORANGE AURA COLOR: Relates to reproductive organs and emotions. The color of vitality, vigor, good health and excitement. Lots of energy and stamina, creative, productive, adventurous, courageous, outgoing social nature; currently experiencing stress related to appetites and addictions;

Orange-Yellow: Creative, intelligent, detail oriented, perfectionist, scientific.

YELLOW AURA COLOR: Relates to the spleen and life energy. It is the color of awakening, inspiration, intelligence and action shared, creative, playful, optimistic, easy-going.

Light or pale yellow: Emerging psychic and spiritual awareness; optimism and hopefulness; positive excitement about new ideas.

Bright lemon-yellow: Struggling to maintain power and control in a personal or business relationship; fear of losing control, prestige, respect, and/or power.

Clear gold metallic, shiny and bright: Spiritual energy and power activated and awakened; an inspired person.

Dark brownish yellow or gold: A student, or one who is straining at studying; overly analytical to the point of feeling fatigued or stressed; trying to make up for "lost time" by learning everything all at once.

GREEN AURA COLOR: Relates to heart and lungs. It is a very comfortable, healthy color of nature. When seen in the aura this usually represents growth and balance, and most of all, something that leads to change. Love of people, animals, nature; teacher; social

Bright emerald green: A healer, also a love-centered person

Yellow-Green: Creative with heart, communicative

Dark or muddy forest green: Jealousy, resentment, feeling like a victim of the world; blaming self or others; insecurity and low self-esteem; lack of understanding personal responsibility; sensitive to perceived criticism

Turquoise: Relates to the immune system. Sensitive, compassionate, healer, therapist.

BLU AURA COLOR: Relates to the throat, thyroid. Cool, calm, and collected. Caring, loving, love to help others, sensitive, intuitive.

Soft blue: Peacefulness, clarity and communication; truthful; intuitive

Bright royal blue: Clairvoyant; highly spiritual nature; generous; on the right path; new opportunities are coming

Dark or muddy blue: Fear of the future; fear of self-expression; fear of facing or speaking the truth

INDIGO AURA COLOR: Relates to the third eye, visual and pituitary gland. Intuitive, sensitive, deep feeling.

VIOLET AURA COLOR: Relates to crown, pineal gland and nervous system. The most sensitive and wisest of colors. This is the intuitive color in the aura, and reveals psychic power of attunement with self. Intuitive, visionary, futuristic, idealistic, artistic, magical.

LAVENDER AURA COLOR: Imagination, visionary, daydreamer, etheric.

SILVER AURA COLOR: This is the color of abundance, both spiritual and physical. Lots of bright silver can reflect to plenty of money, and/or awakening of the cosmic mind.

Bright metallic silver: Receptive to new ideas; intuitive; nurturing

Dark and muddy gray: Residue of fear is accumulating in the body, with a potential for health problems, especially if gray clusters seen in specific areas of the body

GOLD AURA COLOR: The color of enlightenment and divine protection. When seen within the aura, it says that the person is being guided by their highest good. It is divine guidance. Protection, wisdom, inner knowledge, spiritual mind, intuitive thinker.

WHITE AURA COLOR: Reflects other energy. A pure state of light. Often represents a new, not yet designated energy in the aura. Spiritual, etheric and non-physical qualities, transcendent, higher dimensions. Purity and truth; angelic qualities.

CLOUDY WHITE: this can mean someone who desires a spiritual path but has o

White sparkles or flashes of white light: angels are nearby; can indicate that the person is pregnant or will be soon

EARTH AURA COLORS: Soil, wood, mineral, plant. These colors display a love of the Earth, of being grounded and is seen in those who live and work on the outdoors....construction, farming, etc. These colors are important and are a good sign.

RAINBOWS: Rainbow-colored stripes, sticking out like sunbeams from the hand, head or body: A Reiki healer, or a starperson (someone who is in the first incarnation on Earth)

PASTELS: A sensitive blend of light and color, more so than basic colors. Shows sensitivity and a need for serenity.

DIRTY BROWN OVERLAY: Holding on to energies. Insecurity.

DIRTY GRAY OVERLY: Blocking energies. Guardedness.

Black: Black is one of the most confusing of colors in the auric spectrum. I have heard individuals say that, when black shows up in the aura, it is an indication of death or terrible disease. I have not found that to be true.

Black is a color of protection. It is a color which can shield an individual from outside energies. When seen in the aura, it can reflect that the person is protecting himself or herself. It can also indicate that person has secrets. There is nothing wrong with that, as long as it is not taken to extremes. Black can also indicate that a new understanding of burdens and sacrifices is going to manifest.

Black can also indicate imbalances. Physical imbalances often show up as black or darkened areas in the aura around the physical body. the location provides clues to this. In the outer edges of the aura, black can indicate holes in the auric field. I have seen this in the auras of those who were victims of child abuse and those who are or were strong substance abusers (alcohol, drugs, tobacco etc.).