

The Aura Test – 5 easy steps

The aura is an electromagnetic field that surrounds every creature that exists. A form of energy emanating from your body, your aura can tell a lot about you, from your personality to your innermost emotions and conflicts.

In general, we do not see the aura. It does not exist on the physical plane of matter, but on a spiritual level, which is a higher vibration. When we learn to see the aura, we rather feel it and then interpret it through our vision.

STEP 1

Start with inanimate objects and basic colors, such as a red book, as red and blue auras are most vivid. Relax well, your eyes should also be relaxed. Focus on one point and concentrate. After a few seconds, you should start to see a slight aura. At this point, you might be tempted to look away, but do not do it.

Do not change your focus and continue to watch at one point. You can blink to moisturize your eyes. During blinking, aura will disappear for a short time, but you will quickly see it again.

STEP 2

After completing the first step, start looking for different basic colors. For example, you can cover several books with different colored leaves and start to concentrate. Practice as much as necessary.

Once you improve focus and concentration you can start with observing plants.

Collect plants and flowers and start to exercise again. You will see an orange-pink aura around the stem and leaves. Around live plants, you will notice a sharper and vibrant shiny aura.

STEP 3

The next step is to practice seeing auras in animals. This is not such an easy task because it is difficult to hold the animal still for long.

The best solution is to concentrate on the domestic dog or cat while you relax and stay still.

STEP 4

Observe your own aura. This can be done outdoors or indoors.

Monitor arms and legs and concentrate. It is preferable to do this on a light background.

STEP 5

After passing all the previous steps, you can start to focus on other people to try to see their auras. Seeing the human aura is very difficult because people have a lot of emotions and feelings.

Initially you start to see very light flashes, but very soon you will see auras much clearer, with a brilliant optical effect.

The saturation of the aura depends on the mood of the people. It is strong and brightly colored when a person is in a good mood and vice versa. There are several techniques you can use to strengthen your aura, we speak about them in detail here:

How To Strengthen Your Aura And Protect Yourself From Being Emotionally Drained. Try to concentrate on the exposed skin of the human or in the center of the head.

Music improves mood, so you can play the favorite music of the man that you are observing, to boost his aura.

Initially do not exert yourself very much to see the aura. It takes practice and learning the techniques until you can safely see the aura of people.

1. Blue Aura

Blue auras are the most caring, supportive and protective personalities in the color spectrum. They live by the hearts and emotions. The purpose of their life is to serve and love others. They teach humanity that without love nothing else matters. They are on this planet to serve humanity.

Blue auras are introverted, friendly, loving and sincere. Their motivation is to serve and help others, to receive love, attention, and affection.

They develop their ideas and concepts driven more by their feelings and intuition rather than spiritual terms. As a result, the blue individuals do not feel comfortable in highly intellectual topics discussions.

Blue individuals are the most emotional of all the colorful personalities. They often feel lost if they are unable to express their deepest feelings. Useful activities for the blue auras are talking to friends about their inner life, writing in the diary or just be quiet so that their strong emotions can settle down.

More about blue aura people...

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SOCIAL LIFE OF THE BLUE AURA PEOPLE - Blue aura people are happy to be around people all the time. They are very social, perfect benefactors and assistants who are always interested in the needs of others. Those characteristics allow them to be loving and serving the family or friends. Blue figures are found in all areas of society, where is necessary service and maintenance.

The biggest gift for those loving people is help and support of family and friends. They are family-oriented people who love to be with their partners, children or friends. Blue auras have friends for life.

Once they really like someone, they will not forget it, even if they have not more close contact with him. They will write letters, will send cards or will invent some other way to express their love and appreciation.

CAREER AND FINANCES OF THE BLUE AURA PERSONALITY - Blue aura people are not very interested in money. Emotional and spiritual values are far more important and play a much greater role in their lives. They are careful with the money and have a more conservative approach to them.

They must make sure that they will cover all their costs and needs and do not usually take financial risks. Blue people are born nurses, caregivers, counselors, and therapists. They are also very good listeners and are easily adjustable to the feelings and thoughts of others.

If the blue people choose a profession that does not provide these opportunities, they are usually the pleasant guy who serves us. They are the person that you can go if you have any problems or want to relax from any emotional disturbance.

Typical professions for people with blue aura are nurse, a guard, priest, nun, housewife, mother, nanny, social worker, counselor, teacher, therapist, adviser, healer, secretary, accountant, personal manager and volunteer.

HEALTH AND DEVELOPMENT OF THE BLUE AURA - Blue aura personalities must learn the difficult lesson to love themselves. If they manage to overcome their biggest fear, which is not to be loved and to be alone, they can freely express their deep feelings and then to live compassionate, happy and fulfilled life.

Blues need a lot of time for themselves. They love to be in a relaxed atmosphere, listen to harmonious music or just sit in a quiet room.

To be alone is relaxing and allows them to go in their self. Providing peace and quiet are important things in order to find their purpose in life.

Meditation and prayer are the most important and powerful tools that can be used to achieve inner peace and happiness and recharge their vital energy. Going to church or group meditation is an excellent way to engage like-minded people in a spiritual way of life.

2. Red Aura

Red personalities take pleasure in expressing themselves through their sexuality and physical body. They live their lives “here and now” with strength, courage, and confidence. Reality must be tangible for them.

They should be able to see, touch, hear or smell. Not abstract thinkers. They need proof that something exists – it has to be something concrete and tangible. They have an insatiable desire to win and create something valuable and important in life.

Their strong will and almost unlimited physical energy allow them to be extremely active, sustainable and successful in almost everything they do. Red auras are really social people.

They like to hang out with friends. Because of their powerful physical and emotional energies for the red personalities is very difficult to be passive.

The only way to achieve balance and harmony is to try to balance these own internal forces. If red individuals find a positive use of their physical and emotional energy they will become very strong and would be able to pursue their dreams. Sports that require physical endurance and strength are wonderful opportunities for the impulsive energy of people with a red aura.

More about red aura people...

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Red auras perceive life through physical reality and through their actions. Their main motivation is to feel alive and strong. Red auras strive to be successful and are born winners. They represent the fire element: physical love, passion, warmth, and desire. The more they experience excitement, the more alive they feel.

Red personalities are practical, action-oriented, love to achieve results and be successful. They have an insatiable desire to win and to create something valuable and important in life.

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SOCIAL LIFE OF THE RED AURA PERSONALITY - Red auras are social personalities. They love people and like to be among them. Their favorite activity is to go out with friends, lovers or partners. They easily find friends and people with whom to speak, wherever they go.

They emit around them aura of attraction and excitement. In companies where they are employed red auras are usually in the spotlight. They love to be surrounded by beautiful men or women.

CAREER AND FINANCES OF THE RED AURA PERSONALITY - It is nearly impossible to stop a red person if they are determined to achieve a goal. They are good at initiating and completing projects.

They lead others with their strong will and physical willingness to act and work. For them, “No” is an unacceptable answer. For them, the refusal means that they have not tried enough.

They are not guided by strategy and vision, but by strength and courage. Typical professions for people with red auras are: businessman, professional athlete, entrepreneur, marketer, manager, surgeon, team leader, dancers, models.

HEALTH AND DEVELOPMENT OF THE RED AURA PERSONALITY - Red aura personalities have enormous physical and emotional energy. If they learn how to find positive outlets for their powerful force and how to

channel their energy into creative projects and positive actions, Red Aura persons will be very successful and happy. To be in harmony red auras have to live and express their full potential.

They have to find positive ways to express their powerful and explosive energy, such as sports, exercise, work or creativity.

They must also learn to use their energy in a creative way and how to unleash their physical and emotional energy without hurting them self or others.

3. Green Aura

Green individuals are balanced, harmonious and peaceful people. They need harmony in their lives and prefer to live in a natural environment. They are the most balanced in the color spectrum. They have a very strong connection with nature. It is important for them to live in close proximity to forest, park or near a lake or ocean.

Green auras are open, extroverted, expressive, friendly, communicative and sincere. They see life through their heart. Their main motivations are satisfaction and harmony. On the one hand, the green individuals do not like to compete, to wear the most expensive and beautiful clothes, or to have the best job. On the other hand, they love the pleasures and benefits of luxury that come as a direct result of the success.

Greens want to feel happy and satisfied in their lives. They have an internal understanding of the natural cycles and laws of life. For them, life as a human being is the most wonderful gift of life. For green auras is difficult to restrain their feelings and thoughts.

Green auras have a strong connection with their physical bodies. For them, the mind and the body are one, and all the thoughts and emotions are expressed physically. If they don't freely express their emotions they will feel awkward, uncomfortable and in some cases may even get sick.

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SOCIAL LIFE OF THE GREEN AURA PEOPLE

Green aura personalities are social and love to be with their families, relatives or friends. They love the feeling of security when around friends and family.

To feel understanding is very important to them. Green personalities need harmony and prefer peaceful, balanced environment. To be among people allows them to communicate and express their deepest feelings.

Green personalities can talk for hours. They tend to talk about their own experience more than others. They also have no fear of communicating with strangers.

These expressive personalities often found in social groups or organizations. Public Works and sharing life with family and friends is a great reward for them. Green people need to be among people, animals or in nature.

CAREER AND FINANCES OF THE GREEN AURA PERSONALITY

Green aura personalities are not people who like the hard work, whether it is physical or mental. They are not very responsible when they have to earn money for themselves. For them, it is often easier to find someone to support them or earn enough to cover only their basic needs.

On the other hand, green auras are security conscious. They need to live in a safe and balanced environment where money and the problems do not occupy so much space.

The struggle for survival brings them tension, something that bothers many green people. Typical jobs for people with a green aura are gardener, environmentalist, researchers, farmers, social workers, animal caretakers, teachers, therapists, counselors, secretaries.

HEALTH AND DEVELOPMENT OF THE GREEN AURA

Green aura personalities are natural healers and communicators and must understand the purpose of their life. They can unite mind and body and to show that humanness, friendship, compassion, openness, and warmth are important aspects and qualities of the human life. Those who leave their relationship body-mind to act naturally will not have difficulties to recharge their batteries with positive life energy.

Recommended:

When they are loaded green auras are healthy. Green figures need to be physically active. They prefer sports like skiing, swimming, running, dancing and other activities. Whilst green auras have no fear of change and growth, they will be supported by Mother Nature.

4. Yellow Aura

Yellow personalities are the sunniest, happiest and most childish people in the color spectrum of the auras. All they need is to have fun. These playful people have a wonderful sense of humor. They love to laugh and enjoy life from many different angles.

They always remind others not to take life too seriously and always look positively. Life and work should be fun. They measure life by how happy and satisfied and how well they feel. "Life is like a box of chocolates, it is sweet and very funny."

Yellow personalities are intelligent, bright and radiant people. They learn things easily and receive information without asking for relationship or the reasons for it. They like to work with their mind and at the same time dealing with the philosophies of ideas and concepts.

Yellow people are highly sensitive. They are like antennas and feel what other people feel or what vibrations are broadcast in a room. Their bodies are too sensitive and receptive to the information generated by our technologically advanced society. As a result, they are overloaded very quickly.

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You can see them unconsciously playing with a cigarette, napkin or make funny gestures with their hands. Important for the yellow aura people is to stay in shape. If they are frustrated, irritated or mad, they must release their energies flowing through the physical body.

SOCIAL LIFE OF THE YELLOW AURA PEOPLE - Yellow aura personalities are social people. They have many friends and are constantly looking for new one. They enjoy all kinds of gatherings. Yellow auras are welcome in any friend company because of their joyful, often funny and accommodating attitude towards life and because of their intellectual brilliance.

They have a group consciousness, whether it comes to team sports or just their friends. They are usually in the spotlight and are usually surrounded by friends all the time.

CAREER AND FINANCES OF THE YELLOW AURA PEOPLE - Yellow aura personalities like spontaneous initiative and simulation. They are ideal for people starting new projects, but sometimes have difficulties in finishing.

Money is not a major problem for them. They can make money easily because they are not afraid to work hard. Often, however, as fast as they earn money as fast they spend them.

Yellow aura people have the ability to solve the problems creatively. They create new, unusual and innovative solutions. On the other hand, they have difficulty in completing projects or completely solve the problems. They are good at the start of a project and support other people enthusiastic.

Typical professions for people with a yellow aura are athletes, comedians, musicians, artists, actors, philosophers, psychologists, therapists, massage therapists, medical doctors, mechanics, cooks, stewards or tourist guides.

HEALTH AND DEVELOPMENT OF THE YELLOW AURA PEOPLE - Yellow aura people should take care of their physical bodies, more than the other auras. Their body is like “energy” antenna. They feel other people’s feelings, their thoughts or even the vibration in one room.

If they don’t remain balanced and strong, their body will show the imbalance and can be strongly influenced by external influences.

They also know what means mind-body connection. They are a perfect example of how emotions and thoughts affect and relate to the physical body.

Yellow aura people will be healthier if they learn to listen and to respect the “physical antenna” and the mind-body connection. Positive addictions such as exercise and movement, healthy and playful sex or meditation and prayer are very important to them.

Activities such as cycling, tennis, dancing, running or other muscle exercises are recommended for the yellow people and should be practiced daily.

Active meditation as dynamic meditation, Qui Gong or Tai Chi has a positive effect on the yellow auras as the focus of your mind and your physical body connects with the universal energy flow. Yellow aura people who are healthy and strong need a full sexual life, to connect with an abundance of energy available to them and enjoy all aspects of life.

5. Orange Aura

Orange personalities are creative adventurers. They have an inner urge to be creative, active and enjoy their lives entirely. Orange auras are always busy with the construction, organization, and forming of their projects and physical reality.

The motivation of people in orange is based on how much pleasure and satisfaction they receive from their own adventures and creative projects. Physically orange auras channel their energy into adventures and pleasures of the physical world. They love the excitement, adventure, the thrills, and danger.

They enjoy the challenge bravely to conquer all aspects of physical reality, like to go where no one has yet gone before. They want to discover their own physical limitations and then let them go. Many orange auras willfully create unusual, risky and even dangerous situations in order to feel more alive. They love the adrenaline rush when faced with danger. The prospect of having a family sounds very conservative to these adventurers. Philosophical and spiritual concepts are mostly empty words, which have almost no significance.

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SOCIAL LIFE OF THE ORANGE AURA - Orange aura personalities are not very social people. They prefer to live in their own world of adventure, thrill, and excitement, and to get lost in their own creative projects. Not particularly interested in what others think about them. Do not take the things too personally. They do not need attention or excuse; just want to do what they like. Orange Aura in most cases does not respect the rules of society. They are actually people who are constantly trying to expand public and personal expectations and limitations. Their bodies and minds are designed to conquer all physical limitations and boundaries.

CAREER AND FINANCES OF THE ORANGE AURA - Orange aura personalities are independent and self-sufficient individuals. They have no particular problems with money, as their needs are not very high and have the potential to be creative and active.

They can bring their own income without much effort. If they have an opportunity orange aura people will live an adventurous and exciting life and will find a way of making money from it. Primarily spend their money for their unusual projects or hobbies.

They do not need a lot of luxury but are more likely to spend everything they have to turn their ideas into reality.

Typical professions for people with orange aura are stunt specialists, climbers, adventurers, businessmen, salespeople, designers, developers, architects, researchers and private investigators.

HEALTH AND DEVELOPMENT OF THE ORANGE AURA PERSONALITY - Orange personalities must be clear with their physical and emotional state. Proper, healthy and high-energy nutrition is essential for them.

Recommended: The Seven Layers Of The Aura

They should create an environment in which they can express themselves emotionally and communicate freely with friends and family. Sports such as surfing, mountain climbing, horse riding and other activities and outdoor adventures help them to recharge their batteries.

6. Pink Aura

Pink individuals are mentally free to explore new opportunities, concepts, and realities. Their minds are functioning without any restrictions. Whatever you imagine is possible and real. This unique capability allows them to produce new, creative and often “distant” ideas. They believe that “Life is a world of fantasy where dreams come true.”

Those fantasy oriented pink individuals enjoy the soft, meditative music, candles, incense, meditation and rhythmic sounds of chants. They also have access to the spiritual and ethereal energy that can be used to treat. They believe that their intuition and their inner guidance, which is sometimes called “guardian angel” will support them on their way.

Pink individuals usually don't have strong physical bodies. As a result, they live more in the inner world than in the physical reality, they do not like to face reality. Physical reality that most people seem to perceive for the pink persons is cold, rough, even brutal. So they look for situations in which life is light, easy, nice and charming.

More about pink aura people...

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Recommended: 5 Easy Steps to Start Seeing The Aura

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SOCIAL LIFE OF THE PINK AURA PEOPLE - On the one hand, pink personalities are well accepted by society because they are stimulating, creative and filled with wonder and imagination.

They are particularly recognized and appreciated when dealing with art or performing professions. On the other hand, pink aura people sometimes are irresponsible and unreliable. They tend to be distracted and have a bad memory.

Pink aura people will forget about reservations or decide to change their plans without notifying their partners or friends.

Normal behavior for a pink personality is to get out of their chair, to go to the other room and then to admit that he doesn't know what he's doing there, or drive his car for ten minutes, not knowing where he was going. Many friends, partners, and employees cannot get used to this their unpredictable behavior.

CAREER AND FINANCES OF THE PINK AURA PERSONALITY - Pink auras will be found where necessary creative imagination, fantasy and free thinking is needed. They are often writers, actors, artists, people who are free to explore their creativity and turn fantasies and dreams into reality.

Through their visual and imaginative styles, they have the unique ability to be transported into a fantasy world that is alive and full of feelings, sensations, and sounds.

If the pink auras are healers or therapists, they are able to use their psychic and spiritual knowledge for the mind and inner worlds of others and to help them.

Typical professions for people with pink aura are artists, writers, actors, dancers, designers, decorators, teachers, spiritual teachers, healers and others.

HEALTH AND DEVELOPMENT OF THE PINK AURA - The Pink aura people need to escape in their world of dreams for the same reason that most people need to sleep. They need time to relax, so they can dream and play with their imagination. This helps them to relax and recover from the stress of the world. The creation of a peaceful environment where they are free to spend a lot of time to think, imagine and create new dreams and fantastic worlds is essential for the pink auras.

The pink aura personalities are not very attached to their bodies. Since they are often not grounded, they should regularly take care of their body.

Exercise, such as walking, swimming, gardening and other forms of physical activity will help them stay in contact with their body. If the pink auras remain grounded in their body, means that they lead a healthy lifestyle.

Using their imagination to heal is a powerful tool with which pink auras treat themselves and others. The Pink aura love the sacred and divine atmosphere and space with incense, candles, lights, colors, and music

7. Purple Aura

The purple individuals have knowledge and intuition. They have the physical strength and resources necessary to make changes in their own lives and in the lives of people. Purple individuals combine the qualities of blue and red aura in a new level of existence and vibration. The purple auras are dreamers, futuristic and have high ideals and hopes for the future.

They can usually see and recognize the “big picture” of every situation, without giving details. They can literally see the future accidents before they happen. They mainly perceive life through their “third eye” or “inner vision.” Purple individuals usually have a strong and powerful physical body and excessive physical energy.

They should release their physical strength through sports or other exercises. Thanks to their strong mind, relaxation is often a good way to release the physical and mental tension. Flexible purple personality, experiencing life like magic and likes to be in a constant state of transformation and change.

More about purple aura people...

The violet aura people have knowledge and intuition. They have the physical strength and resources necessary to make changes in their own lives and in the lives of people.

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Thanks to their strong mind, relaxation is often a good way to release the physical and mental tension. Flexible violet personality, experiencing life like magic and likes to be in a constant state of transformation and change.

SOCIAL LIFE OF THE VIOLET AURA PEOPLE - Violet aura personalities often seem anti-social. They are far more interested in significant or deep conversations or important projects and ideas than just going out with friends and talk about worthless or unimportant topics.

Violet auras are primarily involved in the realization of their own visions and focus on their own creativity.

CAREER AND FINANCES OF THE VIOLET AURA - Violet aura people need to be creative and express their vision for the future innovative ideas. No matter in what field of activity they work, they will find new solutions to work more effectively.

They do not need a lot of money for their personal use. Enjoy the luxury they provide, but perceive the money as an instrument of power and influence.

They enable them to fulfill their dreams and visions. Money gives the violet auras the power and freedom to make major changes on this planet. Violet people understand that in our society you must have money to be influential. They are very careful with their money. Sometimes seen as selfish and greedy.

Violet auras are born leaders. If they use their charismatic leadership skills for humanitarian projects rather than a selfish purpose, people will perceive their strong autocratic and dictatorial style.

Typical professions for the people with violet aura are an actor, musician, artist, author, teacher, designer, filmmaker, photographer, psychologist, social worker, spiritual teacher, politician, inventor, businessman, and others.

HEALTH AND DEVELOPMENT OF THE VIOLET PERSONALITY - Violet aura people feel an inner tension, something that pushes them forward to finding and fulfilling their deepest visions. They will not be happy if constantly block this inner urge of fulfilling their missions and visions.

Violet auras must confront their guilt and unworthiness. If they understand their vision and are connected to the universe, they will release the guilt in themselves and will focus on the beautiful and promising future.

For them is important to take time for themselves and to meditate. This helps them to come into contact with their inner visions.

Deep meditation, tantra, yoga and listening to harmonious music are energizing them to connect with the flow of universal life energy and Wearing or encirclement with the violet can help them to be more centered and powerful.

Violet auras must pay particular attention their love life. Finding a passionate, loving and supportive partner is essential to their success.