

Auras Explained

An aura is a luminous energy field of Light and Color surrounding you. Your soul's energy emanates beyond your physical body and connects you to various spiritual planes of existence along with responding to the energy of people and the environment around you.

This **invisible energy field** is composed of layers of life-force energy and is ever alive, active, and conscious. Think of the Aura as a brilliant shell of energy surrounding your body. From the moment of conception to the end of your physical life, your Aura accumulates every thought, word, feeling, and deed of your Life.

What do Auras do?

Within your Aura is all of the information needed for life, including your genetic and ancestral lineage, a record of your lives, contracts, and lessons you intend to resolve in your lifetime. Your aura also **connects you** with the other spiritual planes.

Changes occur in your aura with every change of thought, every move, every meeting. These changes can cause your aura to expand or shrink, to change color, to become denser or lighter.

Our auras reflect our universe and make it accessible to our understanding. The surrounding **emanations coming from an individual aura form a unique energy signature of that individual.** For instance, as your aura blends with other auras that you contact you are attracted or repelled based on the compatibility of vibrations.

Auras in history

The Energy Field known as the Aura has been perceived and studied for over 5,000 years. The earliest known scientific study of the aura began in 500 BC with the Pythagoreans. This group regarded the Aura **as a luminous body that produced a beneficial effect in the human body.** Auras are featured in medieval religious paintings of Jesus, Mary, and various saints and mystics, where they are depicted with a halo or a light about them. Von Reichenbach, Mesmer, and other scientists have documented information about the properties of the human Aura, most particularly its energy variations, colors, and patterns.

LAYERS OF THE AURA

The human aura is usually egg shaped and can be noticeable by use of a pendulum about eight or ten feet in circumference from your solar plexus. In general, the healthier you are, the more vibrant the energy of your aura will be; the brighter it will look, and the farther the egg shape will extend from the physical body. Within this egg shape are circles of increasingly finer matter, with the most dense being the etheric aura that extends from a quarter of an inch to two inches from the skin and looks light blue or gray to physical eyesight. On average, the approximate measurements are:

etheric - 1/4 to 2 inches

emotional - 1 to 3 inches

mental - 3 to 8 inches

astral - 6 inches to 1 foot

etheric template - 1 1/2 to 2 feet

celestial body - 2 feet to 2 and 3/4 feet

causal - 2 1/2 to 3 1/2 feet

Etheric body layer is sometimes called the health aura, associated with the feelings of pain and pleasure and automatic and autonomic functions carried on below the threshold of our consciousness. The heart is connected to this aura. The etheric aura shapes the physical body. The lines of force in the etheric body determine cell growth. The structure of this body is often seen as blue strands of pulsing light that form a net around the body and around every cell and organ.

Emotional body layer is associated with the astral body and the sacral chakra. It reflects your emotions and feelings. It is often seen as clouds of color, feelings of movement like winds, forces in conflict or in harmony. You sense movement like water and color or lack of it and stagnation where there are blocks or emotional pain. Often those clouds of color are expelled from the emotional aura when you are releasing feelings.

Layers of the Aura (continued)

Mental body Layer reflects the quality of your thought life. Often seen as a golden yellow grid extending between 3 and 8 inches from the body. It is especially intense during times of concentration --- ideas appear as pictures and symbols, usually gold yellow but colorful when emotion is attached to them. Sent out on a golden mental grid, ideas can be transferred from a thinker/teacher to an entire group or sent to a spot where others can receive the information, or it can reside for centuries waiting for someone to come who can understand. Most mediums use the Mental Layer of the Aura to receive information from the Spirit World.

Astral body layer --- composed more loosely than the emotional aura and more colorfully. It is capable of sending balloons of color out to reach another aura. Usually, the colors in the astral aura are tinted with a light rose color, but depending on the emotion sent out, they can be infused with any intense color to match the emotion emitted. This layer of the aura is also where you can feel or taste the emotion emanating from another even before meeting

The next (fifth) layer of the aura is the **Etheric body Template** or blueprint extending one and a half to two feet out from the body. The etheric template provides the space in which the etheric body and, ultimately, the physical body grow. Focus only on the Vibratory Frequency the Fifth Level when observing someone's Aura.

Celestial Body Layer of the aura is associated with the brow chakra. It is usually two to three feet from the body. The light emanating from this aura is quite intense, filled with higher love, flowing, radiant, pastel, moonstone like, glowing from within, capable of sending beams of light out to others. This is the plane upon which you can feel bliss and the divine connection with the All.

Ketheric or Causal Template is the seventh layer extending 3 to 4 feet from the body and holds all of the preceding chakras and auras. It is the outer layer of the human form and is the strongest layer, shaped like an egg with the topmost part extending about 3 feet above the physical head. It connects the person to his or her life plan. May appear as a golden grid with an energy current that connects the main current to all of the chakras and feeds all energy bodies. It is through the crown chakra that you gradually open to knowledge of your spiritual consciousness and integrate this knowledge into all aspects of physical life. All completed soul tasks are registered in this Layer.

Energetic connections

By understanding your own aura and working with it you can learn to adjust your relationship with others in a harmonious way. You can learn to **feel the energy pattern in spaces you enter and in people**, animals, trees, and nature with our Auras. Just as those who have occupied a space and have left some of their vibrations there before you entered it, so you, also, will leave an imprint from your aura that can be sensed by others who enter that space.

The emanations of your aura are unique to you. As an aura develops and **changes from day to day**, colors and symbols float in and out of it. Sometimes loved ones and guides gel up in the aura, so to speak, and predominating thought forms become fixed in the aura, like a jumble of knickknacks and sentimental photographs impacted on a mantel piece.

In the emotional field of the Aura, the SPECTRUM OF COLORS is similar to the physical world, however the Aura has a range of hue, tone, brilliance, and subtle blending that goes FAR BEYOND what we experience in the Physical world. Just as our emotions are “colored” with all kinds of personal responses, attitudes, and idiosyncrasies, so the COLORS of our EMOTIONS reflect in the Aura.

Seeing the Colors of the Aura

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Colors can indicate the state of balance and the integration between the Emotions and the Higher Levels of Consciousness. Recognizing the colors in an aura is the beginning of an aura reading. Sometimes you will actually see a physical color emanating from a person. At other times, you will SENSE the color or colors.

COLOR Interpretation

These are *possibilities* for the meanings of the colors you sense in the Aura. You may have other meanings for the colors you see/sense. Two people may get the SAME information but see DIFFERENT colors. Also, take note of the higher and lower forms of colors.

- Scarlet, bright and strong – anger, irritation, lust, vitality
- Rose, light or medium – love, affection, compassion
- Dark Red – leadership, courage
- Blue, very dark – will power
- Blue, mixed with gray – strain, stress
- Blue, light sky blue – religious, devotion, prayer
- Blue, royal – used in healing for pain reduction, honesty, good judgment
- Blue-green – artistic expression, appreciation of beauty
- Green – work, action, balance harmony, healing
- Green, clear – adaptability, versatility
- Green, dark – jealousy, deceit “green with envy”
- Green, yellowish – mind in action
- Yellow – intellect and optimism, dark lifeless yellow can show suspicion/envy
- Yellow, golden – mind, understanding
- Gold – higher self, harmony
- Silver, high energy, constant change
- Purple – divine connection, mystical understanding
- Indigo – trusting intuition, meditation with a good intent, prayer
- Lavender – spiritual aspiration and intuition
- Orange – energy/health, physical vitality, too much orange can be pride, cloudy orange can show low intellect
- Brown – selfishness, self-centeredness
- Gray – depression, lack of energy, sometimes fear
- Orange – sexual energy, action
- White – spirituality, higher consciousness, visionary
- Black spots – possibly sinister, unresolved issues, predilection to illness, may be tinged with another color
- Black – a protective cloak shielding you from outside energies and keeping you centered while you are putting matters in the proper perspective

Exercise: Reading a Partner's Aura

Have your partner sit near a blank wall or area so that the physical surroundings will not distract you. Natural light is best, florescent lights are the worst. Also, an INIDIRECTLY LIGHTED place is best for seeing or sensing auras because physical shadows may interfere. When you become more proficient in reading auras, you will be able to perceive them in any situation, even in semidarkness.

Situate your body in a comfortable position near the person you are reading. When you are focused and relaxed, look at the outer edge of a part of the person's body: their shoulder, arm, or head. Continue looking at that place on the body until your eyes go out of focus. Without blinking, you will begin to see a distorted view of that surface. Keep your eyes unfocused as long as possible until you see or sense emanations of color from the person's body part.

Verbalize whatever color you see or comes into your mind. Allow your mind to be clear and repeat any words or thoughts that enter your mind. The colors you see or sense may grow brighter or stronger as the reading progresses. You may also begin to see or sense more than one color emanating from the person. Verbalize all impressions as they come to you. If the color(s) recede, remain unfocused on the body part and continue to give information. You will find that the color will return as you continue to examine them.

If you are seeing or sensing nothing, or sense a mixture of colors you cannot define, relax, and continue looking at the body part until the colors become clearer to you. If you find yourself pushing to see a color or are confused, close your eyes and look away from the person for a moment. Look again and allow your eyes to become unfocused or choose another body part on which to focus.

Explore other parts of the body in the same way to note any differences in the aura or information you are receiving. If you get tired, or, before shifting focus on another body part, look away from the body, practice preliminaries, and begin again.

IMPORTANT: When sensing or seeing auras at first, do not worry about the specific interpretation for the color or the difference between the colors in the auras. Your gut response will help you clarify what you are experiencing. Trust yourself and allow all impressions to continue to aid you in clarification.

Aura Maintenance

As mentioned earlier, the Aura is a shell of energy surrounding your body. Throughout your life, your Aura accumulates every thought, word, feeling, and deed of your Life.

In order to stay clear and open to the higher energies, it is important to clear the aura. Like rain, dirt, and dust coating a glass surface, your aura can get covered with debris from life's experiences. Now imagine you NEVER CLEAN this glass shell. It would be impossible to see through it well. Your visibility on the Road of Life would be extremely limited. You would be unable to think clearly, you would feel unsure and unsafe, and may wind up making wrong decisions or none at all. This is why it is IMPORTANT to MAINTAIN your Auric Field.

Bonus tip for clearing the Aura: After a spiritual healing session, you will frequently see healers wash their hands to remove excess energy and reset for next sitter. Some shake their hands, gently flicking the energy. Take a 20 minute bath in a warm tub of sea salt and baking soda. Rest immediately afterward to replenish yourself. Lying in the sunshine helps recharge your system. Be intuitive and trust when your body says it has had enough. Stay healthy and have private personal time and space.

Practice aids in progress

It is important to remember that as you open to your Aura vision, you will probably perceive only the FIRST LAYERS of the Aura. You will also probably not be able to distinguish between layers. As you progress, you will sensitize yourself to higher and higher frequencies so that you can perceive higher bodies. **With practice**, you will be able to distinguish layers and be able to focus on the layer of your choice.

Now that you have some idea about anatomy of the Aura, you can begin to understand why it is a VITAL LINK to our psychic encounters, our mediumship, and our spiritual development. The aura is a bridge to the Unseen, and through it we attune to the subtle dimensions of Spirit. The stronger your Aura, the easier it is to receive helpful messages from your spirit friends. The weaker the aura, the more likely you'll focus on the adverse energies around you. Understanding your Aura and energetic system can help you in phenomenal ways. **Please join us for the Advanced Aura class!**