

Seeing Auras: A Tool for Protection

Seeing auras is the ability to perceive **Source energy** around a living being. This is not emotional energy, mood, stress, or environment. What you are seeing reflects the **soul's alignment** – what it has chosen to connect to and draw from.

White Light is Source.

Darkness or absence of light reflects a soul that has turned away from Source and welcomed lower, negative energy instead.

This is something everyone can learn.

How to Practice

1. Choose a simple background

Have the person stand in front of a white wall, the sky, or a softly lit neutral space. Nature is also excellent for practice – trees, plants, and flowers are deeply connected to Source and often easier to see at first.

2. Relax your eyes

Soften your gaze and look just beyond the head and shoulders. Do not stare or strain. Let your vision relax as if you're looking "through" the space rather than at it.

3. Focus on the head and shoulders

This is where soul alignment is most visible. With patience, you may begin to notice a white glow or light surrounding this area.

4. Understand what you are seeing

- **White Light** reflects alignment with God / Source energy.

- **Darkness, heaviness, or no visible light** reflects a soul that has chosen to turn away from Source and align with negativity or lower influences.

This does not happen accidentally. Darkness is welcomed in small, often subtle ways that may appear harmless at first but grow stronger over time.

5. Practice discernment, not fear

Seeing auras is not about judging others — it is about learning to **protect your own energy**, choose who and what you align with, and remain connected to Source in your own life.

An Important Reminder

You always have a choice. Light is strengthened by intention, prayer, awareness, and alignment with God. Darkness weakens when it is no longer welcomed.