

**The aura** can be described as the electromagnetic field that surrounds the human body ..and every organism and object in the Universe.

**The Human Energy Field**...a collection of electro - magnetic energies of varying densities that permeate through and extend beyond the physical body of a living person. This "auric egg" emits out from the body .. above the head and below the feet into the ground.

The human aura is a field of subtle, luminous radiation surrounding us and extending outward from our physical form. Auras are related to the electromagnetic field of the body and serve as a visual measure of our mental, emotional, physical and spiritual states.

Everything that we do or think affects the aura so it is usually in a state of flux, ever changing, based on our mental meanderings and physical health. The aura is also affected by the energies of the environment, the magnetic fields of the planet and the radio frequencies, cosmic rays, etc. that interpenetrate all forms of matter. The aura could be called an electromagnetic signature of who we are.

### **The Colors of the Human Aura**

The colors of the aura may glow and radiate with joy and vitality as we maintain a state of blessedness in God. Or the colors may become dull, contracted and stultified when we are gloomy, when we allow ourselves to be depressed, when we complain or see life as less than beautiful.

**Appreciation intensifies the aura** as the vibration of love, joy and gratitude emanates.

And at other times when we put ourselves down or enter into the deprecation of others, the

size and radiance of our auras lessen. Holding images and concepts of ourselves and others as less than whole also impinges on our ability to send out auric fields of light energy that bless and uplift.

**The energy centers, often referred to as chakras**, serve as receptors and transformers of energy in the body. They direct the flow of the life force to the vital organs and provide the subtle sustenance that is the basis of one's physical and emotional well-being. Due to stress from mental and emotional causes, as well as physical stress from environmental pollution and toxic residues, blockages and leaks in the energy field often occur causing an abnormal energy flow of the life force within the physical organs. This contraction away from the life force, if continuous, eventually results in minor or possibly serious imbalances in the biosystem.

**To see your own aura** -Stand or sit several feet away from a mirror. Make sure you have a solid, light colored background behind you. Look at yourself in the mirror. Focus your attention at an outlining spot on your body. (like the area between your neck and shoulders.) At first, you might see a thin white or transparent image around your body. This white or transparent image will appear as a nearly-clear form of energy, but you'll definitely see it.

Remain focused. Eventually that white or transparent image will expand and will become a noticeable color. At this point,

you're seeing something that your mind isn't used to seeing, which triggers your brain to start thinking, and the aura disappears. It'll come back quickly and will disappear just as quickly as soon as you think about what you're seeing. In the beginning it is best if the background behind you is plain white and there are no shadows. Illumination should be VERY soft and uniform not bright. Follow instructions above for seeing Auras.

**PRACTICE** for at least 10-15 minutes each day to increase your sensitivity and develop Auric sight. Remember that practice is required to develop Auric sight.

### **Observing auras of other people**

The best is to look directly at someone's brow chakra (AKA third eye –about an inch above the nose, between eyes) and aim to achieve the state of mind similar to the concentration technique described above for at least 30-60 seconds.

Again, VERY softly illuminated background, with no shadows is best. With practice, any uniformly illuminated background (such as a blue sky for example) will suffice.

**THERE ARE DIFFERENCES in BELIEFS REGARDING the Meanings of Aura Colors.. Below is ONE list of descriptions – (confirmed by a non-corporeal) ~**

**Meaning of Clean Colors of the Aura**

**Purple / Indigo:** indicates spiritual thoughts. Relationship with Spirit – interest in spiritual / intuitive matters..

**Blue:** Indicates teachers, educators – and/or one with a keen interest in learning or teaching. People with blue strong point in their Aura tend to be are relaxed, and balanced. Electric blue on the outer side of the aura can override other colors, when the person is receiving and/or transmitting information in a telepathic communication.

**Turquoise:** indicates dynamic quality of being, highly energized personality, capable of projection, influencing other people. People with strong turquoise in their Aura can do things simultaneously and are good organizers. They are Encouragers. People love bosses with turquoise Auras, because such bosses explain their goals and influence their team rather than demand executing their commands

**Green:** restful, modifying energy, natural healing ability. All natural healers should have it. People with a green strong point in their Auras are natural healers. The stronger the green Aura, the better the healer. They appreciate nature. Being in a presence of a person with a strong and green Aura is a very peaceful and restful experience. Green thought indicates a restful state and healing.

**Yellow:** joy, freedom, non-attachment, freeing or releasing vital forces. People who glow yellow are full of inner joy, AND - It also can be a sign of one who is Not Connected, Mentally.. and can be an indication of a lack of mental clarity.

**Orange: Spontaneous..** People with predominant orange auras tend to want to feel they are in power – in an effort to validate self.. they may have the ability and/or desire to control people. With the tendency to focus on physical pleasure, there may be a tendency toward sexual promiscuity. Orange thought is about exercising a desire to control people.

**Red:** Indicates focus on their immediate needs and desires.. ..materialistic thoughts, thoughts about the physical body. Not necessarily a materialistically oriented person, but one focused on their immediate needs..

**Pink:** love (in a spiritual sense). Pink is the usual color found in young children.. To obtain a clean pink, you need to mix the purple (the highest frequency we perceive) with red (the lowest frequency). **Pink Aura indicates that the person achieved a perfect balance between spiritual awareness and the material existence.**