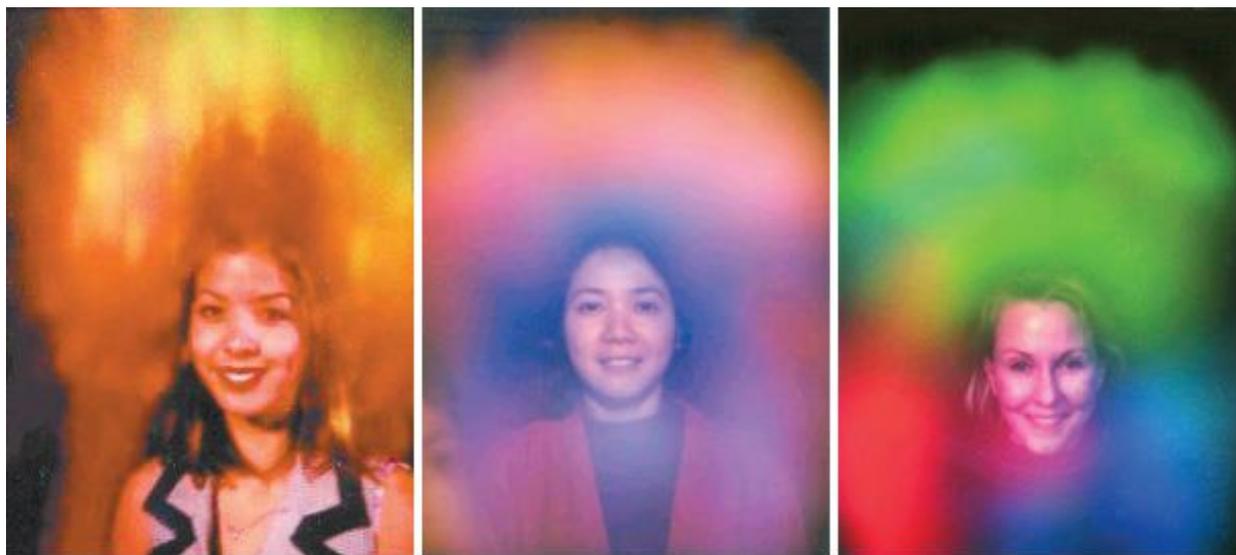


# Auras

Some people are able to see someone's aura in colors, others may see a shimmering effect like a heat wave, while others will see a glow emanating around the outline of the body. Everyone has different abilities and it is important not to compare yourself to anyone else. We all learn at our own pace, don't be hard on yourself and expect too much, just relax with expectations of yourself and it will eventually come to you.

When you are feeling healthy, self-confident, calm, and grounded, your aura is clean and healthy. A healthy aura is indicated by a cocoon of energy surrounding and extending out from the body at least one foot in all directions. This positive protection field is composed of bright colors, strong vibrations, pure tones, and a full, smooth, egg-shaped boundary.



Artistic

Loving

Endurance

When you are sick, depressed, sad, or unsure of yourself, your aura needs cleansing and is closer to your body. The colors are most likely to be dull, murky, and dark. The frequency is slow and erratic. There may be breaks or tears in the boundary. And the shape could be bumpy and distorted. All

of these indicate that your aura needs healing and is not serving as a positive protection field between you and the energy of others and your environment. An unprotected aura can be a cause of illness and distress for sensitive people. Without the natural filtering system of a positive protection field surrounding your body, you are open to environmental influences.

### **EXERCISE TO VIEW AURAS**

Step 1 . Make sure you are in a room with dim lighting. It is always easier to see the glow of the aura when there is no external light competing with it.

Step 2 . Place the person against a plain light-colored wall with plenty of space on either side of them.

Step 3. Open up – wash yourself in white light

Step 4. Wash the other person in white light.

Step 5. Ask your guidance to help you view the aura of the person you are looking at against the wall.

Step 6. Take your eyes to the crown of the person's head and look at the wall where it meets the head (you should not look directly at the person). Relax with what you are doing. Do not try to "see" anything, as you may feel something first. Keep your eyes in this position. Take your time and try and recognize what you are "seeing". Ask your guidance to make the perception clearer to you. Use your peripheral vision to identify fluctuations in color, energy and so on. Spend about 2-3 minutes trying to evaluate the person's aura.

Step 7. Now move your eyes to a point about 3 feet above the person's head. Ask your guidance to help you expand your awareness further and note any changes in your peripheral vision. Keep your eyes at this point. After a few minutes, you may see shafts of light, more color or simply a wider glow around the body. Again, spend only a few minutes here. If you see no change, just relax and accept that it will come to you when you are ready.

Step 8. Then move your eyes to a point about 6 feet above the person's head. Repeat as above.

Step 9. Once you have finished viewing the aura, offer any information you have received to the person and then wash them in white light and close them down.

Step 10. Close yourself down – white light, blue light and 3 golden rings.

This exercise is designed to help you initiate with the process of seeing auras and it is important not to spend too much time trying to work out colors, because your left brain will end up taking over and trying to give you the answer you seek.

## **INTERPRETING WHAT WE SEE IN THE AURA**

We can actually see what people feel by reading their aura.

A very healthy aura is smooth, with no bumps, lumps or dips and tears. Generally, there is a cone shape above the head.

We can see negative thought forms as a dark cloud above the person's head or sitting on their shoulders.

If someone's aura is tight or close into the body, this means that the person currently has a lower frequency. An expanded aura indicates a person has great health and vitality.

One way to clear limitations that we are experiencing is to say out loud:

"I release any restrictions, limitations or feelings of lack. I ask the Universe to help me create what I desire. I accept it and acknowledge it exists in my life." Notice how the wording is as if it has already come true. Thought plus feeling as if everything you desire is already here, is the key to manifestation. Be sure to put a lot of energy into saying this. The more you believe it the more real it becomes.