

Aura Training

This document covers initiate level training in auras. The topic of Auras is also covered in the documents Healing Fundamentals Level I and Understanding Energy, Crystals, and Gemstones. You should begin recognizing the interconnections between these subjects.

Everything in the universe is in a state of vibration, including us. Vibrations are found in literally everything: Sound, Color, Crystals, Gemstones, Language, Sacred Geometry, Symbols, Aromas, etc. These vibrations interact with the physical and energetic body to produce full spectrum vibrational energy. It is through using the full spectrum of vibration that the true essence of our being is found. Aware or unaware, visible or invisible, these vibrational energies impact us powerfully on many levels. The balancing of the chakras vibrationally supports the seven senses related to the seven chakras.

Our auric bodies are energy fields that envelop all others energy systems such as meridians, chakras, nadis, etc., of the physical body. The auric fields reflect the subtle life energies within the body. These energies make us what we are and in turn are affected by our environment, surroundings, emotions, and life style. The aura reflects our health, mental activity and emotional state. The auric fields also show disease and harm to the physical body long before the onset of symptoms.

It is the energy that operates our physical body. There at least two distinct parts to a singular auric field. Both are emanations of the electronic energy used by our bodies, and electricity used by our brains. The body part of the auric electronic field is what allows you to see the energies and to be able know where illness or injury resides in the body. The brain portion allows you to see the energies emotions, creativity, intentions, etc.

The auric field exists in different layers sometimes referred to as harmonics because of the color fields they emit. Each layer of the auric field is a body just as real and alive as the physical body. Each layer of a field has its own sense of purpose. The key of the auric field is in how these layers intertwine and interact with one another. These layers interconnect with one another determining our experience with our physical reality. The auric field connects us to our spiritual self.

The body of the aura is surrounded by an ovoid emanation made up of seven layers of the auric field. The seven bands of the auric field can be divided into two planes; the physical and the spiritual. The physical plane of the auric field is composed of the Physical, Etheric, Emotional, and Mental level. The Astral plane is the bridge between the spiritual and the physical levels of the auric field. The spiritual levels of the auric field are composed of the Etheric Template, the Celestial level, and the Ketheric Template. The innermost band outlines the body and is called the Etheric body. Beyond this is a band of finer substance, which reflects our desires and is called the Emotional body. Beyond this lies a level of emanation often in a bright yellow color, which reflects rational thinking, called the Mental body. Bridging the physical and the spiritual is the Astral body. It is at this plane that we explore our heart's desire and move from physical desire to soul desire or from the physical plane to the spiritual plane. The next band is a replica of the physical body on a higher level and is the home of the Etheric Template

that holds a higher will connected with divine will of consciousness. The next glow of light comes from the Celestial band, which is referred to as the light body because its matrix patterns are spun of actual light fibers. This band allows us to tap into higher truths and helps us create images that can be actualized in physical reality. The final band holds iridescence of the Ketheric Template, where we explore timeless space and where the appearance of being separate disappears. This connects us to the spiritual aspect of absolutely everything and everyone, to leave us with the sense of oneness. Creation or manifestation takes place when a concept or a belief is transmitted from its source in the higher levels and then transduced down into the more dense levels of the auric field creating our own reality.

Chakras are energy centers that are located slightly off of the physical body and are spinning wheels of color. The chakras connect our auric field which consists of the light bodies with the meridians. They represent our emotional aspect. The auric field expresses, receives and assimilates life-force energy and transmits this energy to the chakras, which filter the information and direct it to the meridians, which connect to the organs and glands.

Life-force energy continually flows up and down our body. Every chakra center processes this life-force energy differently depending on the emotional theme of the filtering process. The chakras process daily events of our life. For example if the life-force energy flows through us and is processed through a chakra in love and trust, the color of the chakra will be pure and bright and we feel fabulous and empowered. Now if the life-force energy is filtered through a chakra in fear and doubt, then the color of that chakra will be dull and muddy and we will feel lousy and hurt.

The light bodies of the auric field directly influence how each chakra processes our life-energy and reacts to each experience. Our light bodies influence the life-force energy flowing through us and this expression is in the functioning of our chakras. Therefore, a change in thought or vibration can instantly shift the expression of the chakra. Each chakra has a specific tone, color, frequency and function. If the chakras are functioning normally, they will be open, spinning appropriately and the color will be pure and clear. If the chakras become blocked, the life-force energy becomes blocked leading to pain and discomfort and eventually disease. It is through the symbols of the chakras that we understand that these energy centers need to be maintained and revitalized by way of vibration.

Since the aura is an emanation of energy, it is usually seen as a glow of energy extending out from the body. The intensity can vary from barely visible to brightly colored and can extend outward from the body anywhere from a couple of inches up to a foot or more. This however is just the visible part. Our auras allow us to stay connected to all the other energies around us and various psychic signals are picked up via the aura and sent to the brain to be processed as the sights and sounds we psychically receive.

An aura can range from almost pure white to virtually any color you can imagine. Sometimes an aura will be a solid color, but more often than not, there are spots, swirls, or slashes of other colors within the main color of the aura.

The main concentration of color tends to be around the head and shoulders and often this is the first place to begin seeing an aura. However, the entire body is surrounded by an aura and with time you can learn to see all of it.

Different people have different energy levels, so this accounts for variations in the size of their auras, but it goes beyond just a person's normal energy level. Disease and illness can change a person's energy level and aura. Emotion can change the strength and/or color of an aura. We are also able to know and understand the mood someone is in and whether or not a person is lying, just by looking at their aura.

All colors have a uniquely colored aura of their own that are of a completely different color. These auras, given off by colors, are denser and far easier to see than any other aura. Using this as a basis, there are simple, graduated training methods that can have you seeing an aura the first time you try.

The auric colors you will see building up from colored objects are similar in appearance to the after images generated by staring at a brightly colored shape and then quickly looking at a neutral colored wall. The similarity in the colors, rather than contradicting the validity of the auric colors of color, confirms them.

You can, in the early stages of learning to see auras, cause an after image that is still seen when you look away. This is caused by staring too hard, and for too long, resulting in color depletion of the rods and cones in the eyes. With practice much less effort is needed and no after images are seen, only the aura.

The way the aura builds up is totally unlike the way an after image appears. If, while an aura is building up, you shift focus slightly, or blink, it disappears instantly. An after image does not.

The aura is sensitive to color. It reacts to the colors of clothing and to that of its surroundings. This accounts for our natural likes and dislikes when it comes to choosing the colors that surround us. It is impossible to get a clear view of the aura through clothing. The auric colors of the clothes react with the person's aura, causing interference that blocks and changes it. For example: A Blue shirt will flood the natural aura with Yellow. Even neutral colored clothing will block and dim the aura making it difficult to see.

Disease: This shows up in the aura in many different ways, sometimes weeks before any physical symptoms. An ear infection, for example, will show up as a shadow over the side of the head before any symptoms appear. This shadow will gradually change into a murky, khaki Green. As the infection takes hold, it will become shot through with Red and Orange flecks. Khaki and murky Green with Red and Orange flecks, is commonly seen with any infection.

Death: When a person is dying the aura changes dramatically. First the aura fades and weakens, and then, a week or so before death it expands, changing into a beautiful pale Blue shot through with Silver sparks.

In an effort to see the Aura we need to:

- Increase the sensitivity of our eyes AND
- Extend the range of perceived vibration beyond the visible light.

We can accomplish the above by:

- Using and training our peripheral vision
- Increasing exposure
- Enhance visual sensation processing in the brain - enhance the communication between left and right hemispheres of the brain

Peripheral vision

Our retina, which is the focal plane of the eye containing photosensitive cells is less damaged than in the central part. The central part of retina is constantly in use, and over the years suffers accumulated damage from excessive and/or artificial illumination (TV, computers, artificial light etc.). Young children see auras much easier, because their central vision is not yet damaged. Once they go to school they are told to use their vision in a certain way, and gradually they lose their natural auric sight.

Let's briefly talk about how the eye works. This is an over simplistic description. When we look at an object, we use a specific portion of the retina. Over time that main portion of the retina becomes damaged from all the various sources of light that we look at on a regular basis. This is why younger people tend to more easily see auras than older persons, because their retinas are not as damaged.

Plus, in time our eyes become trained to see in specific ways. We expect to see all the normal everyday things we see on a regular basis and our vision is not adjusted to see anything else. Again, as we get older, this becomes more set making it harder to learn, but not impossible.

For those reasons, in most people it is best to use your Peripheral vision to look at an object to see its aura. Everyone is different, so only you can determine if it is better to use your normal vision or your peripheral vision.

Increasing exposure

When we want to do a photo of a dark scene, we need to increase the time of exposure of the film. We can accomplish this for our eyes by concentrating exactly on ONE spot for 30-60 seconds.

When our eyes are moving, or a scene moves in front of our eyes, images are averaged by our eye using 25 frames per second for a fluid motion. So when we concentrate on one spot, we increase our sensitivity because we average the incoming light, accumulating its effect.

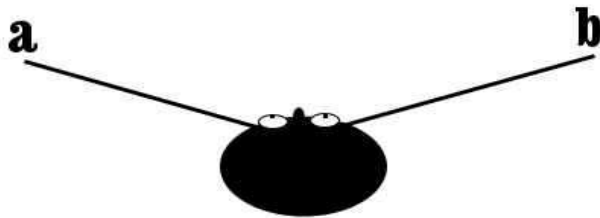
Our photosensitive cells Red, Green, and Blue (RGB) operate as vibration sensors, much like three radio receivers tuned to three RGB colors. When you need to achieve a large vibration, you can accomplish it using a very weak excitation force, by continuing force. Concentrating with your eyes on one spot you achieve a similar effect. Using a small stimulation you can gradually swing your photo sensitive cells into larger vibration and this will result in a visual sensation perceived by the brain.

Exercise 1

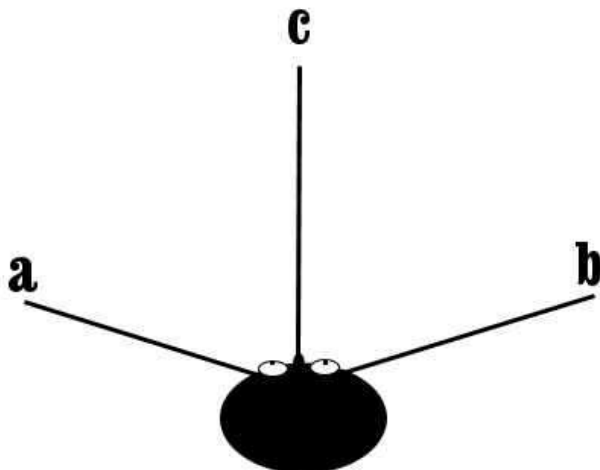
Most people can see anything that is within the field of vision that is roughly between point “a” and point “b” in the picture on the next page. Some people can see a little beyond those two points and others cannot see that far, but unless a person suffers with some sort of eye problems, this is a reasonable estimate.

When we look at something with our normal vision, we usually move our heads so the object we are looking at is directly between our eyes, in the center of our field of vision because this is where we have the best view of the object.

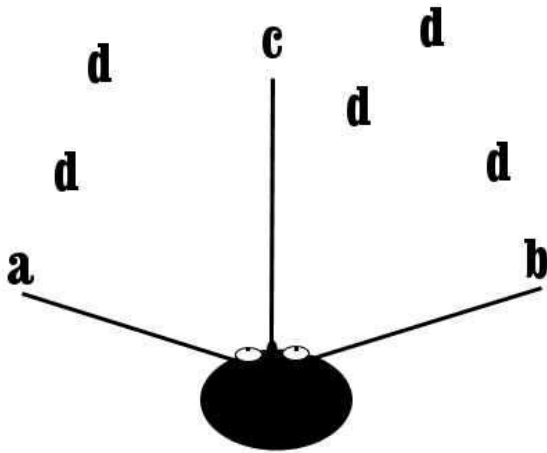
The part of our vision starting directly to the left or right of center, and moving all the way to the furthest point at a or b is called the peripheral vision and for most people the further away from absolute center we go, the worse our vision becomes.



But saying the worse our vision becomes is not a completely true statement. It is true when we are speaking of looking at solid objects in our normal world. But an aura is not a solid object, it is a collection of energy and we humans cannot see energy with our normal way of looking. Yet our bodies are designed to be able to see this energy. To do so requires you to look at a person or object, not with the main part of your vision (see c in the photo) but with our peripheral vision.



To do this, put the object in the c position in front of you, looking straight at it. Then keep your eyes looking straight out from your head and turn your head slightly to one side till the object is in one of the many d positions.



Anywhere between (a and c) and (c and b) is a d position. There are an unlimited number of d positions. Keep your eyes focused straight out in front of you. You will still be able to see the object in your peripheral vision and it is within these positions you will begin to learn how to see auras.

Try not to start and do not allow your vision to look directly at the object or person. Relax your eyes and if need be, allow them to unfocus. Soon you will start to see movement or color around the object/person. Just keep your eyes relaxed and prevent your vision from focusing on the object/person and when you find the right

combination of all of the above, you will see an aura.

Tips on how to see auras

When you are just beginning to learn how to see auras, it is best to try with a person simply because their auric field tends to be stronger than an object. It is also best to have the person stand in front of a solid white wall if possible. This helps make the auric field show up easier than if it was showing over a colored background.

How to see the Aura Exercise 2

To see the aura you have to be able to relax and concentrate, at the same time, and there is a trick to focusing the eyes in a special way.

1. You need soft light to train in, not dim, but good soft light. No harsh light shining or reflecting in your eyes! Get a book and cover it in Blue or Red paper. Stand it upright on a table several feet from you. Experiment with the distance until you find what is best for you. Make sure you have a plain neutral background. If the wall color is wrong, hang a sheet of neutral colored paper or cloth as a backdrop.

Note: The auras of the colors Blue and Red are the brightest and easiest to see. Blue has a Yellow aura and Red has a Green aura. The brightness and tone of the aura varies with the shade and tone of the color used, so use bright primary colors.

2. Close your eyes and take three deep breaths and relax. Open your eyes, look at the book. Focus your eyes on nothing, a little to the side and past it. Gently hold and get used to that focus but don't strain your eyes or tense your eyes or forehead. Concentrate! you need a gentle, steady un-focus, similar to day-dreaming.

Note: When you need to blink, do so, or it will cause your eyes to tense and water. Blink normally and quickly without changing focus, and do not become preoccupied with it. It may cause the aura to disappear for a second, but it will reappear quickly if you stay relaxed and hold your focus.

After a while you will see a pale narrow aura coming from the book. Hold the focus, don't look at it, soon a bright Yellow or Green aura will start building up from the object. Don't change focus or look directly at it or the aura will disappear.

There is a reason for this strange un-focus. Your outer field of vision is many times more sensitive than the focused area is. Have you ever seen a movement, out of the corner of your eye, only to turn and see nothing there? What you may have seen is an aura building up from something and your outer field of vision has detected it.

3. Once you have completed the first step, gather several books and cover them, each with a different colored paper. Study these one at a time and write down the auric color for it. Next try using two at a time, and watch how the auric colors affect each other.

4. Get a pot plant or some flowers and study it. The aura you will see emanates from the living plant and also from the colors of the petals. The Orange hue comes from the green of the stems and leaves. You will also see a more distinct etheric and a shimmering optical effect around them. This shimmering is the energy field or living aura of the plant.

5. For the next step use an animal. Try and observe them when they are resting.

6. Observe your own aura. This can be done both inside and outside in the sun. Hold your arm out and study it against the sky or clouds. Alternatively, lie down and look at your legs. Make sure the skin is bare when you do this, and remember, grass will give off an Orange hue.

7. When you feel proficient enough, try it with a human subject. Just remember not to try too hard. Do it exactly the same as in the original exercise with the book. Get your volunteer to remove some of their clothing and study the bare skin area against a neutral background.

On a human subject, again, the first thing you will see is the etheric aura, like pale smoke clinging to the skin. Next you will see the shimmering optical effect in the air extending from several inches to a couple of feet deep, depending on the strength of their aura. Keep trying and the aura's color will build up, and out from, the etheric. It will first appear as a narrow band of color next to the etheric. This will expand slowly, if you hold your focus, until it is several inches or more thick.

8. The brightness of a person's aura has a lot to do with how they feel. If they feel happy and full of life their aura is stronger, larger and brighter. Try playing their favorite music, this will help to energize their aura and make it easier to see.

9. Try it on your volunteer outside. Make sure the sun is behind you and use clouds as a backdrop.

Note: The basic auras of colors are as follows: Blue = Yellow aura, Red = Green aura, Green = Orange aura, Yellow = Pale Blue aura, Orange = Pale Green aura, Violet = Pale Gold aura, Indigo = Gold aura, Pink = Iridescent Green. These colors will vary slightly according to the shade and tone of the colors you use.

It takes practice to see the human aura, so don't be disappointed if you fail, or see very little, the first few times you try. If you managed to see the auric colors of the books, you CAN learn to see the human aura. Using this training method stimulates the forehead chakra, which is responsible for this ability. With use, it will grow in strength, and become progressively easier to do.

Colors perceived by our eyes are only our partial perception of MUCH more complex reality : complex vibration of light (and other vibrations as well). To explain the above statement, we would need to define the spectrum and explain how we perceive color with our eyes.

Concentration exercise 3

Place the picture in Fig 1 about 2 feet in front of you. Look exactly at the black spot for 30 seconds or so and observe colored dots with your peripheral vision. Resist temptation to look anywhere else but the black spot.

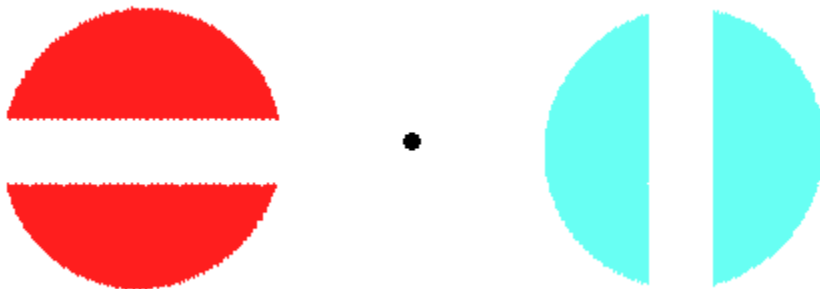


Fig 1. Image for concentration exercise 3

Note that colored areas seem to be surrounded by the “Aura” of a different color. When peripheral sensors are stimulated for some time, we have color sensations, much different than when we use the central vision. The longer you concentrate, the brighter is the “Aura” around colored areas, because your sensitivity increases. Yesterday you could look at this picture for hours and never see anything. Concentration at ONE spot for long enough is the key. Rather than the true Aura, this exercise demonstrates the principle of how to look to see human Auras by making you aware of certain specific capabilities of your eyesight and your perception.

Concentration exercise 4

This exercise aims to stimulate the communication between both hemispheres of the brain, thereby increasing the processing power needed to see Auras. Place the picture in Fig 2 about 2 feet in front of you. Stretch your hand forward so that one of your fingers is between and underneath circles.

Change focus on the tip of your finger and overlook the circles. You should see 4 circles. Then aim to overlap the middle two to see ONE CIRCLE WITH A WHITE CROSS on top of your finger, in the middle between the two. Seeing the cross is the evidence, that the left hemisphere of the brain (connected to the right eye) is communicating with the right hemisphere (connected to the left eye).

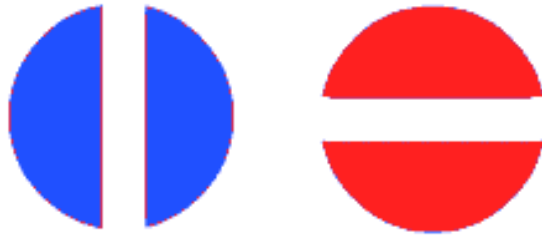


Fig 2. Image for concentration exercise 4

This exercise turns out to be extremely beneficial: 5 minutes of it seems to double the size of the electro-photonic aura.

The cross will initially float and seem unstable. Experiment with the distance from your finger to your eyes to achieve a perfect cross. You gain a significant benefit after 3-5 minutes of maintaining a perfectly balanced cross, preferably without blinking, but a magic duration seems to be 45 minutes of concentration at the time, which will make a real difference to your mental and auric abilities.

It is best to start with a minute or two and gradually increase the time every week. Short and intensive concentration seems to be better than a longer one, interrupted by the lack of skill.

Gradually, with practice you should be able to achieve and maintain the cross without the finger. While maintaining the cross, become aware of the other 2 circles, as well as, everything around using your peripheral vision. You should see Auric colors around the colored circles above with your peripheral vision. When you can analyze surroundings using your peripheral vision, without losing the cross and the your concentration, you are ready to see and read auras.

Advanced levels of concentration :

One diameter in the cross seems usually "in front" of the other. This means, that one of your brain hemispheres seems to dominate the other. Males usually see the horizontal diameter above (left hemisphere dominates), females usually see the vertical diameter above (right hemisphere dominates).

Try to get the "hidden" diameter in front as much as possible, by concentrating, on demand. The final

level of concentration is to achieve and maintain a perfectly balanced cross with all four arms of similar intensity, thereby achieving a perfect balance both hemispheres. Many people experience amazing effects here. Concentration gets much deeper and after 2-3 minutes you seem to lose sight. The bright background becomes dark purple or pink. Your sensitivity and awareness greatly increase.

Colors and Auric Pairs

In concentration exercises 3 and 4 you will notice that real colors are surrounded with Auras of different colors. These auric colors are not random. Following is a list of Auric Pairs of colors for all clean colors of the rainbow (monochromatic colors).

red gives **turquoise** aura, **turquoise** gives **red** aura

orange gives **blue** aura, **blue** gives **orange** aura

yellow gives **violet** aura, **violet** gives **yellow** aura

green gives **pink** aura, **pink** gives **green** aura

The above table applies also to intermediate colors, for example yellow-green color gives a pink-violet aura. Note, that above Auric pairs are different than complementary color pairs represented on a color wheels. Every child can confirm the auric pairs listed above are true.

You need to memorize and know the Auric Pairs. This is important because if you see a pink Aura around someone dressed in bright green, there is a strong possibility that you see the "Aura" of the bright green, not of the person.