

LESSON 2: AURAS.

Our being is more than just our physical body. We have a complex energy system, comprised of our Aura, our Chakras or energy centres & the Meridians or energy channels. The life force that feeds our soul is known as the Universal Life Force or Chi Energy. Our soul requires this complex system to direct & channel this energy to sustain our soul.

What Is The Aura.

It is a well known fact that everything that exists in the known universe is made from atoms. These microscopic particles are themselves made from even smaller particles. It is generally thought that the basis for the smallest particles known to man, is some form of vibrating energy. It can be said that everything in existence is fundamentally just vibrating energy.

The Aura is believed to be electromagnetic radiation caused by the vibrating energy from within the particles that make up the atoms. The Aura around the human body consists of electromagnetic energy in the form of waves. The lower frequencies are related to functions of our body like metabolism and circulation. The higher frequencies are related to our conscious and subconscious minds like our emotions and our personality.

Some scientists including Michael Faraday & Thomas Edison, started to encounter the electromagnetic field that surrounds the body during their experiments. Since then Russian scientist S. D. Kirlian developed Kirlian photography. Also called electro-photography, it is the technique of recording the electromagnetic field around a living organism.

In terms of psychic development the Aura is a representation of who we are and what our current state of being is. By looking at the aura we can get a sense of what state of mind a person is in and also an indication of the state of their health. Most importantly the Aura can tell us about the level of a person's spiritual growth. The greater a person's spiritual connection becomes, the higher the frequency at which their Aura vibrates.

Although everything has an Aura from inanimate objects through to plants, animals and human beings, the Auras of living beings are different from that of inanimate objects. The Auras of living beings will change overtime depending on their spiritual and physical state. Our Aura's change depending on whether we are in good health or not. It will also change as we experience different emotions and as we learn and grow spiritually. If a person or place has a negative effect on our Aura by draining its energy, it can give that person a feeling of wanting to move away, Often described as a gut feeling or instinct that they just don't like that person or place. This can be caused by a lack of equilibrium between two Auras, if one Aura is more dominant than the other it can overpower that Aura. Or if one Aura is damaged and needs to be healed it can drain energy from a healthier Aura. The message is then passed from the Aura into the nervous system of the physical body, giving us an uncomfortable feeling. The Aura of an inanimate object will remain generally the same. The exception to this is when the emotional state of a person affects their perception of what the Aura looks like.

The Subtle Bodies.

The human Aura consists of several layers called energy bodies or subtle bodies of which there are at least Four, but it is claimed there could be as many as Seven.

The First layer closest to the physical body is the Ethereal Body. This has the lowest frequency.

Next is the Astral Body. This has a slightly higher frequency and is outside of the Ethereal Body.

Outside of the Astral Body is the Mental Body which has higher frequency again.

Then there is the Spiritual Body & possibly more bodies with even higher frequencies.

How To See The Aura.

The Aura extends just outside the solid edge of an object or person but it cannot be seen simply by looking directly at the edge. The Eyes are designed to see light which is electromagnetic energy. The range of frequencies that our eyes are sensitive to are known as the colours that we are all familiar with. The Aura consists of frequencies that are outside of this range, however it is believed that our peripheral vision can pick up some frequencies that are lost when we look directly at something. This means that to see a persons Aura we need to concentrate our sight just inside the edge of that person allowing us to see their Aura in our peripheral vision.

When you first start to see Aura's there is a temptation to move our eyes to directly look at it, however when we do this we can no longer see it so it is important not to give in to this temptation and instead keep the edge of a person and therefore their Aura just outside the centre of our vision.

You can enhance your Aura Viewing Skills by using Binaural Beats. The Aura Viewing Binaural Recording guides you into the Upper Alpha Brain State, and focuses on 2 certain frequencies that put you into a stage of openness. Many experience a floating sensation while in this stage. Once your brain is in this stage, your conscious mind can not make judgment and a persons "True Colors" will be visible to the inner mind. Towards the end of the recording, there is a frequency dip that takes you into the High Theta zone, than right back to the High Alpha Range. This dip is a powerful tipping point that often leads to an epiphany or great learning and understanding. Once you become accustomed to these brain frequencies, you can learn to reach the Upper Alpha Frequencies on demand. This recording should be used like "Training Wheels" which will guide you in the right direction in obtaining Aura Reading Skills.

Aura Seeing Exercise.

The Aura extends just outside the solid edge of an object or person but it cannot be seen simply by looking directly at the edge. To see the Aura we need to concentrate our sight just inside the edge of that person or object, allowing us to see their Aura in our peripheral vision.

In order to make it more likely for you to see the Aura you can prepare your mind by using a Binaural Beats recording. The benefit of this is to place your mind in a relaxed & open state so that the vale of the physical world can be lifted slightly, allowing us to see beyond the physical & into the spiritual planes. By clicking on the link below you will be taken to a page where you can download a recording that has been specifically designed to help see the Aura.

Step 1,

Download the Aura seeing meditation & listen to the recording for at least 15mins. You can skip straight to step 2 if you do not wish to purchase the recording, however most people find it much easier to see the Aura after listening to the meditation. If you would like to download the meditation click on the link next to the orange icon below. Remember to ground yourself & protect yourself as described in the meditation exercise in lesson 1.

Step 2,

You will need plain background. Some people prefer a white or pale background. Others prefer a dark background. A sheet of plain paper or card is ideal.

Step 3,

Place your hand over your background. You can place your hand directly onto your background or you can lift your hand just above the background.

Step 4,

Try to ensure that the lighting in the room is above your hand so that there is no shadow cast onto your background. If there is a shadow you can look at the aura on the opposite edge of your hand where there is no shadow.

Step 5,

Start by looking at the edge of one side of your hand, or your finger tips. Then slowly bring the centre of your vision in slightly, just a few millimetres from the edge.

Step 6,

Now just relax but try to keep your eyes as still as possible. Eventually you should begin to see an outline just outside the edge of your hand. Try to resist the temptation to look directly at it. To begin with the outline will probably be clear but after a while you may begin to see a colour.

You can repeat this exercise when looking at another persons Aura. You can also ask someone to stand in front of a pale background and try to see the Aura around their head or shoulders.