

' EASY WAY TO SEE AURAS '

ver 2.00

by

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All colours have a uniquely coloured aura of their own that are of a total different colour. These auric, colours of colours, are denser and easier to see than any other aura. Using this as a foundation, I have designed a simple, graduated training method that has most people seeing an aura the first time they try it.

The auric colours you will see building up from coloured objects are similar in appearance to the after images generated by staring at a brightly coloured shape. The similarity in the colours, rather than contradicting the validity of the auric colours of colour, confirms them. Why would they be different?

You can, in the early stages of learning to see auras, cause an after image that is still seen when you look away. These are caused by staring too hard, and for too long, resulting in colour depletion of the rods and cones in the eyes. With practice, less effort is needed and the after images do not appear.

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.

I have been able to see the human aura for many years. I was not born with this ability but taught myself the old fashioned way. It took me several years! I developed this new method to help beginners overcome the problems I encountered.

## ' WHAT IS AN AURA? '

The human aura is both an energy field and a reflection of the subtle life energies within the body. These energies make us what we are and in turn are affected by our surroundings and life style. The aura reflects our health, mental activity and emotional state. It also shows disease - often long before the onset of symptoms.

Close to the skin is the etheric aura. It is seen as a pale, narrow band that outlines the body, usually no more than half an inch wide. It looks like milk smoke clinging to the body. This is the visible part of the etheric body in its contracted state. During sleep the etheric body expands and opens to absorb energy (cosmic energy?) or life force. The etheric is better named the vitality sheath. After sleep it contracts again and forms a sheath around the body close to the skin holding the less dense, subtle bodies within it.

The main aura is banded around the body - strata like. Imagine a person with thick, coloured hoops of light dropped over them and you get the idea. These colours emanate from the psychic centres (or chakras). Basic energy is drawn up from the planet through the feet and fed into the chakras, much like a plant does with water. Each chakra is a transformer that generates energy of a different type and colour. The strength of each chakra depends on the person's nature and life style. Together they generate the dominant hue of the aura.

The main aura is photo-sensitive and expands in sunlight, as the etheric body does during sleep. The aura's chakra system can be likened to a tree. Energy/nutrient is drawn up through the feet/roots and fed through the body/trunk to the chakras/leaves.

Many writers suggest people can be classed by the dominant colour of their aura. For example, Blue means a highly spiritual person, trustworthy, honest, etc... Orange means an emotional type of person etc... I have found this to be misleading. The aura is a complex and changeable engine that cannot be judged by its basic hue alone.

The aura is sensitive to colour. It reacts to the colours of clothing worn and to that of its surroundings. This accounts for our natural likes and dislikes when it comes to choosing the colours that surround us.

Colours are widely used in hospitals and institutions to calm and agitate people and put them at ease. Pink is the most calming colour for this. It is the emotional colour of love and happiness. Watch a mother's aura when

she first looks into the eyes of her new baby, and falls head over heels in love. At that special, happy moment when they bond, you will see this most lovely of auras in all its glory.

There is a whole science devoted to the use of colours. This is called Colour Healing or Colour Therapy.

It is impossible to get a clear view of the aura through clothing. The aura colours of the clothes react with the person's aura, causing interference that blocks and changes the aura. For example: A Blue shirt will flood the natural aura with Yellow. Even neutrally coloured clothes will dim the aura making it difficult to see.

**Disease:** This shows up in the aura in many different ways, sometime days or weeks before any physical symptoms. An ear infection, for example, will show up as a shadow over the ear before any symptom appears. 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 common to this kind of infection.

**Death:** When a person is dying the aura changes dramatically. I have observed the auras of people with terminal cancer during the weeks prior to their death. First the aura fades and weakens, and then, a week or so before death it starts to expand, changing into a beautiful Sky-blue shot through with Silver sparks.

## ' WHY MOST PEOPLE FAIL '

The most common reason people fail to see the aura when they first try is simply the way they go about it. The human aura is not a good training ground for the beginner. This is what usually happens: You volunteer sit and waits for a long time, while you strain for a glimpse of their aura. You are trying to relax and concentrate and master a tricky visual technique, all at the same time. You subconsciously worry about what they are thinking of you.

Are they getting bored or impatient? Do they think you foolish, a failure, or both? The tension caused by this pressure negates the relaxed state needed to see the aura. Trying to get results under this kind of pressure, as a beginner, is next to impossible.

Email letters from a young man. It shows a common problem encountered when trying to see the aura:

>>David:> "I was sitting in Economics class when I started to see a faint white glow (not really though, I can't really describe it), it was surrounding the sides of his head. And I could also see a similar one coming from one of the students sitting in front of him, except the student's had a sort of bluish tinge to it. Then I started to see the same thing coming from some of the computer monitors that sit on the desk. At first, I was hoping that I could see auras but then when I saw it on the monitors, I had my doubts."

MY ANSWER:>> Every living, and non living thing has an aura, including monitors. The reason you saw them when you did is {let me guess} You were very relaxed, maybe day dreaming a little. Your eyes were tired, relaxed, and these are the PERFECT conditions for seeing the aura.

>>DAVID:> "That's exactly how I was. The discussion sort of went off topic and wasn't all that interesting to me."

>>DAVID:> "Anyway, I was wondering if you can tell me if I actually did see their aura. I tried staring at myself in the mirror to see my aura but it didn't work and I haven't been able to see their auras since that day a week or two ago. As for some of my

questions. I was wondering what colours non-living objects give off(is it white?), how come it was brighter on their heads?"

MY ANSWER:>> You did see the aura! The colours given off by non-living objects vary with the colour of the object. The human aura is brighter around the head area for two reasons: 1. Clothing blocks the aura. 2. The head area is usually bare and is where the YELLOW of intellect is most active. This yellow varies in intensity according to mental activity. Maybe the student you observed was really on the ball that day.

## ' HOW TO SEE THE AURA '

To see the aura you have to be able to relax and concentrate, at the same time. 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 or a reflection of it shining in your eyes! Get a book and cover it in blue or red crepe paper. Stand the book upright on a table several feet from you. Make sure you have a neutral background, light tan, soft grey, off white or even a black board is good. If the wall colour is wrong, hang a sheet of neutral coloured paper or cloth on it. Experiment with distance until you find what is easiest for you.

Note: The auras of the colours 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 colour varies with the shade of colour used, so pick a bright primary colour to begin with.

2. Close your eyes, take a few deep breaths and relax. When you are calm look at the book. Focus your eyes on nothing, just a little to the side and a foot or two behind it. Hold and get used to that focus but don't strain your eyes or tense your forehead. Concentrate! you need a gentle, steady eye focus, just like day-dreaming.

After a while you will see a pale milky aura coming from the object. Keep looking steadily at it and 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.

Once you have done this and seen your first aura, you have taken the first step into a much larger world.

There is a reason for the strange un-focus. The outer field of vision is many times more sensitive than the focused area is. Have you ever seen 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 some coloured object and your outer field of vision has detected it.

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

4. Get a pot plant or bunch of flowers and study the aura. The aura you see will emanate from the plant itself and also from the colours 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 is the life force of the plant.

5. For the next step use an animal, dog or cat etc, if you have one. 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 an orange hue to your aura.

When you feel proficient enough, try it with a human subject. Just remember to keep calm and don't try too hard. Do the same as in the original training exercise. When you try it on a person though, get them to remove some of their clothing and study the bare skin area, with this area highlighted against a neutral background.

7. On a human the first thing you will see is the etheric, like pale smoke clinging to the skin. Next you will see a shimmering optical effect in the air extending maybe several inches, depending on the strength of the person's aura. Keep trying and colour will build up from the etheric, this is the aura. With practice you will be able to see more and more of it. The coloured part of the human aura can vary from a few inches to a couple of feet wide.

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 and easier to see. Try getting them to wear headphones and listen to their favourite music, this will help energize their aura.

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 colours 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 colours will vary slightly according to the shade and tone of the colours you use.

I have taught many people to see the aura using this method. The fast results build confidence and keep interest high. This ensures enough work and effort is put in to get the desired results... seeing the human aura.

Note: I would like to thank all the people who have written to me with the comments, results and intelligent criticism. This feedback has been invaluable in helping to improve this article.