

# AURAS



A FREE MINI COURSE  
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TATVAN

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## ***Chapter 1***

## What is Aura?

Aura is a Latin word which means *a glow of light*. Aura is itself an energy field around the body like a halo. Aura is seen as a translucent field filled with different colors and patterns. It is different in color, size, intensity, from person to person, depending upon his mental, emotional and physical state. Basically Aura is our personal energy that consists of electromagnetic particles radiating from body in many layers. It is often depicted as halo around head, but in fact it emanates all around the body, especially from the energy fields of body called *Chakras*.

Everyone has an aura and has also seen or experienced the auric fields of others, but the problem is that most people ignore the experience or chalk it up to something that it is not. Mystics from all parts of the world speak of seeing lights around people's heads, but you do not have to be a mystic to see the aura. Anyone can learn to see and experience the aura more effectively. There is nothing magical about the process. It involves recognizing it for what it is and not ignoring the experience. It simply involves a little understanding, time, practice and perseverance.

Children are very good at seeing and experiencing the aura. Those experiences are often translated into their drawings. Around the figures, they will shade in unusual and different colors. These colors often reflect the subtle energies they have observed around what they are drawing.

The *Spiritual aura* has a diameter of 15-18 feet, the *Mental aura* of 8 feet and the *Etheric aura* has a length of 8". These Auras overlap, but we can only see *etheric aura*. It is the one which is seen as a translucent field having different colors and patterns.

## Have You Experienced the Auric Energy Field?

1. When you are around some people do you feel drained?
2. Do you associate certain colors with people? (For example, "You always seem like a yellow person to me.")
3. Have you ever felt when someone was staring at you?
4. Have you ever been able to sense how someone is feeling, in spite of how this person was acting?
5. Do certain sounds, colors and fragrances make you feel more comfortable or uncomfortable?
6. Do you find that some people excite or energize you more than others?
7. Are some rooms more comfortable and enjoyable to be in than others? Do you notice the difference in one room from the next? Did you ever notice how your brother's/sister's room feels different from yours? How about your parent's or children's?

The human aura is the energy field that surrounds the physical body. It surrounds a person in all directions. It is three dimensional. In a healthy individual, it makes an

elliptical or egg shape about the body. In fact, auras of the ancient masters could extend outward from the body for several miles. It is often believed that this is one of the reasons they could draw such large numbers of followers in any area where they traveled. It is worth noting that a common depiction of many masters included the halo, a portion of the aura that is most easily seen by the average individual.

Anyone can feel and experience their subtle energies by moving their hands in and out causing the energy surrounding them to accumulate between them, making it more perceptible. As the hands become more sensitive, one can use them to detect the auric energies emanating from other parts of the body as well. These detections may feel like heat, pressure, tingling etc.

#### Activity 1:

Hold your dominant hand about a foot and a half above your bared forearm. Slowly lower your hand toward the forearm. Pay attention to anything that you might feel. How close do you come to the forearm before you can feel the energy from it? Remember that the feeling may be one of pressure, heat, coolness, thickness etc. It will feel much like what you experienced between your hands. It may not be as strong, but you should be able to feel it. If you cannot, slowly repeat it. Remember that you are reawakening your ability to consciously be aware of the subtle energies around you.

### History of Aura

The aura was described by Indian and Chinese mystics as long as 4000 BC, and was often known as *chi* or *prana*. The interaction of color and the human electrical field has been used for healing purposes since the time of ancient Egypt in the 6<sup>th</sup> century BC. Pythagoras, The Greek philosopher and mathematician, used musical vibrations and color to heal people.

Many people have seen the aura. The most famous was Nostradamus, the 16<sup>th</sup> century astrologer and physician, who claimed to see the aura of a monk and correctly predicted that one day that monk would become Pope Sixtus V. In nature, the aurora is a luminous meteoric phenomenon with electrical qualities, seen near the North and South poles.

Despite the mystic nature of human auras, they have fascinated doctors and scientists for thousands of years. It has been now proved scientifically that auras do exist. Paracelsus, one of the key figures in medical science in the 16<sup>th</sup> century, believed that a vital life force emanated from the human body. He was the first person to succeed in taking the photograph of the aura of a Croatian engineer, Nikola Tesla, in the 1890s. He was followed by Semyon and Valentina Kirlian in the 1930s. More recently, an inventor called Guy Coggins developed an aura imaging technique in 1980 and an aura imaging

camera is now one of the most popular ways to see your own aura at any given moment of time.

### **Benefits of Reading Aura**

1. Aura is your life force that describes the state of your mind, body, spirit and soul.
2. Aura reading helps to discover what energy / color exudes / emanates from body at present, and how it can be used to make the most of it in future.
3. Aura reading helps to develop intuition and deep insight into the future.
4. Aura reading helps to make personal choices and decisions with firmness and stability.
5. Aura reading help you recognize your secret desires and act upon them.
6. Aura reading makes one more confident, optimistic, fearless and less critical of oneself and others.
7. Aura reading help reveal one's weaknesses and fears that can be overcome with constant effort and self love.

### **Importance of finding Aura first**

Scanning and healing aura is very important as the cause of most illnesses and problems lies in it. By treating the aura, one will be removing the cause and simultaneously healing before they affect the body. Once a problem develops in the body, the problem in the aura becomes worse. Thus healing the aura first helps the person's energy field to accept Reiki more thoroughly. In other words the flow of energy becomes smooth.

## ***Chapter 2***

## Knowing State of Aura

It is very essential to know the strength or state of Aura to get proper direction for the future. It is important to know if it is balanced or does it need strengthening.

### Activity 2:

Use this short questionnaire to determine the state of Aura. For every Yes, you would score 1 point. You may then check the score totals to for your aura evaluation:

Question	Yes	No
I attract people who end up hurting me		
I am envious of my friends		
I get jealous if my partner talks to someone else		
I hate criticism		
My relationships are always complicated		
I do not find it easy to say No		
I do not feel comfortable in a strange place		
I would rather watch television than do exercise		
I have got great ideas but never do anything about them		
I get stressed out by other people's problems		
I feel scared of making my own decisions		
Traffic jams faze me		

### Score Totals

- 11+ Your Aura needs strengthening
- 9-11 Your Aura needs a little more love and attention
- 6-8 Your Aura is in good shape, so keep it that way
- 1-5 Your Aura is vibrant and powerful; Take good care of it

## Seeing your Aura

You can learn to see your own aura. It does require practice, but with knowledge of your predominant aura color, you will know how to make the most of your current strengths and qualities, in tandem with your future goals.

### Activity 3:

#### Candle practice

1. Sit quietly in a darkened room.
2. Do the deep breathing exercise.
3. Light a candle and place it in front of you on a table.



4. Concentrate on the candle flame and watch it flicker and burn.
5. The more still the flame, the better.
6. Focus for a few seconds on the flame and you will begin to see a glow with your peripheral vision.
7. Try to imagine what the colors of the aura around the candle are.
8. Do not do this for longer than a few seconds, because it can tire your eyes.

#### Activity 4:

##### Mirror Practice

1. Sit in front of a mirror - preferably in the evening.
2. Make sure the lighting is dim and that you won't be interrupted
3. Lit a candle.
4. And place it on a table directly behind you.
5. Make sure that it cannot be seen in the reflection, as you look at yourself in the mirror.
6. Concentrate on your image and try to stare into your face in the mirror.
7. Relax and listen to your breathing.
8. Empty your mind of all thoughts.
9. It may take a few minutes before you perceive the glow of the candle around you - illuminating your aura.
10. Remember it takes practice, you may at first only see the candle glow.
11. The image of your aura will change according to your mood, so try the exercise again when you are in a different mood.

#### **Aura Reading by watching Plants and Animals**

Everything living has an aura, even plants and animals have their auras. If it is difficult to read your own aura, then you may practice it on a tree or a plant that shall not be in motion in a breeze or your pet who is sitting still.

##### Plants / Trees

1. Sit in front of a potted plant.
2. Choose a spot near the top or the base of the plant.
3. Let your eyes go out of focus and look beyond the plant, as if you are focusing on an object hanging from a branch or leaf. You should now begin to see the inner white aura of the plant.
4. Try moving your perception around the opposite side of the plant. A lamp could also be placed behind the plant, such that it is not visible to the eye. As you stare

at the reflection, you would see it grow wide and soon you would realize that what you are looking at is a colorful aura.

Plants may not have the color variations which a human being or an animal might have, but you should be able to see if the plant is healthy or if it lacks nourishment or if it is beginning to develop other physical problems.

### Animals

Choose a place around the head area of the animal, and let your eyes go out of focus. Try moving your perception around the animal's body and notice the changes in color variations.

### **Observing Auras of other people**

You can observe the auras of other people by directly looking at someone's brow chakra (third eye or wisdom eye, which is located @1.5 cm 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, softly illuminated background, with no shadows is best. With practice, any uniformly illuminated background (such as a blue sky for example) will suffice.

## ***Chapter 3***

## **Aura Colors**

The colors of Aura are vibrations full of energy, radiating around body in the form of swirling particles. These colors help in revealing secret desires, strengths, weaknesses and the possible directions that can be chosen towards the better future. Aura contains many different colors that change constantly. With each color there are many different tones and shades, each communicating a different meaning. There are however some general interpretations of Aura colors.

## **Aura Color Meanings**

Color can be constructive or destructive. It can stimulate or depress, repel or attract. It can even be male or female in its character. It can reflect positive or negative, and when perceived within the aura it provides a key to the personality, moods, maturity and health of the individual. It reflects physical and spiritual aspects.

It takes a great deal of practice to interpret the color shades seen within the aura. Each color has its general characteristic, but each shade of that color, change that characteristic a little. The location of the color, the intensity and even the from the color takes in the auric field must be considered.

This text is not intended to provide all of the subtle nuances of color interpretation within the auric field. You will examine basic colors and the energies they commonly indicate on physical and other levels. This gives you a starting point to begin to understand what is revealed by the colors of the aura.

The colors closest to the body reflect aspects of the individual's physical condition. They also indicate those energies manifesting and energies further away often indicate the energy that the person will be able to determine time elements of certain energy patterns by the color and the location of the color with respect to the physical body.

### The Rainbow colors

#### **Red**



Red is the color of strong energy, fire and primal creative force. It is the life-promoting energy. It is hot. It can indicate strong passion, mind and will. It is a dynamic color that can reflect anger, love, hate and unexpected changes. It can indicate new birth and transmutation.

It is a color that affects the circulatory system of the body, the reproductive system (sexual energy) and an awakening of latent abilities and talents.

Too much red or a muddiness can reflect overstimulation, inflammation or imbalance. It may reflect nervousness, temper, aggression, impulsiveness or excitement.

## **Orange**



Orange is the color of warmth, creativity and emotions. It is an indication of courage, joy and how social one is. It is a color which can reflect an opening of new awareness—especially to the subtle realms (the astral plane) of life.

Depending on the shade, it can also indicate emotional imbalances and agitation. Some of the muddier shades of orange can reflect pride and flamboyance. It may reflect worry and vanity.

## **Yellow**



Yellow is one of the first and the easiest aura colors to be seen. Pale yellow around the hairline can indicate optimism. Yellow is the color of mental activity and new sunshine. It can reflect new learning opportunities, lightness, wisdom and intellect. The more pastel shades often reflect wisdom and intellect. The more pastel shades often reflect an enthusiasm for something (especially in the pale yellow to white spectrum). Yellow is a color which represents the power of ideas and awakening psychic abilities and clairvoyance.

Deeper and muddier shades of yellow can reflect excessive thinking and analyzing. It can reflect being overly critical, feeling of being deprived of recognition and being dogmatic.

## **Green**



Green is the color of sensitivity and growing compassion. It reflects growth, sympathy and calm. It can reflect a person who is reliable, dependable and open-minded. Bright green moving toward the blue spectrum in the aura indicates healing ability. It is a color of abundance, strength and friendliness.

The muddier or darker shades of green can reflect uncertainty and miserliness. The muddier shades often reflect jealousy and possessiveness as well. It can indicate self-doubt and mistrust.

## **Blue**



Blue, next to yellow, is one of the easiest colors to see in the aura. It is the color of calm and quietness. It reflects devotion, truth and seriousness. It can indicate the ability for clairvoyance and for the development of telepathy.

The lighter shades of blue reflect an active imagination and good intuition. The deeper shades of blue can indicate a sense of loneliness, which on one level reflects a life-long

quest for the Divine. The deeper shades of blue reflect levels of devotion. Royal blue shades indicate the person has found or is about to find his or her chosen work.

The muddier shades of blue can reflect blocked perceptions. They can indicate melancholy, rushing and worrying, domineering, fearfulness, forgetfulness and oversensitivity.

## **Violet and Purple**



Violet is the color of warmth and transmutation. It is the color for the blending of the heart and the mind, the physical with the spiritual. It reflects independence and intuition, as well as dynamic and important dream activity. It can reflect one who is searching. The purple shades often reflect an ability to handle affairs with practicality and worldliness. The paler and lighter shades of violet and purple can reflect humility and spirituality. The red-purple shades can indicate great passion strength of will. They may also reflect a need for greater individual effort.

The darker and muddier shades can reflect a need to overcome something. They can also reflect intense erotic imaginations as well. Tendencies toward being overbearing, needing sympathy and feeling misunderstood are also reflected in muddier shades.

## Other Colors of the Aura

### **Pink**



Pink is a color of compassion, love and purity. It can reflect joy and comfort and a strong sense of companionship. When seen in the aura, it can indicate the quiet, modest type of individual, along with a love of art and beauty.

Depending on the shade of pink, it can also reflect an immaturity, especially the muddier shades. It can reflect truthfulness or a lack of it. It can also reflect times of new love and new vision.

### **Gold**



Gold is a color that reflects dynamic spiritual energy and a true coming into one's own power. It reflects the higher energies of devotion and great inspiration. It indicates a time of revitalizing.

Muddier shades of gold can indicate the person is still in the process of awakening higher inspiration and has not clarified it yet within his/her life. It reflects the alchemical process still being active; i.e.' the person is still working to turn the lead of his/her life into gold.

### **White**



White is often seen in the aura, prior to any actual colors. It is often seen as diaphanous shades. White has all colors within it, and when it does appear strongly within the aura, it is often in conjunction with other colors. This is how you can know whether it is an actual energy color or just a poor perception of the aura. When the white does stand out as a color in the aura, it reflects truth and purity. It indicates that the energy of the individual is cleansing and purifying itself. It often reflects an awakening of greater creativity as well.

## **Gray**



Gray is a color of initiation. It can indicate a movement toward unveiling innate abilities. Those shades of gray that lean more toward the silver reflect an awakening of the feminine energies. Those are the energies and abilities of illumination, intuition and creative imagination.

The darker shades of gray can indicate physical imbalances, especially if seen next to specific areas of the physical body. They can also indicate a need to leave no task undone. Much gray in the aura can indicate a person who is secretive and who is the lone wolf type.

## **Brown**



Brown often appears in the auric field. Although many people think of as reflecting a lack of energy or an imbalance, this is not always so. Brown is the color of the earth. When it shows itself in the aura, especially in areas above the head and around the feet, it can reflect new growth. It indicates establishing new roots and a desire to accomplish. It is a color that can reflect industry and organization.

On the other hand, brown across the face or touching the head may indicate a lack of and need for discrimination. If seen in the areas of the chakras, it can indicate that those centers need to be cleaned. It will reflect in such cases a clogging of their energies. Brown is often difficult to interpret, as it can easily reflect problem areas in the physical, but you must be careful about jumping to conclusions when you see it. Feedback from the other person is the best means of understanding it.

## **Black**



Black is one of the most confusing of colors in the auric spectrum. I have heard individuals say that, when black shows up in the aura, it is an indication of death or terrible disease. I have not found that to be true.

Black is a color of protection. It is a color which can shield an individual from outside energies. When seen in the aura, it can reflect that the person is protecting himself or herself. It can also indicate that person has secrets. There is nothing wrong with that, as long as it is not taken to extremes. Black can also indicate that a new understanding of burdens and sacrifices is going to manifest.

Black can also indicate imbalances. Physical imbalances often show up as black or darkened areas in the aura around the physical body. The location provides clues to this. In the outer edges of the aura, black can indicate holes in the auric field. I have seen this in the auras of those who were victims of child abuse and those who are or were strong substance abusers (alcohol, drugs, tobacco etc.).

## **Silver**

Another aspect that I have observed should be mentioned. I have often seen within the aura what look to be soft, twinkling lights. They are usually very sparkly and silver in color. I have found that they indicate one of several things. These "twinklies" as I call them, are almost always a sign of great creativity and fertility. When they appear within the auric field of a person, it indicates that greater creativity is being activated within the individual's life.

## **Weakening of Aura**

The aura is weakened by:

1. Poor diet
2. Lack of exercise
3. Lack of fresh air
4. Lack of rest
5. Stress
6. Alcohol
7. Drugs
8. Tobacco
9. Negative habits
10. Improper psychic activity

## **Strengthening of Aura**

It is very essential to make your aura harmonious with the internal and the external world to make yourself free of from disturbances and imbalance.

### Technique 1:

You can strengthen your aura by simply sitting in a calm, relaxed atmosphere, holding a piece of quartz crystal in one hand and breathe deeply and slowly. Focus on your hand and the power of crystal energy. Imagine your own auric energy merging with the crystal energy for two to three minutes, to restore your own life-force. This exercise is recommended everyday if you had a high score in the questionnaire. Afterwards, tell



yourself that your aura energy is harmonious and that you are going to take good care of it.

### Technique 2:

Sometimes you feel drained out after meeting a particular person. You feel confused whether to assert this in front of others or that person about this drained out condition or just to accept it as it is.

It is easier just to correct the situation without saying a word about it. You can control whether another shares your energy or not. One of the simplest methods is to close your circuit of energy. There are currents of energy flowing through your body and around it within the auric field. You can close them down so that your energies only circulate around your own auric field and throughout your body. You prevent your energies from being drawn off from the aura, and you prevent your aura from drawing in another's energy.

You cross your feet at the ankles and bring your thumbs and fingers together so they are touching. (If you wish, you can use just your thumbs and index fingers.) This closes your circuit. Your energy will not go out from you.

The next time you encounter your friend who drains you, assume this posture. Simply rest your hands casually on your lap, touch your fingers and cross your ankles. It is casual and simple, and no one will suspect you of anything. You can also do this when on the phone with such people.

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