



AURAS: UNRAVELING THE MYSTERY

by Lois Sciligo



Are there times when you've felt uncomfortable in crowded places? Were there moments when you felt someone had invaded your space? That is a reaction triggered by your aura. Someone else's, maybe many someones' aura was intruding or clashing with yours.

When you feel uneasy in the presence of a particular person, or you enter a room and have this sense that something is wrong, you are feeling that strong electromagnetic field that is commonly known as the aura.

People who are highly sensitive or empathic can feel this energy force in a room full of people, where varying energies, positive and negative, are being interchanged.

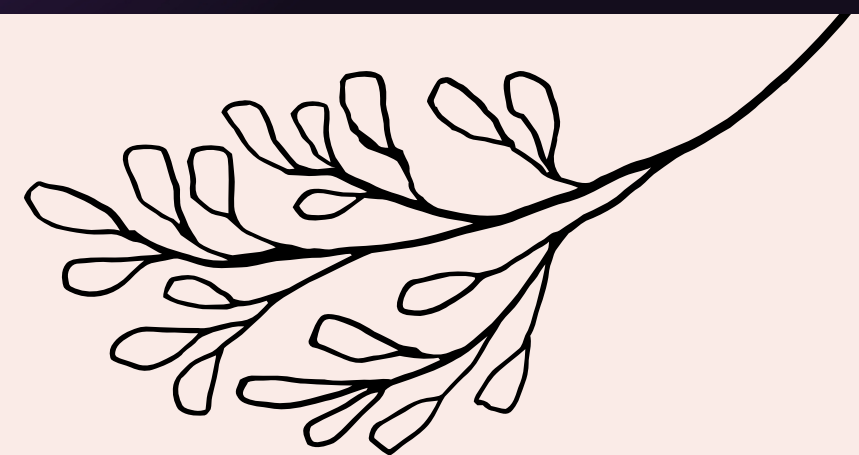
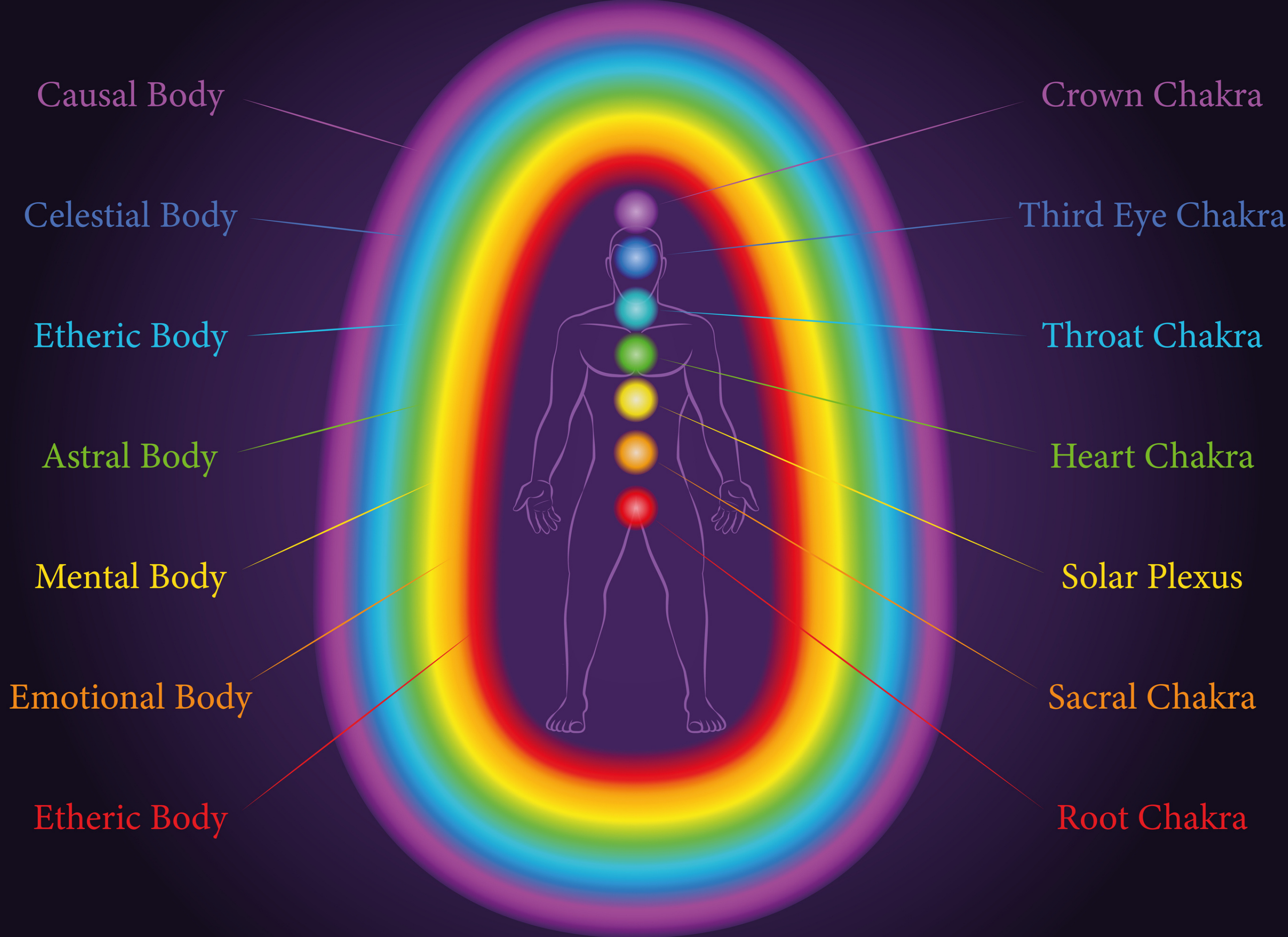
Our very energy affects other biological organisms' molecular structure: Ours and every biological entity around us.

This field extends our energies around our physical body. Be it strong or weak, fair or otherwise, light and bright or dull and dense, it's there for anyone to read and feel.

It's generally believed that our energy field expands away from the body approximately 2 to 3 feet on all sides, even below your feet into the ground.

Those who can see aura mostly observe the mental and etheric layers or planes. These are the colorful layers of the aura. While there are seven aura layers, the most accessible to human perception is the first three layers surrounding the human body.





The Auric Layers or Templates:

Physical or Etheric Aura

Closest to the body is the physical aura. It represents the body's physical growth, strengths, and weaknesses, physical sensations both pleasant and unpleasant. This band is strong in athletes and people who are in touch with themselves - enjoy life's pleasures like food, comfort, sex, etc. This layer represents physical health and is connected to the Root Chakra.



Emotional Aura

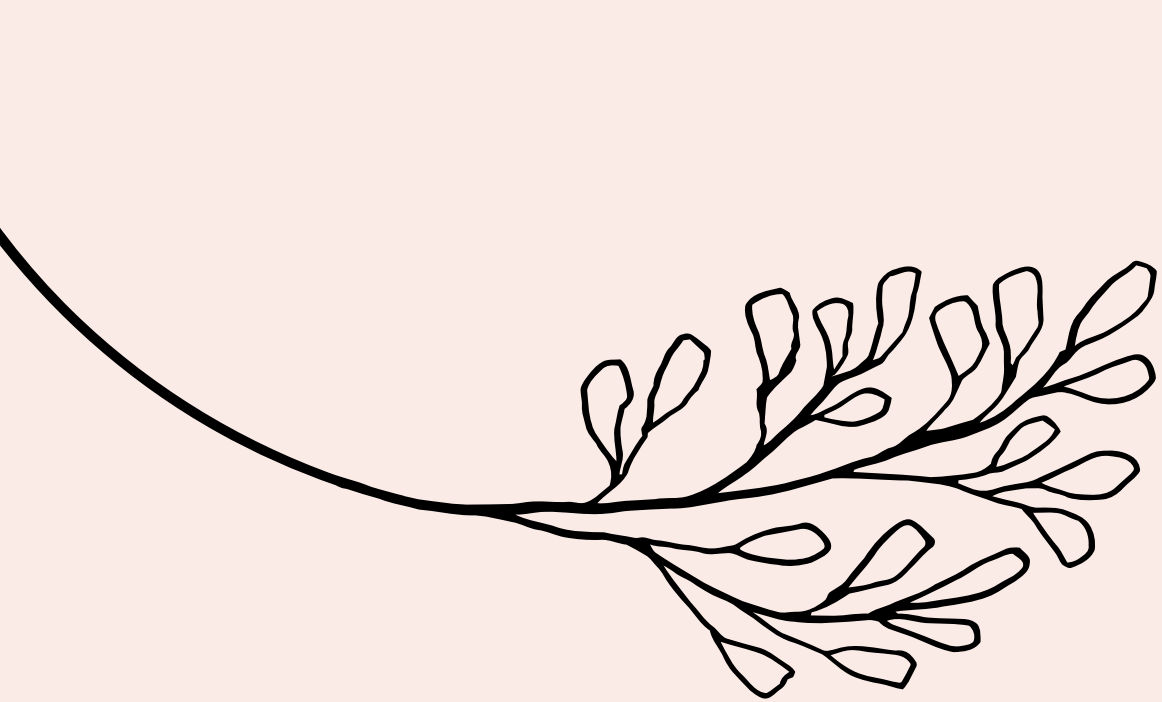
Moving away from the body is the second layer, reflecting the person's emotional moods and mental feelings about oneself. Any block in this area slows down the flow of energy. This part of the aura is changeable and fluctuates through the day, depending on the mental and emotional stimulations one feels. It changes color depending on your mood and will appear dull or smudged if you're experiencing emotional turmoil. This layer is connected to the sacral chakra.

Mental Aura

This plane has to do with logic, reasoning, and thought processes such as rules, regulations, judgment, and discipline. It is related to the processes of your ego as well as your personal power. This layer is often represented by yellow radiating about your head and shoulders extending around the whole body. This aura is connected to the solar plexus chakra.

Spiritual or Astral Aura

This aura is the bridge between the lower vibrations of the physical plane and the spiritual plane of higher vibrations. It reflects the energy of our spirit. Mental sluggishness and negative thoughts collect here. It's essential to keep this aura clear as it connects you to higher dimensions of reality. As the layer of love, both specific and universal, it is connected to the Heart Chakra.



Etheric Template

This layer holds the blueprint of all that exists on the physical plane associated with aspects of the physical body. Energy Healers work this plane to identify illnesses and restore balance in the lower etheric body. It reveals dis-ease long before symptoms manifest physically. This layer is connected to the Throat Chakra.

Celestial Aura

Composed of light, this is the level where your dreams and intuition are stored. It is the plane that gives you access to higher qualities of feelings, thoughts, and manifestations. Someone with a strong celestial aura plane tends to be highly creative. Connected to the 3rd eye chakra, this is where your spiritual connection and the process of enlightenment begins.

Ketheric Template (also knows as the Causal Plane)

This is the strongest, most resilient layer of your aura. This plane reflects every experience or event that your soul has ever experienced as well as the life plan and soul contract of your present incarnation. Vibrating at the highest frequency, it harmonizes all the other layers. Associated with the Divine or Universal Consciousness, it is connected to the Crown Chakra.

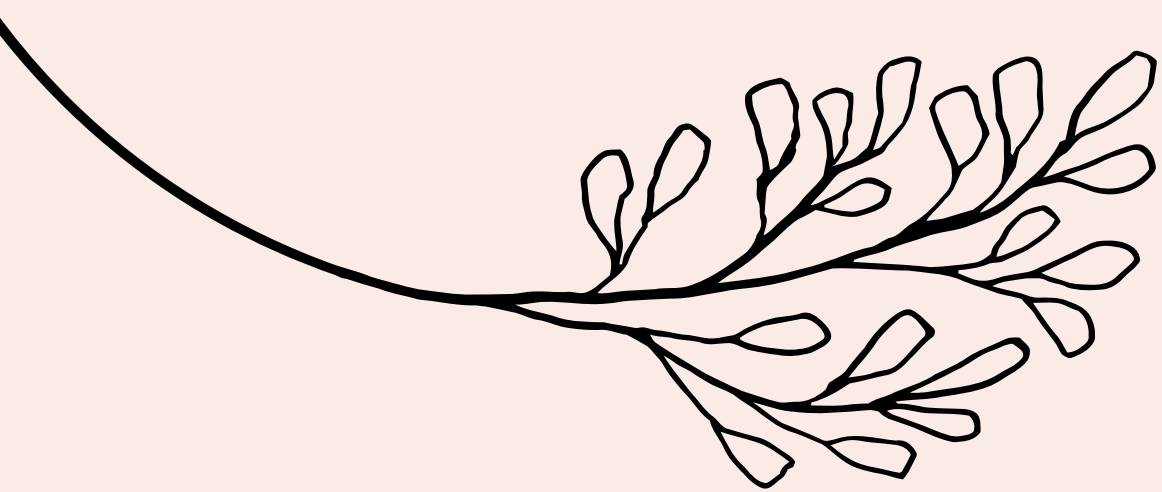


Reading the Aura

These energies show us what and who we are. Affected by our thoughts, the environment, and lifestyle, they reflect our health, character, mental activity, and emotional state. Your energy level and the way you move your body also greatly influence your aura's size.

Stress, trauma, and emotional pain can show as distortions and blocks in your magnetic energy field long before they manifest as dis-ease in the physical plane, your body. Your whole energy system can uncover essential information to expand your life with new insight, growth, and power.

Auras can be seen with our eyes wide open and psychically with our eyes closed. Auras are best seen under a soft light. You can check your aura by looking at a mirror against a light color background with dim lighting. Looking beyond the object and not focusing on it, you will see a faint light area around the thing. Auras are observed more prominently around the hands, between the shoulders, neck, and head area.



Auric levels can be read separately or in conjunction with each other. While the colors are not physically separated by a line or space between them, calling them layers might lend to thinking there is a separation between them. Though the layers do not intermingle, they do interrelate.

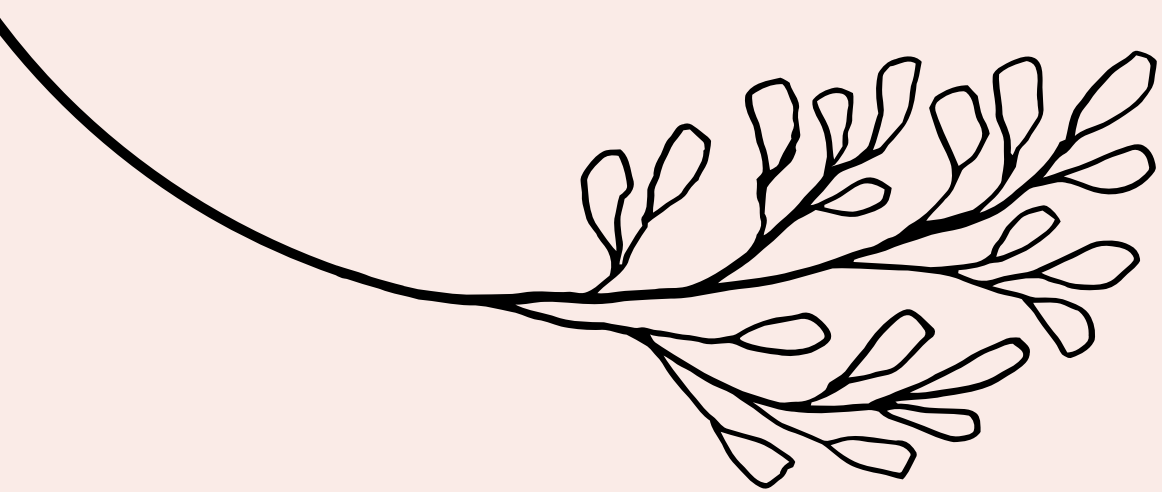
One color may be more dominant than another. There is no hierarchy involving the colors and their placement in the aura. The colors are only indicators of the person's current state and can be read to strengthen the positive and/or help alleviate problems.

Remember, as living things change, so do the energy fields. We continuously balance our energies as we develop, solve our problems, overcome adversity, and work through inhibiting blocks.

When reading an aura, do not stop yourself after you have sensed the colors. Recognizing the colors is the beginning of the aura reading. Verbalizing what you see is a method to define what you see, enhance the flow of your intuition, and helps with an insightful reading.

You could see one color or a combination thereof. The colors may grow stronger or brighter as the reading progresses. Rely on your ability to interpret responsibly with a clear mind on what you see or sense.

When people are comfortable with one another, their auras tend to compliment each other attractively.



There are many variables to an individual's aura. Some of these variables include mental and emotional state, health, and connection to the energies around them and the planet. The stronger their energy, the more they are interconnected. This is often true among people who are empathic and intuitive. Their fields tend to be expanded. When someone is holding unhealed trauma and emotional attachment to subtle energy forms in their aura, empaths quickly pick up on those energies.

Learning to control your subtle energy can help you regulate the energy you are interfacing with. Learning about auras helps you to raise your intuitive faculties.



Preparation for a Reading



Create the right environment:

- Find a white or neutral-colored wall or backdrop
- Lighting should be soft such as indirect natural light.
- Eliminate distractions and interruptions



Preparing your subject:

- Ask your subject to wear something that is not too busy with color or patterns. Neutral, light tones are best.
- Have them stand or sit against the chosen backdrop approximately 10 feet away from you.

Preparation for a Reading



Preparing yourself:

- Take a few deep cleansing breaths
- Ask your intuition to show you your subject's auric field
- Relax your body and set your energetic intention



Doing the Reading:

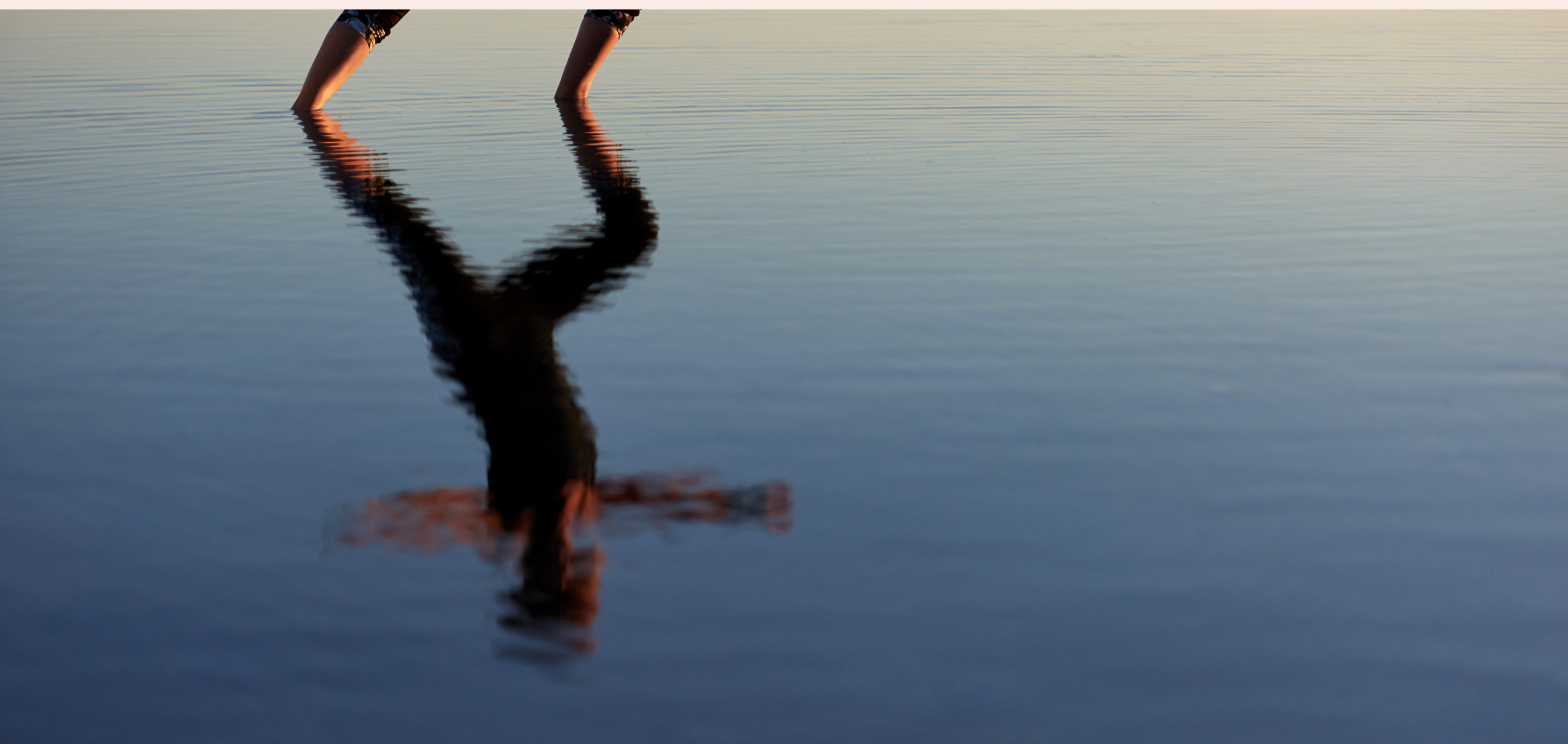
- As auras are best seen in our peripheral vision, focus your gaze on the center of your subject's face for 30 to 60 seconds.
- Allow your gaze to soften and fall slightly out of focus.
- As you begin to see haze around the edges like light or transparent color, move your eyes to the forehead.
- Don't look directly at the aura; keep it in your peripheral vision.
- Now, peripherally only, start observing the outline that's formed around the person.
- As you do this, the aura will become more defined.

Reading Your Own Aura:



Reading Your Own Aura:

- Follow the same steps to prepare the stage.
- Stand in front of a neutral backdrop and look into a mirror.
- If you don't have a mirror, you can read the aura around your hand by placing it in front of a white surface or piece of paper.

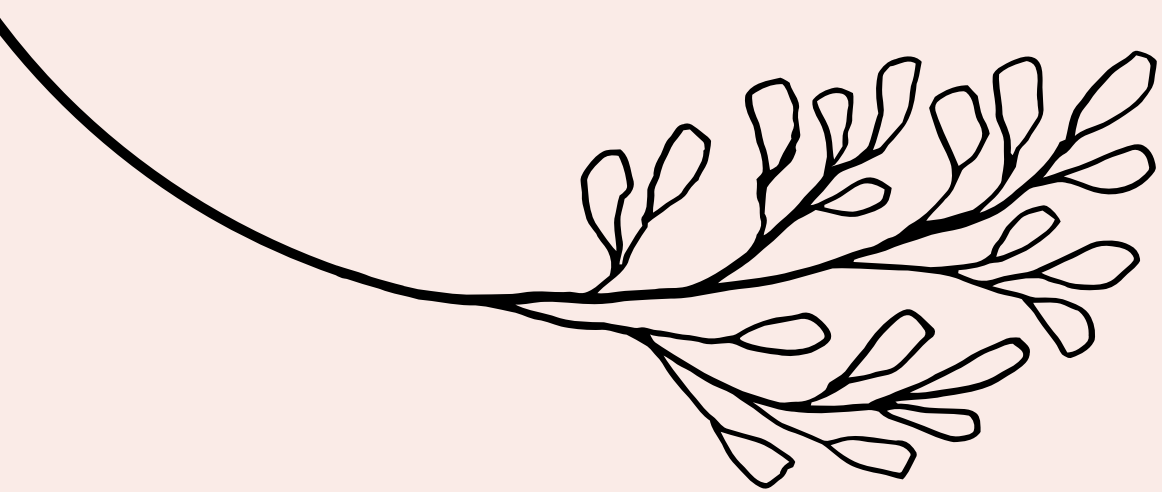


Maintaining a Healthy Aura



Balancing your aura helps reduce stress and anxiety. If you do it regularly, you will notice the increased energy, feeling more peaceful and relaxed, have more joy, confidence, enthusiasm, and a greater sense of well-being.

There are many ways to cleanse and balance your aura. Each one presents a unique opportunity to release negative energy and take in light. Some of these can be performed as daily rituals. Some may already be a part of your spiritual practice.



Breathe work

While there are many ways to do breathing work, this one is simple and direct, known as Kundalini's "breath of fire": breathe in deeply through the nose and exhale in tiny, sharp breaths, pumping the diaphragm; continue inhaling and exhaling in these same tiny and quick breaths, all the while pumping the belly for at least 3 minutes.

Free Form Writing

Sit with a piece of paper and writing tool and allow your thoughts to flow onto the page. Don't re-read or give it much thought. Don't do this writing in your Journal as you will then toss away or burn the pages.

Smudging

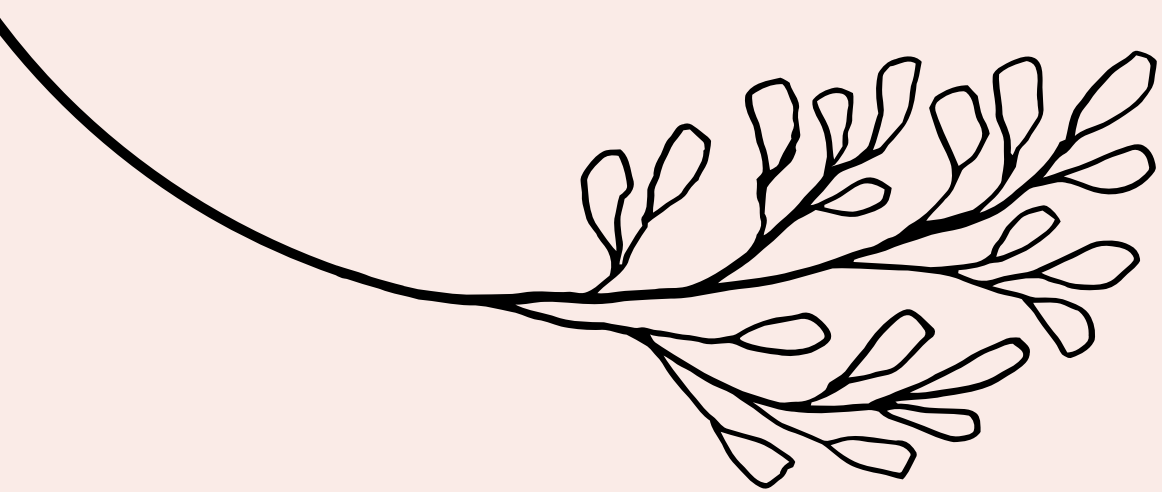
Use any of the herbs, including sage, thyme, and cedar. Light the bundle of herbs like an incense stick and pass the smoke gently over every part of your body.

Salt Bath

Add a few drops of eucalyptus or lavender essential oil and a cup of Himalayan sea salt. You can also add sandalwood, sage, and rose to enhance the cleansing effect.

Walk in the Rain or shower

Step out into a gentle rain or the shower and allow the drops to soak you as you visualize negative energy being washed away from your body into the ground or down the drain.



Aura combing

With clean, dry hands, begin to comb the area around you from the top of your head to your toes while keeping the visualization of your aura in your mind's eye. Wash your hands after clearing the negative energy.

Chanting

Mantras or positive affirmations is one of the most effective methods of aura cleansing. Sitting in a quiet place, imagine yourself surrounded by a white light. Image the light transforming to violet. Close your eyes and start chanting mantras and positive affirmations that resonate with you. Repeat until you feel the message vibrating through your body. Do this daily to strengthen your energy field.

Crystals

The best crystals for aura cleansing are amethyst, moonstone, blue lace agate, selenite, black tourmaline, and lepidolite. Please make sure the crystals are cleansed and recharged before using them. They can be worn as jewelry or in an amulet bag. Some, such as a selenite wand, are effective when moved through the auric layers.

Please note that protection tools like blocking and shielding can be harmful and ineffective if you have not cleansed the auric field first. You will be keeping unwanted negative energy out, but you will also be trapping negative energy within.



Interpreting the Auric Colors

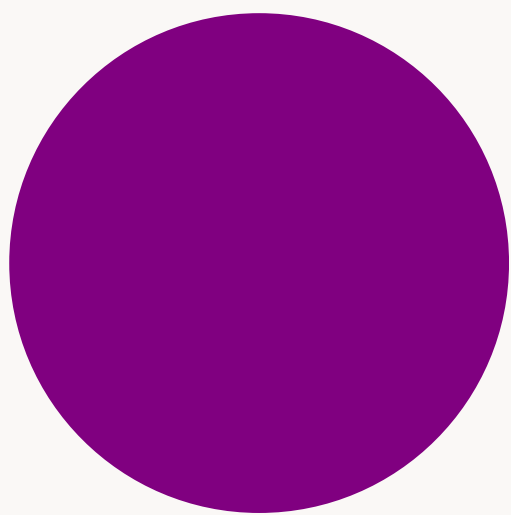


Colors are an essential aspect of aura reading. However, when non-physical energy combines with our body, it is confined to density, light, and form limitations. Note areas where colors are dull; do you see holes or patchy areas within the colors? Trust your intuition when doing a reading. You may sense more than you see.

Each layer of your aura is said to be represented by a different color. Some believe that how these colors vary and interact will reveal how emotionally, spiritually, and physically complex we are. For example, the brighter the color, the more vibrant the energy. Some layers may be dull if stress, depression, or physical illness are present. Aura's change over time, and colors come and go.

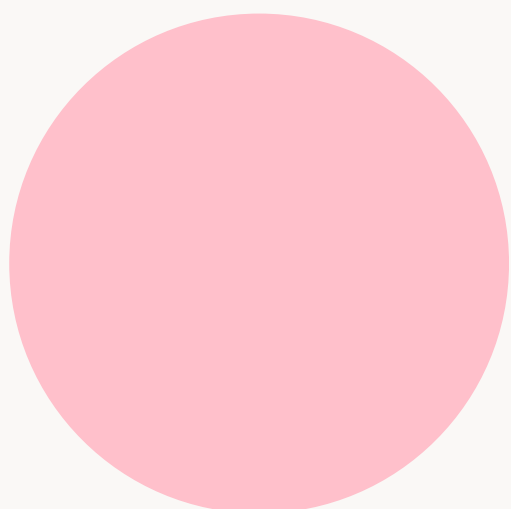
The Meaning of Colors

Purple



Purple is the color associated with healing and cleansing, and its presence in an aura indicates the soothing of pain on conscious and physical planes. Where it shows up on the body can suggest different things such as pain or injury. The color of intuition, a deeper purple hue, shows a strong-willed and passionate person.

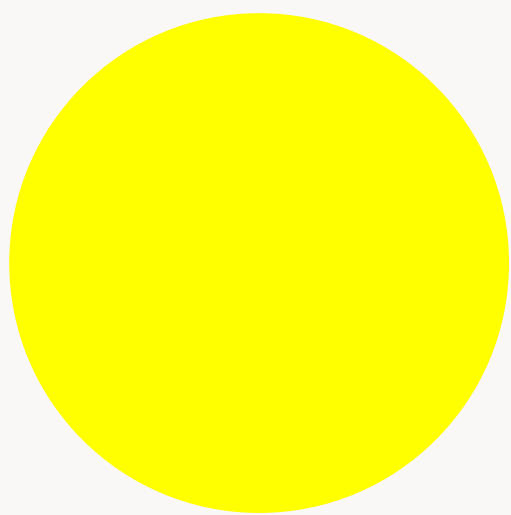
Pink



Pink is the color of love and honesty and depicts the quieter side of an artistic and creative person. Pink as a primary aura color is rare because most people don't tap into their sensitive side to establish those long-lasting human connections desired. The traits of someone with pink in their aura include self-discipline, loyalty, lively imaginations, and generous spirits. Vivid pink indicates psychic abilities, while dark pink may show immaturity or changes in one's love life. Dull pink suggests that someone is lying.

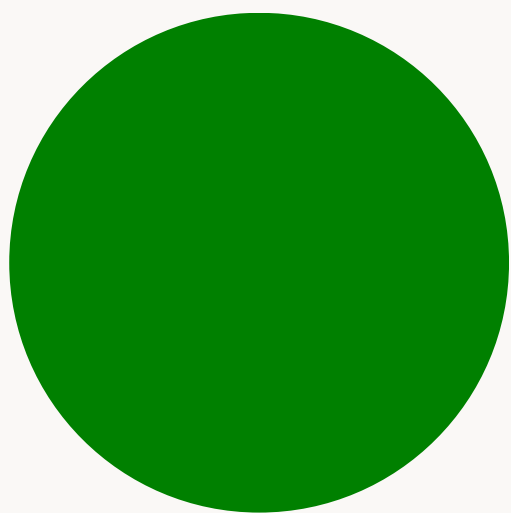
The Meaning of Colors

Yellow



People with yellow auras signify someone who is sunny, pleasant, and charismatic. They may have a magnetic personality that attracts people to them. Yellow around the head can indicate a person who is well-balanced and intelligent. An intense yellow aura shows confidence and empowerment. Light yellow indicates new beginnings, optimism, and hope.

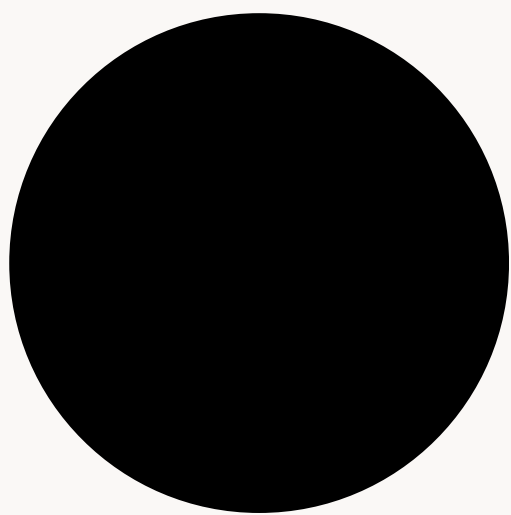
Green



Green auras can vary in shade and intensity. Generally associated with generosity and harmony, variations in green can indicate the commitment and desire to your journey and path in life. People with green in their aura are dependable, empathetic to others, and may even have healing abilities. A murky shade of green can indicate a lack of confidence or envy. Blue-green auras combine some of the best qualities of blue and green. People who have this color in their aura are very calming and grounding.

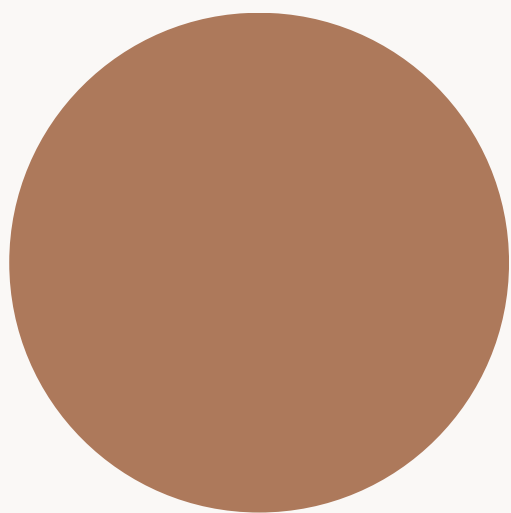
The Meaning of Colors

Black



Black in an aura is a confusing color. There is nothing wrong with black in one's aura. It's not the same as a dark, murky, or dingy aura. Black generally means one is shielding oneself from outside energies. However, it can also mean being unbalanced; one is hiding something or keeping secrets. A black ring around a child usually indicates some form of abuse, adults who have not dealt with early abuse will carry this black ring until they have healed.

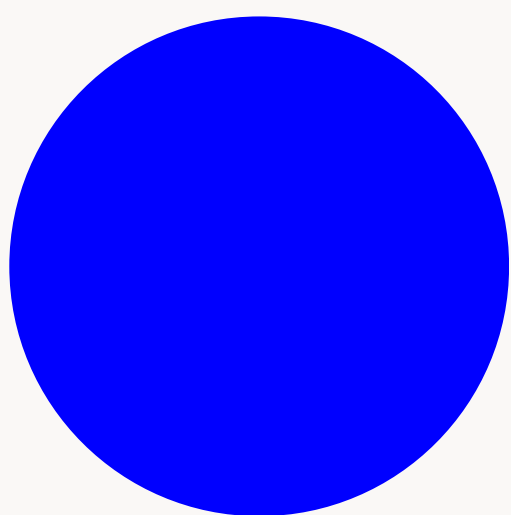
Brown



By itself, brown can indicate a lack of energy or stagnation, reflecting a disturbance in life. When mixed with other colors, it can indicate growth or a need for growth in a person and a need to address underlying issues. Seen around the head and with other colors emanating in combination, it indicates a person who is developing mentally, intuitively, and organizing within.

The Meaning of Colors

Blue



Different shades of blue may be present when viewing the aura and represent different things. While commonly connected with being a good communicator, having confidence, and being trustworthy, a murky blue might show difficulty with speaking up for oneself or loneliness. People who are intuitive and gifted have varying shades of blue in their aura. Intuitive people will show pale blue coloration within the purple bursting out like rays of sunshine emanating from the heart outwards. An intense blue shows devotion, honesty, and good judgment. Not all blues are positive - a muddier shade of blue indicates a domineering person, a tendency towards depression, or oversensitivity.

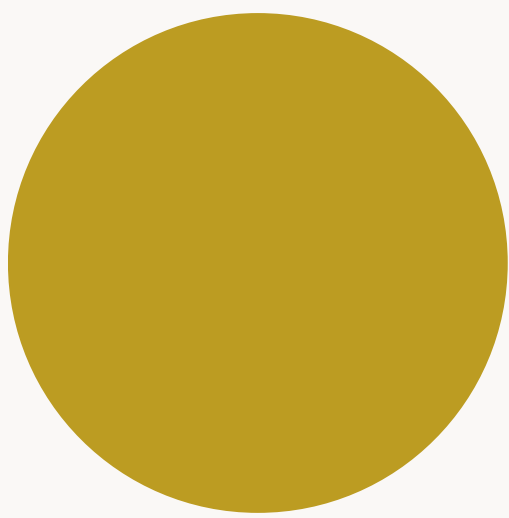
Gray



A mixture of positive and negative, a gray aura can indicate someone having difficulty accepting the blessings in life or someone who lacks direction or is uncertain of their path. Darker gray can mean secretiveness or physical imbalance.

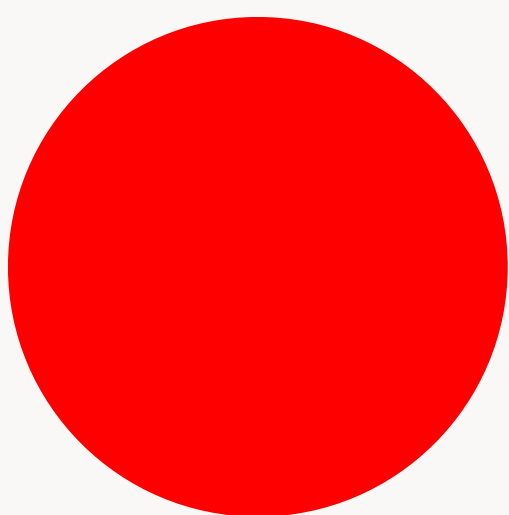
The Meaning of Colors

Gold



Someone who has unleashed their spiritual power and lives in spiritual attunement will have gold in their aura. While a gold aura may not always be consistent, one who is feeling inspired, revitalized, or illuminated may see it come and go. Traits associated with the gold aura color include integrity, respectfulness, self-discipline, understanding, and mindfulness. Muddy gold means one has not come to terms with one's higher self or is living in a perfectionist reality that is unsustainable and exhausting.

Red



Red seen in an aura indicates intense passion, physical prowess, and energy. People who are successful and have powerful personalities will have some shade of red in their aura. The lighter the shade, the more compassionate and sensual they will be. Murky or muddy shades of red indicate they may be prone to violence and anger.

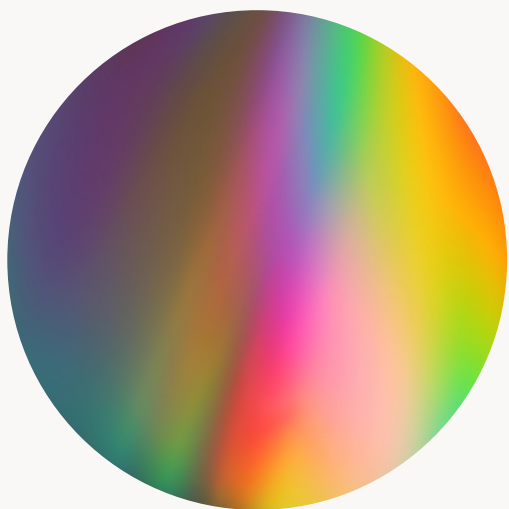
The Meaning of Colors

Orange



Bright orange in an aura means one is growing emotionally and paranormally. They tend to learn lessons from experience rather than theory and often have to learn things hard. The traits of someone with an orange aura are courageous, adventurous, thoughtful, considerate, self-assured, detail-oriented, but can sometimes lack self-discipline. Orange is associated with the body and sexual energy. A dull shade implies a person is unsure how to accept personal growth and change.

Rainbow



We can typically read one or two colors in an aura. When more than two colors are present, that is considered a rainbow aura. More colors indicate a healthy person, able to handle multiple energies, and flows at one time. They may be in the midst of change. While they may feel energized and confident, this busy energy can lead to burnout and overwhelm.



**Please note: Due to the many ways that the auric field is perceived, sensed, and interpreted, this description and my statements about the auric layers are based on generally agreed upon knowledge as well as my own experience and should not be seen as absolute.*

**The information provided here is not offered as medical advice and should not be considered medical advice. Nothing contained here is intended to be used for medical diagnosis or treatment, and is not intended to replace a one-on-one relationship with a qualified healthcare professional. Always seek the advice of a physician or other qualified health care professional regarding any mental or physical health condition or treatment.*