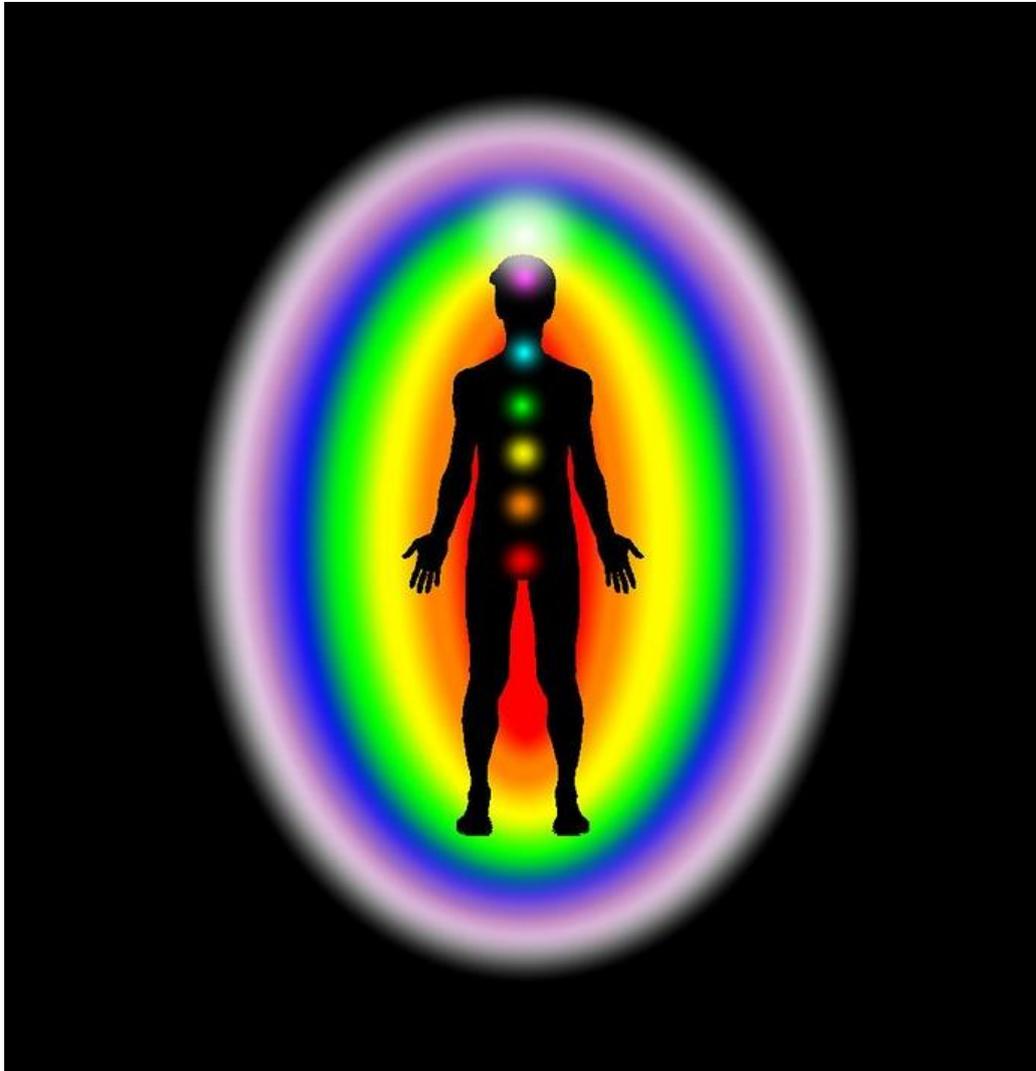


Understanding Auras



Written on behalf of Luna Holistics©



Understanding Your Aura

Colours and intensity of the aura, especially around and above the head have VERY special meanings. Watching someone's aura you can actually see the other person's thoughts before you hear them expressed verbally. If they do not agree with what this person is saying, you effectively see a lie every time. No one can lie in front of you undetected. We cannot fake the Aura. It shows our True Nature and intentions for everyone to see.

Also, aura is our spiritual signature. When you see a person with a bright, clean aura, you can be sure that such a person is good and spiritually advanced, even if he/she is modest and not aware of it. When you see a person with a gray or dark aura, you may be almost know, that such a person has unclear intentions, regardless how impressive, eloquent, educated, "good looking" or "well dressed" he/she seems to appear.

The aura is an energy field, which emanates from the surface of a person or object. Everyone and everything has an aura. The field of energy around our physical body forms our aura and is visualized as an outline of cascading colour. Every thought, feeling and experience we have affects the vibration of this energy field.

Recognition of the fact that humans are surrounded by an aura dates back through the millennia - Christian saints are traditionally shown with a halo around the head, the ancient Egyptians did the same for their gods or important human beings, as did the Hindus, Buddhists, Greeks and Romans.

The aura is generally recognised as having seven layers. The outer auric layers are concerned with the soul and spirit while the inner layers relate to the mind, emotions and health.

The aura is oval in shape and is made up of fibrous light surrounding the whole of the physical body. To some, it is like a heat haze radiating all around the person, shimmering with light and energy. It has every colour imaginable including those that are beyond the visible spectrum and connects us to the vibrations around us.

The colour vibration emitted from the physical and etheric bodies extends 3-4 inches around the body. See how that colour can describe your personality and what your future may hold in store.

What Do The Colours Mean?

The colours surrounding your body might change several times a day. The energy reflects how you feel and will change with your mood. For most people, several

different colours appear within their energy field at one time. Aura photography is now in great demand. Everyone has energy around him or her, and each aura is unique. Your colours can change according to major life changes. A divorce, new job or baby can all alter your colours and show you where there is particular stress involved.

How Do I Read An Aura?

It's quite simple. When you have found the person whose aura you want to read, stand facing them, close your eyes and take several deep breaths. When you feel ready to open your eyes again, stare at the person, making sure you feel as though you are almost seeing straight through them. You will then see the figure in front of you start to blur.

Then What?

One of the first colours you'll probably see will be white. Soon after other colours may start to appear in splodges. If you can't see them, imagine a colour instead. The first colour to pop into your mind is more often than not the colour of the subject's aura. Rub your hands together, and then place them above the person's head. Slowly move your hands towards and away from the head, and once you have linked with the aura you may feel a sensation of tingling, heat or even coldness. With practice, you will learn how to relate the sensations and colours you pick up to specific things going on in someone's life. Below is a basic list of what certain colours indicate.

Aura Colours – What They Mean

White – denotes purity, joy, innocence and healing powers

Purple – denotes a strong spiritual character, wisdom, power, pride and a sense of justice.

Blue – shows someone is tranquil, creative and sensitive, with a gift for healing.

Green – hints at material wealth, but can also be a sign of emotional stress.

Yellow – shows a happy spirit, with sharp intellect and a zest for life.

Orange – indicates an ambitious, sociable nature.

Red – lusty and passionate, also implies courage, strength, vitality and severity.

Grey – can reveal that someone feels trapped.

Pink – shows a romantic soul who is loving, kind and a good friend. Highly fertile.

Black – can show past trauma and illness.

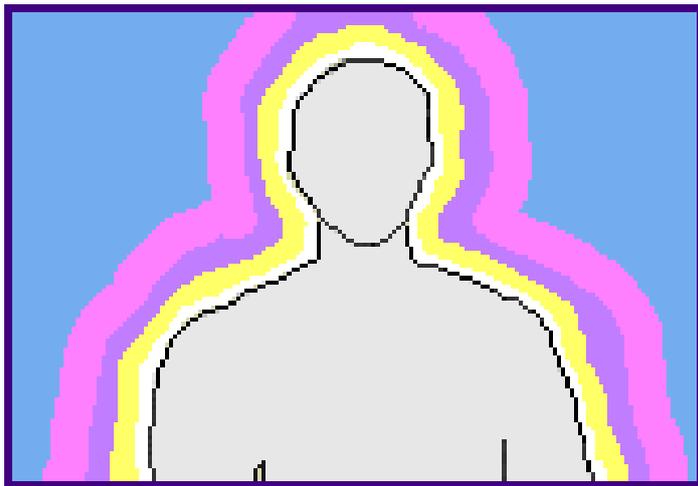
Gold – highly spiritual, working with the divine.

Brown – a down-to-earth, grounded personality.

Did You Know?

Some children up to the age of 5 can see auras without being taught.

Scientists believe that it's the electromagnetic energy field that surrounds our bodies. Visible to those who are tuned in and through aura cameras, it looks like layers of coloured clouds, one on top of the other. The appearance of your aura suggests your personality and mood. Experts can also pinpoint any stress or illness you may be experiencing.



Exercises

Mirror Watching

This is a technique used to practice reading your own aura. This can be more helpful and valuable to you because you are not watching someone else who could become restless and impatient. But at the same time, many people have difficulty in being objective with themselves. This exercise should be used to practice seeing the aura and not necessarily interpreting it.

Sit in front of a mirror. Place a small lamp, with a white shade, on a table to the left or right of the mirror. Be sure the light does not reflect in the mirror or is uncomfortable to your eyes. Begin by looking at your shoulder and neck area in the mirror. Let your eyes go out of focus, as if you were looking beyond your body's

reflection. After some practice you should begin to see a white glow or outline, about 1 to 2 inches wide, around the shoulder and neck. This is your inner-aura.

Perceiving Colours

Now that you know what to look for, sit in front of your mirror as in Exercise 1. Practices seeing the white inner aura once again, only this time, try to move your focus to the outside line of the white glow.

As you practice, you will begin to see the white outline grow wider. However, there should be a slight variation in the colour, off white as opposed to snow white. As you watch the aura form, you will be able to see slight colour emerge around the edges of the white aura. They maybe faint and cloudy at first, but keep watching and practicing. This is the beginning layer of the middle aura.

Perceiving Shapes

To perceive shapes in and around the aura, you need to be able to see the entire aura. You should be able to look at all the sections and layers as if they were one big ball of energy. Return to your mirror and lamp as in Exercise 1. Find the white outline, move your vision out and practice seeing the colour variations once more.

Each time you practice, try moving your focus up to your head. If you lose the perception, begin again. You should be training your insight to focus on the aura regardless of where your physical eyes are looking.

You should be able to move your vision around the entire body. Not just the outlined area, but in front of your body as well. In other words, you should be able to look at the stomach and perceive the energy that exists in front of the body, not just the illumination on the sides.

Try looking from one shoulder to the other, following the line of energy around the outside of the body. At this point don't try to go across the neck. In this case a straight line may not be the best way to your destination. Try to keep your perception as you move your vision past the ears, around the top of the head and back down the other side to the opposite shoulder. When you can move your eyes without losing the perception, try moving your sight to the centre of your body. Look at your throat and upper chest area. If you have a full-length mirror, move your eyesight down to your stomach and legs. You should notice a variety of colours depending on the location you're looking at. You may see a gentle shade of blue around your chest, but as you move your sight down to your stomach, the blue begins to mould in with a light green. The colour within that same layer may change again as you move your sight to another part of your body. As you practice, the layers will grow wider and it will take less time for you find the aura.

Distinguish Consistent Energy

This is maybe the most difficult exercise to conduct upon yourself, so an alternative would be to practice with a friend or while you are in a meeting or at a lecture. Focus on the speaker or the other people around the conference table. If these options are not possible or you don't feel comfortable practicing on someone else, go back to your mirror and lamp as in the previous exercises.

Try to see the white outline, and then move your eyes farther out to perceive the entire aura. Focus on the colour variations, the location and shape of the energy. If you're reading someone else, continue to watch their aura as you take notice of their emotional state. If they're laughing or happy, do you see any sudden bursts of pink around the chest area? If they're stressed or upset, do you see any spikes of brown or red?

Because inconsistent energy is not always present, it may be difficult to practice this exercise. But you should try. Perceiving these energies will help you know when you can or shouldn't deal with other people. So don't give up, just practice.

Other Exercises

Plant Watching



Everything living has an aura, even plants. If you find it difficult to read your own aura, practice on a tree or plant that won't be moving in a breeze. Sit in front of a

potted plant. Choose a spot near the top or at the base of the plant. Let your eyes go out of focus. Look beyond the plant, as if you're focusing on an object hanging from a branch or leaf. You should begin to see the white inner-aura of the plant. Keep your focus on the white aura and try moving your perception around to the opposite side of the plant. You might try placing a small lamp behind the plant, to illuminate its leaves and branches. Set the light behind the pot so you cannot see the bulb; make sure the lamp does not hurt your eyes in anyway. This illumination can help trick your physical sight to focus on the slight reflection of the light. As you stare at the reflection, you may notice it grow wider and soon you'll realize that what you're looking at is a colourful aura.

Now remember this is a plant, it may not have the colour variations that a human or animal might have. But you should be able to see if the plant is healthy or if it lacks nourishment or if it's beginning to develop other physical problems.

Animal Watching



This technique can be difficult, especially if your pet does not want to sit still. But it's a great exercise to practice your technique on an independent subject.

Choose a place around the head of the animal, and let your eyes go out of focus. Use the same techniques you might use on yourself in the Mirror exercise. Try moving your perception around the animal's body and notice the change in colour variations.

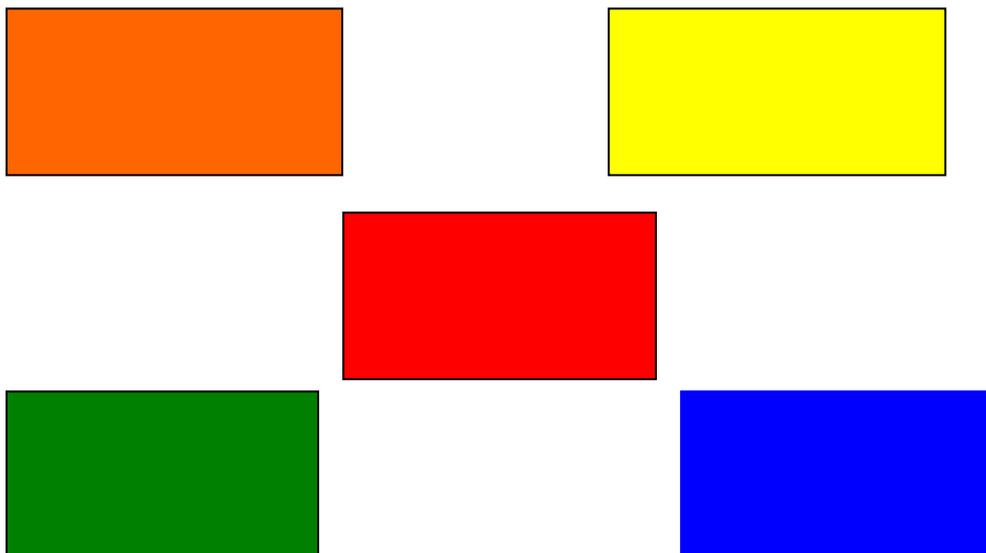
Quick Practice Ideas

The great thing about practicing aura reading is that you can do it anywhere. These are just a few suggestions you may want to try. Simply use the same techniques as previously discussed and open your inner eyes to all the energy around you.

If you're attending a meeting or presentation at work, try focusing on the speaker. You may notice sudden changes of colour in their inner aura. They may feel more comfortable speaking about a particular area of their presentation, but as they move into slightly unfamiliar territory, their aura will reflect the drop in confidence. Everyone likes to stand or sit at the beach and watch the waves roll into shore. Take a moment to watch the waves, focus on the outline of the top of the water, or the white foam of the wave as it curves over and crashed upon itself. The first time I tried this exercise, I was amazed at the electricity my inner vision perceived. It was truly a beautiful sight. Hold an object (a car key or a crystal) for 10 to 15 minutes. Visualize your energy imprinting itself onto the object. Sit the object on a table and focus on the energy residue you've left behind. The colour you see should match the emotion you imprinted on the object.

Now Just for Fun...

Close your eyes for 12 seconds, when you open them, choose the colour you feel most drawn to at that particular moment, then read what your personality type is and your future.



Don't read the next page until you have chosen your colour!

Red - You are a born leader. Determined, impatient person, who likes to enjoy life. You have loads of energy and no matter what you do you want to do it bigger and better than anyone else. You are brave and optimistic. You will always be the first to help out in times of need or crisis. Taking a back seat just is not your style. You deal with others in a direct manner and take people at face value.

Your future - A new romance when least expected is in the air, prepare to meet someone who will sweep you off your feet.

Orange – You are no doubt a happy-go-lucky-soul and try to see the best in everyone. Spiritual matters fascinate you, and you love to read up on as much as you can to do with new age subjects, including astrology and astral travel. New faces and places are important to your well being, as is change to energise and invigorates your soul. You have a sharp sense of justice and will not be afraid to speak out if you feel there is an unfair situation to be dealt with. Generosity of time and money come naturally to you and you enjoy sharing all that you have. You always manage to see the funny side of life.

You're Future – Travel in the near future will bring you luck, love and happiness.

Yellow – You are gentle, down-to-earth, cheerful, practical and helpful. Animals are drawn to you, instinctively knowing that you will care for them. Others find you charming and plenty of fun to be with. Judging people is not in your nature. Your spiritual awareness is emerging, and you sense that you have a lot to give and to learn by opening up your psychic side. You may at times feel inner loneliness that can feel overwhelming. This often happens when you lose touch with your emotions. Learn to listen to and understand your deepest feelings and always trust your inner self. You are your own best guide.

You're Future – A lucky cash windfall could ease any long-term financial worries you may be having.

Green – Intuitive, friendly and organised. You want to succeed in life and will do what it takes to reach your goals. Obstacles and difficulties or anything else that stands between you and your aims will not put you off and you will enjoy the challenge even more. Your will power is one of your best assets, however it can sometimes make you appear a little bossy or stubborn, luckily you are blessed with a sunny nature that others find irresistible, so you tend to get your own way. Be careful of turning into a workaholic.

Your future – Developing your own unique business idea will bring you happiness and financial gain.

Blue – Your emotions always reflect in your soulful eyes and people will always turn to you for emotional support because they sense you understand them. Love makes your world go round. You care deeply for others and this takes up most of your time. You may also be a gifted healer, even if you don't realise it yet. Confidence is not your strong point, but it's this humility and gentleness that makes you such a sensitive, kind person. You have a tendency towards self-pity, so always ensure you have a shoulder to cry on, too.

Your future – Exploring the psychic gifts you possess will bring important new faces into your life.



This mini guide offers a very brief outline of auras. For more details on auras why not enrol in our Aura & Chakra Therapy Accredited Certificate course.

The mini report you have just read has been put together for you just for fun, however the following courses are for training purposes and all offer a recognised qualification on completion to enable you to practice your therapy if you so wish.

All our courses offer tutor support throughout so it does not matter where you live you can complete your course in the comfort of your own home or print off to work away from your computer and know you can contact us anytime. You will also be sent a link to our student library where you will find helpful training videos and further recommended reading and products relevant to your chosen course.

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