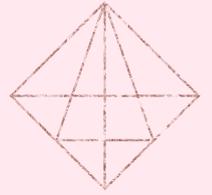


The Auric Field



SEEING AND FEELING



The aura is an energy field that surrounds all human beings. It is a manifestation of energy, a luminous body, surrounding our physical body from all sides, above and below.

The aura is directly connected to the energy vortices of the body, the seven chakras. The colors of aura may originate from the chakras and then blending in, creating a mass of energy around the body.

Feeling Auras

The energy body (or aura) has 5 main layers, each of them relating to the physical, emotional, mental, and spiritual condition. These aura layers transmit information between the body (through the chakra system) and the immediate external environment. Each layer or level is an energy field varying in vibration.

Have your partner lay down, place your hands over their body stretching up as far away from them as you can initially. Slowly move your hands closer to them.

You will begin to feel the different layers of energy. Discuss how each of the layers feel.

Seeing Auras

Have your partner stand against the white wall, not touching it, just standing very close. Stand away from your partner so that you can see him/her from head to toe, including white space behind them.

Feel your feet firmly planted on the ground and connect with your breath. Close your eyes for a few seconds. Open your eyes and with a soft focus look at your partner in a way that encompasses their whole body. Gaze softly, passively noticing whatever arises.

There should be no striving to see anything, just allowing whatever arises in the moment. You may begin to see the energy field around the head and upper body. This is the area of the body that is easiest to see.

At first, it will appear colorless, like a heat wave. With time, you will begin to see colors and you will no longer need a white background. Seeing auras takes time and dedicated practice. But, anyone can learn to detect the human energy field.