

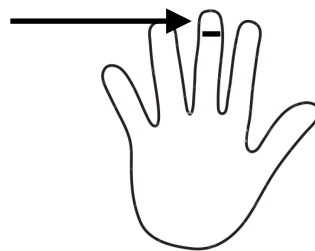
Your Guide To Reading Aura's

Here are the main ways we can begin to see aura's.

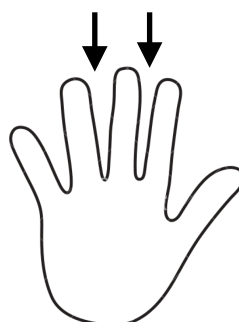
Remember your vision will be clearer for the first two exercises in a semi-lit, or semi-darkened room, and with either a white or neutral coloured wall behind you. You can also do this exercise with a friend, focusing on their hand or their forehead. For now, try these exercises out with yourself.

Exercise One: Hand exercise

1. With a piece of white paper, or in front of a white wall, stretch out your arm, so that your hand is about a foot and a half away from you.
2. Place your focus on the top phalange of your middle finger. It does not matter if your palm is facing toward, or away from you. Make sure there is space between your fingers. Throughout this exercise, keep your focal point on the top phalange of your middle finger



3. Begin to activate your peripheral vision so that you become aware of the space between your middle and index finger, and your middle and ring finger. Notice if you see any light or outline around your fingers.



4. Now extend your peripheral vision to become aware of your whole hand, and the space around the hand. Once again noticing if you see any outline of light or energy around your hand.

Exercise Two: focusing on the centre of the forehead using a mirror

Using either a hand held mirror, or a wall mirror with a white wall behind you, bring your attention to focusing on the centre of your forehead.



Keeping your focal point here, activate your peripheral vision, so that you become aware of the whole head and the space around it, and notice if you begin to see any outline of light around the head. Noticing if you begin to see any colours around the head. You may either see this with your eyes, or you may see this in your mind's eye.

Exercise Three: Ask yourself some questions

What colour do I think of when I think of this person?

OR

What colour do they remind me of?

Exercise Four: Read someone's aura with your inner minds eye

1. Close your eyes, and imagine your chosen person sitting in front of you.
2. Now, visualise their aura around their body. The aura may extend from 8-18 inches around the body.
3. What colours are you seeing?
4. Scan around their body, you may notice different colours around different parts of their body.
5. Refer to the aura colour chart to see what these colours mean.

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