**TRAINING TO SEE AURAS V4**

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<http://www.tower.net.au/~rsb/>

<http://www.geocities.com/Athens/Troy/9959/>

1. Opening:

This article takes a fresh look at auras - what they are,

where they come from, and shows how anyone can learn to see

them. Seeing auras is not as hard as you may think - if you

go about it the right way. This is an easy step by step guide

to doing just that. It starts right at the beginning, with

the easiest to see of all auras - the aura of colour - and

working up, in easy stages, to the more illusive and difficult

human aura.

An aura is the most visible part of the subtle energy

processes going on within all physical objects. All matter

has an aura of some kind - even a humble rock - but it is

pretty dull when compared with the complex interplay of

rainbow colours that make up a living human aura. Auras

emanate from all physical objects, life forces and colours,

as well as from many other energy sources.

The first step in this tutorial makes use of a little known

fact - that colours have auras.

Every colour has it's own unique aura. This is of a

completely different colour from the original. Auras, given

off by bright, primary colours, are much denser and far easier

to see than any other type of aura. Using the auras of

colours, as a training aid, has most people seeing an aura the

very first time they try.

I have been able to see auras for many years. I was not born

with this ability, but taught myself - the hard way. It

took me several years before I could see enough of an aura to

make it a worthwhile practice! I know the problems inherent

in developing auric sight, and this new training method is

designed to help overcome them.

2. How Auric Sight Works:

Auric sight - as with all forms of clairvoyant sight - depends

upon the eyes and the normal optical sight process to work.

Physical and non-physical sight are very closely related.

They are both forms of perception that allow our brains to

perceive energy, of one type or another, as a sight picture.

Here is why:

A. Normal sight:

Eyes receive light - light being a type of energy. Eyes

focus light energy onto light sensitive nerve tissue at the

back of the eye, connected to the optic nerve. Basically,

this light sensitive tissue changes focussed light energy into

a stream of complex electrical signals. These signals are

passed, via the optic nerve, to the sight centre of the brain.

The brain then interprets these signals into a rich visual

picture - what we call normal sight.

B. Auric sight:

The brow centre receives a more subtle type of energy than

light. This type of energy can only be received by the brow

centre (often called the third eye or brow chakra) when it is

active and tuned in to receive that type of energy. The brow

centre is situated directly between the eyes and is intimately

connected with normal optical sight.

Energy received by the brow centre is passed along to the

sight centre of the brain - the same as with normal sight.

The brain interprets anything it receives in it's sight centre

as a visual picture. It interprets auric energy as a sight

picture - as coloured bands of light surrounding the subject.

\* The eyes are the organs for normal optical sight (a

physical organ).

\* The brow centre is the organ for non-physical sight (a non-

physical organ).

Both these organs, above, are situated in the same general

area, i.e., the brow centre is situated in the brow, directly

between the eyes. The common location and similar function of

both organs (sight) suggests there is a close relationship

between them, i.e., the eyes, the brow centre and the sight

centre of the brain are linked. My research confirms this:

that all forms of non-physical sight are closely linked with

the process of normal optical sight.

Although there is a relationship between optical sight and the

brow centre - an aura is definitely \_not\_ any type of light.

Some people believe auras are still light, but light at a much

higher frequency than normal light - that is only visible to a

clairvoyant. If this were true, though, it would be possible

to detect and measure this light with the sophisticated

electronic instruments available today. There are scientific

instruments, electronic cameras etc, that can be tuned to

detect \_any\_ part of the light spectrum - no matter how

refined. For example: infra red, ultra violet, x rays, gamma

rays, etc, all these can be detected - but auras cannot.

Therefore, it is logical to suppose that auras are \_not\_

composed of any type of light.

3. Aura Cameras:

But there are aura cameras - you might say - that can take

pictures of the human aura? You might even have a picture of

your own aura, taken at a psychic fair. How can this be?

An aura camera does NOT take an actual picture of an aura.

It cannot actually see an aura. It merely creates the

illusion of an aura on film.

How an aura camera works:

A. Sensors are placed on the skin - or fitted into a

chair so they contact the subject's skin. These sensors

measure the electrical resistance in the skin (galvanic

skin response). Electrical resistance in the skin varies,

according to salt and moisture level. These levels are

affected by many things: diet, fluids, health,

temperature, sweating, emotion, mood, activity, etc.

B. These readings are fed directly into a small

electronic processor, attached to the camera (usually a

small black box) and interpreted by it. This processor

then generates a pattern of electrical signals, from these

readings, according to how it is programmed.

C. This pattern of signals is then fed into a specially

modified camera. Inside the camera, an optical colouring

device creates a variable pattern of coloured lights, and

beams this directly onto the film, as the picture is taken.

This gives the illusion of a colourful aura surrounding the

subject - according to the pattern generated by the initial

readings.

Because of the way these cameras are set up, you will rarely

get two pictures exactly the same. This is because of the

large number of coloured patterns possible, that can be

generated by slightly different sensor readings . It would

be rare to get two identical sets of sensor readings from one

person and, therefore, have two identical aura photographs

taken in the same day.

An aura photograph is the camera designer's idea of what your

aura \_should\_ look like - according to their research. This

research is based upon linking clairvoyant observations with

the galvanic skin response on test subjects. The designers

have attempted to give a specific colour value to different

patterns of galvanic skin responses.

An aura photograph, therefore, is an electronically created

illusion - not an actual photograph of an aura.

4. Auric Theory:

My theory is: that light is necessary for the brow centre to

tune into and focus on auric energy. An aura being a visual

representation of this energy, created by the sight centre of

the brain.

This appears to be the only logical explanation for auric

sight.

5. The Complexity Of Normal Vision:

The process of auric sight may sound very complicated, but is

really \_very\_ simple, when you compare it with the process of

normal, optical sight - that simple, visual thing we all take

for granted. Look around the room you are in now, look out of

a window - what do you see? Think about all the millions of

objects and colours and tones you are seeing - all at once -

in incredible three dimensional detail. Think about how, no

matter how fast you turn around, your brain keeps up with the

fantastically complex image you are seeing. Your eyes pass on

an \_incredible\_ amount of information to your brain - but your

brain interprets it all instantly. Normal optical sight is

an incredibly complex and powerful ability. Compare this,

with the few colours and swirls of light you see in a human

aura - no matter how beautiful and complex it might seem - it

is still a very simple picture. There is really no comparison

between these two abilities - normal optical sight is vastly

more complex, and requires much more of the brain's power,

than auric sight does.

To recap the above: Auric sight is linked to and depends

upon normal optical sight, in order to function. What you

see, when you see an aura, is your brain's interpretation of

reflected energy, emanating from your subject. Your eyes are

used to tune and focus your brow centre into this energy. An

electrical representation of this energy is passed to your

brain's sight centre, where it is interpreted as a sight

picture by your brain. In the case of an aura, your brain

shows you coloured bands of light surrounding your subject.

6. Light And The Aura:

Light is necessary in order to see the main aura of anything.

Living auras react in the presence of light - expanding and

brightening. This reaction is most noticeable when a living

aura is exposed to sunlight. You could say that auras are

photo-sensitive.

I have made extensive observations of this light reaction. I

have observed the auras of people inside a house, then

immediately taking them outside, into the sunlight. The

living auras of people expand in sunlight, and are much

brighter. They fairly sparkle with life in strong, direct

sunlight. I have seen auras expand to several times their

normal size in sunlight.

Another interesting observation, that adds weight to this

argument, that auras are not light - but that light is

necessary, in order for auric sight to work: the main aura

cannot be seen in complete darkness. If auras were indeed

light, why is it necessary for there to be light, in order to

see them? This shows that light and normal optical sight are

an important part of auric sight.

Note: In total darkness, it is possible to see some slight

activity around the energy body, close to the skin. This is

almost invisible, but looks like tiny, very faint strands and

sparks of bluish light. This is very faint and most

noticeable around your own fingertips, when they are brought

together in front of you.

It is also possible to see small but intense points of light,

coming from fully active primary energy centres (chakras).

These must be \_extremely\_ active for this to be seen, and you

must also be very focussed on your subject. This takes a lot

of skill to do, and the subject must be very developed -

energy wise - in order for this to be observed. This is far

easier to see if there is a little available light, even if

you can only make out vague shadows - it gives you something

to focus upon.

To observe any part of the energy body, in darkness, memory

based visualisation is used to focus the brow centre into a

subject. You have to know exactly where the subject is (in

total darkness) and be able to accurately gauge their

distance, shape and position, and see them clearly in your

mind's eye.

I think, for the above, that both astral sight and

clairvoyance play a part, for those that can see energy

activity in total darkness. This appears to be the only

logical explanation for this phenomena.

Note: Light is \_not\_ necessary for clairvoyant or astral

sight to work, but the eyes and their normal focussing ability

are still used, but with memory based focussing and

visualisation, instead of normal light based focussing. You

can see with astral and clairvoyant sight, just as well in

total darkness, as you can in full light.

7. Viewing Method:

The same basic technique, used to see the aura of colour, is

used to see all other types of aura, including the human aura.

This same technique is also a part of full clairvoyance.

This is why looking at the auras of colours is such good

training for seeing the human aura. The aura of colour is far

denser and easier to see than the human aura. This allows the

auric viewing technique to be learned much easier and faster,

than does practising on the more difficult human aura.

8. The Auras Of Colours:

The auras of colours

+--------+---------------------------+

| Object | Auric Colour |

+--------+---------------------------+

| Red | Green |

| Orange | Pale Green |

| Yellow | Pale Blue |

| Green | Orange |

| Blue | Yellow |

| Indigo | Gold |

| Violet | Pale Gold |

| Pink | Iridescent Green |

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Table 1: Auric colours given off by

some normal, physical colours.

The exact shade and tone of a colour's aura varies a great

deal, according to the shade and tone of the colour you are

observing. Auras are also affected by the background colour

against which they are highlighted, when observed.

9. Afterimages:

Auric colours are similar in appearance to after images.

Afterimages are generated by staring - for twenty seconds or

so - at a brightly illuminated colour, and then quickly

closing your eyes, or looking away.

It is commonly thought: that afterimages are generated by

colour depletion, of the rods and cones in the eyes, caused by

staring at one colour for too long. This generates the

reverse, or negative colour, of that colour. An afterimage

stays in sight until this colour depletion is corrected, and

the eyes return to normal.

I disagree with this theory - and for very good reasons.

Afterimages are generated by staring for a long time at a

coloured object - for twenty of thirty seconds, or more. This

is why I disagree with this theory: When auric sight is more

advanced, the aura of a colour can be seen clearly, almost the

instant a coloured object is glanced at with auric sight. No

prolonged staring is required to produce an aura.

I have just done a test, while sitting here typing this.

Across the room from me, about seven feet away, is a chair.

Hanging over it's back is a bright-blue shirt. I have done

no exercises to stimulate my auric sight, at all. It is early

in the morning now, about 6am, and I have not long woken up.

A clear, dense, yellow aura begins to appear in just under

four seconds (I timed it). This is, surely, far too short a

time to generate an afterimage? I did this several times and

it became faster and easier to do, and the aura brighter, each

time.

Now, you could say that my eyes are becoming depleted of the

colour blue, by continuing to do this, thus more easily

generating the yellow aura. So, I turn around and look at a

red shirt hanging on a hook behind me, on the other side of

the room. This time, a clear, dense, bright-green aura

appears in just under five seconds. This is \_far\_ too short a

time to generate an afterimage? Now, when I am on what I

call, a clairvoyant high, the auras of colours appear to me,

almost the instant I glance at them - within one second.

There is no appreciable delay at all, they are just there,

ballooning out from colours, as I look at them.

The auras I see, around colours as well as people, do drag

slightly at my eyes, creating a kind of afterimage effect if I

stare for too long at it. This effect is similar to how a

normal afterimage behaves - dragging and following my field of

view.

Now, when I observe the aura of a person, I normally ask them

to remove some of their clothing. This gives me a much

clearer view of their aura, without the interference caused by

the colours of their clothing. I see clear, bright colours in

these auras, building up from bare skin. My point here is

this: bare skin has \_no\_ colour that can generate any kind

of coloured afterimage.

To be truthful, though, the auric colours I see around

colours, as well as people, are often still visible, hanging

briefly before my eyes, when I look away or close my eyes.

This \_is\_ a coloured afterimage - but created by staring at an

aura's colour \_not\_ at a physical colour.

Another interesting point: the colours of any afterimages I

get, when observing living human auras, are exactly the same

colours, as the colours of the aura I am looking at - there is

\_no\_ reverse colour effect at all, with a bare skin, living

aura.

So, if colour depletion, of the rods and cones in the eyes, is

solely responsible for afterimages, how can this happen?

A better way of explaining the reverse colour afterimage

effect is: (slow auric colours).

By staring hard at a colour, the auric colour of that subject

is slowly impressed upon the sight centre of the brain. It is

\_not\_ the eyes that are depleted of colour, but that the auric

colour has been impressed upon the brain's sight centre.

The afterimages that appear, when you stare at primary

colours, are the same as the auric colours generated by those

colours. The similarity in these colours - rather than

contradicting the validity of the auric colour of colour -

supports them. Why would they be any different?

You will, in the early stages of training to see auras, cause

quite a strong after image effect. This will drag and follow

your eyes, and still be seen when you close your eyes or look

away. This is the slow auric image effect - caused by staring

so intently, and for so long, while trying to master the basic

technique for seeing auras.

This after image effect lessens in stages. Once the basic

technique is mastered, most of the afterimage effect

disappears. Then, as the brow centre develops further, being

stimulated through use, the afterimage effect decreases

steadily, until they are hardly noticeable.

There will, however, always be a slight afterimage, of sorts,

when you really study an aura. This is unavoidable when you

gaze intently upon an aura, trying to discover it's secrets.

The nature of auric sight, and the involvement of the normal

optical sight process, will always cause a slight afterimage

drag - or slow auric image, as I call it. This happens, even

when auric sight develops into the advanced stages.

Final note on afterimages:

The way the aura builds up is also, totally unlike the way an

after image appears. It builds up, mushrooming bright colours

from bare skin - it does not just fade slowly into sight - it

grows before your eyes. The colours of a living aura do not

begin as a pale shadow, fading into view and then slowly

deepening and growing brighter. They are one consistent

colour, from their first appearance as a thin outline,

highlighting the etheric aura, close to the skin, to their

full size - often more than two or three feet wide. Auras

are also, not just a slight outline of colour around the skin,

but large, vivid bands of colour, with thickness and depth to

them. And, finally, while an aura is building up, if you

shift focus slightly, or blink, it disappears instantly - only

to reappear a few seconds later - an after image does not.

10. Peripheral vision:

Auras are seen with peripheral vision (side vision) and cannot

be seen by directly focussing on them. To see an aura, you

have to look to the side and past your subject. Peripheral

vision is extremely sensitive to movement, much more so than

direct focussed vision. It can detect minute movements that

your central, focussed vision will not see. Peripheral vision

is also sensitive to many other types of subtle energy that

surround us.

Most people have had the experience of catching sight of some

movement - out of the corner of their eye - only to see

nothing when they turn and focus on it.

What happens is:

1. They have seen an aura building up from a coloured

object.

2. They have seen a spirit entity (ghost) manifesting near

them, and have detected it's energy with their more sensitive,

peripheral vision.

11. Dr Kilner:

An English doctor, Dr Walter J. Kilner, in 1911, used colour

as an aid to stimulating auric sight.

Dr Kilner, researched the use of auric sight, as an aid to

diagnosing the health of his patients. He used dicyanin

screens for this. Dicyanin is a dye product of coal tar.

These screens consisted of two pieces of glass with dicyanin

dye sandwiched and sealed between them. He found that by

using these - aura goggles, as he called them - he could

stimulate the ability to see the human aura.

He would stare, for a few minutes, through these screens, at a

bright light. When he looked away, he could see an aura

surrounding his patient. He would then note any changes and

abnormalities in their aura, and compare them with other

observations, taken of healthy people. This allowed him to

detect disease, in the very early stages, before the actual

symptoms of that disease appeared.

Dr. Kilner used several different coloured screens, and

combinations of them. Different coloured screens showed him

different aspects, or layers, of an aura.

He also used strips of brightly illuminated, coloured cloth.

He would stare at one of these strips, after preparing his

eyes, by looking through one of his screens. These strips

caused a phantom strip, of a different colour, to appear in

his gaze. These were like small windows, that could be moved

around by shifting his gaze, highlighting different parts of

his subject's aura. This gave him a different view of their

aura, in that part.

How this works: By looking through these screens, at bright

light, Kilner flooded his eyes with the slow auric colour of

that screen (it's reverse colour). This made his eyes

hypersensitive to that particular auric colour, enabling him

to see that colour in his subject's aura. Different coloured

screens would allow him to see different colours in an aura.

The use of the strips of colour, then enabled him to see the

slow auric colour (reverse colour) of the coloured strip,

minus the original colour of the screen he was using - showing

a small band of an entirely different colour, in the aura.

This small band of colour could be moved around the patient's

aura, by shifting his gaze, like a small window, highlighting

the area it covered.

One interesting thing about Dr Kilner's work is this: After

using these screens for several months or more, he found he

needed to use them less and less. By continually straining to

see auras, with his aura goggles, he stimulated his brow

centre, and mastered the visual technique needed to see the

aura. He eventually gained \_full\_ auric sight, i.e., he no

longer needed the aura goggles to see auras.

If you would like to get a copy of Dr Kilner's book, you will

find it contains many fine colour plates (paintings) showing

the aura, as seen by himself and his associates. These show

the different effects that can be had using combinations of

different coloured screens and coloured strips.

Kilner's book is listed, in the book I read, as:

Kilner, Walter John. (1965). "The Human Aura."

(New Ed.). New York: University Books. I was

quoted $300.00 US, for the purchase of this book.

Note: I cannot comment on the effectiveness of using genuine

aura goggles, as I have never actually seen a pair. I did,

however, experiment with a pair I made myself, many years ago.

I used two pieces of glass, covered them with a deep blue dye,

and sealed the edges with windscreen sealant. I followed

Kilner's instructions, staring at a bright light through this

screen, etc.

I found this made my eyes \_extremely\_ sore, and so, after

awhile, discontinued using them. They did work, however, and

showed me some interesting auric effects. I considered it was

not a healthy practise, though, due to the painful burning it

caused in my eyes, and the possibility that it could damage

them. In his book, Kilner gives a warning about this nasty

side effect - burning, sore eyes.

12. The Human Aura:

The human aura is an energy field that surrounds the human

body, and reflects the subtle life energies at work within and

around it. This is something like the magnetic field that

surrounds a simple magnet. Like a magnetic field, the aura is

generated within physical matter - but is also affected by

it's surroundings. The energies flowing through the aura make

us what we are, and are in turn affected by our surrounding

life conditions and life style. The aura reflects the

activity of our organs, health, mental activity and emotional

state. It also shows disease - often long before the onset of

physical symptoms.

The strength and properties of an aura are determined by the

amount of, and the quality of, the energies flowing through

it.

13. The Main Aura:

The main human aura is banded around the body - strata like.

Imagine a person with thick, coloured hoops of light dropped

over them, and you get the general idea. The main colours of

the aura emanate from the primary energy centres (major

chakras - or psychic centres). The individual bands of

colour are difficult to see, unless you have very well-

developed auric sight, and are observing under optimum

conditions.

14. The Etheric Aura:

Close to the skin is the etheric aura. This is often called

"The vitality sheath".

It is seen (with auric sight) as a pale, narrow band, next

to the skin, outlining the body. This is usually no more than

half an inch wide - depending upon the vitality of the

subject. It looks like a dense layer of pale smoke, clinging

to the skin. This is the visible part of the energy body,

in it's contracted state.

During sleep, the etheric aura expands and opens (becoming

larger and finer) in order to absorb and store vitality

(cosmic energy?) within it. After sleep, the energy body

contracts and forms a dense sheath surrounding the body,

close to the skin. This holds within it the stored energies

we all need for living.

In a way, the energy body is like a living storage battery.

During sleep, it automatically sets itself on recharge,

replacing the energies that have been used up.

15. Energy Centres (chakras):

The primary energy centres (chakras) are the non-physical

organs of the energy body. There are at least seven primary

centres, and over three hundred secondary and minor centres,

scattered throughout the human body. All together, they form

a complex network of non-physical energy components. These are

all joined together by interconnecting pathways, or

meridians.

These centres, and their interconnecting pathways (meridians)

were charted by the Chinese, and other Eastern races,

thousands of years ago. Modern versions of these charts are

still widely used today, in many types of alternative medicine

and body work, i.e., acupuncture and reflexology.

Primary energy centres are attached to major internal organs,

glands, nerve ganglia and the spinal cord. Secondary and

minor energy centres are attached to joints, glands and nerve

clusters, throughout the body.

There are active centres - transforming and manipulating

energy - feeding other energy centres and taking care of life

processes - both physical and non-physical. There are

storage centres, communication centres, and centres designed

to absorb energy from other energy sources around us.

Some energy sources: Food, water, oxygen, sunlight, planetary

energy, cosmic energy, love, sex, music. Some of these energy

sources are very subtle, but all are necessary for us to live

a balanced life.

Energy centres are invisible to the naked eye but can be felt,

quite strongly, when they are active (as a pulsing, thrumming

sensation). When energy is consciously drawn from one centre

to another, through the connecting meridians, this can be felt

as: A rushing water sensation, a spreading warmth, a tingling

feeling, or a combination of these. Energy centres (chakras)

can also be seen - with auric and clairvoyant sight - as

whirling vortexes of intensely coloured light).

Every energy centre has important individual functions, in the

energy body. It also works in conjunction with all the other

major and minor centres. Each centre is an individual, but

integral part of the energy body. They all work together, for

the good of the whole energy body; just as all the physical

organs, brain, heart, liver, kidneys, glands, etc, work

together for the good of the whole physical body.

The energy body is extremely complex. It is, in a way,

similar to an electronic device. Energy flows into the

electronic device, and on through connecting pathways

(meridians) that are etched into the circuit board. These

connecting pathways (meridians) carry energy on to all it's

electronic components, (chakras), diodes, resistors,

capacitors, etc. Energy is continually being changed,

enhanced and transformed, by these components; to serve a

multitude of different purposes, required by the device, as a

whole unit, to function properly.

A single energy centre, is very much like a single electronic

component. It takes in energy from the components around it,

and changes the value of it. It enhances this energy, in

various ways, transforming it into something different, that

is needed by the whole unit.

Each energy centre (chakra) takes in the different types of

energy it requires, from other energy centres in the energy

body, and generates a completely different type of energy -

with a different value and colour - according to what is

required.

The strength of each primary energy centre, in any particular

person, depends upon that person's individual makeup; their

nature, health and life style, as well as their spiritual,

moral and psychic development. The energy generated by all

the chakras at once, is reflected into the aura, mixing

together and causing the dominant hue of the aura. This,

dominant hue, is the part of the aura most commonly seen with

auric sight.

The Primary Energy Centres And Their Colours

+--------------+--------+

| Chakra Name | Colour |

+--------------+--------+

| Base | Red |

| Spleen | Orange |

| Solar Plexus | Yellow |

| Heart | Green |

| Throat | Blue |

| Brow | Violet |

| Crown | Gold |

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Table 2: Names and Colours of the

primary energy centres (chakras)

Locations of the seven primary energy centres (major chakras)

1. Base: base of spine (between anus and genitals)

2. Spleen: navel area

3. Solar Plexus: base of sternum

4. Heart: centre of chest (over heart)

5. Throat: base of throat, just above where it joins the chest

6. Brow: exact centre of forehead (between the eyes)

7. Crown: whole top of head, above the hairline

Notes:

Each primary is best thought of as - roughly the size of your hand.

Each primary has more than one functioning part (or petal).

The \_exact\_ location of sensations felt, when a primary centres is

active will vary slightly - depending on what part of that centre

(or petal) is active. E.G. The spleen centre is usually felt

between the tummy button and pubic line. The brow centre is often

felt between the eyebrows, instead of on the actual brow.

16. Basic Hue Classification:

The basic hue of an aura is it's dominant colour. This is

the most visible colour of the multiple energies generated by

all the chakras (mixed together) creating a general, overall

colour. There are, of course, many different colours in any

person's aura, but the basic hue is usually seen first.

Many people suggest that people can be classified, as being a

particular type of person, by the basic hue of their aura.

For example:

Red - sensuality, vitality, raw energy.

Orange - emotion.

Yellow - personality power, mental power, intellect.

Green - spirituality, love, affinity with nature,

natural healer.

Blue - highly spiritual, religious, natural teacher,

healer.

Violet - very highly spiritual, psychic, clairvoyance,

religious, teacher and healer.

Gold - highly advanced spirituality and psychic

abilities - an adept.

I have found this method of classification to be both unfair

to the person being classified, and extremely misleading.

The basic meanings of the individual colours are well known -

as above. I find the human aura to be such a complex and

changeable engine, it just cannot be classified in such a

simple way.

For example: if a person, with a predominantly blue aura, is

experiencing an emotional crisis, their aura will be flooded

with large patches of orange. This is a temporary state only,

and once the crisis is resolved, their aura will revert to

it's natural blue.

There are so many things that can temporarily change the

appearance of an aura - sometimes just for an hour or more.

Devotional worship, for example, generates high minded

feelings and deep spiritual love. An unstable, emotional,

dominant and violent person, who's aura is, say, naturally red

and orange, with streaks of black in it - can generate higher

spiritual colours, during worship. These will temporarily

flood their aura, giving them the appearance (to auric sight)

of being a very spiritual person - but hiding their "true

colours" and hence, their true nature.

Jock:

Blue: Jock was a young man I knew, several years ago. He was

an extremely vital, sensitive man, but was very unstable,

having a lot of problems. Jock was a deep thinker, and we

would often expound upon the meaning of life and the nature of

the universe, together. At times like this I would often see

a lovely spiritual blue, surrounding him.

Red: Now, once Jock had a few drinks in him (alcohol), he

could become extremely aggressive, violent and dangerous - at

the drop of a hat. At times like this, I would see his aura

change dramatically, in moments, to a bright, angry red, with

big orange patches and black streaks in it. Not a trace of

his original blue aura would remain. This, red, orange and

black colour, would stay with him, until he calmed down

completely and sobered up.

Dan:

Dan was an old friend of mine, with a naturally green aura.

When Dan has a problem, his mind goes into overdrive, trying

to find a solution to his problem. His aura then changes to

bright yellow, flooding strongly through his aura. This

reverts to it's original green, very quickly, once he has

found a solution. I have often observed this, while playing

chess with him. Every time he gets into a sticky situation,

his aura floods yellow.

Gardening:

When I have been gardening - having a lot of

physical contact with plants - the aura around my hands and

forearms changes to a lovely green. This green fades away a

few hours later. Close contact with plants seems to have an

effect on the energy body. Maybe this is where the old saying

comes from "Having a green thumb" - for gardening.

These examples demonstrate the changeable nature of the human

aura, in a very general way. An aura is a variable reflection

of the energy activity going on within a person. This

reflection is detected by the brow centre of the observer, and

interpreted, as coloured bands of light, by the sight centre

of their brain. Health, mood, emotion, strong thoughts,

drugs, and other influences, stimulate many different energy

patterns in the primary and secondary energy centres. These

different patterns change the overall quality of the energy

being reflected into the aura. This generates many different

colours - which changes the auras dominant colours.

17. The Human Aura And Colour:

The human aura is very sensitive to colour. It reacts to

the colours of clothing worn and to the colours of it's

surrounding area. Colour affects the subtle flow of energies

within the energy body. This accounts for our strong

natural likes and dislikes, when it comes to choosing the

colours we wear, and those that surround us.

This sensitivity varies, from person to person, depending upon

how sensitive they are and how sensitive their aura is.

Women, generally, have more delicate and sensitive auras than

men. They are, therefore, far more sensitive to the effects

of colour, than men are. Colour can have a strong effect on a

very sensitive person. If they wear a colour that clashes too

badly with their aura, it can make them physically ill.

The effect of colour on the emotions is well known. Wall

colours are carefully chosen, in hospitals and other

institutions, to calm agitated people and put them at ease.

Soft pastel shades of pink and blue are the most frequently

used colours for this, because of their well-known calming

effect.

18. Clothing:

It is impossible to get a clear view of an aura through

clothing. The auric colours given off by any coloured

clothing react with the wearer's aura. This causes

interference that blocks and changes the natural flow of

energies within an aura. For example: a blue shirt will

flood the wearer's natural aura with yellow - changing it's

appearance.

Even neutral coloured clothing will block and dim an aura -

making it dull and difficult to see. If, for example, you

observe the aura of a person wearing a red shirt: their aura

will contain a great deal of green. This shows why bare skin

is best, in order to get a clear view of an aura.

When a coloured material is worn, the band of colour seen

close to the material is the reverse auric colour of that

colour. The aura's real colours will be seen building up from

the outer edge of that colour. The reverse auric colour of

the material, and the true colours of the living aura, affect

each other - changing their natural colours.

19. Disease:

This shows up in the aura in many different ways, sometimes

weeks or months before any physical symptoms appear. An ear

infection, for example, will show up in an aura as a

gradually thickening shadow over the ear and side of the head.

This can be seen several days before any physical symptoms

appear. The shadow will begin as a light-grey smudge,

gradually thickening and darkening. It will eventually change

to a murky-green patch, about the size of your hand. As the

infection worsens it will become shot through with red and

orange streaks, flecks and sparks.

A shadow in the aura is the first sign of \_any\_ approaching

health problem.

Murky-green, with red and orange streaks, flecks and sparks,

is common to infection.

20. Death:

When a person is dying, their aura undergoes dramatic

changes. I have observed the auras of people, dying of

terminal cancer and other diseases, in the weeks prior to

their death. The first noticeable sign is when the aura fades

and begins to grow weaker and paler. Next (with long term

illnesses) a week or so before physical death, the aura begins

to expand and change. It changes into a beautiful (very pale)

milky-blue, shot through with faint, tiny, silver and white

sparks. These sparks flash and twinkle throughout the aura.

Each spark is only visible for a fraction of a second at a

time.

\*Note: The aura of a dying person is a very pale milky-blue.

It is VERY pale and faint and VERY difficult to see. It is

quite common to see a pale-blue aura surrounding a healthy

person, and this does NOT mean they are about to die. The

aura of a dying person is quite different from a normal,

healthy, pale-blue. It is all one colour, much larger than

normal, very milky and very faint.

Closer to the time of death, the aura begins to pulsate,

swelling and shrinking erratically. At times it will fill

the entire room, becoming more of an atmosphere than an aura.

At other times it will be so shrunken as to be almost

invisible to auric sight. It grows paler and finer by the

day, and the tiny silver and white sparks become finer and

increase in frequency.

There is a great deal of activity in all the energy centres,

at this time. The energy body is preparing itself for the

final separation - of the physical body from the non-physical

body (or spirit). There are, at times, faint surges of colour

and faint coloured sparks, like pastel fountains, surging and

falling from the primary centres. They spasm and shudder and

begin generating a much higher and more refined type of

energy. This change heralds the imminent and final

separation, of the spirit from the physical body - what we

call death.

The above is 'not' to be mistaken for the normal pale-blue and

sparks that can be seen in a healthy human aura. The above

observation is not visible to any normal level of auric sight,

but requires some degree of clairvoyance, ie, the ability

to see mind's eye visions.

At some time (variable) before physical death, the aura will

become almost invisible to auric sight. Only a faint, very

pale glow will still be seen, close to the skin. This is

residual etheric matter, clinging to the physical body. There

is, however, still intense activity going on within the energy

body, but this is now far beyond the reach of normal auric

sight.

The aura is now reflecting itself into a much higher level of

reality - another dimension. Clairvoyant and astral sight are

necessary, in order to see any more energy activity, during

the final stages of the death process.

At the actual moment of death, if you are watching closely,

you will see a very faint, pale mist, surge up out of the

body, and quickly vanish. This is the spirit leaving the

physical body. That faint mist is residual etheric matter,

clinging to the spirit body, as it departs.

The actual timing for these changes in the aura to occur,

depend greatly upon the type of illness, the duration of it,

and the strength of the dying person. These govern the speed

of the actual death process. With some conditions, this whole

process can happen very quickly, often a matter of hours.

With other conditions, this may happen over several days,

weeks or even months.

21. Spirit Energy:

There is always a lot of spirit energy and activity,

surrounding a dying person, in the days and weeks prior to

their death. The amount of this spirit activity seems to

depend greatly upon their belief system, as well as their

moral, spiritual and psychic development.

The strongest I have ever felt this - high level spirit energy

and activity - is around dying children. Children seem to be

a lot more aware of their spirituality than adults give them

credit for. We, adults, seem to lose so much of this

awareness - of our spiritual and divine nature - as we grow

older.

I have been in the presence of many dying children. The only

way I can describe this is that, at these special times, I

have been in a holy presence - far beyond my poor

understanding of reality. Children gain a special kind of

wisdom and a high level of spiritual understanding - and

they have no fear of death.

Accidents:

I have never had the opportunity to observe the

aura of someone dying, shortly after an accident, so cannot

comment on this aspect of death.

Premature death:

I have, though, known healthy, vital people,

that have died suddenly, from strokes, heart attacks and brain

aneurisms. I have observed them, in the days and weeks prior

to their premature deaths. I have noted similar changes, as I

might expect to see in a dying person: very milky-pale-blue

expanded auras, silver and white sparks, and lots of spirit

energy and activity around them. These people, though, were

not sick. They were all, healthy, vital people, but there

was something quite different about them - an indefinable

atmosphere. In all cases, they seemed to know, intuitively

(but not consciously) that their time in this world was nearly

up. They all did certain things, tidied up their affairs, or

made things right in some way, in the days and weeks prior to

their death.

22. Why Most People Fail To See Auras:

The most common reason why people fail to see an aura, is

simply the way they go about it. The human aura is \_not\_ a

good training ground for the beginner.

This is what usually happens: Your volunteer sits and waits,

for a very long time, while you struggle and strain for a

glimpse of their aura. You are trying to relax and

concentrate - and master a tricky visual technique - all at

the same time. You subconsciously worry about what they

are thinking of you. Are they getting bored? Are they

getting impatient? Do they think you foolish, a failure, or

both? This kind of pressure causes subtle tensions to

build up within you, that effectively negate the relaxed

state needed to see the aura. Trying to get results, under

this kind of pressure, as a beginner, is next to impossible.

Here is an email letter from a young man. It shows some

common misunderstandings, when auras are first encountered:

David: "I was sitting in economics class, when I started

to see a faint white glow around the lecturer's head

(not really though, I can't really describe it), it was

surrounding the sides of his head.

And, I could also see a similar one, coming

from one of the students sitting in front of him,

except the student's had a sort of bluish tinge to it.

I kept looking, and a bright yellow glow appeared around

his head. Then I started to see a similar white glow

coming from some of the computer monitors, that sit on

the desks. At first, I was hoping that I could see

auras, but then when I saw it on the monitors,

I had my doubts."

Me: Every living and non living thing has an aura,

including monitors. The reason you saw them when you did

is (let me guess) You were bored, tired, very relaxed,

maybe day dreaming a little. Your eyes were tired,

heavy, and you were having trouble keeping them open?

These are the PERFECT conditions for seeing an aura!

David: "That's exactly how It was! The discussion sort of

went off topic and wasn't all that interesting to me."

"Anyway, I was wondering if you can tell me if

I actually did see their auras. I tried staring at

myself in the mirror to see my aura, when I got home, and

tried to see a friends aura, but it didn't work. I

haven't been able to see an aura, since that day, a

week or two ago. As for some of my questions. I

was wondering what colours non-living objects give

off - is it white? How come the aura was brighter

around their heads?"

Me: You did see the aura! The colours given off by non-

living objects vary with the colour of the object, but

inanimate objects, generally, have a simple pale, creamy

aura surrounding them. The aura you saw, surrounding the

heads of the people around you, was their etheric aura -

which is a pale, creamy colour, usually with a pale blue

tint to it.

The human aura is brighter around the head area, for two

reasons:

1. Clothing blocks the aura.

2. The head area is usually bare (no clothing to block it)

and is where the yellow of the intellect is most active,

which is quite easy to see. This yellow varies in

intensity, according to the degree of mental activity going

on at the time the aura is seen. This, mental activity,

brightens the aura in the head area. Maybe the student you

observed was really on the ball that day?

The main point of showing you this letter is: David began to

see the aura, with no trouble at all, when he was tired and

not trying to see it. He was tired, bored and day dreaming

(a very relaxed state). David was struggling to stay awake

and forcing his eyes to stay open. This \_forcing\_ his eyes to

stay open, creates a strong mental opening action, at the site

of the brow centre - between the eyes. This stimulates the

brow centre and combined with a relaxed, un-focussed gaze,

causes spontaneous auric sight to occur.

When David tried to see an aura, later at home, he could not -

because he was wide awake and trying, and was no longer in a

relaxed enough state for auric sight to work.

Keep this, above, in mind - when you first attempt to use

auric sight!

23. How To See An Aura: (basic technique)

To see the aura, you have to be able to relax and

concentrate, at the same time, and there is a trick to

focusing your eyes in a special way.

\* An aura must be gazed upon - not looked at \*

Light:

First, you need plenty of good, soft light to train in, not

dim, but good soft light. It is very important not to have

any strong light shining or reflecting into your eyes. It is

best to have light coming from behind and above you. If you

have, say a window, flooding light into the room, in your

field of view, while trying to see an aura, it will distract

you and make an aura much more difficult to see. A hundred

watt bulb, coming from above and behind you, is fine.

Step 1:

Get a book and cover it in bright, primary blue or red

paper. Stand it upright, on a table, six or seven feet from

you (about 2 metres). Experiment with the distance until you

find what is just right for you, but the minimum distance

should be no less than 4 feet (1.2 meters). Make sure you

have a plain, fairly neutral background. Do not view it

against a brightly coloured wall, or garish wallpaper. If

the wall colour is wrong, hang a sheet of neutral coloured

paper or cloth on the wall, as a backdrop. A bed sheet, or

some sheets of butchers paper, taped to the wall, will do

fine.

Notes:

A.The book is only a prop for the coloured paper, i.e., it

is the aura of the coloured paper you are going to look at

- not the aura of the book. Using a brick, covered in

coloured paper, would give the same result as would hanging

a piece of coloured paper on the wall.

B.The auras of the colours blue and red are, by far, the

brightest and easiest to see.

C.The brightness and tone of a colour's aura varies with

the shade and tone of the colour used, so use bright

primary colours only.

D.You can use any brightly coloured item for this: clothing,

kitchen canisters, toys, or even tape squares of coloured

paper directly to a wall.

Step 2:

Close your eyes, take a few deep breaths and relax. When you

are calm, look at the book. Focus your eyes on nothing,

a little to the side and just past it. This is as if you

were gazing at, but not focusing on, the wall behind it.

The whole idea is to totally relax the focus of your eyes and

view the subject with your peripheral, or side vision. By

side vision, I mean just to the side of your normal focused

area of sight (a couple of inches only) not out of the corner

of your eye.

Gently hold that gaze and relax your eyes. Get used to that

relaxed focus and try not to strain or tense your eyes or

forehead while doing it. Concentrate! You need an

intense, but very relaxed and steady gaze, similar to day-

dreaming.

Blinking:

When you need to blink, do so, or it will cause your eyes

to tense, burn and water. Blink normally and without changing

focus, and DO NOT become preoccupied with it. Blinking

will cause the aura you are viewing to disappear - for a

second or two only - but it will reappear quickly - if you

stay calm and hold a relaxed focus. Learning to hold your

focus, while blinking normally, is an important part of

learning to use auric sight.

Brow centre opening technique:

It is necessary to use some type of brow centre opening

exercise, in order to stimulate your brow centre into a

receptive mode. This allows you to receive the energy

surrounding your subject - as auric sight. It is possible to

see the aura of colour without doing this, but it is very

difficult to see a living aura, without first stimulating and

opening your brow centre.

\*\*\* Please pay \_very\_ close attention to what follows! \*\*\*

Remember what it is like to be very, very tired - totally

exhausted? Remember what it feels like when you haven't slept

for days, and can hardly keep your eyes open?

Remember what it feels like when your eyes keep trying to

close on you? Remember what it is like to have to wrestle

with your eyes to keep them open?

This causes a sensation, if you observe yourself closely, much

like you are trying to lift a heavy, shadowy veil, from behind

your eyes. When this happens, the muscles of your eyes are

not responding very well, so the action becomes almost

entirely mental.

Stop for a moment and remember what this feels like.

Wrestling to open tired eyes causes a strong mental opening

action, at the site of the brow centre - thereby stimulating

it.

How this works:

This mental opening action, focuses your bodily awareness at

the site of your brow centre.

When your bodily awareness is focussed at one area of your

body, and you manipulate that area with your mind, you

stimulate your energy body in that area - in a dynamic way.

If this mental opening action is continued for long enough,

and put enough mental effort into it, your brow centre (your

third eye) will begin to open.

If you carry out this mental opening action, when you are

relaxed, and have a subject in your field of view - and you

are not looking directly at your subject - spontaneous auric

sight will occur.

The mental opening action given here is similar, only \_much\_

stronger and more effective than the normal, visualisation

based, chakra opening techniques; taught by most other

teachers of psychic development and energy work.

Visualisation based energy work, on it's own, is weak and

obtuse and very difficult to learn and use.

\* Back to the coloured book:

While you are gazing steadily, with a relaxed focus, at your

blue or red covered book - recreate the same mental action,

as described above. Shift your bodily awareness to the area

between your eyes. Feel this area with your mind -

concentrate all of your sense of feel, your bodily awareness,

on this area.

Tip: Lightly scratch the skin directly between your eyes, and

just above it, in the centre of

your brow, with a fingernail. This will help you to

zero in on that spot with your bodily

awareness.

Shift your bodily awareness to the area between your eyes -

concentrate on being aware of that area!

Mentally lift this whole area - as if you were trying to force

your eyelids to open - but do not allow the muscles in this

area to tense up or respond in any way (this is all mental).

Isolate the mental command that lifts your eyelids. Observe

yourself closely. Imagine your eyes are very heavy, and let

them close on you, and open them a few times. Observe which

muscles you use to do this. Use this same muscle command -

with your mind based bodily awareness, in that area - but

without letting your eyelid muscles obey.

Do this over and over again - lifting, lifting, lifting - as

if you were lifting a heavy shadow from behind your eyes .

Repeat this action, over and over, but do not allow yourself -

or any muscles - to tense up or respond. This is a bit tricky

to, start with, but easily mastered with a little practise.

This mental opening action is \_very\_ important. It is the

first step in learning how to control your brow centre and,

later, the rest of your energy body - if you decide to

progress to developing full clairvoyance and other psychic

abilities.

In the early stages, it does not matter if you feel you are

lifting too large an area over your brow. Even if you are

lifting right across the whole front of your forehead - it

will still have an opening effect on your brow centre. With

practise, you will be able to narrow the focus of this mental

opening action - to the brow centre area alone.

If you keep up this mental opening action, you will stimulate

your brow centre - forcing it to become active. Your steady,

relaxed focus, on your subject, will tune your brow centre

into the energy given off by it. This energy will be passed

along to the sight centre of your brain. There, it will be

interpreted as a sight picture - a bright band of coloured

light.

Tip. When you have isolated this opening action, and can do

it mentally, you will find one side of the veil behind your

eyes easier to lift than the other - usually the right is

easier. Basically, his feeling is caused by the two

different hemispheres of your brain - one is much easier to

use than the other. If this is a problem, use a clockwise

swirling mental action, over the site of the brow centre, to

stimulate it. By clockwise, I mean clockwise from the

inside. Use the same mental muscle command we talked about

above, as with opening tired eyes, but swirl it, as if you

were mentally stirring that area with a pencil.

It is best to alternate between the main opening

action, and this swirling action, when trying to activate

your brow centre. The main opening action is still needed

to tune your brow centre into an aura.

Note. Remember: all these energy stimulation exercises

depend upon localised bodily awareness, specifically -

localised surface awareness on the skin. You have to FEEL

these mental actions happening, in order to make them effective.

Your first aura:

While you are doing all the above, patiently keep up your

relaxed gaze, just to the side and past your subject. After a

while (anything from a few seconds to several minutes - in the

early stages) you will see a faint shimmering in the air,

around the book. Then, you will see a pale, narrow band of

light build up, close to the edge of the book. This is the

books etheric aura.

\*Stay relaxed!

\*Don't change your focus - in any way!

\*Don't look directly at it!

\*Blink if you have to - it will come back quickly!

Soon, a bright-yellow aura (blue book) or bright-green aura

(red book) will start building up, from the pale, etheric band

around the book. If you change your focus, tense up, or look

directly at it - the aura will vanish instantly.

The aura has to be observed with your peripheral, or side

vision.

If something happens, and the aura disappears, don't worry.

Continue observing it, calmly, and patiently and it will

reappear.

In the early stages, the aura will tend to disappear quite a

bit. This is quite normal. Keep at it and this will happen

less and less, as you master the viewing technique.

Step 3:

Once you have completed the first steps, gather several

books and wrap them, each in a different primary colour.

The brighter the colour - the brighter the aura - and the

easier it is to see.

Study these coloured books, one at a time, and write down the

colours you see.

Observe the books, two at a time, and watch how their auric

colours affect each other.

Move them around, mix them, sit them on top of each other,

observe them all in a row.

Step 4:

Get a pot plant, or some fresh flowers, and study their aura.

The aura you will see around them is a living aura. Keep in

mind the effects of the auric colours from the petals and

leaves. The orange hue you will see, around the green parts of

the plants stems and leaves, comes from the auric colour of

green - the same as with observing a green book. Some of the

other colours, with flowers, will come from the colours of the

petals.

You will see a more distinct etheric and a stronger

shimmering, optical effect around the plant.

Living auras are more subtle and, thus, a little harder to

see, than a simple colour's aura. With practise, though, the

auras of plants will become much easier to see.

Step 5:

Observe the aura of a tree. Pick a good sized tree that you

can view, highlighted against the sky. It is best to observe

it with the sun behind you, early in the morning or late in

the day. If

the sun, or any strong reflection, is in your eyes, it will

make this very difficult to do.

The shimmering around the tree will be much more imposing and

intense, than with a small plant. The colour of a tree's aura

will also be influenced, not only by the colours of the leaves

and bark, but also by the colour of the sky itself. On a

sunny day, a tree's aura will appear to be a shade of blue.

On a cloudy day, it will appear to be creamy-grey.

Viewing distance: Experiment with this, as it depends upon

the size of the tree. Make sure you can see the entire top

of the tree in your field of view. You need to be, approximately,

three times the height of the tree away from it, or more.

A tree's aura can be huge, depending upon the size of the tree

and how strong it is. At the top of the tree's aura you can

sometimes see a fountaining effect, as if it's aura were

slowly spraying up out of it. I am not sure what causes this,

and I have not seen this with every tree I have observed.

Some people say it is the tree's spirit, or a nature spirit

living inside the tree, that causes it. Some trees do seem

to have a kind of consciousness within them, so this may be

true.

Step 6:

For the next step, use an animal, any animal: a dog,

cat, kangaroo, camel, lion, tiger, elephant, etc, if you have

access to one. Try and observe them when they are resting.

Animal auras are not as colourful as human auras, but they

are still very good practise.

Keep in mind, that the colour of the animals coat will affect

the colour of it's aura.

Disease can be detected in the aura of an animal, the same as

with a human subject. This makes observing them very good

practise, for diagnosing the early signs of disease in an

aura.

Step 7:

Observe your own aura: This can be done outside, with the Sun

behind you, or inside, against a neutral background. Hold

your arm out and study your hand and forearm. You can also

lay down and observe the aura of your feet and legs.

Step 8:

A human subject:

In the beginning, it is best to observe the human aura in two

stages:

Stage 1:

Have your subject wear a colourful shirt, dress or jumper -

anything will do. Use any colour but blue - do not use blue -

as this will flood and hide the yellow of the intellect, the

colour most commonly seen around the head area.

Make sure their upper neck area is bare. Observe their

shoulder area, using the same setting and technique, as with

the original book. You will see the colour of the shirt

easily, building up around their shoulder.

\*Make sure you continue to do the mental opening action - with

all these exercises.

When the shirt's aura is clear around their shoulder area,

shift your gaze slightly higher - so you are gazing past their

bare neck area. Keep the shirt's aura in view - don't change

what you are doing - and see what other colours you can pick

up around their bare neck.

This exercise makes sure your eyes and brow centre are working

together, as with the book.

Do not focus directly on your subject's neck! All auras must

be gazed at and observed with peripheral vision.

You should begin to see a slightly different colour, building

up near the top of their shirts auric colour - around their

bare neck and head.

Now, shift your gaze slightly higher, so your line of sight is

level with their head area. Keep your gaze relaxed and don't

change anything. You should see some yellow around this

area.

When you see a little, ask your subject to do some mental

arithmetic, or think hard about something. See if their aura

brightens when they do this.

Stage 2:

Get your volunteer to remove some of their upper clothing.

Study a bare skin area, against a neutral background - the

same as with the book. The upper arm and shoulder area is

the best place to start your observation.

With bare skin, the first thing you will see is a slight

shimmering effect, a fuzziness in the air near the skin.

Next, you will see the etheric aura build up from their skin.

This looks like creamy, pale-blue smoke, clinging to their

skin. This is quite distinct and normally about half an inch

deep.

Hold your focus and the aura's main colours will begin to

build up, and out, from the etheric aura. It will first

appear as a narrow band of colour, highlighting the edge of

the etheric aura. This will appear and disappear, grow and

shrink, quite a bit. This part is very frustrating, but keep

at it and it will get easier. The colour will slowly grow

larger and become thicker and more well defined. Hold your

focus and it will grow to several inches or more thick. The

main aura may vanish and reappear many times, as I said, while

it is building up. This is caused by blinking and minute

shifts in your focus, and cannot be helped.

Tip:

The brightness of a person's aura has a lot to do with their

mood and how they feel. If they feel happy and full of

life, their aura will be much stronger, larger and

brighter. Try playing their favourite music, or crack a few

jokes and have a good laugh. This will help to energise their

aura and make it easier for you to see it.

24. Another letter:

Here is another email letter. It describes a very unusual

first sighting of an aura:

Rick: "I want to relate to you an event yesterday that was

kind of unusual.

I was sitting in church, just staring at the choir,

when I saw an incredible white light, sort of like a

shadow, and three of the choir members had this white

light shooting up to the ceiling and turning blue and

green. It was like looking at a bright, multicoloured X

ray.

It was an awesome experience. I had a chill run down my

spine and I thought "WOW!" and blinked - and it was gone.

Question: What the heck was that -- I assume it was

an aura?"

Me: You were, by the sound of it, in a very relaxed

state, and carried away, uplifted, by the spiritual

singing of the choir. This must have stimulated your

energy body and brow centre, causing spontaneous auric

sight, making it possible for you to see the choir's

aura, while it was flaring.

What you have seen is the human aura flaring, in an

excited state. This is a rare and truly beautiful sight.

I have only ever seen this once myself.

The flaring aura's of the choir would have been caused

by a charged, devotional atmosphere in the church, and

the hymn the choir were singing at the time. This must

have stirred deep spiritual feelings and uplifted them.

The white, changing to blue and green, rising auras you

saw, came from their throat and heart chakras. These

are higher spiritual colours and are affected by emotions

of spirituality and love.

25. Practise and time:

It takes practise to see the human aura, so don't be

disappointed if you fail, or see very little the first few

times you try. If you managed to see the aura of the original

blue book, you CAN learn to see the human aura.

Using this training method stimulates the brow centre, which

is responsible for all types of non-physical sight. With

use, it will grow in strength and seeing auras will become

progressively easier to do. It may take weeks, before you get

your first, proper glimpse of the human aura, if you have

poor natural ability for this - but with practise, as I did,

you WILL eventually be able to see it.

I suggest that you practise the mental opening and stimulation

exercises, and observe auras for at least a few minutes every

day. This will stimulate your brow centres development.

26. Spontaneous auric sight:

You will find there will be days when auras are very

difficult to see. You will also find there are days when

auras just appear around people and objects, without any

conscious effort on your part to see them. You will find

this happening at odd times, when your brow centre is, for

some reason, very active. You may be sitting down talking to

someone, and all of a sudden you will see their aura, or

the aura of their clothing, with no effort at all.

Episodes of strong, spontaneous auric sight, will happen

frequently, once you begin stimulating and developing your

brow centre, through the practise of observing auras.

A letter showing this:

Eric: "I have been practising your method daily, for over

a month now, but have not succeeded in seeing much of a

human aura, until now. I can usually see the auras of

colours and plants, and can see my own aura fine. Up

until now, I have only been able to see the auras of

colour, the etheric and some patches of distortion around

people, when I try and see their auras.

Yesterday, I was working on my computer, and my girlfriend

came into my room. She had just showered and was getting

dressed. I just looked at her and "BOOM!!!" there was this

huge aura all around her. It was really beautiful and solid

looking. It was mostly green around her body with a yellow

glow around her head. Oh - there were some red and orange

patches around her hips and stomach.

I was not trying to see her aura. I was trying to finish

my work and was very tired, what with exams coming up the next

week. It just appeared around her like magic.

What happened, how could I see it without trying to? I tried

the next day, but couldn't see it again. What happened?"

Me: Bravo Eric! You are doing extremely well. What you saw

was the full living aura of your girlfriend. I take it she was

naked when you saw it? This would have helped you to get a

better view of it. This is spontaneous auric sight, caused by

all the practise you have been doing - seeing auras. This

will happen more frequently, from now on. It will just happen,

from time to time, when your brow centre is very active, for

some reason or other. This is a sign your brow centre is

responding well to the exercises I gave you, and developing

nicely. Your dreams should also increase in frequency and become

much more vivid, with more lucid dreams etc. This is another

sign of your brow centre developing.

This, above, is a good example of spontaneous auric sight. Eric was

tired and relaxed, when it first happened - the perfect state for

seeing auras. He had been practising auric sight exercises for several

weeks. This had stimulated his brow centre, causing bouts of spontaneous

auric sight to happen.

Eric was lucky enough to have a naked subject for his first

view of an aura, showing him the full human aura, with no

interference from clothing etc. With Eric, this sort of thing

happened every few weeks, for about a year. It then

increased in frequency, happening about once a week, on

average. Sometimes this only showed him a patch of colour on

someone, for a few seconds - at other times, he sees a full

aura.

After Eric had this first bout of spontaneous auric sight, he

found it much easier to see the human aura, when he tried. He

still cannot see the whole aura - when he wants to - unless it

happens spontaneously. He can now, though, see bands and

patches of colours in peoples auras, that he could not see

before.

27. Close:

I have taught many people to see the aura using this, above,

method. The fast results, in the early stages, help to build

confidence and keep interest high. This ensures enough work

and effort is put in to get the desired results - seeing the

human aura.

Once you have seen your first aura, you have taken your first

step into a much larger, and more colourful world. If you

practise and graduate to seeing, even a glimpse, of the

illusive human aura, then you are making very good progress

indeed, and your brow centre is showing it's development -

through your increased ability. The next step from this is to

develop clairvoyance. This is the ability to see the more

subtle energies in the world around you. These energies

contain within them: karmic influences, life conditions, the

results of past actions, and future events and probabilities -

plus lots of other exciting and interesting stuff. This

energy is seen, clairvoyantly, as metaphoric imagery, full of

richly symbolic meaning. This is seen as anything from a

simple still picture, to a full coloured, motion picture

quality, mind's eye vision.

------------ Robert Bruce -----------------

<http://www.tower.net.au/~rsb/>

<http://www.geocities.com/Athens/Troy/9959/>

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