

How to See Auras

What is the aura?

The aura is the energy field that permeates and surrounds the human body. Auras also surround animals and plants. The human aura is made up of 7 different layers, each layer has a different colour and correlates to one of the 7 major chakras.

The aura contains an energy imprint of all of our experiences in the current lifetime and our other lives (known as 'past' lives). The aura also contains the wisdom and experiences acquired from our ancestors. So there's quite a lot going on in your energy field!

Our aura is affected by our physical health, our mood and emotions, therefore it can change its colour and brightness quite often. Although there are many different colours in the aura, once we've learned to see auras we can usually perceive one, two or three main colours. These colours will be seen closest to the body. The colours – and their intensity - can tell a lot about a person's physical and emotional state.

How to see an aura

You can practice trying to see an aura, but bear in mind there are other ways to perceive the aura colours in addition to seeing them – you might be able to 'feel' that a person's aura is a certain colour, you might hear the colour being spoken (internally) or you might just 'know' the colour of their aura. This depends on whether you are predominantly clairvoyant (psychic vision), clairaudient (psychic hearing), clairsentient (psychic feeling) or claircognizant (psychic knowing).

If you want to try seeing auras, start by trying to see your own. Hold one of your hands up against a light-coloured plain wall, soften your gaze and allow your eyes to gently defocus. Don't focus on anything; not your hand, nor the wall. This will make your hand look a bit blurry. After a while, you should see a glow around the outside edge of your hand. When the glow appears, try not to focus on it or you'll lose it! Keep your eyes soft and relaxed. You might initially see a white glow but keep looking and you should notice some colour. The colour won't be strong and solid, it'll look semi-transparent or you may just notice flickers of colour. You'll possibly only see one colour but you could see two or three.

You can also try to see someone else's aura. It's usually easier to see it around their head, neck and shoulders. Tell them what you're doing so they don't wonder why you're staring at them! Gaze softly at the person, allowing your eyes to relax and defocus. You should start to see the glow around their head, and then some colours.

What the colours mean

This is a general list as the aura colour can mean a multitude of things, including which star systems we've had incarnations in! But in general, you'll find below an interpretation of the different colours.

Each colour connects to one of the main chakras, so if you're familiar with chakra colours and their meanings then this part should be quite easy to remember.

When you see a colour, notice the quality of it – is it bright and sparkling? If so, that's a healthy aura and the translation of that colour will match the description below. But if the colour you see is murky, pale or has dark spots in it, that person may have a blocked chakra that connects to that particular colour.

- ★ If you see **red** in someone's aura, this is likely someone who is feeling grounded, strong-willed and healthy. They will be passionate, action-oriented and fast paced. They may also be fiery.
- ★ **Orange** in someone's aura suggests a creative, sensual person. This is someone who is well connected to their emotions and they will be feeling emotionally balanced. They're also thoughtful.
- ★ If you see **yellow** in someone's aura, this is someone who is cheerful and optimistic. Charismatic and confident, this is also someone with a lot of mental energy.
- ★ **Green** in someone's aura shows someone who is compassionate, nurturing, sociable and loving. People with a green aura find it easy to forgive others. They are open-hearted and will probably be a nature lover.
- ★ If you see **light blue** in someone's aura, this shows someone who is spiritual and intuitive. They are receptive to others and open-minded. They are honest, truth-seekers and free-thinkers.
- ★ **Dark blue/indigo** in someone's aura shows a gentle, spiritually connected soul who is incredibly insightful. These are highly sensitive and empathic people who may easily become drained by other people.
- ★ If you see **purple** in someone's aura, this shows someone with a very strong intuition and psychic abilities. Like dark blue, purple in the aura indicates a well-honed intuition and sensitivity. Purple also indicates wisdom, independence and an intellectual mind.