

AURAS

What Is The Aura?

The Aura is the energy field surrounding all matter. All matter is made up of atoms, atoms have an energy field, therefore anything that emits energy we can sense it.

Numerous studies have shown the existence of the Human Energy Field (The Aura).

Individually they do not completely prove the aura because sound, colour, subatomic particles etc. (the list is extensive) have been measured but do not singularly make up the aura.

When you combine these elements as a whole we are able to view the aura as an holistic system.

Being able to tune into this system using our own energy field we can effectively connect to ourselves and others on a quantum level. This is referred to a Holographic View (that all energy is interconnected)

However you view the human aura, physically or intuitively, it is perceived an egg shaped energy field surrounding our physical body. It is three dimensional and when we are feeling at our best can extend up to 4 metres from the physical body.



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Our aura is influenced by two different aspects of our existence: the physical world and the spiritual world.

Physically working with the aura means you are in the same room as the person you are working with. It requires a psychic connection as well as physical closeness.

With the physical aspect you can work with illnesses, mental disturbances as well as spiritual depletion. It is important to remember to keep your own energy field healthy and clear to work this way.

You do not need to be fully “healed” as a person, just be self aware of your own mind/body/spiritual issues.

Keeping yourself strong in this sense allows you to not only see and work with others objectively you are able to objectively look at, and heal, your own spiritual health as well.

Spiritually working with the aura adds another dimension to working with energy.

By lifting your energy vibration, or frequency, using meditative practices you will connect to the higher planes of spiritual existence. In these realms we connect at the Soul or Higher Self.

As we build that connection with the higher realms we progress through the higher bodies until we become one with Spirit, or Universal Energy.

It is this process that allows us to perform distance healing. The physical world is transcended as we blend as one in Spirit.



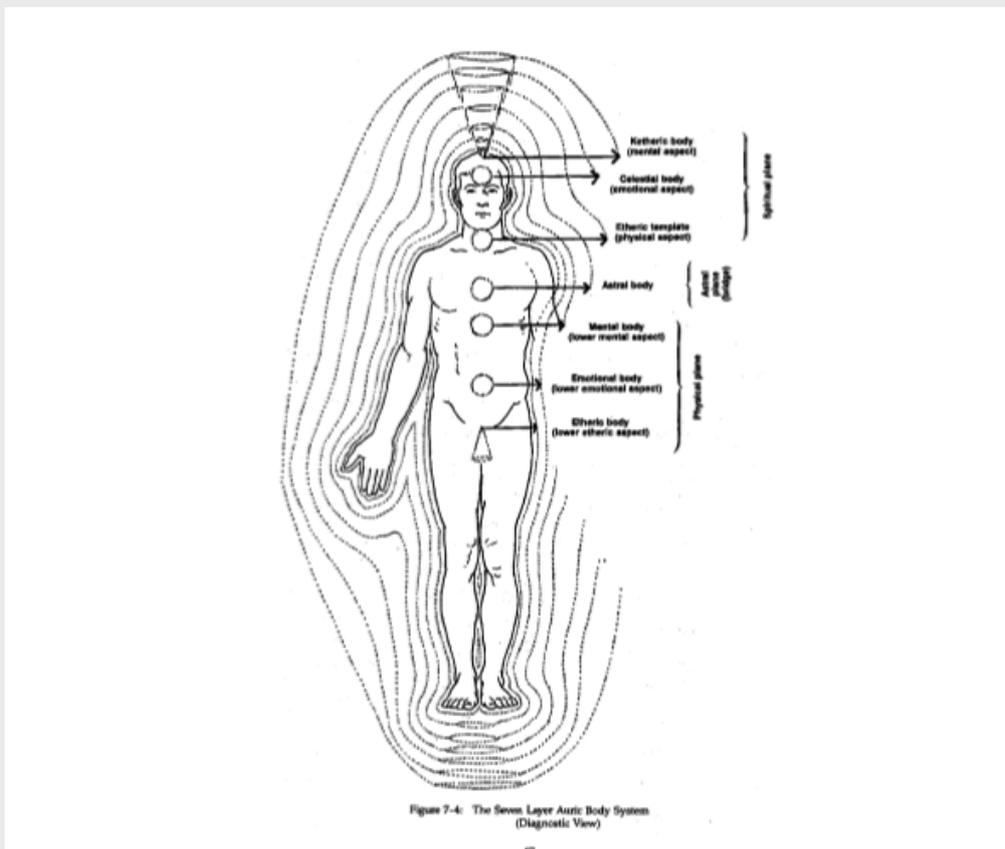
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Both aspects are valid. How you choose to work with the aura will depend on what your intention is. For example, if you are working in person you can access both aspects of the auric influence and must take into consideration the information coming directly from the physical closeness.

If you are working in the spiritual aspect it is important that you are practicing contact with the higher realms and are confident in your connection to these realms.

Regular meditation strengthens this connection so that the information provided is trusted and pure.



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How you experience the aura is unique to you. Understanding these experiences will help realise how many times you have encountered aura without realising. Let's have a look at some of those...

You have experienced an aura if you have had one or more of these experiences

- Feeling drained around some people
- Assigning certain colours to certain people. eg. You seem like a green person to me
- A feeling that someone is staring at you
- An instant like or dislike of someone
- The sense that someone is different in spite of their behaviour
- Sense another persons presence before you see or hear them
- Certain colours, sounds or fragrances feel more comfortable than others
- Entered a room and immediately felt uncomfortable, tightened your muscles or you wanted to stay/leave
- When you ignore an impression of someone and later found out that you were right all along
- When some houses or public spaces are more comfortable to be in than others

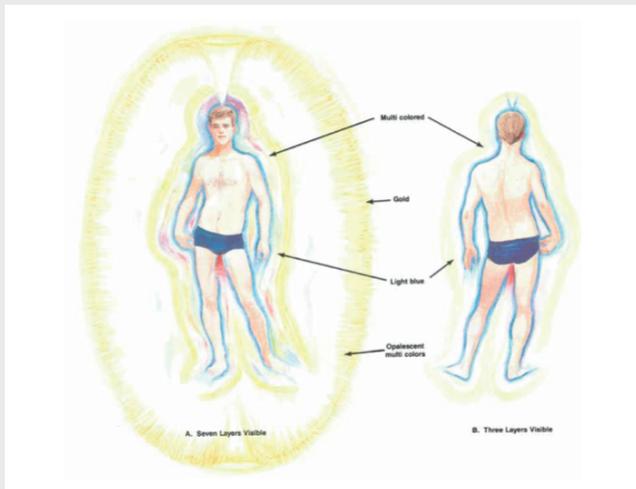


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The healthier you are, physically and spiritually, the further your aura will reflect in how far your aura will expand.

The more vital your aura feels the more energy you have for activities and things you love to do. You will be less likely to be affected by outside forces.

Weak auras are prone to outside influences allowing you to be easily manipulated or tiring easily. This feeling leaves you mentally fatigued and you begin to see yourself as a failure, you have health problems or less influence on your daily decisions.



Pictures: Hands Of Light A Guide To Healing Through The Human Energy Field by Barbara Brennan

Source: Hands Of Light A Guide To Healing Through The Human Energy Field by Barbara Brennan

Source: How To See And Read The Aura by Ted Andrews



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