

SEEING THE AURA

Exercise #1

This is a gentle exercise you can practice by yourself. Learn to rest your eyes and look without focusing. All living things have an aura. You can easily locate plants and trees locally.

Lie back in an open area of grass on a warm, cloudless day. As you lie there, look at the distant trees. Let your eyes run from the base of the trees to the top. Gaze at the line the treetops make against the blue sky. Don't force your gaze. Just relax. Try to take in as much of the sky at once as you can. Let yourself relax into a soft focus, like that daydream look of staring off into nothingness.

As you do this, you will become aware of a soft haze that follows the outline of the treetops against the horizon of the blue sky beyond. Just passively observe this. It will be a soft, diaphanous colour, lighter than the blue of the sky beyond. It outlines the trees against the sky. This phenomenon is most strongly visible in the spring when the sap and the life force of the trees are activated, and new growth and energy surges from the roots to the top branches. This is part of the aura of the trees!

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



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Exercise #2

The optimum conditions to start finding and see the aura with your physical eyes is a dimly lit room.

This is a perfect first step towards fine tuning your technique. Initially the aura will present as a soft grey haze and as you develop you will progress to seeing colours.

- You will need dim light, a plain white wall, and a piece of plain white cardboard that must be large enough to allow your hand to stand out against it.
- Take time to relax before performing this exercise. If you have been using the eye-chart exercises, you may want to do a quick abbreviated version of them as a warm-up. (see eye chart exercises in a separate PDF)
- Begin with your hands. Extend one of your hands out in front of you about a foot or eighteen inches. With your other hand, hold the plain white cardboard behind it. This makes your hand stand out against the white surface.
- With your hand flat against the white card-board, the light emanations will be more easily detected as you softly focus your eyes upon it. It first appears as a soft haze. After some practice the haze will reflect colours as well.
- With hands in front of you about 5cms apart, begin your focusing.
- Concentrate first at the top edges of your hands and then soft-focus upon the entire area around them.

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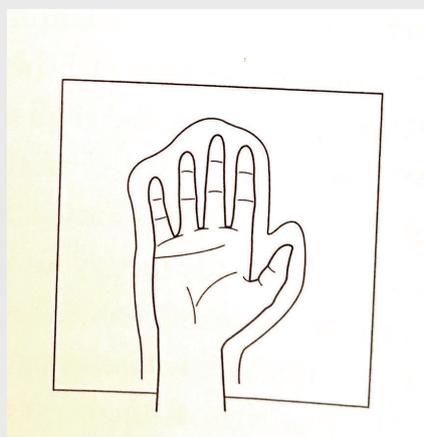


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- Allow the soft gaze to look between and around your hands. Concentrate. Then softly focus. The aura of your hands will begin to stand out.
- With you hand flat against the white cardboard, focus your attention upon the ribs of your fingers. Hold this focus for about 30 seconds
- Now, shift your focus from the tips of your fingers to take in your entire hand and poster board. Relax your gaze. You will begin to detect a soft haze outlining the shape of your hand against the cardboard.
- If you have difficulty with this, perform some of the eye exercises with your hand against the cardboard. Focus in and out. Move your eyes around the edge of your hand. Shift from the concentrated focus to the soft focus. If you have been practicing, the haze will appear.
- Pay attention to any colours you may detect as well, even if they are fleeting. You may see hints of colours or flashes, and there is often a tendency to discount them. Don't! As you develop this ability and learn to control it, you will find that the ability to hold the colours in your vision for longer periods of time will develop as well.

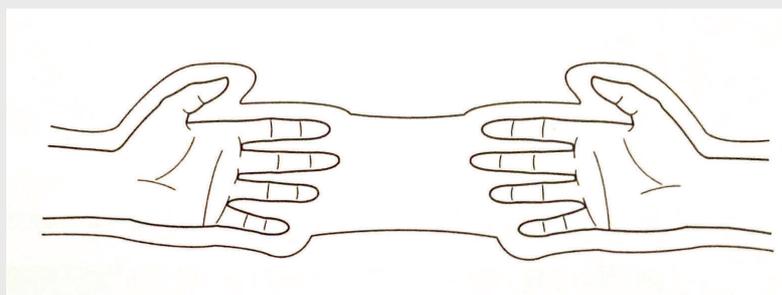


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