

The Illuminated Aura: A Guide to Balancing Your Energy and Chakra System

Introduction

The aura is a fascinating and mysterious energy field that surrounds the human body. It is said to contain information about our physical, emotional, mental, and spiritual health. In this book, we will explore the aura and its many secrets. We will learn how to see auras, how to interpret their colors and patterns, and how to use this information to improve our lives.

We will also explore the chakras, which are seven energy centers located along the spine. The chakras are connected to the aura, and they play a vital role in our overall health and well-being. We will learn how to

open and balance the chakras, and how to use them to promote healing and transformation.

This book is a comprehensive guide to the aura and the chakras. It is written in a clear and accessible style, and it is packed with practical exercises and techniques that you can use to improve your life. Whether you are a beginner or an experienced energy worker, this book has something to offer you.

In this book, you will learn:

- What is the aura and how to see it
- The different layers of the aura and their meanings
- How to balance your aura and chakras
- How to use the aura and chakras for healing and transformation
- How to use the aura to manifest your desires
- How to use the aura to improve your relationships

- How to use the aura to connect with your higher self

This book is a valuable resource for anyone who wants to learn more about the aura and the chakras. It is a must-read for anyone who is interested in energy healing, spiritual growth, or personal development.

Book Description

Your aura is a fascinating and mysterious energy field that surrounds your body. It contains information about your physical, emotional, mental, and spiritual health. In this comprehensive guide, you will learn how to see auras, how to interpret their colors and patterns, and how to use this information to improve your life.

You will also explore the chakras, which are seven energy centers located along the spine. The chakras are connected to the aura, and they play a vital role in your overall health and well-being. You will learn how to open and balance the chakras, and how to use them to promote healing and transformation.

This book is packed with practical exercises and techniques that you can use to improve your life. You will learn how to:

- Balance your aura and chakras

- Use the aura and chakras for healing and transformation
- Use the aura to manifest your desires
- Use the aura to improve your relationships
- Use the aura to connect with your higher self

Whether you are a beginner or an experienced energy worker, this book has something to offer you. It is a valuable resource for anyone who wants to learn more about the aura and the chakras, and it is a must-read for anyone who is interested in energy healing, spiritual growth, or personal development.

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Chapter 1: Understanding the Aura

What is an aura

The aura is a luminous energy field that surrounds the human body. It is said to contain information about our physical, emotional, mental, and spiritual health. The aura is made up of several layers, each of which has its own unique color and meaning.

The aura is not something that is visible to the naked eye, but it can be seen by people who have developed their psychic abilities. Aura readers can see the aura's colors and patterns, and they can interpret these to gain insights into a person's personality, health, and emotional state.

The aura is constantly changing, reflecting our ever-changing physical, emotional, and mental states. When we are healthy and happy, our aura is typically bright and vibrant. When we are sick or stressed, our aura may become dull or discolored.

The aura is an important part of our overall health and well-being. By learning to understand our aura, we can learn more about ourselves and how to improve our lives.

*** The different layers of the aura**

The aura is made up of several layers, each of which has its own unique color and meaning. The most common layers of the aura are:

- The physical layer: This is the layer that is closest to the body. It is typically a bright, clear color, such as white or blue. The physical layer reflects our physical health and vitality.
- The emotional layer: This layer is located just outside the physical layer. It is typically a more vibrant color, such as red or orange. The emotional layer reflects our emotions and feelings.

- The mental layer: This layer is located just outside the emotional layer. It is typically a more subdued color, such as yellow or green. The mental layer reflects our thoughts and beliefs.
- The spiritual layer: This is the outermost layer of the aura. It is typically a very light color, such as white or gold. The spiritual layer reflects our connection to the divine.

*** How to see auras**

There are a few different ways to see auras. Some people are able to see auras naturally, while others need to develop their psychic abilities. There are a number of exercises that can help you to develop your ability to see auras.

One simple exercise is to stare at a person's hand for several minutes. After a while, you may start to see a faint glow around the hand. This glow is the person's aura.

Another way to see auras is to use a crystal ball. Hold the crystal ball in your hand and focus on it. After a while, you may start to see colors and patterns in the crystal ball. These colors and patterns are the person's aura.

*** The colors of the aura and their meanings**

The colors of the aura can vary greatly from person to person. However, there are some general meanings that are associated with different colors.

- Red: Red is the color of passion, energy, and vitality. It is also the color of anger and aggression.
- Orange: Orange is the color of creativity, joy, and optimism. It is also the color of change and transformation.
- Yellow: Yellow is the color of intellect, logic, and reason. It is also the color of happiness and cheerfulness.

- Green: Green is the color of balance, harmony, and growth. It is also the color of healing and rejuvenation.
- Blue: Blue is the color of peace, tranquility, and serenity. It is also the color of wisdom and intuition.
- Indigo: Indigo is the color of spirituality, psychic abilities, and intuition. It is also the color of transformation and change.
- Violet: Violet is the color of love, compassion, and forgiveness. It is also the color of creativity and inspiration.

Chapter 1: Understanding the Aura

The different layers of the aura

The aura is a complex and multifaceted energy field that surrounds the human body. It is said to contain information about our physical, emotional, mental, and spiritual health. The aura is made up of several layers, each with its own unique properties and functions.

The first layer of the aura is the **etheric layer**. This layer is closest to the physical body and extends about two inches beyond it. The etheric layer is responsible for our physical health and vitality. It is also the layer that is most easily seen by clairvoyants.

The second layer of the aura is the **emotional layer**. This layer extends about four inches beyond the physical body. The emotional layer contains our emotions and feelings. It is also the layer that is most affected by our thoughts and experiences.

The third layer of the aura is the **mental layer**. This layer extends about six inches beyond the physical body. The mental layer contains our thoughts and ideas. It is also the layer that is most affected by our education and upbringing.

The fourth layer of the aura is the **astral layer**. This layer extends about eight inches beyond the physical body. The astral layer contains our desires and passions. It is also the layer that is most affected by our relationships with others.

The fifth layer of the aura is the **causal layer**. This layer extends about ten inches beyond the physical body. The causal layer contains our past lives and karma. It is also the layer that is most affected by our spiritual practices.

The sixth layer of the aura is the **buddhic layer**. This layer extends about twelve inches beyond the physical body. The buddhic layer contains our higher consciousness and our connection to the divine.

The seventh layer of the aura is the **atmic layer**. This layer extends about fourteen inches beyond the physical body. The atmic layer contains our pure consciousness and our connection to the universe.

The different layers of the aura are all interconnected and interdependent. They work together to create a complex and dynamic energy field that surrounds and protects the human body. By understanding the different layers of the aura, we can learn more about ourselves and our connection to the world around us.

Chapter 1: Understanding the Aura

How to see auras

There are many ways to see auras. Some people are able to see them with their naked eyes, while others need to use special techniques. Here are a few tips for seeing auras:

- **Relax and focus.** Find a quiet place where you can relax and focus your attention. Close your eyes and take a few deep breaths. Once you are relaxed, open your eyes and gaze at a person or object.
- **Look for a soft glow of light.** The aura is a subtle energy field, so it is important to look for a soft glow of light rather than a bright or intense light. The aura may be different colors, depending on the person or object.
- **Use your peripheral vision.** Sometimes it is easier to see the aura with your peripheral

vision. Try looking at a person or object out of the corner of your eye. You may be able to see the aura more clearly this way.

- **Practice regularly.** The more you practice, the easier it will be to see auras. Try to practice for a few minutes each day. You can practice on yourself, on friends or family members, or on plants and animals.

Here are some additional tips for seeing auras:

- **Use a dark background.** A dark background will help to make the aura more visible.
- **Experiment with different lighting conditions.** Some people find that it is easier to see auras in natural light, while others find that it is easier to see them in artificial light.
- **Use a mirror.** If you are having trouble seeing auras directly, you can try using a mirror. Stand in front of a mirror and look at your reflection.

You may be able to see your aura more clearly this way.

If you are still having trouble seeing auras, don't give up. With practice, you will eventually be able to see them.

This extract presents the opening three sections of the first chapter.

Discover the complete 10 chapters and 50 sections by purchasing the book, now available in various formats.

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