

Reading Auras

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An aura is an energy field that surrounds living and energetic objects. Each colour in an aura represents different traits and aspects of that person or thing - and how you see an aura depends on the individual.

Auric fields and colours can be used to determine someone's general state, someone's mood, and their current state of health. However it is important to look at the full aura rather than just focusing on one or two elements if you are going to use it as a diagnostic.

Every time you come in close proximity or contact with another person, your aura reacts with theirs. If your aura and theirs are in a like state, or tuned to the same frequency, you may find yourself liking them instantly. If their aura is not at all like yours, you may find yourself taking an instant dislike to them. This is part of the "chemistry" we so often hear spoken about and rarely explained.

Seeing auras is something that is natural and instinctive. Most children see them easily and clearly react to the moving colours. However as we get older we lose the ability to do this effortlessly as we are trained to look away from spiritual elements and focus on physical attributes.

The good news is that it is not difficult to retrain ourselves to once again see the beautiful spectacle of the aura, although it will take some time and practice.

At first you may see white, yellow, and light, bright colors first, with the darker colors taking a bit more time to see. It is also quite common not to see colours at all at first but rather notice strange moving fuzz or light displacement around the auric field. Some of the best aura readers don't ever see colours but focus instead on the movement and energy of this light displacement to accurately gain insight into a person's spiritual, emotional or physical wellbeing.

In order to start your aura reading abilities you need to practice. Don't give up if it takes a while. Once you do get it, it will be like a light suddenly being switched on which will illuminate you very suddenly. I liken it to looking at those magical 3 d illusion pictures where you have to look a certain way to see the dog or the woman hidden in the seemingly random pattern of dots or splotches, but once you see them you wonder how you ever missed them in the first place.

To practice, find a place with soft or dim light, and a nice large piece of white paper. Place your hand on the paper and relax your eyes; don't stare at your hand, but rather the spaces around it. You should, after a time, begin to see a soft haze around your hand. Look at it long enough and you'll start to see colors.

Don't get discouraged if you're not successful at first. This is a skill, and as with all skills it takes time and use to get better. Look at other people to keep up on it once you get the

trick. If you would feel strange staring at strangers, and who wouldn't, don't worry as all living and energetic creatures have auras so you can practice by looking at plants, flowers, animals, even rocks and crystals.

Bear in mind that you are also looking **through your own aura**. So it may take some time to learn to distinguish between the colours in your aura, and the colours of another's.

Colors of Auras

Follow your heart and your intuition when interpreting colours as these are variable depending on current circumstances. Many colours have a variety of meanings both positive and challenging and it takes practice and experience to understand just what each hue and combination indicates, For example Purple is the colour for royalty as well as frustration so if someone with purple in their aura has a demeanor of feeling powerful and joyous then the interpretation is likely to be more positive.

Red

Clear/Bright

The colour of strength, strong passion, and willpower. It is also a colour of energy, fire, drive, determination and fire. It can reflect anger, love, hate and unexpected changes. This colour also reflects love particularly someone currently involved in a passionate, physical love affair.

Muddy/Dark

Dark red may symbolize one who has a quick temper and is nervous or impulsive. It may also reflect serious aggression, uncontrolled lust, or violence. Dark reds can indicate illnesses in the reproductive system, or ailments relating to sexual function.

Orange

Orange is the colour of warmth, thoughtfulness, and creativity. This colour may also reflect courage and joy. Traditionally the wisdom of Buddhist monks was symbolized by their robes of bright saffron (orange) and orange in this shade is usually a marker of great intelligence, understanding and compassion. Orange around the head indicates an opening and a new awareness. Golden orange denotes self-control, and self-knowledge. Orange is also the colour of physical pleasure.

The muddier shades of orange may indicate pride or vanity, as well as worry or anxiety. A person with orange in their aura may suffer from kidney ailments, or lower GI issues.

Yellow

This colour shows mental activity, and optimism; it can also mean new learning opportunities. A golden yellow means that the person takes care of him/herself. Yellow can also reflect wisdom, intellect, enthusiasm, and early spiritual development.

Muddy yellow may represent the owner is shy or withdrawn. It can also reflect too much thinking, being over-critical, or feeling deprived. Sickness associated with dark yellow is usually concerned with chest or stomach ailments.

Green

Green is the color of sympathy and calm. It can also reflect empathy, sensitivity, and emotional growth relating to relationships with others. People who are predominantly green are reliable, dependable, open-minded, and may have a healing ability

Dark shades of green can indicate one who is jealous or uncertain. It can also indicate someone who has closed off their heart to others, to avoid being hurt. Aliments associated with green in the aura are generally related to the heart and blood.

Blue

The color of quiet and calm. Blue also represents spiritual devotion, seeking truth. Blue is the colour of communication. A lighter shade means active imagination. Finding royal blue means the person is given to honesty, and has good judgment. Any blue in the aura is good to have, but deep, clear blue is the best. One with deep blue in his or her aura shows a person who has found their purpose in life.

Deeper shades of blue can reflect loneliness, blocked perceptions, or someone given to rushing into things. Blue may sometimes represent a tendency to be moody and depressed, if it appears to be smoky, or grayish.

Ailments associated with blue are usually throat, or mouth/teeth related as well as depression.

Purple or Indigo

The colors of one who is seeking something in life that is greater than themselves. Purple reflects the blending of heart and mind with physical and spiritual. It can also mean independence, and a high level of active intuition. Purple also shows an ability to handle affairs with worldliness and practicality. It is also the colour of cosmic connections, so don't be surprised if someone with a great deal of this pulsating colour has a strong affinity with spirit and greater wisdom.

Dark or sluggish purple can often indicate a need to overcome a blockage around spirit or development. It could also indicate a feeling of being misunderstood or unappreciated for their wisdom.

Strong pulsating purple, particularly around the root chakra can indicate intense erotic imagination without release, this colour around the crown or throat charka can indicate an over-bearing personality or dictator.

Illnesses connected with purple are often brain problems, or neurological disorders, as well as mental illness.

Pink

Pale pinks show compassion, emotional love, purity, joy, comfort, and love of art and beauty.

Darker muddy shades of this colour reflect immaturity, a lack of compassion, or a lack of truthfulness. Pink can also relate to heart illnesses or emotional problems.

White

Many times this is one of the first colors you will see when learning to read the aura, because all the colors of the energy field are blurring together. It takes focus to be able to let them blend out. However, when it is a true and strong color of the aura, it reflects purity and truth. It may also be someone who is cleansing and purifying themselves.

Dull or off-white may reflect a newly acquired taint, or the need to continue cleansing.

Grey

Grey reflects a movement toward un/veiling ability. It's also a good indicator of wise judgment, neutrality and balance. It is important to make the definition between true grey and off white in order to accurately read the meaning.

Dark grey shows physical imbalances, a secretive nature, and deception.

Brown

A lot of this colour throughout the aura could reflect a person who is very "earthy" which means someone who loves the finer things, edging towards decadence but is ultimately very grounded in their physical body.

If the colour is found above the head this reflects new growth, while around the feet reflects grounding, setting down roots. It can also reflect openness, and an understanding of the world as being interconnected.

Dark or sickly browns, if seen in areas of the chakras or energy centres, means those centres need to be cleansed. It can also mean a deliberate blockage, such as a psychic attack or attachment to another negative person.

If found in an area with another dark or muddy colour, dark brown can also indicate the start of severe illness, particularly concerning the organ or physical function of the part of the body where the colour is found.

Black

Black carries with it both positive and negative meanings, despite it having only one tone. (There is no clear/muddy split here.) On the positive side, black is the color of protection. It is often seen after a person has gone through some kind of emotional or physical trauma where there has been great turmoil and the auric field is trying to cope with the grief or loss. It can also mean deliberate withdrawal or internalization.

On the negative side of black, it can show in a person who's hiding something to deceive another. It may possibly indicate imbalances as well. If seen in the outer edges it means holes in the field. The presence of black spots in the aura may indicate that it is imbalanced in some areas. That may mean that person has some negative habits that he or she should work on. Meditation sometimes helps to reduce these spots, as does things like exercise and sunlight.

Silver Lights or Twinkles

Seeing these in a person's aura may mean that they are pregnant, or are soon to be. However, it may also represent a person who is allowing great creativity in their lives.

Flames or Other Energy Forms

This doesn't actually indicate any color, but rather an energy form. If the aura looks as if the person is surrounded in a corona of flames, of any colour or colours, then it may indicate great personal power.

Some people's auras may contain images or shapes of specific objects or animals. They may be shaped into things for different purposes, such as animal totems, angels or symbolic manifestations of mythological creatures. If you see these then there is a great deal of interaction happening with this person and the spirit realm. They may be getting greater protection for a specific reason – i.e. current loss or hardship, or simply be healers, mentors or spiritual channellers with a constant connection to this realm.

However you see and respond to these auras be aware that the shape, texture and colour of your own is a direct reflection of your emotional, spiritual and physical wellbeing. The stronger your aura the better you are on all those levels so keeping a healthy lifestyle and good positive sense of self is the best ways to care for and repair your personal auric field.

Getting professional Chakra Balancing can also help repair and maintain the Aura.

For more information on Chakra Balancing, Auric care or Spiritual Health and development please feel free to email [Mysterys by Mail](mailto:Mysterys@Mysterys.com) or consult our other informational downloads.