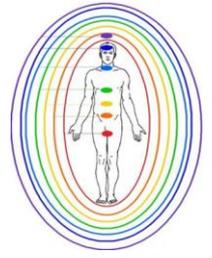


# An Introduction into Auras



Every living being, whether plant or animal; has an aura or electro-magnetic field surrounding it which can be detected when using sufficiently sensitive measuring instruments. The source or cause of this is believed by scientists to arise from cellular activity along with nerve and muscle transmissions (in the case of animals).

However from a spiritual point of view an aura (or psychic energy field) is so much more than just an electro-magnetic field produced by physiological activities. As with many other spiritually related matters the names used for an aura, its description and properties vary greatly depending on the person's cultural and religious points of view.

The aura is generally oval shaped, centred over the physical body and can display coloured bands of sounds, lights and vibrations for those that can perceive them. The information provided by the aura about that person will vary between observers because of their differing perceptive abilities and their own personal interpretation.

Auras have an important role to play; the following examples highlight their importance:

- It offers protection, for in some ways, the spiritual and physical worlds are similar. There are some people who have our best interests at heart but equally there are those that do not. It is the same in the spiritual world. Our auras can help us to discern which people and spiritual beings we would like to form relationships with and those that we should avoid.
- Information about another person can be picked up subconsciously (getting good or bad vibes). This may be when you are physically close to that person or simply in visual contact. It equally applies to other living beings such as pet animals and even trees (hence tree hugging).
- The strength and size of your aura is affected by your physical, emotional and spiritual health. It also contains information about our past, present and even future which can all be recognised and read by psychics, psychic mediums and healers.
- The strength and quality of our aura helps determine the degree to which spirits can convey their thoughts to us. The stronger and more powerful our aura the harder it is for ordinary or less developed spirits to make contact with us.
- For healers the electro-magnetic nature of the aura can be used in magnetic healing as the conductor of the healer's own vital energy to the patient. But this is to the detriment of the healer's own energies and if over-used with insufficient time to recover the healer themselves can become ill.
- Auras can be balanced and cleansed using various techniques in order to remove negative energies causing the imbalance, for example blocked chakras.
- The aura is an extension of our body in energy form and as such vibrates on many levels and frequencies. It is through the aura that we can connect to the spirit world and where communication takes place.

Whenever we want to connect with the spirit world we have to raise our energies and at the same time open or expand our aura to allow spirit to blend with us. This can be likened to opening your front door to the spiritual outside world so that a spirit communicator can walk inside and talk to you.

Normally you would only open your front door if someone was knocking on it and you would only let them in if you knew them and were happy to do so. You wouldn't consider leaving your front door wide open and unattended because you then have no control over who enters and you wouldn't know if they meant you harm or not until it is too late.

The same is true with the spirit world. The term 'open door' is used where you leave your psychic door constantly open, in doing so you can or will respond to each and every influence which you come across.

Although not visible to the naked eye having an open door can present just as many dangers as an open front door can in the material world.

Some of the possible dangers are as follows:

- Being open all the time is draining on the body, the mind and the spirit as you are constantly expending energy to keep the door open. This can eventually have a negative impact both mentally and physically.
- It can lead to energy and sensory overload as you absorb the emotional and physical problems from other people leading to a depletion of energy and a decreased ability to focus.
- Energies may be picked up from a multitude of sources in both the material and spirit worlds. For example angels, spirits of those who have passed away, spirit guides as well as experiencing the emotions of living people, places and conditions without you realising that the emotions you are feeling belong to someone else.
- If spirits know that you are open all the time then you may find that you get constantly bombarded by them wanting to make contact and pass messages on.
- You may attract unwanted negative influences which will make you feel uncomfortable or that something is not right. They may attempt to exert control over you in order to further their own ambitions to your detriment.

However many of these dangers can be avoided if:

- By only being open at planned and specific times, this not only helps you to save your energy it also enables spirit to know when it is the right time to communicate with you.
- You know and remember how to safely close down and positively break any contact made with them. There are many visualisation methods for closing down. My personal favourite is to imagine a glowing white light encasing me from head to foot keeping me safe by blocking out any other influences. For breaking contact there are two basic prerequisites, the first is to physically move and the second is to mentally concentrate on something completely different.
- You are always in control of your abilities and never let them control you. Remember that you cannot be controlled or made to do anything against your will or principles. You know what is right and what is wrong and must assume personal responsibility for anything you say or do.
- You remain disciplined and act responsibly both to yourself and those working with you in spirit. You should be cautious and never allow spirit to influence or control you without question.
- Finally, nothing should be immediately attributed to the action or influence of spirit until all possible ordinary causes have been considered and rejected.