



TRAINING TO SEE AURAS V4

by

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1. Opening

This article takes a fresh look at auras – what they are, where they come from, and shows how anyone can learn to see them. Seeing auras is not as hard as you may think – if you go about it the right way. This is an easy step by step guide to doing just that. It starts right at the beginning, with the easiest to see of all auras – the aura of colour – and working up, in easy stages, to the more illusive and difficult human aura.

An aura is the most visible part of the subtle energy processes going on within all physical objects. All matter has an aura of some kind – even a humble rock – but it is pretty dull when compared with the complex interplay of rainbow colours that make up a living human aura. Auras emanate from all physical objects, life forces and colours, as well as from many other energy sources.

The first step in this tutorial makes use of a little known fact – that colours have auras.

Every colour has its own unique aura. This is of a completely different colour from the original. Auras, given off by bright, primary colours, are much denser and far easier to see than any other type of aura. Using the auras of colours, as a training aid, has most people seeing an aura the very first time they try.

I have been able to see auras for many years. I was not born with this ability, but taught myself – the hard way. It took me several years before I could see enough of an aura to make it a worthwhile practice! I know the problems inherent in developing auric sight, and this new training method is designed to help overcome them.

2. How Auric Sight Works

Auric sight – as with all forms of clairvoyant sight – depends upon the eyes and the normal optical sight process to work. Physical and non-physical sight are very closely related. They are both forms of perception that allow our brains to perceive energy, of one type or another, as a sight picture. Here is why:

A. NORMAL SIGHT

Eyes receive light – light being a type of energy. Eyes focus light energy onto light sensitive nerve tissue at the back of the eye, connected to the optic nerve. Basically, this light sensitive tissue changes focussed light energy into a stream of complex electrical signals. These signals are passed, via the optic nerve, to the sight centre of the brain. The brain then interprets these signals into a rich visual picture – what we call normal sight.

B. AURIC SIGHT

The brow centre receives a more subtle type of energy than light. This type of energy can only be received by the brow centre (often called the third eye or brow chakra) when it is active and tuned in to receive that type of energy. The brow centre is situated directly between the eyes and is intimately connected with normal optical sight.

Energy received by the brow centre is passed along to the sight centre of the brain – the same as with normal sight. The brain interprets anything it receives in its sight centre as a visual picture. It interprets auric energy as a sight picture – as coloured bands of light surrounding the subject.

- The eyes are the organs for normal optical sight (a physical organ).
- The brow centre is the organ for non-physical sight (a non-physical organ).

Both these organs, above, are situated in the same general area, i.e., the brow centre is situated in the brow, directly between the eyes. The common location and similar function of both organs (sight) suggests there is a close relationship between them, i.e., the eyes, the brow centre and the sight centre of the brain are linked. My research confirms this: that all forms of non-physical sight are closely linked with the process of normal optical sight.

Although there is a relationship between optical sight and the brow centre – an aura is definitely *not* any type of light. Some people believe auras are still light, but light at a much higher frequency than normal light – that is only visible to a clairvoyant. If this were true, though, it would be possible to detect and measure this light with the sophisticated electronic instruments available today. There are scientific instruments, electronic cameras etc, that can be tuned to detect *any* part of the light spectrum – no matter how refined. For example: infra red, ultra violet, x rays, gamma rays, etc, all these can be detected – but auras cannot. Therefore, it is logical to suppose that auras are *not* composed of any type of light.

3. Aura Cameras

But there are aura cameras – you might say – that can take pictures of the human aura? You might even have a picture of your own aura, taken at a psychic fair. How can this be?

An aura camera does NOT take an actual picture of an aura. It cannot actually see an aura. It merely creates the illusion of an aura on film. How an aura camera works:

- A. Sensors are placed on the skin – or fitted into a chair so they contact the subject’s skin. These sensors measure the electrical resistance in the skin (galvanic skin response). Electrical resistance in the skin varies, according to salt and moisture level. These levels are affected by many things: diet, fluids, health, temperature, sweating, emotion, mood, activity, etc.
- B. These readings are fed directly into a small electronic processor, attached to the camera (usually a small black box) and interpreted by it. This processor then generates a pattern of electrical signals, from these readings, according to how it is programmed.
- C. This pattern of signals is then fed into a specially modified camera. Inside the camera, an optical colouring device creates a variable pattern of coloured lights, and beams this directly onto the film, as the picture is taken. This gives the illusion of a colourful aura surrounding the subject – according to the pattern generated by the initial readings.

Because of the way these cameras are set up, you will rarely get two pictures exactly the same. This is because of the large number of coloured patterns possible, that can be generated by slightly different sensor readings. It would be rare to get two identical sets of sensor readings from one person and, therefore, have two identical aura photographs taken in the same day.

An aura photograph is the camera designer’s idea of what your aura *should* look like – according to their research. This research is based upon linking clairvoyant observations with the galvanic skin response on test subjects. The designers have attempted to give a specific colour value to different patterns of galvanic skin responses.

An aura photograph, therefore, is an electronically created illusion – not an actual photograph of an aura.

4. Auric Theory

My theory is: that light is necessary for the brow centre to tune into and focus on auric energy. An aura being a visual representation of this energy, created by the sight centre of the brain.

This appears to be the only logical explanation for auric sight.

5. The Complexity of Normal Vision

The process of auric sight may sound very complicated, but is really *very* simple, when you compare it with the process of normal, optical sight – that simple, visual thing we all take for granted. Look around the room you are in now, look out of a window – what do you see? Think about all the millions of objects and colours and tones you are seeing – all at once – in incredible three dimensional detail. Think about how, no matter how fast you turn around, your brain keeps up with the fantastically complex image you are seeing. Your eyes pass on an *incredible* amount of information to your brain – but your brain interprets it all instantly. Normal optical sight is an incredibly complex and powerful ability. Compare this, with the few colours and swirls of light you see in a human aura – no matter how beautiful and complex it might seem – it is still a very simple picture. There is really no comparison between these two abilities – normal optical sight is vastly more complex, and requires much more of the brain’s power, than auric sight does.

To recap the above: Auric sight is linked to and depends upon normal optical sight, in order to function. What you see, when you see an aura, is your brain’s interpretation of reflected energy, emanating from your subject. Your eyes are used to tune and focus your brow centre into this energy. An electrical representation of this energy is passed to your brain’s sight centre, where it is interpreted as a sight picture by your brain. In the case of an aura, your brain shows you coloured bands of light surrounding your subject.

6. Light and The Aura

Light is necessary in order to see the main aura of anything. Living auras react in the presence of light – expanding and brightening. This reaction is most noticeable when a living aura is exposed to sunlight. You could

say that auras are photo-sensitive.

I have made extensive observations of this light reaction. I have observed the auras of people inside a house, then immediately taking them outside, into the sunlight. The living auras of people expand in sunlight, and are much brighter. They fairly sparkle with life in strong, direct sunlight. I have seen auras expand to several times their normal size in sunlight.

Another interesting observation, that adds weight to this argument, that auras are not light – but that light is necessary, in order for auric sight to work: the main aura cannot be seen in complete darkness. If auras were indeed light, why is it necessary for there to be light, in order to see them? This shows that light and normal optical sight are an important part of auric sight.

NOTE

In total darkness, it is possible to see some slight activity around the energy body, close to the skin. This is almost invisible, but looks like tiny, very faint strands and sparks of bluish light. This is very faint and most noticeable around your own fingertips, when they are brought together in front of you.

It is also possible to see small but intense points of light, coming from fully active primary energy centres (chakras). These must be *extremely* active for this to be seen, and you must also be very focussed on your subject. This takes a lot of skill to do, and the subject must be very developed – energy wise – in order for this to be observed. This is far easier to see if there is a little available light, even if you can only make out vague shadows – it gives you something to focus upon.

To observe any part of the energy body, in darkness, memory based visualisation is used to focus the brow centre into a subject. You have to know exactly where the subject is (in total darkness) and be able to accurately gauge their distance, shape and position, and see them clearly in your mind's eye.

I think, for the above, that both astral sight and clairvoyance play a part, for those that can see energy activity in total darkness. This appears to be the only logical explanation for this phenomena.

NOTE

Light is *not* necessary for clairvoyant or astral sight to work, but the eyes and their normal focussing ability are still used, but with memory based focussing and visualisation, instead of normal light based focussing. You can see with astral and clairvoyant sight, just as well in total darkness, as you can in full light.

7. Viewing Method

The same basic technique, used to see the aura of colour, is used to see all other types of aura, including the human aura. This same technique is also a part of full clairvoyance. This is why looking at the auras of colours is such good training for seeing the human aura. The aura of colour is far denser and easier to see than the human aura. This allows the auric viewing technique to be learned much easier and faster, than does practising on the more difficult human aura.

8. The Auras of Colours

Table 1: Auric colours given off by some normal, physical colours

Object	Auric Colour
Red	Green
Orange	Pale Green
Yellow	Pale Blue
Green	Orange
Blue	Yellow
Indigo	Gold
Violet	Pale Gold
Pink	Iridescent Green

The exact shade and tone of a colour's aura varies a great deal, according to the shade and tone of the colour you are observing. Auras are also affected by the background colour against which they are highlighted, when observed.

9. Afterimages

Auric colours are similar in appearance to after images. Afterimages are generated by staring – for twenty seconds or so – at a brightly illuminated colour, and then quickly closing your eyes, or looking away.

It is commonly thought: that afterimages are generated by colour depletion, of the rods and cones in the eyes, caused by staring at one colour for too long. This generates the reverse, or negative colour, of that colour. An afterimage stays in sight until this colour depletion is corrected, and the eyes return to normal.

I disagree with this theory – and for very good reasons. Afterimages are generated by staring for a long time at a coloured object – for twenty of thirty seconds, or more. This is why I disagree with this theory: When auric sight is more advanced, the aura of a colour can be seen clearly, almost the instant a coloured object is glanced at with auric sight. No prolonged staring is required to produce an aura.

I have just done a test, while sitting here typing this. Across the room from me, about seven feet away, is a chair. Hanging over it's back is a bright-blue shirt. I have done no exercises to stimulate my auric sight, at all. It is early in the morning now, about 6am, and I have not long woken up. A clear, dense, yellow aura begins to appear in just under four seconds (I timed it). This is, surely, far too short a time to generate an afterimage? I did this several times and it became faster and easier to do, and the aura brighter, each time.

Now, you could say that my eyes are becoming depleted of the colour blue, by continuing to do this, thus more easily generating the yellow aura. So, I turn around and look at a red shirt hanging on a hook behind me, on the other side of the room. This time, a clear, dense, bright-green aura appears in just under five seconds. This is *far* too short a time to generate an afterimage? Now, when I am on what I call, a clairvoyant high, the auras of colours appear to me, almost the instant I glance at them – within one second. There is no appreciable delay at all, they are just there, ballooning out from colours, as I look at them.

The auras I see, around colours as well as people, do drag slightly at my eyes, creating a kind of afterimage effect if I stare for too long at it. This effect is similar to how a normal afterimage behaves – dragging and following my field of view.

Now, when I observe the aura of a person, I normally ask them to remove some of their clothing. This gives me a much clearer view of their aura, without the interference caused by the colours of their clothing. I see clear, bright colours in these auras, building up from bare skin. My point here is this: bare skin has *no* colour that can generate any kind of coloured afterimage.

To be truthful, though, the auric colours I see around colours, as well as people, are often still visible, hanging briefly before my eyes, when I look away or close my eyes. This *is* a coloured afterimage – but created by staring at an aura's colour *not* at a physical colour.

Another interesting point: the colours of any afterimages I get, when observing living human auras, are exactly the same colours, as the colours of the aura I am looking at – there is *no* reverse colour effect at all, with a bare skin, living aura.

So, if colour depletion, of the rods and cones in the eyes, is solely responsible for afterimages, how can this happen?

A better way of explaining the reverse colour afterimage effect is: (slow auric colours).

By staring hard at a colour, the auric colour of that subject is slowly impressed upon the sight centre of the brain. It is *not* the eyes that are depleted of colour, but that the auric colour has been impressed upon the brain's sight centre.

The afterimages that appear, when you stare at primary colours, are the same as the auric colours generated by those colours. The similarity in these colours – rather than contradicting the validity of the auric colour of colour – supports them. Why would they be any different?

You will, in the early stages of training to see auras, cause quite a strong after image effect. This will drag and follow your eyes, and still be seen when you close your eyes or look away. This is the slow auric image effect – caused by staring so intently, and for so long, while trying to master the basic technique for seeing auras.

This after image effect lessens in stages. Once the basic technique is mastered, most of the afterimage effect disappears. Then, as the brow centre develops further, being stimulated through use, the afterimage effect decreases steadily, until they are hardly noticeable.

There will, however, always be a slight afterimage, of sorts, when you really study an aura. This is unavoidable when you gaze intently upon an aura, trying to discover it's secrets. The nature of auric sight, and the involvement of the normal optical sight process, will always cause a slight afterimage drag – or slow auric image, as I call it. This happens, even when auric sight develops into the advanced stages.

Final note on afterimages:

The way the aura builds up is also, totally unlike the way an after image appears. It builds up, mushrooming bright colours from bare skin – it does not just fade slowly into sight – it grows before your eyes. The colours of a living aura do not begin as a pale shadow, fading into view and then slowly deepening and growing brighter. They are one consistent colour, from their first appearance as a thin outline, highlighting the etheric aura, close to the skin, to their full size – often more than two or three feet wide. Auras are also, not just a slight outline of colour around the skin, but large, vivid bands of colour, with thickness and depth to them. And, finally, while an aura is building up, if you shift focus slightly, or blink, it disappears instantly – only to reappear a few seconds later – an after image does not.

10. Peripheral Vision

Auras are seen with peripheral vision (side vision) and cannot be seen by directly focussing on them. To see an aura, you have to look to the side and past your subject. Peripheral vision is extremely sensitive to movement, much more so than direct focussed vision. It can detect minute movements that your central, focussed vision will not see. Peripheral vision is also sensitive to many other types of subtle energy that surround us.

Most people have had the experience of catching sight of some movement – out of the corner of their eye – only to see nothing when they turn and focus on it. What happens is:

1. They have seen an aura building up from a coloured object.
2. They have seen a spirit entity (ghost) manifesting near them, and have detected it's energy with their more sensitive, peripheral vision.

11. Dr Kilner

An English doctor, Dr Walter J. Kilner, in 1911, used colour as an aid to stimulating auric sight.

Dr Kilner, researched the use of auric sight, as an aid to diagnosing the health of his patients. He used dicyanin screens for this. Dicyanin is a dye product of coal tar. These screens consisted of two pieces of glass with dicyanin dye sandwiched and sealed between them. He found that by using these – aura goggles, as he called them – he could stimulate the ability to see the human aura.

He would stare, for a few minutes, through these screens, at a bright light. When he looked away, he could see an aura surrounding his patient. He would then note any changes and abnormalities in their aura, and compare them with other observations, taken of healthy people. This allowed him to detect disease, in the very early stages, before the actual symptoms of that disease appeared.

Dr. Kilner used several different coloured screens, and combinations of them. Different coloured screens showed him different aspects, or layers, of an aura.

He also used strips of brightly illuminated, coloured cloth. He would stare at one of these strips, after preparing his eyes, by looking through one of his screens. These strips caused a phantom strip, of a different colour, to appear in his gaze. These were like small windows, that could be moved around by shifting his gaze, highlighting different parts of his subject's aura. This gave him a different view of their aura, in that part.

How this works: By looking through these screens, at bright light, Kilner flooded his eyes with the slow auric colour of that screen (it's reverse colour). This made his eyes hypersensitive to that particular auric colour, enabling him to see that colour in his subject's aura. Different coloured screens would allow him to see different colours in an aura. The use of the strips of colour, then enabled him to see the slow auric colour (reverse colour) of the coloured strip, minus the original colour of the screen he was using – showing a small band of an entirely different colour, in the aura. This small band of colour could be moved around the patient's aura, by shifting his gaze, like a small window, highlighting the area it covered.

One interesting thing about Dr Kilner's work is this: After using these screens for several months or more, he found he needed to use them less and less. By continually straining to see auras, with his aura goggles, he stimulated his brow centre, and mastered the visual technique needed to see the aura. He eventually gained *full* auric sight, i.e., he no longer needed the aura goggles to see auras.

If you would like to get a copy of Dr Kilner's book, you will find it contains many fine colour plates (paintings) showing the aura, as seen by himself and his associates. These show the different effects that can be had using combinations of different coloured screens and coloured strips.

Kilner's book is listed, in the book I read, as: Kilner, Walter John. (1965). *"The Human Aura."* (New Ed.). New York: University Books. I was quoted \$300.00 US, for the purchase of this book.

NOTE

I cannot comment on the effectiveness of using genuine aura goggles, as I have never actually seen a pair. I did, however, experiment with a pair I made myself, many years ago. I used two pieces of glass, covered them with a deep blue dye, and sealed the edges with windscreen sealant. I followed Kilner's instructions, staring at a bright light through this screen, etc.

I found this made my eyes *extremely* sore, and so, after awhile, discontinued using them. They did work, however, and showed me some interesting auric effects. I considered it was not a healthy practise, though, due to the painful burning it caused in my eyes, and the possibility that it could damage them. In his book, Kilner gives a warning about this nasty side effect – burning, sore eyes.

12. The Human Aura

The human aura is an energy field that surrounds the human body, and reflects the subtle life energies at work within and around it. This is something like the magnetic field that surrounds a simple magnet. Like a magnetic field, the aura is generated within physical matter – but is also affected by it's surroundings. The energies flowing through the aura make us what we are, and are in turn affected by our surrounding life conditions and life style. The aura reflects the activity of our organs, health, mental activity and emotional state. It also shows disease – often long before the onset of physical symptoms.

The strength and properties of an aura are determined by the amount of, and the quality of, the energies flowing through it.

13. The Main Aura

The main human aura is banded around the body – strata like. Imagine a person with thick, coloured hoops of light dropped over them, and you get the general idea. The main colours of the aura emanate from the primary energy centres (major chakras – or psychic centres). The individual bands of colour are difficult to see, unless you have very well-developed auric sight, and are observing under optimum conditions.

14. The Etheric Aura

Close to the skin is the etheric aura. This is often called “The vitality sheath”. It is seen (with auric sight) as a pale, narrow band, next to the skin, outlining the body. This is usually no more than half an inch wide – depending upon the vitality of the subject. It looks like a dense layer of pale smoke, clinging to the skin. This is the visible part of the energy body, in it's contracted state.

During sleep, the etheric aura expands and opens (becoming larger and finer) in order to absorb and store vitality (cosmic energy?) within it. After sleep, the energy body contracts and forms a dense sheath surrounding the body, close to the skin. This holds within it the stored energies we all need for living.

In a way, the energy body is like a living storage battery. During sleep, it automatically sets itself on recharge, replacing the energies that have been used up.

15. Energy Centres (Chakras)

The primary energy centres (chakras) are the non-physical organs of the energy body. There are at least seven primary centres, and over three hundred secondary and minor centres, scattered throughout the human body. All together, they form a complex network of non-physical energy components. These are all joined together by interconnecting pathways, or meridians.

These centres, and their interconnecting pathways (meridians) were charted by the Chinese, and other Eastern races, thousands of years ago. Modern versions of these charts are still widely used today, in many types of alternative medicine and body work, i.e., acupuncture and reflexology.

Primary energy centres are attached to major internal organs, glands, nerve ganglia and the spinal cord. Secondary and minor energy centres are attached to joints, glands and nerve clusters, throughout the body.

There are active centres – transforming and manipulating energy – feeding other energy centres and taking care of life processes – both physical and non-physical. There are storage centres, communication centres, and centres designed to absorb energy from other energy sources around us.

Some energy sources: Food, water, oxygen, sunlight, planetary energy, cosmic energy, love, sex, music.

Some of these energy sources are very subtle, but all are necessary for us to live a balanced life.

Energy centres are invisible to the naked eye but can be felt, quite strongly, when they are active (as a pulsing, thrumming sensation). When energy is consciously drawn from one centre to another, through the connecting meridians, this can be felt as: A rushing water sensation, a spreading warmth, a tingling feeling, or a combination of these. Energy centres (chakras) can also be seen – with auric and clairvoyant sight – as whirling vortexes of intensely coloured light).

Every energy centre has important individual functions, in the energy body. It also works in conjunction with all the other major and minor centres. Each centre is an individual, but integral part of the energy body. They all work together, for the good of the whole energy body; just as all the physical organs, brain, heart, liver, kidneys, glands, etc, work together for the good of the whole physical body.

The energy body is extremely complex. It is, in a way, similar to an electronic device. Energy flows into the electronic device, and on through connecting pathways (meridians) that are etched into the circuit board. These connecting pathways (meridians) carry energy on to all it's electronic components, (chakras), diodes, resistors, capacitors, etc. Energy is continually being changed, enhanced and transformed, by these components; to serve a multitude of different purposes, required by the device, as a whole unit, to function properly.

A single energy centre, is very much like a single electronic component. It takes in energy from the components around it, and changes the value of it. It enhances this energy, in various ways, transforming it into something different, that is needed by the whole unit.

Each energy centre (chakra) takes in the different types of energy it requires, from other energy centres in the energy body, and generates a completely different type of energy – with a different value and colour – according to what is required.

The strength of each primary energy centre, in any particular person, depends upon that person's individual makeup; their nature, health and life style, as well as their spiritual, moral and psychic development. The energy generated by all the chakras at once, is reflected into the aura, mixing together and causing the dominant hue of the aura. This, dominant hue, is the part of the aura most commonly seen with auric sight.

Table 2: Names and Colours of the primary energy centres (chakras)

Chakra Name	Colour
Base	Red
Spleen	Orange
Solar Plexus	Yellow
Heart	Green
Throat	Blue
Brow	Violet
Crown	Gold

Locations of the seven primary energy centres (major chakras)

1. Base: base of spine (between anus and genitals)
2. Spleen: navel area
3. Solar Plexus: base of sternum
4. Heart: centre of chest (over heart)
5. Throat: base of throat, just above where it joins the chest
6. Brow: exact centre of forehead (between the eyes)
7. Crown: whole top of head, above the hairline

NOTES

Each primary is best thought of as – roughly the size of your hand.

Each primary has more than one functioning part (or petal).

The *exact* location of sensations felt, when a primary centres is active will vary slightly – depending on what part of that centre (or petal) is active. E.G. The spleen centre is usually felt between the tummy button and pubic line. The brow centre is often felt between the eyebrows, instead of on the actual brow.

16. Basic Hue Classification

The basic hue of an aura is it's dominant colour. This is the most visible colour of the multiple energies

generated by all the chakras (mixed together) creating a general, overall colour. There are, of course, many different colours in any person's aura, but the basic hue is usually seen first.

Many people suggest that people can be classified, as being a particular type of person, by the basic hue of their aura.

For example:

Red – sensuality, vitality, raw energy.

Orange – emotion.

Yellow – personality power, mental power, intellect.

Green – spirituality, love, affinity with nature, natural healer.

Blue – highly spiritual, religious, natural teacher, healer.

Violet – very highly spiritual, psychic, clairvoyance, religious, teacher and healer.

Gold – highly advanced spirituality and psychic abilities – an adept.

I have found this method of classification to be both unfair to the person being classified, and extremely misleading. The basic meanings of the individual colours are well known – as above. I find the human aura to be such a complex and changeable engine, it just cannot be classified in such a simple way.

For example: if a person, with a predominantly blue aura, is experiencing an emotional crisis, their aura will be flooded with large patches of orange. This is a temporary state only, and once the crisis is resolved, their aura will revert to its natural blue.

There are so many things that can temporarily change the appearance of an aura – sometimes just for an hour or more. Devotional worship, for example, generates high minded feelings and deep spiritual love. An unstable, emotional, dominant and violent person, who's aura is, say, naturally red and orange, with streaks of black in it – can generate higher spiritual colours, during worship. These will temporarily flood their aura, giving them the appearance (to auric sight) of being a very spiritual person – but hiding their “true colours” and hence, their true nature.

JOCK

Blue: Jock was a young man I knew, several years ago. He was an extremely vital, sensitive man, but was very unstable, having a lot of problems. Jock was a deep thinker, and we would often expound upon the meaning of life and the nature of the universe, together. At times like this I would often see a lovely spiritual blue, surrounding him.

Red: Now, once Jock had a few drinks in him (alcohol), he could become extremely aggressive, violent and dangerous – at the drop of a hat. At times like this, I would see his aura change dramatically, in moments, to a bright, angry red, with big orange patches and black streaks in it. Not a trace of his original blue aura would remain. This, red, orange and black colour, would stay with him, until he calmed down completely and sobered up.

DAN

Dan was an old friend of mine, with a naturally green aura. When Dan has a problem, his mind goes into overdrive, trying to find a solution to his problem. His aura then changes to bright yellow, flooding strongly through his aura. This reverts to its original green, very quickly, once he has found a solution. I have often observed this, while playing chess with him. Every time he gets into a sticky situation, his aura floods yellow.

GARDENING

When I have been gardening – having a lot of physical contact with plants – the aura around my hands and forearms changes to a lovely green. This green fades away a few hours later. Close contact with plants seems to have an effect on the energy body. Maybe this is where the old saying comes from “Having a green thumb” – for gardening.

These examples demonstrate the changeable nature of the human aura, in a very general way. An aura is a variable reflection of the energy activity going on within a person. This reflection is detected by the brow centre of the observer, and interpreted, as coloured bands of light, by the sight centre of their brain. Health, mood, emotion, strong thoughts, drugs, and other influences, stimulate many different energy patterns in the primary and secondary energy centres. These different patterns change the overall quality of the energy being reflected into the aura. This generates many different colours – which changes the auras dominant colours.

17. The Human Aura and Colour

The human aura is very sensitive to colour. It reacts to the colours of clothing worn and to the colours of its surrounding area. Colour affects the subtle flow of energies within the energy body. This accounts for our strong natural likes and dislikes, when it comes to choosing the colours we wear, and those that surround us.

This sensitivity varies, from person to person, depending upon how sensitive they are and how sensitive their aura is. Women, generally, have more delicate and sensitive auras than men. They are, therefore, far more sensitive to the effects of colour, than men are. Colour can have a strong effect on a very sensitive person. If they wear a colour that clashes too badly with their aura, it can make them physically ill.

The effect of colour on the emotions is well known. Wall colours are carefully chosen, in hospitals and other institutions, to calm agitated people and put them at ease. Soft pastel shades of pink and blue are the most frequently used colours for this, because of their well-known calming effect.

18. Clothing

It is impossible to get a clear view of an aura through clothing. The auric colours given off by any coloured clothing react with the wearer's aura. This causes interference that blocks and changes the natural flow of energies within an aura. For example: a blue shirt will flood the wearer's natural aura with yellow – changing its appearance.

Even neutral coloured clothing will block and dim an aura – making it dull and difficult to see. If, for example, you observe the aura of a person wearing a red shirt: their aura will contain a great deal of green. This shows why bare skin is best, in order to get a clear view of an aura.

When a coloured material is worn, the band of colour seen close to the material is the reverse auric colour of that colour. The aura's real colours will be seen building up from the outer edge of that colour. The reverse auric colour of the material, and the true colours of the living aura, affect each other – changing their natural colours.

19. Disease

This shows up in the aura in many different ways, sometimes weeks or months before any physical symptoms appear. An ear infection, for example, will show up in an aura as a gradually thickening shadow over the ear and side of the head. This can be seen several days before any physical symptoms appear. The shadow will begin as a light-grey smudge, gradually thickening and darkening. It will eventually change to a murky-green patch, about the size of your hand. As the infection worsens it will become shot through with red and orange streaks, flecks and sparks.

A shadow in the aura is the first sign of *any* approaching health problem. Murky-green, with red and orange streaks, flecks and sparks, is common to infection.

20. Death

When a person is dying, their aura undergoes dramatic changes. I have observed the auras of people, dying of terminal cancer and other diseases, in the weeks prior to their death. The first noticeable sign is when the aura fades and begins to grow weaker and paler. Next (with long term illnesses) a week or so before physical death, the aura begins to expand and change. It changes into a beautiful (very pale) milky-blue, shot through with faint, tiny, silver and white sparks. These sparks flash and twinkle throughout the aura. Each spark is only visible for a fraction of a second at a time.

NOTE: The aura of a dying person is a very pale milky-blue. It is VERY pale and faint and VERY difficult to see. It is quite common to see a pale-blue aura surrounding a healthy person, and this does NOT mean they are about to die. The aura of a dying person is quite different from a normal, healthy, pale-blue. It is all one colour, much larger than normal, very milky and very faint.

Closer to the time of death, the aura begins to pulsate, swelling and shrinking erratically. At times it will fill the entire room, becoming more of an atmosphere than an aura. At other times it will be so shrunken as to be almost invisible to auric sight. It grows paler and finer by the day, and the tiny silver and white sparks become finer and increase in frequency.

There is a great deal of activity in all the energy centres, at this time. The energy body is preparing itself for the final separation – of the physical body from the non-physical body (or spirit). There are, at times, faint

surges of colour and faint coloured sparks, like pastel fountains, surging and falling from the primary centres. They spasm and shudder and begin generating a much higher and more refined type of energy. This change heralds the imminent and final separation, of the spirit from the physical body – what we call death.

The above is ‘not’ to be mistaken for the normal pale-blue and sparks that can be seen in a healthy human aura. The above observation is not visible to any normal level of auric sight, but requires some degree of clairvoyance, ie, the ability to see mind’s eye visions.

At some time (variable) before physical death, the aura will become almost invisible to auric sight. Only a faint, very pale glow will still be seen, close to the skin. This is residual etheric matter, clinging to the physical body. There is, however, still intense activity going on within the energy body, but this is now far beyond the reach of normal auric sight.

The aura is now reflecting itself into a much higher level of reality – another dimension. Clairvoyant and astral sight are necessary, in order to see any more energy activity, during the final stages of the death process.

At the actual moment of death, if you are watching closely, you will see a very faint, pale mist, surge up out of the body, and quickly vanish. This is the spirit leaving the physical body. That faint mist is residual etheric matter, clinging to the spirit body, as it departs.

The actual timing for these changes in the aura to occur, depend greatly upon the type of illness, the duration of it, and the strength of the dying person. These govern the speed of the actual death process. With some conditions, this whole process can happen very quickly, often a matter of hours. With other conditions, this may happen over several days, weeks or even months.

21. Spirit Energy

There is always a lot of spirit energy and activity, surrounding a dying person, in the days and weeks prior to their death. The amount of this spirit activity seems to depend greatly upon their belief system, as well as their moral, spiritual and psychic development.

The strongest I have ever felt this – high level spirit energy and activity – is around dying children. Children seem to be a lot more aware of their spirituality than adults give them credit for. We, adults, seem to lose so much of this awareness – of our spiritual and divine nature – as we grow older.

I have been in the presence of many dying children. The only way I can describe this is that, at these special times, I have been in a holy presence – far beyond my poor understanding of reality. Children gain a special kind of wisdom and a high level of spiritual understanding – and they have no fear of death.

ACCIDENTS

I have never had the opportunity to observe the aura of someone dying, shortly after an accident, so cannot comment on this aspect of death.

PREMATURE DEATH

I have, though, known healthy, vital people, that have died suddenly, from strokes, heart attacks and brain aneurisms. I have observed them, in the days and weeks prior to their premature deaths. I have noted similar changes, as I might expect to see in a dying person: very milky-pale-blue expanded auras, silver and white sparks, and lots of spirit energy and activity around them. These people, though, were not sick. They were all, healthy, vital people, but there was something quite different about them – an indefinable atmosphere. In all cases, they seemed to know, intuitively (but not consciously) that their time in this world was nearly up. They all did certain things, tidied up their affairs, or made things right in some way, in the days and weeks prior to their death.

22. Why most people fail to see Auras

The most common reason why people fail to see an aura, is simply the way they go about it. The human aura is *not* a good training ground for the beginner.

This is what usually happens: Your volunteer sits and waits, for a very long time, while you struggle and strain for a glimpse of their aura. You are trying to relax and concentrate – and master a tricky visual technique – all at the same time. You subconsciously worry about what they are thinking of you. Are they getting bored? Are they getting impatient? Do they think you foolish, a failure, or both? This kind of pressure causes subtle

tensions to build up within you, that effectively negate the relaxed state needed to see the aura. Trying to get results, under this kind of pressure, as a beginner, is next to impossible.

Here is an email letter from a young man. It shows some common misunderstandings, when auras are first encountered:

David: “I was sitting in economics class, when I started to see a faint white glow around the lecturer’s head (not really though, I can’t really describe it), it was surrounding the sides of his head.

And, I could also see a similar one, coming from one of the students sitting in front of him, except the student’s had a sort of bluish tinge to it. I kept looking, and a bright yellow glow appeared around his head. Then I started to see a similar white glow coming from some of the computer monitors, that sit on the desks. At first, I was hoping that I could see auras, but then when I saw it on the monitors, I had my doubts.”

Me: Every living and non living thing has an aura, including monitors. The reason you saw them when you did is (let me guess) You were bored, tired, very relaxed, maybe day dreaming a little. Your eyes were tired, heavy, and you were having trouble keeping them open? These are the PERFECT conditions for seeing an aura!

David: “That’s exactly how It was! The discussion sort of went off topic and wasn’t all that interesting to me.”

“Anyway, I was wondering if you can tell me if I actually did see their auras. I tried staring at myself in the mirror to see my aura, when I got home, and tried to see a friends aura, but it didn’t work. I haven’t been able to see an aura, since that day, a week or two ago. As for some of my questions. I was wondering what colours non-living objects give off – is it white? How come the aura was brighter around their heads?”

Me: You did see the aura! The colours given off by non-living objects vary with the colour of the object, but inanimate objects, generally, have a simple pale, creamy aura surrounding them. The aura you saw, surrounding the heads of the people around you, was their etheric aura – which is a pale, creamy colour, usually with a pale blue tint to it.

The human aura is brighter around the head area, for two reasons:

1. Clothing blocks the aura.
2. The head area is usually bare (no clothing to block it) and is where the yellow of the intellect is most active, which is quite easy to see. This yellow varies in intensity, according to the degree of mental activity going on at the time the aura is seen. This, mental activity, brightens the aura in the head area. Maybe the student you observed was really on the ball that day?

The main point of showing you this letter is: David began to see the aura, with no trouble at all, when he was tired and not trying to see it. He was tired, bored and day dreaming (a very relaxed state). David was struggling to stay awake and forcing his eyes to stay open. This *forcing* his eyes to stay open, creates a strong mental opening action, at the site of the brow centre – between the eyes. This stimulates the brow centre and combined with a relaxed, un-focussed gaze, causes spontaneous auric sight to occur.

When David tried to see an aura, later at home, he could not – because he was wide awake and trying, and was no longer in a relaxed enough state for auric sight to work.

Keep this, above, in mind – when you first attempt to use auric sight!

23. How to see an Aura (Basic technique)

To see the aura, you have to be able to relax and concentrate, at the same time, and there is a trick to focusing your eyes in a special way.

** An aura must be gazed upon – not looked at **

LIGHT

First, you need plenty of good, soft light to train in, not dim, but good soft light. It is very important not to have any strong light shining or reflecting into your eyes. It is best to have light coming from behind and above you. If you have, say a window, flooding light into the room, in your field of view, while trying to see an aura, it will distract you and make an aura much more difficult to see. A hundred watt bulb, coming from above and behind you, is fine.

STEP 1

Get a book and cover it in bright, primary blue or red paper. Stand it upright, on a table, six or seven feet from

you (about 2 metres). Experiment with the distance until you find what is just right for you, but the minimum distance should be no less than 4 feet (1.2 meters). Make sure you have a plain, fairly neutral background. Do not view it against a brightly coloured wall, or garish wallpaper. If the wall colour is wrong, hang a sheet of neutral coloured paper or cloth on the wall, as a backdrop. A bed sheet, or some sheets of butchers paper, taped to the wall, will do fine.

NOTES

- A. The book is only a prop for the coloured paper, i.e., it is the aura of the coloured paper you are going to look at – not the aura of the book. Using a brick, covered in coloured paper, would give the same result as would hanging a piece of coloured paper on the wall.
- B. The auras of the colours blue and red are, by far, the brightest and easiest to see.
- C. The brightness and tone of a colour's aura varies with the shade and tone of the colour used, so use bright primary colours only.
- D. You can use any brightly coloured item for this: clothing, kitchen canisters, toys, or even tape squares of coloured paper directly to a wall.

STEP 2

Close your eyes, take a few deep breaths and relax. When you are calm, look at the book. Focus your eyes on nothing, a little to the side and just past it. This is as if you were gazing at, but not focusing on, the wall behind it.

The whole idea is to totally relax the focus of your eyes and view the subject with your peripheral, or side vision. By side vision, I mean just to the side of your normal focused area of sight (a couple of inches only) not out of the corner of your eye.

Gently hold that gaze and relax your eyes. Get used to that relaxed focus and try not to strain or tense your eyes or forehead while doing it. Concentrate! You need an intense, but very relaxed and steady gaze, similar to day-dreaming.

BLINKING

When you need to blink, do so, or it will cause your eyes to tense, burn and water. Blink normally and without changing focus, and DO NOT become preoccupied with it. Blinking will cause the aura you are viewing to disappear – for a second or two only – but it will reappear quickly – if you stay calm and hold a relaxed focus. Learning to hold your focus, while blinking normally, is an important part of learning to use auric sight.

BROW OPENING TECHNIQUE

It is necessary to use some type of brow centre opening exercise, in order to stimulate your brow centre into a receptive mode. This allows you to receive the energy surrounding your subject – as auric sight. It is possible to see the aura of colour without doing this, but it is very difficult to see a living aura, without first stimulating and opening your brow centre.

* Please pay *very* close attention to what follows! *

Remember what it is like to be very, very tired – totally exhausted? Remember what it feels like when you haven't slept for days, and can hardly keep your eyes open?

Remember what it feels like when your eyes keep trying to close on you? Remember what it is like to have to wrestle with your eyes to keep them open?

This causes a sensation, if you observe yourself closely, much like you are trying to lift a heavy, shadowy veil, from behind your eyes. When this happens, the muscles of your eyes are not responding very well, so the action becomes almost entirely mental.

Stop for a moment and remember what this feels like.

Wrestling to open tired eyes causes a strong mental opening action, at the site of the brow centre – thereby stimulating it.

HOW THIS WORKS

This mental opening action, focuses your bodily awareness at the site of your brow centre.

When your bodily awareness is focussed at one area of your body, and you manipulate that area with your mind, you stimulate your energy body in that area – in a dynamic way.

If this mental opening action is continued for long enough, and put enough mental effort into it, your brow centre (your third eye) will begin to open.

If you carry out this mental opening action, when you are relaxed, and have a subject in your field of view – and you are not looking directly at your subject – spontaneous auric sight will occur.

The mental opening action given here is similar, only *much* stronger and more effective than the normal, visualisation based, chakra opening techniques; taught by most other teachers of psychic development and energy work. Visualisation based energy work, on it's own, is weak and obtuse and very difficult to learn and use.

BACK TO THE COLOURED BOOK

While you are gazing steadily, with a relaxed focus, at your blue or red covered book – recreate the same mental action, as described above. Shift your bodily awareness to the area between your eyes. Feel this area with your mind – concentrate all of your sense of feel, your bodily awareness, on this area.

Tip: Lightly scratch the skin directly between your eyes, and just above it, in the centre of your brow, with a fingernail. This will help you to zero in on that spot with your bodily awareness.

Shift your bodily awareness to the area between your eyes – concentrate on being aware of that area!

Mentally lift this whole area – as if you were trying to force your eyelids to open – but do not allow the muscles in this area to tense up or respond in any way (this is all mental).

Isolate the mental command that lifts your eyelids. Observe yourself closely. Imagine your eyes are very heavy, and let them close on you, and open them a few times. Observe which muscles you use to do this. Use this same muscle command – with your mind based bodily awareness, in that area – but without letting your eyelid muscles obey.

Do this over and over again – lifting, lifting, lifting – as if you were lifting a heavy shadow from behind your eyes .

Repeat this action, over and over, but do not allow yourself – or any muscles – to tense up or respond. This is a bit tricky to, start with, but easily mastered with a little practise.

This mental opening action is *very* important. It is the first step in learning how to control your brow centre and, later, the rest of your energy body – if you decide to progress to developing full clairvoyance and other psychic abilities.

In the early stages, it does not matter if you feel you are lifting too large an area over your brow. Even if you are lifting right across the whole front of your forehead – it will still have an opening effect on your brow centre. With practise, you will be able to narrow the focus of this mental opening action – to the brow centre area alone.

If you keep up this mental opening action, you will stimulate your brow centre – forcing it to become active. Your steady, relaxed focus, on your subject, will tune your brow centre into the energy given off by it. This energy will be passed along to the sight centre of your brain. There, it will be interpreted as a sight picture – a bright band of coloured light.

Tip: When you have isolated this opening action, and can do it mentally, you will find one side of the veil behind your eyes easier to lift than the other – usually the right is easier. Basically, his feeling is caused by the two different hemispheres of your brain – one is much easier to use than the other. If this is a problem, use a clockwise swirling mental action, over the site of the brow centre, to stimulate it. By clockwise, I mean clockwise from the inside. Use the same mental muscle command we talked about above, as with opening tired eyes, but swirl it, as if you were mentally stirring that area with a pencil.

It is best to alternate between the main opening action, and this swirling action, when trying to activate your brow centre. The main opening action is still needed to tune your brow centre into an aura.

Note. Remember: all these energy stimulation exercises depend upon localised bodily awareness, specifically – localised surface awareness on the skin. You have to FEEL these mental actions happening, in order to make them effective.

YOUR FIRST AURA

While you are doing all the above, patiently keep up your relaxed gaze, just to the side and past your subject. After a while (anything from a few seconds to several minutes – in the early stages) you will see a faint shimmering in the air, around the book. Then, you will see a pale, narrow band of light build up, close to the edge of the book. This is the books etheric aura.

- Stay relaxed!
- Don't change your focus – in any way!
- Don't look directly at it!

- Blink if you have to – it will come back quickly!

Soon, a bright-yellow aura (blue book) or bright-green aura (red book) will start building up, from the pale, etheric band around the book. If you change your focus, tense up, or look directly at it – the aura will vanish instantly.

The aura has to be observed with your peripheral, or side vision.

If something happens, and the aura disappears, don't worry. Continue observing it, calmly, and patiently and it will reappear.

In the early stages, the aura will tend to disappear quite a bit. This is quite normal. Keep at it and this will happen less and less, as you master the viewing technique.

STEP 3

Once you have completed the first steps, gather several books and wrap them, each in a different primary colour.

The brighter the colour – the brighter the aura – and the easier it is to see.

Study these coloured books, one at a time, and write down the colours you see.

Observe the books, two at a time, and watch how their auric colours affect each other.

Move them around, mix them, sit them on top of each other, observe them all in a row.

STEP 4

Get a pot plant, or some fresh flowers, and study their aura. The aura you will see around them is a living aura. Keep in mind the effects of the auric colours from the petals and leaves. The orange hue you will see, around the green parts of the plants stems and leaves, comes from the auric colour of green – the same as with observing a green book. Some of the other colours, with flowers, will come from the colours of the petals.

You will see a more distinct etheric and a stronger shimmering, optical effect around the plant.

Living auras are more subtle and, thus, a little harder to see, than a simple colour's aura. With practise, though, the auras of plants will become much easier to see.

STEP 5

Observe the aura of a tree. Pick a good sized tree that you can view, highlighted against the sky. It is best to observe it with the sun behind you, early in the morning or late in the day. If the sun, or any strong reflection, is in your eyes, it will make this very difficult to do.

The shimmering around the tree will be much more imposing and intense, than with a small plant. The colour of a tree's aura will also be influenced, not only by the colours of the leaves and bark, but also by the colour of the sky itself. On a sunny day, a tree's aura will appear to be a shade of blue. On a cloudy day, it will appear to be creamy-grey.

Viewing distance: Experiment with this, as it depends upon the size of the tree. Make sure you can see the entire top of the tree in your field of view. You need to be, approximately, three times the height of the tree away from it, or more.

A tree's aura can be huge, depending upon the size of the tree and how strong it is. At the top of the tree's aura you can sometimes see a fountaining effect, as if it's aura were slowly spraying up out of it. I am not sure what causes this, and I have not seen this with every tree I have observed. Some people say it is the tree's spirit, or a nature spirit living inside the tree, that causes it. Some trees do seem to have a kind of consciousness within them, so this may be true.

STEP 6

For the next step, use an animal, any animal: a dog, cat, kangaroo, camel, lion, tiger, elephant, etc, if you have access to one. Try and observe them when they are resting. Animal auras are not as colourful as human auras, but they are still very good practise. Keep in mind, that the colour of the animals coat will affect the colour of it's aura.

Disease can be detected in the aura of an animal, the same as with a human subject. This makes observing them very good practise, for diagnosing the early signs of disease in an aura.

STEP 7

Observe your own aura: This can be done outside, with the Sun behind you, or inside, against a neutral

background. Hold your arm out and study your hand and forearm. You can also lay down and observe the aura of your feet and legs.

STEP 8

A HUMAN SUBJECT

In the beginning, it is best to observe the human aura in two stages:

Stage 1

Have your subject wear a colourful shirt, dress or jumper – anything will do. Use any colour but blue – do not use blue – as this will flood and hide the yellow of the intellect, the colour most commonly seen around the head area.

Make sure their upper neck area is bare. Observe their shoulder area, using the same setting and technique, as with the original book. You will see the colour of the shirt easily, building up around their shoulder.

NB: Make sure you continue to do the mental opening action – with all these exercises.

When the shirt's aura is clear around their shoulder area, shift your gaze slightly higher – so you are gazing past their bare neck area. Keep the shirt's aura in view – don't change what you are doing – and see what other colours you can pick up around their bare neck.

This exercise makes sure your eyes and brow centre are working together, as with the book.

Do not focus directly on your subject's neck! All auras must be gazed at and observed with peripheral vision.

You should begin to see a slightly different colour, building up near the top of their shirts auric colour – around their bare neck and head.

Now, shift your gaze slightly higher, so your line of sight is level with their head area. Keep your gaze relaxed and don't change anything. You should see some yellow around this area.

When you see a little, ask your subject to do some mental arithmetic, or think hard about something. See if their aura brightens when they do this.

Stage 2

Get your volunteer to remove some of their upper clothing. Study a bare skin area, against a neutral background – the same as with the book. The upper arm and shoulder area is the best place to start your observation.

With bare skin, the first thing you will see is a slight shimmering effect, a fuzziness in the air near the skin. Next, you will see the etheric aura build up from their skin. This looks like creamy, pale-blue smoke, clinging to their skin. This is quite distinct and normally about half an inch deep.

Hold your focus and the aura's main colours will begin to build up, and out, from the etheric aura. It will first appear as a narrow band of colour, highlighting the edge of the etheric aura. This will appear and disappear, grow and shrink, quite a bit. This part is very frustrating, but keep at it and it will get easier. The colour will slowly grow larger and become thicker and more well defined. Hold your focus and it will grow to several inches or more thick. The main aura may vanish and reappear many times, as I said, while it is building up. This is caused by blinking and minute shifts in your focus, and cannot be helped. *Tip:* The brightness of a person's aura has a lot to do with their mood and how they feel. If they feel happy and full of life, their aura will be much stronger, larger and brighter. Try playing their favourite music, or crack a few jokes and have a good laugh. This will help to energise their aura and make it easier for you to see it.

24. Another letter

Here is another email letter. It describes a very unusual first sighting of an aura:

Rick: “I want to relate to you an event yesterday that was kind of unusual. I was sitting in church, just staring at the choir, when I saw an incredible white light, sort of like a shadow, and three of the choir members had this white light shooting up to the ceiling and turning blue and green. It was like looking at a bright, multicoloured X ray.

It was an awesome experience. I had a chill run down my spine and I thought “WOW!” and blinked – and it was gone.

Question: What the heck was that – I assume it was an aura?”

Me: You were, by the sound of it, in a very relaxed state, and carried away, uplifted, by the spiritual singing of the choir. This must have stimulated your energy body and brow centre, causing spontaneous auric sight, making it possible for you to see the choir's aura, while it was flaring.

What you have seen is the human aura flaring, in an excited state. This is a rare and truly beautiful sight. I have only ever seen this once myself.

The flaring aura's of the choir would have been caused by a charged, devotional atmosphere in the church, and the hymn the choir were singing at the time. This must have stirred deep spiritual feelings and uplifted them. The white, changing to blue and green, rising auras you saw, came from their throat and heart chakras. These are higher spiritual colours and are affected by emotions of spirituality and love.

25. Practise and Time

It takes practise to see the human aura, so don't be disappointed if you fail, or see very little the first few times you try. If you managed to see the aura of the original blue book, you CAN learn to see the human aura.

Using this training method stimulates the brow centre, which is responsible for all types of non-physical sight. With use, it will grow in strength and seeing auras will become progressively easier to do. It may take weeks, before you get your first, proper glimpse of the human aura, if you have poor natural ability for this – but with practise, as I did, you WILL eventually be able to see it.

I suggest that you practise the mental opening and stimulation exercises, and observe auras for at least a few minutes every day. This will stimulate your brow centres development.

26. Spontaneous Auric Sight

You will find there will be days when auras are very difficult to see. You will also find there are days when auras just appear around people and objects, without any conscious effort on your part to see them. You will find this happening at odd times, when your brow centre is, for some reason, very active. You may be sitting down talking to someone, and all of a sudden you will see their aura, or the aura of their clothing, with no effort at all.

Episodes of strong, spontaneous auric sight, will happen frequently, once you begin stimulating and developing your brow centre, through the practise of observing auras. A letter showing this:

Eric: "I have been practising your method daily, for over a month now, but have not succeeded in seeing much of a human aura, until now. I can usually see the auras of colours and plants, and can see my own aura fine. Up until now, I have only been able to see the auras of colour, the etheric and some patches of distortion around people, when I try and see their auras.

Yesterday, I was working on my computer, and my girlfriend came into my room. She had just showered and was getting dressed. I just looked at her and "BOOM!!!" there was this huge aura all around her. It was really beautiful and solid looking. It was mostly green around her body with a yellow glow around her head. Oh – there were some red and orange patches around her hips and stomach.

I was not trying to see her aura. I was trying to finish my work and was very tired, what with exams coming up the next week. It just appeared around her like magic.

What happened, how could I see it without trying to? I tried the next day, but couldn't see it again. What happened?"

Me: Bravo Eric! You are doing extremely well. What you saw was the full living aura of your girlfriend. I take it she was naked when you saw it? This would have helped you to get a better view of it. This is spontaneous auric sight, caused by all the practise you have been doing – seeing auras. This will happen more frequently, from now on. It will just happen, from time to time, when your brow centre is very active, for some reason or other. This is a sign your brow centre is responding well to the exercises I gave you, and developing nicely. Your dreams should also increase in frequency and become much more vivid, with more lucid dreams etc. This is another sign of your brow centre developing.

This, above, is a good example of spontaneous auric sight. Eric was tired and relaxed, when it first happened – the perfect state for seeing auras. He had been practising auric sight exercises for several weeks. This had stimulated his brow centre, causing bouts of spontaneous auric sight to happen.

Eric was lucky enough to have a naked subject for his first view of an aura, showing him the full human aura, with no interference from clothing etc. With Eric, this sort of thing happened every few weeks, for about a year. It then increased in frequency, happening about once a week, on average. Sometimes this only showed him a patch of colour on someone, for a few seconds – at other times, he sees a full aura.

After Eric had this first bout of spontaneous auric sight, he found it much easier to see the human aura, when

he tried. He still cannot see the whole aura – when he wants to – unless it happens spontaneously. He can now, though, see bands and patches of colours in peoples auras, that he could not see before.

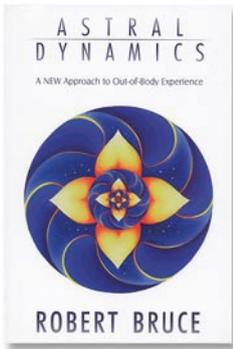
27. Close

I have taught many people to see the aura using this, above, method. The fast results, in the early stages, help to build confidence and keep interest high. This ensures enough work and effort is put in to get the desired results – seeing the human aura.

Once you have seen your first aura, you have taken your first step into a much larger, and more colourful world. If you practise and graduate to seeing, even a glimpse, of the illusive human aura, then you are making very good progress indeed, and your brow centre is showing it's development – through your increased ability. The next step from this is to develop clairvoyance. This is the ability to see the more subtle energies in the world around you. These energies contain within them: karmic influences, life conditions, the results of past actions, and future events and probabilities – plus lots of other exciting and interesting stuff. This energy is seen, clairvoyantly, as metaphoric imagery, full of richly symbolic meaning. This is seen as anything from a simple still picture, to a full coloured, motion picture quality, mind's eye vision.

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Book Release – “Astral Dynamics”



Published by Hampton Roads, Virginia, USA, November 1999, www.hrpub.com. Astral Dynamics is Robert Bruce’s magnum opus (first major book) and has been well worth the wait. A truly exceptional work, destined to become a metaphysical classic. Available internationally through all major book stores, Astral Dynamics can also be ordered online: see author’s www site for excerpts, reviews and ordering details.

“A Synopsis of Astral Dynamics”

Astral Dynamics is an innovative reader-friendly tutorial and hands-on guide to OBE. A comprehensive work, it covers all aspects of OBE and astral operations including: theoretical, practical, metaphysical, phenomenal, esoteric and behavioral. Based on rich personal experience – stemming from the author’s life as an active hands-on mystic, projector and metaphysical explorer – it is hallmarked by his friendly, down-to-earth way of dealing with seemingly complex matters. Written with the needs of the complete novice in mind, it also caters well for intermediate and advanced students. A sizable and well-detailed work, at 560 pages and containing 35 carefully thought-out illustrations, Astral Dynamics is absolutely essential reading for anyone interested in OBE.

A world first in many ways, Astral Dynamics launches many new and innovative concepts. It most definitely stands in a class of its own. It provides for a totally new outlook and understanding of the nature and purpose of out-of-body experience. The requirements, dynamics and underlying bio-energetic mechanisms that enable OBE are dealt with in great detail within its pages. As the author is fond of saying to his students: “The more you understand OBE...the easier it is to do.”

The cornerstone of Astral Dynamics would have to be the author’s extraordinary Mind-Split theory. The mind-split phenomenon is a true complication of bio-incarnated consciousness. It has wide-ranging affects, on all aspects of projecting and operating in the out-of-body environment. The mind-split theory shows how the physical body is never left empty or at risk during any type of OBE, as is commonly believed today. Compelling evidence is provided to support this, based upon first-hand experience and logic. The many bio-energetic conflicts and OBE memory download problems arising as side-effects of the mind split are discussed in great detail, with many practical solutions being offered. This knowledge greatly improves OBE success rates for both novice and experienced projectors alike, while generally empowering all aspects of out-of-body operations.

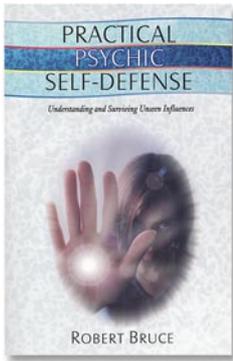
As part of its innovative new approach to OBE and projection training, Astral Dynamics introduces another world first: ‘NEW Energy Ways’. This is a dynamic new system of energetic manipulation and development. While amazingly simple to learn and use, the NEW system is light-years ahead of any existing energetic systems, available in the world today. It teaches how to develop, raise and make dynamic use of personal energetic resources, both in and out-of-body, in many exciting new ways. These alone solves a great variety of projection-related problems.

Astral Dynamics also addresses, some of the more complex and sensitive aspects of out-of-body operations. For example: spirit beings, negative entities and astral combat; as well as the nature of high-level projection, astral plane navigation and the internal structure of the astral planes. This is a truly eye-opening book, full of new ideas and innovative procedures, offering sage advice and practical solutions to a great many OBE related problems. Astral Dynamics gently takes the reader’s hand and steadily guides them towards a high-level of understanding and proficiency. Leading by example, it also offers some beautifully rendered accounts of some of the author’s more extraordinary out-of-body experiences. Through these the reader can share the look-and-feel of the whole amazing experience along with him as he travels the highways and byways of the incredible out-of-body environment.

Astral Dynamics is much more than just another book on OBE! It takes a fresh look at a great many things, including the workings of: The Akashic Records, Karma, Universal Law and Déjà vu, while introducing yet another new theory: ‘The Akashic Pulse’, which grew from the previously misunderstood ‘Astral Wind’ phenomenon. This shows how all of the above mechanisms are intimately connected, and how they profoundly affect the lives of everyone as they sleep...when Astral winds through Akasha blow.

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Book Release – “Practical Psychic Self-Defense”



“A Synopsis of Practical Psychic Self-Defense”

Practical Psychic Self-Defense: understanding and surviving unseen influences (PPSD), was not conceived as a popular book, but to help real people with real supernatural problems. Conflict with some popular New Age type beliefs was unavoidable. PPSD offers sound experience-based advice and a range of practical countermeasures that can be used by the average person with no background in applied metaphysics. Everything is explained and taught as simply and practically as possible. Where necessary, short training units are provided to fill in the gaps.

PPSD focuses on educating people on the how’s and why’s of supernatural problems and what can be done about them; from mild psychic influences and hauntings, to major psychic attacks and possessions. PPSD is a supernatural expose’ for the uninitiated, and a survival guide for those living the nightmare.

Supernatural problems often require supernatural solutions. For this reason, though most countermeasures within PPSD are very down-to-earth, elements of applied metaphysics are found throughout. As far as possible, PPSD desensationalizes potentially frightening subject matter by classing all spirits that can adversely affect humans as negative inorganic beings, or ‘negs’ for short.

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PART ONE – THE PHENOMENA

This begins by defining what supernatural problems are, giving detailed explanations and case histories in support. It describes the most common problems, how people become exposed, and the types of psychic influences and attacks that can result. Also discussed are risky places like cemeteries and haunted houses,

and dangerous practices like uncontrolled spirit channeling and Ouija boards, and how these can all lead to supernatural problems.

The cornerstone of PPSD is its conceptual model of the dimensional interface within the human mind that allows psychic influences, attacks and possessions to occur. The only thing humans have in common with negative inorganic beings (negs) is mind. Therefore, logically, there must be an interface between negs and humans to allow psychic attack to occur, and this must exist within the human brain and its mind. Building on this, the author theorizes according to his extensive personal experience, on the anatomy and principles of psychic influence and invasion, and how it all works. He explains how subconscious trauma memories, Core Image Knots, are used by negs to penetrate and affect the human mind. And how these are at the root of all psychic influence, attack and possession problems.

Expanding on the problem, symptoms of supernatural activity that can indicate problems are described, including a chapter discussing children’s issues. This is followed by an extensive chapter defining and explaining the different levels of possession and how it occurs. Having once been possessed himself, the author shows how he understands possession in a unique hands-on way, and gives extensively of his personal experience in this area. Neg. induced suicide, murder and accidents are also dealt with.

PART TWO – THE NEGATIVES

Beginning with a discussion on the nature of good and evil, Karma and Universal Law, the author explains how these all play parts in the psychic influence/attack equation. He then provides both a historical and experience-based perspective on spirit beings, their origins, motivations, interactions and associations with humans. The author explains his experience with angels and why they rarely intervene in human affairs. Divine intervention is also discussed, as is the unsuspected complexity of spirit/human interdimensional relationships. PPSD then focuses on the most common neg. types, X-human and non-human, including earthbound spirits, ghosts, poltergeists, and some of the more sinister things that go bump in the dead of night, with illustrations and case histories in support. How negs interfere with humans, operate, travel, spread, and in some cases replicate, are then discussed. Part Two finishes with a chapter of important issues: such as the affects of intellect and willpower on individual neg. susceptibility, an examination of popular contemporary countermeasures, closing with a discussion on authority and permission issues.

PART THREE – COUNTERMEASURES

This begins with a chapter of small tutorials and explanatory sections, teaching everything needed to apply the countermeasures given in the sections ahead. It then discusses various types of neg. bioenergy attachments and their relationship with certain types of skin tumors and blemishes, i.e., moles, granulomas, nevus. It then gives a revolutionary new technique for removing these attachments, by removing the skin blemishes concerned with nothing more than a ballpoint pen. Following this are two extensive chapters containing a wide range of active and passive countermeasures, with advice on how these should be combined and applied being given throughout. Also included are instructions for identifying and neutralizing core image knots. Extensive advice is then given on how best to apply these countermeasures to children and infants, and on dealing with neg. related family unit problems. The author then gives extensive advice on understanding, coping and dealing with possession, exorcism and exorcists, including self-exorcism methods. PPSD closes with a discussion on avoiding and building up natural resistance to supernatural problems.

“About The Author”

Robert Bruce is an internationally respected mystic, arcane experimenter and hands-on metaphysical researcher. A self-admitted mad-scientist and more recently up-and-coming world-class author, he has provided an altruistic consulting service to the Global Internet Community since 1992. He offers practical advice on all types of paranormal, metaphysical and developmental problems. Robert specializes in the Mechanics, Energetics and Dynamics of all things considered paranormal (how they work) especially with: OOBE; the Human Energy Body; Kundalini; Energy & Vision Screen Clairvoyance; Remote Viewing; Healing; plus Occult Criminality and Psychic Self-Defense. Robert has been active in all these fields for over twenty five years, but by preference rarely in the public eye: mainly doing his own private research and exploration – and never for hire.

Robert has a popular WWW site at www.astralpulse.com. Robert provides a great deal of resource material on these sites (mainly written by himself; but with some contributions by others) and these sites are regularly updated with new material as it becomes available. And about Robert Bruce the man, well to put it all in a nutshell: He was born in England in the year of the horse, under the star sign of Cancer, and currently resides in sunny Australia.

Robert Bruce

– *A Little Light From Down Under* –

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