

Feeling, Seeing, & Psychically Reading Auras

Auras are electro-magnetic energy fields surrounding each one of us. When you are physically near someone else you are both within each other's auras. Groups of people also share aura space. Most of us have egg-shaped auras. Most of us have color in our auras.

The meaning of color in your aura depends on what each color means to you. If a color is clear it is positive. If a color is murky or cloudy it is negative.

Most people feel and/or see three layers in the aura. Some people feel and/or see seven layers. The seven layers match the seven chakras.

Three Layers

- First layer: Follows the shape of the body and reflects the physical body
- Second layer: Reflects emotions and intellect
- Third layer: Reflects spirituality

Seven Layers

- First Layer: Base chakra, reflects the physical body.
- Second layer: Sacral chakra, follows outline of body and is etheric body
- Third layer: Solar plexus chakra, reflects our feelings and is the astral body
- Fourth layer: Heart chakra, reflects our thoughts
- Fifth layer: Throat chakra, source of inner strength and is the causative body
- Sixth layer: Third eye or brow chakra, reflects universal soul
- Seventh layer: Crown chakra, where the person ends and the universe begins

Colors in the seven layers can match the colors of the chakras. For instance, people who see the seven layers may see red and orange close to the body. I seldom see red or orange following the shape of the body. Most people in my workshops report seeing blue and green and white close to the body.

It does not matter if you see blue or green or white close to the body instead of red and orange. It does not matter if you feel or see three layers instead of seven. I have been seeing and feeling auras since early childhood and I have never felt or seen seven layers. It is more important to focus on what you do feel and see and to learn from what you feel and see. I find the shapes and energy flows that run throughout the aura to be far more interesting than the individual layers of the aura.

Auras are complex and can change daily, depending on our physical, mental, and emotional states. Shapes or energy flows in the aura can also change slowly over months or even years. It is possible for different people to feel, see, and psychically read some of the same things in one aura while feeling, seeing, and psychically reading entirely different things in the same aura. Humans perceive only a small part of anything, so no human will feel, see, or psychically read everything in a single aura. Focus on what you feel and see and psychically read. You can limit your ability to feel, see, or psychically read auras if you think you should be feeling, seeing, or psychically reading something in particular. It is okay to try to feel or see or psychically read the same things as someone else, but it is okay if you feel, see, or psychically read something different.

Not everyone will be able to feel *and* see *and* psychically read auras. Some people will only feel auras. Other people won't feel auras at all. Some people will see auras and their colors right away. Other people may occasionally see glows but never see colors. Some people will be able to psychically read auras. Other people won't be able to pick up a thing.

If you cannot do all three, focus mostly on what you can do. Keep trying what is difficult for you, but do so without pressuring yourself. You are more likely to succeed if you approach auras with curiosity, a sense of fun, and a bit of awe at what we carry around with us all the time.

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