HOW TO SEE AURAS
A Step-by-Step Guide

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INTRODUCTION

Many people have expressed an interest in seeing auras. Many believe that seeing auras is something difficult, something that only a few gifted ones can see. This is far from truth because most people can start seeing auras within the first few minutes of practice. I did not always see auras. I taught myself how to do it and it was easy.

This article is not a detailed study of the aura but a very short write-up on what auras are and how to see them. Practice the steps, and in the first practice itself you should see the first layer of the aura. It is transparent or white or pale yellow in color. If you continue your practice daily and diligently, you will start to see colors, symbols, pictures, faces, etc.
WHAT IS AN AURA

Energy surrounds all matter. Each and every atom is surrounded and filled with energy. The field of energy that surrounds the human body is called the aura. All animals and plants have vibrant auras. Even the inanimate objects have auras but they are weaker than the auras of animate life.
WHY SHOULD I SEE AURAS?

There are so many good reasons. Some are:

1. It develops your third eye, helping you become clairvoyant.

2. You can see for yourself that we are much more than the body.

3. The colors and quality of aura will help you figure out a lot about a person - their moods, character, health, whether they are lying or not, etc.

4. Often a physical illness first appears in the aura before manifesting in the physical body, so it is a great tool to heal illnesses. Often healing the aura can stop the disease from manifesting physically. And many healers can heal an already physically manifested illness through the aura.

5. It is outright fun!
HOW TO SEE AURAS

THE AFTERIMAGE

1. Choose a plain white or any light colored background or wall.

2. Keep a bright solid colored object in front of the wall on a table or another flat surface so that the object is approximately eye level with you, or at least high enough that you can gaze at it comfortably.

3. Sit or stand about 6-10 feet away. Light should be normal daylight or coming from behind you, and not from behind the object. Avoid fluorescent light.

4. Relax your gaze like you are day dreaming and look past the object at wall around the outline of the object. Or look at a point on the wall behind the object.


6. Keep looking and do not shift gaze.

7. After about 20-30 seconds, shift your gaze just a little to the side of the object.

8. You will see the shape of the object on the wall on the side of the object in a complementary color - if you used a red object, you will see green. This is called an afterimage. This is not an aura.

9. Practice with different colored objects to see the afterimage.
10. Practicing seeing the afterimage conditions your eyes to seeing auras.
AURA OF YOUR HAND

1. Relax in front of a white or very light colored plain wall or background.

2. Make sure the light is normal daylight, or coming from behind or above you. It should not come from behind your hand. Try to avoid fluorescent light.

3. Extend your arm towards the white background, spread your fingers, and look beyond the hand, near the outline of your hand, at the wall with an unfocused day-dreaming gaze.

4. Keep looking without shifting your gaze.

5. Do not stare with concentration. This is very important.

6. It is your peripheral vision that will show you the aura.

7. Keep the soft, unfocused, unwavering gaze, beyond the hand, behind it, on the wall.

8. Very soon you will start to see a faint white, very pale yellow or transparent outline around your hand. This is the first layer of your aura called the “etheric layer”.

9. The first reaction of everyone is to get surprised or excited when the aura appears, and they immediately look directly at the aura, or they blink. And as soon as you look directly at the aura or you blink, the aura will disappear. Not to worry! This is a normal reaction. Just continue gazing again with an unfocused soft look and do what you did before. The aura will reappear very soon. Remember, you can see the aura only through the peripheral vision, and not through direct or central vision.
10. Keep practicing this, and you will find that the longer you look, the wider & brighter the aura gets.

11. In a few days (for some it may happen the first day itself), you will start seeing colors.

See the really faint outline to the hand? That is how the first etheric layer will appear.
Of course, when you begin to see colors, it is even more fun!
ANOTHER PERSON’S AURA

1. Ask your subject to stand about one to two feet away from the background.

2. Clothes interfere with viewing auras. No, your subject does not need to disrobe. What I mean is that you will have better luck viewing your subject’s aura around the face, neck, and head area. Also because of the mental activity, the aura around the head is most vibrant. Later on when you have had enough practice viewing auras around people’s heads, your eyes will get accustomed to seeing them around the rest of their fully clothed bodies.

3. Now stand 6 to 8 feet away from your subject, in front of them.

4. The light source should not be behind your subject. Diffused natural light is always best. Otherwise, the light source should be above or behind you.

5. Look at a point on the middle of the forehead of the person, and then soften your gaze, unfocus your eyes like you are daydreaming, and pretend as if you can see beyond that point on the forehead, on the wall behind. Do not stare hard at the forehead. In fact the forehead should not even be very clear to you in a few seconds if you are gazing in that direction behind your subject’s head as if you are day dreaming. Soon you will not be seeing their face very clearly either because your gaze is unfocused.
6. You will start to see a thin transparent layer around the person’s head. It will be about an inch wide. It could be transparent, white or pale yellow.

7. If you are unable to unfocus your gaze and look beyond your subject’s forehead (because looking at someone’s face can be distracting), and end up focusing on the forehead, then gaze somewhere around the outline of his/her face and head, on the wall behind. Remember always to have unfocused soft gaze. Direct staring will never work.

8. Do not shift your gaze, or you will end up seeing an afterimage, not an aura. If you do end up shifting your gaze (and most people will), then simply bring back your gaze to where you were looking.

9. Soon the first layer of the aura will become visible. It will be about 1” wide, transparent, pale yellow or white.

10. If you look directly at the aura or if you blink, the aura will disappear, so when that happens, simply go back again to gazing as instructed and the aura will reappear.

11. Practice daily and soon you will start to see other layers of the aura. You will see colors, symbols and faces too.

12. If you are practicing by focusing beyond the point on the forehead, then you will soon start to see colors on the face of the person, and not just around the face. Their faces will look multicolored. Even their faces might change and look very different.

The first layer of the aura that you see around a person will be faint like the one below.
SEEING YOUR OWN AURA

1. You can use the same steps to practice seeing your own aura.

2. Stand before a mirror. A bathroom mirror is great for this purpose.

3. The light should be in front of you or on you, but not behind you now, because now you are the subject. That is why the bathroom mirror is a good place to practice because usually there are lights on the mirror, making the lighting perfect.

4. Make sure the wall or background behind you is white or plain and light colored. If it is not, then hang something there, like a white bed sheet.

5. Just like with the other person, the preferable area to gaze is beyond a point on your reflection’s forehead. If you are unable to look in the instructed way beyond your forehead (because in the beginning looking through the face can get distracting), look with unfocused gaze around and beyond the outline of your head and face. Look at the wall. Again, do not concentrate or stare.

6. You will soon see the first etheric layer around your head. As always, it will be very light in color like pale yellow, or white, or might even be transparent. With regular practice you will be able to see more auric layers, colors, symbols, pictures or faces.

7. When you start practicing gazing beyond your forehead on to the wall behind, you will start seeing colors on your face. It looks a bit strange to see our faces look multicolored. You will even see your face changing to look very different. Sometimes you will look very old, sometimes not even too human.
TIPS

1. Be playful about it! Children usually end up seeing auras sooner because of their playful approach. Follow their lead. Do not get too serious about it. The more playful and lighthearted your approach, the better.

2. Experiment with asking your subject to breathe in different ways. You will see that the aura gets weaker when their breathing is shallow. And the aura gets brighter and stronger when they breathe deep and long (comfortably long). You will also see that when they inhale, the aura shrinks a bit. And when they exhale, the aura becomes bigger.

3. Most probably you will see the first etheric layer of the aura in the first session itself. But even if you don’t see, don’t get
discouraged. Most likely you are trying too hard. Remind yourself to have fun, and pretend to daydream so your gaze is just right.

4. Practice with inanimate objects, your hands, your feet, other people, animals, trees, bushy potted plants, yourself, everything!

5. The more you practice, the better it gets. Try to practice every day, even if for a few minutes.

MEANINGS OF VARIOUS COLORS

I know there are articles and books that give meanings of colors, but if you notice, most will say different things. That is because interpreting the meaning of colors is a very intuitive process. It is not very cut and
dry, one color does not always mean the same. When you are looking at someone’s aura, you will know what it stands for, for that person, and that day or situation. However, I will give you some brief general guidelines below. To learn more about colors, read about colors and their meanings, but most importantly, learn about the meanings through your experience. Your experience will be your best teacher.

1. The brighter, clearer, vibrant colors usually indicate good physical and emotional health.

2. Muddy, dull colors indicate problems in the part of the body you are seeing that color.

3. RED can denote passion, hate, anger, love, physical vitality, pain, depending on what type of red it is.

4. ORANGE usually stands for creativity, a friendly, warm disposition. Dull, dirty shades may mean the person is egotistical.

5. YELLOW denotes mental energy, joy, intelligence. Muddy shades might mean the person is judgmental.

6. GREEN often stands for healing. Either the person has healing abilities or is receiving healing. It also shows an “earthy” person. Dull shades might mean someone who could be jealous.

7. BLUE is often found in people who communicate well. They speak well, and listen well. They are often calm and centered. They can be very psychic and telepathic too. Dirty shades of blue can indicate deep sadness or depression.

8. INDIGO often denotes a very clairvoyant, intuitive person. Someone with very strong mental energy. Muddy shades denote blocked mental energy, headaches, depression.
9. PURPLES & VIOLETS denote a very spiritual person. They are often very claircognizant, i.e., they somehow seem to “just know” things. Muddy shades might indicate depression or deep spiritual longing.

10. GOLD too is the color of high spiritual attainment. Such people can often be very charismatic too.

11. WHITE often stands for purity.

12. PINK stands for love and innocence.

13. BLACK can mean many things. Sometimes black can represent the Great Void, and feel very calming and protective. The person might be wanting to protect himself/herself. Black seen only in some places on the body might indicate illness related to that area.

This reminds me of an incident many years back with my daughter who was very little at the time. She could easily see auras, angels, spirits, but I could not see them then. One day my brother-in-law asked me to heal his migraine. I was giving Reiki to his head when my daughter skipped inside the room, looked at his head and asked me, “What is that black thing on his head?” I asked her where exactly she saw it, and she came over and pointed in the air on the side of his head. That’s where he had the pain. So I started working directly on the aura, on the part that was black. I infused it with Reiki and also lifted the black stuff off and gave it to my angels. My daughter stood there and watched, and said, “The black stuff is gone now”. And at the same time my brother-in-law said, “The headache is gone”. Seeing the illness this way in the aura can be very useful, especially because the illness appears in the energy, in the aura before manifesting in the body. If you can catch it then, and heal
that part of the aura right there, and remove it, you can avoid a lot of problems.

I hope you enjoyed this step-by-step instruction on seeing auras. Keep practicing every day. I did not always see auras, but this is how I learned to see. It really is very simple. A few minutes of daily practice can make a big difference. Practicing this skill also opens up your clairvoyance much more.

Wishing you happy vibrant colors in your world!

**COMING SOON:**

My awesome new course on opening your third eye, and becoming clairvoyant! It will have a workbook to take you through the steps, and EFT tapping sessions on videos to help you become clairvoyant. Stay tuned on my Facebook page, website, and newsletter!