

Higher Balance Institute

HOW TO SEE AN AURA

Step by Step Technique



The Fingerprint of God

What is the aura? Where does it come from and what is its purpose? Is there a connection between the aura and the Universe? Is the aura the same as the soul? These answers and more...

The aura has more secrets than we are first led to believe. Through close observation some of these secrets will surface. The first question is, "What is the aura and how do you see an aura?"

Truth of the Aura

It is likely that you have seen an aura many times before but you didn't know what it was - so you overlooked it. It is time to remove the veils that hide the aura from your awareness.

Everything has an aura.

Couches, walls, plants, TVs, cars, pets and so on. Everything has an aura because *everything absorbs energy*. Like a glow ball or the numbers of a watch glow in the dark after being placed in the light, so can objects absorb different forms of energy: heat, cold, sound and so on.

Objects are continually absorbing energy from everything. Remember what I said in your lesson yesterday? Energy must go somewhere. It doesn't bounce around into infinity. It is absorbed. When energy is absorbed it radiates from the objects that absorbed it. Much like the glow from a children's glow ball or a watch.

Some things are different. Plants and animals generate their own source of energy - from within. Different still is the human aura, though they all possess similarities.

The human aura radiates from an **inner source of energy**. Your body has two types of energy: energy from your dimensional body and other energy absorbed through food, sound and light sources. We fall under the same rules and principals of energy absorption as animals, trees, stones, furniture and everything else.

The two main forms of energy that make up the human aura is the energy from the dimensional body, or consciousness. Some people might call this the soul. The second is the energy from our physical body, our organic vessel, that is similar to what animals or plants have. Only at death

does the energy field from the physical body weaken allowing the soul to be released from the body. Most people assume it is possible to truly 'leave' the body while still alive with astral projection, or OBE's (out of body experiences). While they may feel as if you have separated from the body, it is not true. You never really leave the body. This perception often limits the true potential of what can be achieved.

Imagine trying to push two magnets together. It may be extremely difficult to push them together with equal polarities. If you flip one of the magnets, they are compelled together immediately with no effort. It is this same energetic force, like a magnet, that holds you in your body ('you' meaning your Dimensional Consciousness) and blends your dimensional energy with your physical energy. So, the aura within is blending these two energies to appear as one, radiating outward from within the body. This is what gives the aura its appearance and if studied long enough, is possible to see.

What You See First

For a more immediate understanding let's just say the aura is an illumination that can be seen in the light or in the dark. It radiates from the body and is usually first seen as a soft glow about two inches off the skin.

It is transparent and tends to fluctuate from side to side or enlarge. You cannot see the aura if you look at the center of the person. It's too difficult because the aura is transparent you only see the person.

When you first begin the aura appears as an outline around the body. It is directly connected to the person's emotions and nervous system (direct source of energy/will).

Usually when people talk about the aura they describe it having various colors. They also talk about how each color has a specific, universal meaning. This is not true, though if you are able to see color you may find it matches what the color is said to generally represent. Most people get discouraged from seeing the aura because they look, or expect, color and only see a whitish glow or clear transparency. The color of the aura is so faint for a novice that, to some, it appears to not even exist. They see the energy (transparent illumination) and assume if they don't see color it must not be the aura. Then they feel failure and give up completely.

It is only necessary for a beginner to see the transparent illumination. That is all you should strive for. After accomplishing this first step, then start trying to see color.

There are many reasons why a person should learn how to see an Aura.

Recognizing Energy:

Other than experiencing something new and exciting, you may wonder what Eric's deeper reasoning is behind the purpose of this exercise. First and foremost, a main focus of the Foundation Meditation technique, which is the core of this program, is to build and strengthen the connection to your energy bodies. Through the Foundation technique, you will use visualization, physical touch, and various other elements to accelerate your development. With that said, it is important to realize that sooner than later, you will not have to "visualize" these energies, you will directly be able to tune into them directly. A big step forward in this direct experience, is by seeing some of these energies with your own eyes.

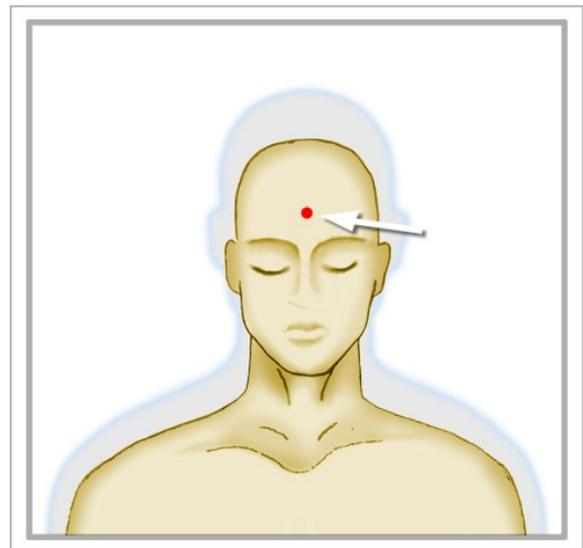
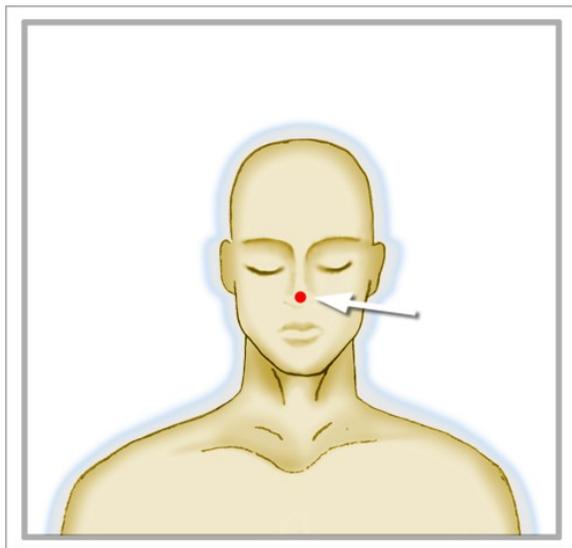
In this modern age, the brain has been taught to “see to believe”. Therefore the purpose of this is to introduce the fact that you DO have this energy within your body, and if that is the case, you will be able to accept it. After undoubtedly recognizing it, your brain (or governor) will open up to further energy sensations and experiences as Eric introduces them throughout this program. When you use the Foundation meditation, it is very important to focus on prana saturating your energy body. With this tool, you will be able to reflect on your experience with ‘seeing’ an authentic form of energy your body has, and thus enhance your relationship with, for instance, the process of breathing in energy.

If you have any questions about this technique, make sure to write them down for the next time we speak.

Exercise to Use:

You will need the assistance of another person. Ask this person to stand in front of a plain wall with no patterns. Place yourself directly in front of them, about 10 feet away or more. Looking directly at the bridge of the person’s nose (**diagram A**), you should then note that you have peripheral vision (you can see objects in the room without having to directly look at them). Remember the aura is transparent in the beginning and cannot be seen directly. After about 20 seconds of focusing on their nose, you may also be able to recognize a faint opaque “field” or layer around the outline of their body. Now move your eyesight to the center of the person's forehead. (**diagram B**) In several seconds you will easily see an illumination radiating from that person. This illumination is usually radiating from the person about two inches off their skin and hair. The opacity resembles heat coming off of a road or fumes from a gas tank, yet it has more consistency (not as wispy).

The reason your peripheral vision can pick up on this energy is due to the curve difference on your eye. The front of the pupil recognizes a very specific range of light (much like a prism) whereas the curve of your peripheral section is slightly different and therefore it can pick up on subtleties when they appear. This is why you may have commonly experienced seeing “something move out of the corner of your eye” in a dark environment, and when you turn your focused gaze toward it, the phenomenon is gone. Most people shrug this off, and never reflect on what is happening. Reflection is crucially important.



Colors and the Aura

Seeing color is difficult, but not impossible. Each person will see a different color and apply their own meaning to that color. This is why books or people who tell you a specific color means one thing are incorrect. What is yellow to one person could be orange to another. This shift in color while viewing the aura has caused conflict in interpreting its meaning. Because eyes are shaped differently the colors of the aura differ for each person. Like a prism turning sunlight from green to blue with the slightest amount of movement. The brain also filters how, and what, it allows you to perceive. However, colors often feel or mean the same to different people, so we can apply a general rule-of-thumb.

The important thing is what each color means to you personally. Over time you can begin to create a list based on your experience that is personalized for you.

The base colors and their general meanings are as follows:

Red: Angry. On the verge of confrontation.

Orange: Contemplating revenge. Holding frustration within, having inner turmoil. Similar to red.

Yellow: Deep thought, concentrating mentally, studying, planning.

Blue: Positive energy, good vibration, meaning well to others, good intentions.

Good energy, very positive person, perhaps spiritual inclined.

Green: Bad health, illness, sick, disease, broken bone.

Black/Brown: This is a very misunderstood color and needs special attention. Black/Brown auras are not aura colors at all but collapsing auras. A collapsing aura is the energy of a person who, through their soul, is not producing enough energy. The energy begins to pull from outside sources rather than radiating from within.

That's enough to get you started. Go out and practice, even if you can't find a partner, it is easy to sit at a mall or a cafe where people are sitting to begin practicing. Remember, practice makes perfect in the spiritual as much as anything. The more you play with it, the more you will be able to see and the easier it gets.
