



Introducing Your Aura & Why it matters

Have you ever had one of those excellent weekends where you manage to get out of the city and escape to the coast, bush or countryside and totally unwind, relax, rebalance and rejuvenate yourself?

Then after only a few hours back at work on Monday morning you are wondering where all that good feeling, peace and well being went to, as you find yourself quickly filling up with frustration, stress and tiredness again? Of course this may have happened even earlier if you had to catch the train or bus to work!

Perhaps you have wondered why dealing with a certain person gives you the urge to rush home and have a shower as soon as possible?

Maybe you have discovered that spending too long at the photocopying machine leaves you feeling drained with a splitting headache?

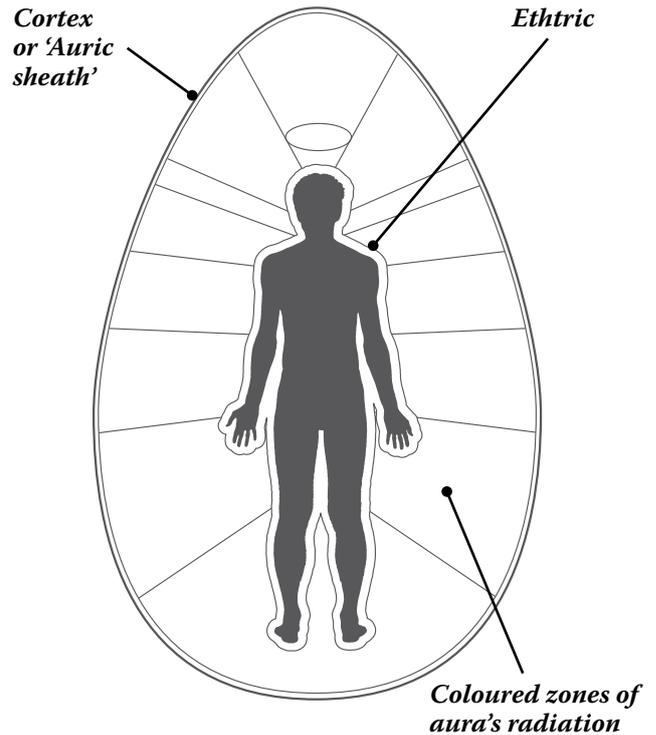
Or have you ever got emotionally upset and days later you still can't let go of it?, somehow it just continues to go round and around like a cyclone building in intensity!

Welcome to the hidden world of your Aura. If you have ever had any of these experiences or hundreds more like it, it is because these are the mechanics of your auric system at work. Energy storage unit, electromagnetic filter, auxiliary intelligence, memory pod, defence mechanism, transmitting/receiving station, and spiritual sanctuary—your aura is all of these and more!

THE AURA IN HISTORY As with most things of any importance to our spiritual lives, the knowledge and understanding of the Aura has been removed from common knowledge since the industrial revolution and the rise of mechanistic science. However people *have* known of the aura and its importance for thousands of years.

Many ancient carvings and rock paintings show people surrounded by 'rays' or what appear to be flames surrounding the head. Holy people have been portrayed with luminous or golden auras from well before Christian times.

Auras are also mentioned in the sacred books of every civilisation. For example the face of Moses was



Above: A composite diagram of the key parts of the human aura, our electromagnetic 'home' of residence. Although generally thought of as something vague and nebulous, our auras are as exact and purposeful as the rest of the human system.

described as shining with light when he came down from the mountain, "He did not know that the skin on his face was radiant after speaking with Yahweh". Apparently it shone so brilliantly that people would not venture near him.

Homer described the aura as being "A luminous nebula derived from the divine essence", and even the Pythagorean's incorporated it into their teachings

Medieval saints and mystics recorded being able to see four different aspects of the aura and referred to these as: the Nimbus, the Halo, the Aureola and the Glory. The first two surround the head, the Aureola surrounds the entire body and the Glory is the combination of the other three.

You may have also noticed that in Egyptian art and sculpture virtually all of the divine personages depicted wear some kind of distinctive headdress and yet not a single one of these has ever been found. That is because they were symbolic representations of specific influences in the aura around the head.

YOUR AURIC ANATOMY Most everyone has at least heard of auras and generally people think of them as some kind of mystical 'presence' around a 'special' person. Although this is true in a sense, everybody not only has an aura—as it is an integral part of the human system—but like everything else in the human system it has its own specific anatomy.



Above: A good way to start sensitising your hands to begin feeling an aura is to gently bring your palms to within a few centimetres of each other and then slowly pull them apart again. Do this a few times until you can feel a distinctive, invisible 'resistance' between them.

Basically your aura is 'egg' shaped, surrounding you 360°, being narrower at the top and wider at the bottom, where it protrudes 30cm or so into the ground.

The Aura extends out from your body to about 90cm and can expand or draw in closer depending on how highly 'charged' and bright you are at any particular time.

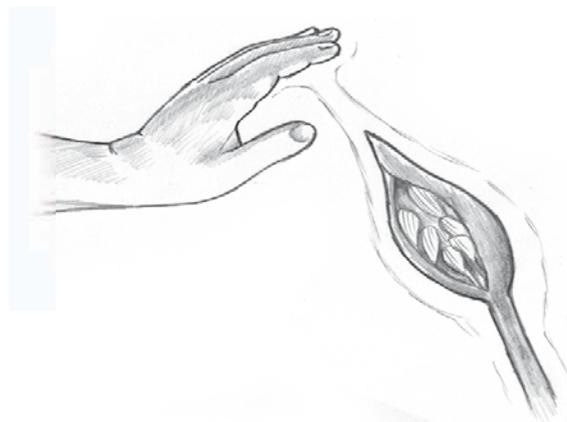
Closer into your body, extending just a few centimetres from the skin is the 'ethric', which is the fundamental radiation given off by the bones, flesh and muscle tissue.

The outer edge of the aura consists of a magnetic membrane called the 'cortex' or 'auric sheath' which provides a containment for the energies of the aura so they don't disperse. This cortex is similar to the Earth's Van Allen belts and in a similar way provides some degree of protection from foreign electromagnetic radiations—foreign in this instance being anything not produced within the internal 'atmosphere' of our own aura. Hence when we are forced into very close proximity with each other, such as on a train or even in a que at the supermarket, our auras become intermingled and as with the process of osmosis in our body cells, the energy of our auras begins to transfer between each other to achieve an 'equilibrium'.

Due to this process you may have even had the experience of standing in a que or a crowd of people and had some strange thought or feeling turn up in you that you *know* is not your own! No wonder the state of 'feeling fine' doesn't last long when you get into the office after that great weekend!

"Why can't I see it or feel it then?" you may well ask. Well the auric field *is* very subtle. As a simple comparison we are talking about the difference between say, rough gravel and a piece of fine silk.

Or in terms of the four phases of matter, most of our bodies' constituents would fit into the states of



Above: Another great way to build up this sensitivity is to use the palm and finger tips of your hand to practice picking up the ethric radiation from plants. Unopened flower buds are good because they give off an almost 'laser like' concentration of energy at their tips.

solids & liquids, ie bones, flesh, blood, nerves skin etc, whereas the composition of the aura would cover the other two matter states of gas and electrical incandescence.

However there are a number of ways to develop a greater awareness and consciousness of these more subtle components of our human system.

SENSITIVITY TRAINING Like everything it is a matter of training and as you have probably already worked out in life if you know absolutely nothing about something you will have zero awareness about it!

It is not uncommon for young children to have the ability to see parts of the aura but this usually gets conditioned out of them as they grow up and learn how to be 'normal'.

When I first started learning to play the guitar I could tell that a C Major chord sounded 'higher' than an E Major Chord, but I could never recognise them independently. I now notice after many years that when listening to music my brain will tell me "oh that was an E Major chord wasn't it!"

Now the reason that this is possible even for a non musical person like myself is that like language the fundamental ability of music perception is pre-wired into our brains before birth. Although one might not be naturally inclined to be a great musician, the more this brain circuitry is activated and developed through training and practice, the more conscious awareness and hence appreciation one can have for music.

So the fundamental argument here is that if the aura is an intrinsic part of the human system, then it *must have* specific pre-coded brain circuitry. Like the 'music' part of our brains, it simply needs to be activated and developed.

Another very important point here is that of course modern science denies the existence of the



What ever a person is thinking or being influenced by will appear in their aura. **Above:** a man bright and enthusiastic lecturing on his favourite subject. (Re drawn from 'Hands of Light', by Barbara Ann Brennan.)

aura because it can't be measured, or cut up and put into a test tube, and it certainly can't be included in a scientific paradigm that sees all of life's phenomena and processes as being materially based.

What is completely overlooked within the current scientific paradigm is just what an incredibly fine tuned and sensitive measuring device the human system actually is! Rudolf Steiner referred to the *whole* human system as being fundamentally designed to be developed as a spiritual instrument.

Using music as an example again, it is a perfectly simple thing for an experienced conductor of a large symphony orchestra—comprising of some 100 highly trained musicians—to stop everyone in the middle of a rehearsal and point out to the violinist in the fourth row back that they just have played and F sharp when it should have been an F.

Or even more profoundly the conductor may be unhappy because the score is being played perfectly, note for note but the 'essence' of the piece is missing and hence doesn't sound right. What of the most sophisticated technical equipment on earth could ever pick that up!

So the human 'technology' is perfectly capable of detecting and translating a much greater range of fine and subtle data than it is normally given credit for. There is simply a great wealth of potential experience in life that **ONLY** the human system can measure and recognise!

SENSING THE AURA The best way to understand more about the Aura is to get stuck in and get to discover it for yourself! Its not that difficult and there are a few simple things you can do to start getting in the 'zone' so to speak.

Start with sensitising your hands. Its always best to remove any rings, watches, bracelets or metallic objects first as being electrically conductive they will



Above: A man who always held his head on an angle, which upon investigation was caused by a murky green blob of energy in the aura next to his head. Once removed his posture returned to normal. (Re drawn from 'Hands of Light', by Barbara Ann Brennan.)

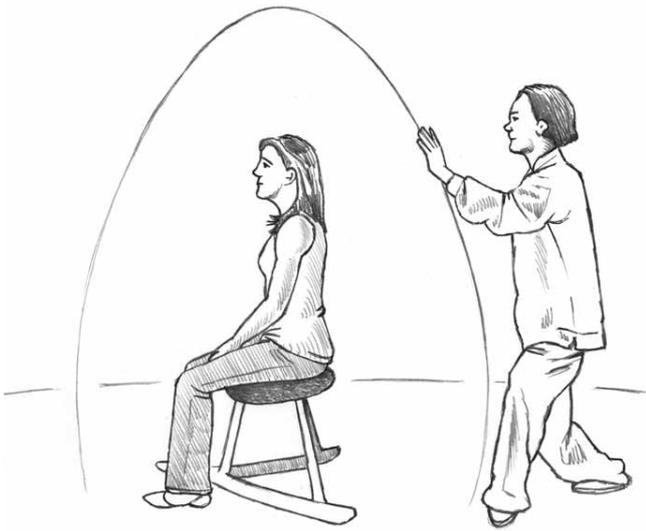
interfere with the process. You may have seen one of those 'homunculus man' models where the human is portrayed according to the relative proportions of its nerve concentrations, and the hands are always shown largest of all as they have the most nerves and 'feeling' capacity of the entire human system.

However in our daily lives we are never required to 'handle' anything other than physical objects, so much of the finer feeling capacity of our nervous system shuts down in late childhood and remains dormant. Fortunately this can be 're awakened' to varying degrees.

Find a quiet spot where you wont be disturbed, and can be relaxed, warm and comfortable. Bring the palms of your hands together with just a few centimetres gap between them. Slowly draw them apart again so they are about a metre apart. Now gently bring them together again, as if you are going back to the original position where they were only a few centimetres apart. At this point you will most likely feel, a subtle, invisible 'resistance' at about 10cm away and that your hands don't want to move any closer together!—if not repeat the process a few times until you can start to feel 'something' there.

You might even like to try this as a 'test' where you do it everyday for a week to help re programme your brain through repetition, reinforcing the fact that you are actually feeling the ethric radiation of your hands and not just imagining it.

Sitting on the toilet is a great place to do this, as you have to go there everyday anyway and no one can see you! The other thing is that you may even begin to see a slight 'shimmer' of energy around your hands—it looks like a mini version of that 'heat haze' you see on the horizon on a hot day. If you start to pick that up you may well begin to see a faint, pale grey/white glow around your finger tips or even thin lines of energy coming out of the tips of the fingers themselves.



Above: Gently approach the seated person with the palm of your negative hand open (left hand for men, right hand for women) until you feel a slight pressure or resistance against your hand.

Before beginning to sense some ones aura, another really simple exercise to further sensitise your hands is to try sensing plants. Everything that lives radiates energy and it is particularly easy to feel it coming out of plants (and *they* wont look at you like you are crazy!)

Now I know this sounds politically incorrect, but our two hands have different polarities. For a man the left hand is negatively charged and the right is positively charged. It is the opposite for the female, where the right hand is negatively charged and the left is positive.

What this means is that the negative hand is better for drawing in and receiving, where as the positive hand is better for transmitting and charging things.

So find a plant and with your negative hand (left for a man, right for women) place it around 20cm out from the plant and slowly, gently bring the palm of your hand in towards the plant until it is only 1 or 2cm's away. Try this a few times until you start to feel that 'invisible resistance' of the plants radiation. You may even start to feel a 'tingling' or a slight 'effervescence' on the skin of your hand—particularly the finger tips—and may even start to notice that each plant 'feels' different, just as they look and smell different.

If you find that isn't working for you at first, try and find a plant that has a flower bud, or something like flax that has a large pointed leaf. In both these cases the vital energy of the plant is concentrated in the bud or the tapered leaf shape and so radiates out more like a 'beam' of energy and is therefore easier to register.

Having spent some time practicing sensing your owns hands and plants (yes pot plants will do just fine if you don't have a garden!) and having some success with that, its time to try sensing an aura.

I must say that even if a person is not interested in auras, these little exercises just mentioned are a very

simple and direct way to test for oneself wether these 'unseen' worlds exist or not. When you start to sense these things for the first time and do it enough to satisfy yourself that its not 'just your imagination' its a potent little Gnosis moment, because a) you discover for yourself that there is more to this world than just its carnal, material level and b) You don't actually need to rely on some 'expert' telling you what exists or does not, because you can experience it directly for yourself—which of course is the whole idea of what Gnosis means!

To start sensing Auras it is best to find someone who is also interested in finding out more about them and is open and happy to work with you.

Find a quiet room somewhere, or even the backyard or garden is fine if its sheltered and secluded (you don't really want a gale whistling through or the neighbours yelling over the fence "What are you doing weirdo?!")

Get the other person to sit comfortably on a chair in the centre of the area so there is about 2-3 metres of clear space around them. Maybe spend a minute with that palm sensing exercise previously explained to get your hands back in the 'zone'. If you are indoors, some quite music helps, anything that slows you down and promotes a peaceful, thoughtful, aware kind of state.

Having discussed it with the other person before hand, start to approach them gently from behind with your negative hand palm facing outward. As in the previous exercises keep going until you feel that 'invisible resistance'. At this point ask the other person if they feel anything? Often they will, because they are picking up the sensation of your hand touching the edge of their aura, but can't see that because they are facing the other way. Try it again and this time ask the other person to let you know the moment they feel that same sensation of your hand touching their aura. This helps you to confirm where the edge of their aura actually is.

Repeat this a few times and then swap positions so you get a turn at feeling what it is like to have someone touch the edge of your aura.

If all that goes well and you have a success, try standing up on the other side of the room with your palm facing outward held up at around eye level. Get the other person to stare at your palm from the other side of the room and see if you can feel their gaze on your hand. Don't be surprised if you can!, Rupert Sheldrake, a Biologist who has compiled some amazing data on this 'unseen' aspect of human life wrote a book called "The strange sense of being stared at". You may have experienced this phenomena yourself where something makes you turn around and you notice someone is looking at you. This is because there is a line of energy and mental intention that comes out of our eyes when we look at something. That 'sense of being stared at' is a person registering the projection of this hitting the edge of their aura.

If you have found these simple exercises interesting and are keen to explore the area further I thoroughly recommend the book “Aura reading for beginners” by New Zealander Richard Webster. He also goes into how to ‘see’ the aura and its colours as well. After 30 years of studying and working with the aura, it is the most comprehensive and down to earth practical introduction to auras I have ever come across!

THE AURA AND YOUR WELLBEING Five ninth-grade young women from Denmark recently created an experiment that is causing a stir in the scientific community.

It started with the girls noticing that if they slept with their mobile phones near their heads at night, they often had difficulty concentrating at school the next day. They wanted to test the effect of a cellphone’s radiation on humans, but their school, Hjallerup School in Denmark, did not have the equipment to handle such an experiment. So the girls designed an experiment that would test the effect of cellphone radiation on plants instead.

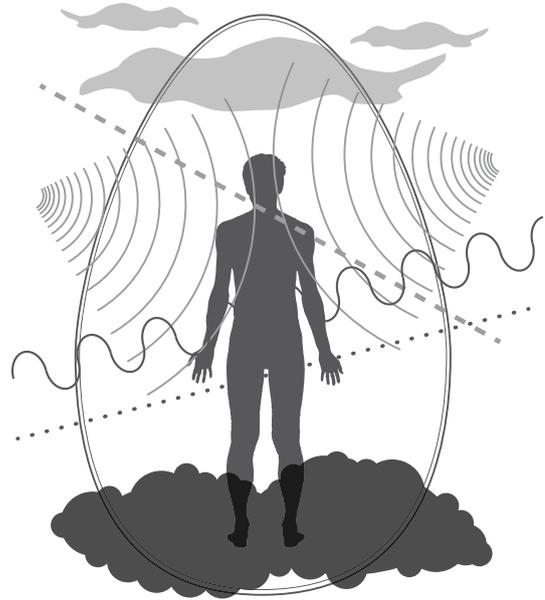
The students placed six trays filled with *Lepidium sativum*, a type of garden cress, into a room without radiation, and six trays of the seeds into another room next to two routers that emitted the same type of radiation as an ordinary cellphone.

Over the next 12 days, the girls observed, measured, weighed and photographed their results. By the end of the experiment the results were blatantly obvious, the cress seeds placed near the router had not grown. Many of them were completely dead. Meanwhile, the cress seeds planted in the other room, away from the routers, thrived.

In New Zealand, well-known horse trainer Penny Hargreaves had a small farm near a radio tower. She had some cows which became nervous and disoriented. All 90 of her horses were also affected and became nervous and jumpy. Symptoms included loss of balance, volatile behaviour, more infections than ever before, and walking as if their feet hurt. Penny and her daughter also suffered health problems including abdominal pain, joint pains, heart palpitations, ringing in the ears, mental confusion, and asthma, until they moved away.

Unfortunately these two examples are just the tip of the iceberg of the rapidly escalating problem of electromagnetic pollution seriously effecting all life on Earth. It was clearly understood in ancient times that everything in the material world is a manifestation of energy and hence has its own fundamental frequency or ‘vibration’.

Although science derides the ancient idea of illness and disease being caused by unseen ‘evil spirits’, this really misses the much deeper understanding that if any kind of organic system is moved away from its natural, harmonic frequency, or is interfered with by a



Above: Living in a ‘hi-tech’ world means that our auric system is constantly bombarded with electromagnetic interference from cell phone towers, radio waves, numerous wireless devices and even clouds of electrostatic from copiers and computers in the office—no wonder it can be hard to even think straight!

frequency that is not harmonic to it, it will invariably get ‘sick’.

As far back as 1908, Dr. Walter J. Kilner confirmed this understanding with his invention of the dicyanin screen which enabled him to see patients auras.

What he discovered and recorded in great detail in his book “The Human Atmosphere” was that any disease or illness in a patients body showed up as a dark patch or absence of light in their aura.

He was even able to determine in some cases—due to the weakening or ‘dimming’ of light in a particular area of a patients aura—that something was wrong with them before it even manifested as a physical complaint.

Many people who are highly skilled at seeing auras often report this fact—that what afflicts a person physically is first present in their aura.

Barbara Ann Brennan, a truly gifted specialist in the Human Aura gives many examples of this from her own career. One particular example that comes to mind is of a man who came to her with a pain in his neck. He was unable to hold his head straight and was permanently leaning it to one side. Upon investigation she discovered that there was a ‘murky green blob’ of invasive energy in his aura.

Now most people of course would go and see the doctor or maybe even a chiropractor to get their neck fixed. In this case Barbara Ann was able to work with him to remove the green blob and his neck soon became normal again.

This is the real basis of ‘psychic healing’ and it is grounded in this principle of removing the auric cause of what causing a persons *dis-ease*.

WHY THE AURA MATTERS In our current times we live in a constant state of being bombarded and penetrated with the interference of an enormous range of electromagnetic and radionic pollution.

Its not just technology either, because this includes the 'clouds' of influence continually loading into the akashic record surrounding us of the thoughts and emotions of 7 Billion people, which are increasingly loaded with the stress, anxiety and despondency of just trying to *survive* in this modern world.

If you have ever been at a large sporting event, a concert or even just been unpopular with a group of people, you will have experienced first hand just how strongly influencing the thoughts and emotions of other people can actually be. It is little wonder that it is increasingly common for people to feel unwell and not themselves.

The World Health Organisation has actually claimed that in the first world, clinical depression will be the greatest burden upon the public health system over the coming decades, eclipsing even heart disease and cancer!

Without some knowledge and understanding of how our aura works, it is not only very difficult to keep our auric space clean and healthy, but it is also nigh on impossible to permanently hold the thoughts and frequencies of what it is that is unique and natural to us as human beings.

This of course makes it far easier for us to be controlled and manipulated by societies 'overlords' –which is the key reason why this knowledge was removed from ordinary life in the first place!

It is very interesting that Farmers who practice Rudolf Stieners Biodynamic farming techniques do not remove their cow's horns. The horns are part of the cows natural 'sensing' apparatus and without them it is unable to 'tune in' to its natural frequency and energy. This causes the cow to not know what it is. However with the horns left on they have a greater sense of self awareness and in a field will not form a close 'herd' but will keep at least 4-5 meters away from each other. They also live twice as long as de-horned cows and hardly ever get sick, having far stronger immune systems.

WHAT CAN YOU DO? As the saying goes "A little bit of knowledge goes a long way" and there are some very simple things you can do to help keep your aura and its content in good shape and thus your own wellbeing and state of mind.

I myself work all day in a large office filled with computers and machines but make sure I always get outdoors in my lunch break. There is a small park nearby with grass and trees, which of course radiate the clean, enhancing energies of nature. Most of us are aware that plants and trees absorb carbon dioxide and give off oxygen, but they also perform a similar function with energy and readily absorb the 'toxic'

electromagnetic pollution we may be carrying in our aura and 'convert' it back into clean energy.

If you are feeling particularly 'fuggy' around the head, try standing with your back against the trunk of a tree with its leaves and branches overhead. You may be pleasantly surprised how quickly your head clears and your mental focus returns.

Much of the 'electrostatic' we pick up ends up gathered around the legs and feet. The simple act of taking off ones shoes and walking on grass for a few minutes will cause this to be drawn off into the earth. At the same time this allows us to absorb back into our system some of the 'clean' radiation that constantly exudes out of the earths surface.

Showers and swimming are also great 'cleansers' as the water absorbs and carries away some of this pollution. Even standing next to a swiftly flowing stream will calm the nerves and carry away some of the accumulated, 'hot' energies of stress and aggravation.

Practices like meditation, Tai Chi and even listening to a favourite piece of music, all help to slow down one's state in order to regather and re 'centre' the energies of our aura after another hi-pressure day.

Finding ways to keep bright and inspired is very important as well, because this loads ones aura with bright, finer and more energetic influences. This makes it far more difficult for our auric space to be 'invaded' by the hot, dull, debilitating energies and influences of an ever frenetic and confused world.

Perhaps keep a notebook of sayings, quotes and wisdoms that inspire you. Read biographies or watch documentaries about people who have achieved great things, for it is "better to light a candle than to curse the darkness". Quite literally gloom *and* brightness cannot live together in the same space, whilst anger and despondency can only draw in more of the same.

THE AURA AND THE AFTER LIFE Although we live in polluted and ever corrupting times, it is possible—because of the mechanics of the human aura—to be "in the world but not of it". Ultimately what gets to live permanently in our most sacred personal space is what we invite into it, consciously or not.

Perhaps it is better to take the trouble to decide for oneself, against the values and aim of ones own life, what gets to live permanently in our sacred space and what does not.

The ancients saw that nothing in the natural world was arbitrary. Everything had a purpose and form was always the reflection of function. Their view was that the aura's shape indicated that it was an 'astral egg' within which to spiritually grow and eventually become 'hatched' out into our next life.

There is an old saying, "You can't take it with you", which is true of all things carnal and material. However what you have selectively gathered and built in your aura you *can* take with you.

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