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**Aura FAQs**

**By Janet Ilacqua**

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AURA FAQs

Here are some frequently asked questions about reading auras.

I am not seeing any auras

There are several reasons why you are not seeing auras. Here are some of them:

You have not prepared yourself properly.

You are not in tune with the other person's energy. Some people's auras are harder to read than others are.

In this case, make an extra effort and keep in mind that you may not be able to read everyone's energy.

You are either sick, tired, or under stress. At this point, you should postpone reading until you are better.

The person that you are reading is sick, tired, or depressed. When people are sick or depressed, their auras get smaller and less vibrant; hence, they are hard to read.

Aura reading is easier for some people than others. You may need to take a class or buy special equipment, such as aura glasses.

In addition, regular attendance at a meditation group where you can learn to focus your attention and read other's energies is useful.

I am not seeing any colors in auras

It takes a lot of time and practice to see colors in auras. Sometimes, the colors are very muddy and hard to distinguish. Not all auras have colors. The best thing to do is to keep practicing. Eventually, you will see colors.

What do I do to protect myself against negative energy?

If you meet negative energy while doing readings, you need to protect yourself psychically. To do this,

imagine your whole body surrounded by white light.

I am seeing entities and energy other than aura

The spiritual realm, on which auras exist, is filled with all sorts of entities, ranging from loving and positive (such as angels) to annoying or even dangerous.

Here are some types of entities that you may be encountering:

Spirit guides and guardians attached to the person you are reading.

Thought forms or psychic imprints. Thought forms can be negative or positive and usually produced by intense brooding. Oftentimes, they may be indication of physical illness, depression, or mental illness.

Many times, they are attached to the individual that you are reading.

Astral travelers. Oftentimes, when we are dreaming or in a coma, our spirits leave the body and travel to other places.

Ghosts—These can be spirits of the person's loved ones or they may have a connection to the house that you are reading in.

The spirits of living people who are either dreaming, in a coma, or engaged in astral travel.

Remember that, in all cases, your focus is on the person to the reader. The first thing you should be is determine their relationship to the person being read. Describe the spirit entities to your client and see if he can identify them. If the energies are at all negative, protect your psychically by surrounding you and the person you are reading with white light.

If possible, address the entities and ask them why there are here and if they have any information, which may help the person, whom you are reading. In any case, whatever entities, you should determine what information they are trying to give to you about the person you are reading.

Can I be a Christian, Moslem, Jew, etc. and read auras?

The belief in auras is not tied to any specific religious tradition. Throughout history, advanced spiritual people such as Buddha, Christ and their immediate students were painted with golden haloes around their heads, because some artists could actually see auras. In Australia remote West Kimberleys, you can find prehistoric cave paintings (right), many thousands of years old, depicting people with golden haloes. All religions have had the concept of positive spiritual energy, the equivalent of the Chinese concept of chi and the Christian concept of grace. Working with spiritual energy help you become a more spiritually balanced person and eventually a better Christian, Moslem, and so

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### **Auras – The Energy of Life**

**By Jeffrey R. Palmer Ph.D.**

Auras - Observations and Theories

I have seen auras my entire life. I remember feeling surprised and confused when I first learned that not everyone is able to see auras. This sense of bewilderment led me to search for clues at an early

## Aura FAQs

age as to what the exact nature of the aura really is.

My research encompassed eastern philosophy, biology, Jungian psychology, electro–magnetism, metaphysics, new age spiritualism and a host of other material which served to shed some light on the phenomena of auras but which didn't quite match what I observed with my own eyes. I do not mean to imply that other interpretations of auras are wrong or right, only that they are not exactly matched to what I have witnessed personally.

It has been my personal observations of auras which have led to the conclusions that I now share with you. First let me describe, as best as possible, what it is that I see when referring to auras. Later, I will offer my thoughts regarding the nature of auras.

I see a vibration upon the surface of objects consisting of multiple colors that seems to resonate based on how much energy the particular object is releasing or reflecting.

Note how I have used the word objects. The auras that I see surround everything, living or not.

I have noticed that the aura of people changes based on moods and health. Particular areas of the body seem to be more likely to manifest a change in aura than others. Hands, face and forehead specifically, seem to offer an indication of general mood and health. The aura vibrates more intensely and appears either orange or red in overall color when a person is ill or suffering some pain.

I have observed a purplish hue in the aura of people suffering from migraine headaches as well as depression. This purplish color is usually seen in the area of the temples or at the brow–line, but I have also noticed it surrounding the hands and feet of depressed people.

The color and size of the aura changes in people during various emotional states. By size I am referring to the distance that the aura spreads out from the body. People in an agitated or angry mood have an aura that appears chaotic and usually orange/red in color. I have also seen changes in aura colors before, during and after meditation.

The air surrounding people has an aura itself, and the aura of a person interacts with the aura of the air surrounding them, it's sometimes impossible to determine where the human aura begins and where the air aura ends.

The color of an object has an effect on the aura that it creates. Lighter colored objects seem to reflect aura energy and darker objects seem to absorb it. Primary colors create an aura that most resembles the aura color that I observe most often in people.

The surface of water does not seem to have an aura. I find this unusual since almost every other thing

seems to be generating aura energy or reflecting it and has a visible aura radiation. I assume that water has special properties relating to aura energy and must be absorbing aura energy at such a rate that aura is not visible on the surface. I have noticed that other reflective surfaces, mirrors, glass, etc, also seem to have a diminished aura level, but not so much as the surface of water which has no

observable aura.

On one memorable occasion I have witnessed a person briefly with what is best described as a black aura. I found this event to be very disturbing and worrisome and did not feel inclined whatsoever to investigate that person's aura in any further detail.

Probably the most significant observation that I have made of auras deals with the subject of the afterlife. At the moment of death there is a sudden and intense burst of aura energy. This aura energy burst radiates outward in a split second and is gone. I have witnessed this phenomenon at the passing of my grandmother as well as in on a few occasions.

We know that living things create and store energy in various forms. We also know that living things are capable of conducting electrical and other forms of energy within their environment. Further, we understand that the environment is a complex energy system, constantly changing and transforming one form of energy into another. A thunderstorm is a good example of the environment in a state of continual energy flux. It is my belief that the human aura is the result of various energies coming into contact and interacting with one another. The human aura is not necessarily a discharge of energy but rather a field of energy created by interactions with the energy fields active within the environment.

Science has to a certain extent validated these statements. David Bohm's theories regarding the existence of an energetic multidimensional universe provide a framework for the discovery of the aura's origin. I will save the discussion of theoretical physics relating to auras and other paranormal activity for another article. Suffice it to say that the leading scientists of today offer at the very least, the potential for the existence of subtle energies in the form of human auras.

Human aura energy is capable of interacting with the environment and vice versa, and non-living objects are able to retain the energies of living creatures suggesting a method of energy transference that has not been the subject of serious research.

Continued research of aura phenomena may lead to a better understanding of the subtle interactions of living creatures within the energy fields of the environment. Further research may also provide valuable insights into areas of communication, psychology, health and ultimately may even offer answers to the questions of life after death.

Dr. Jeffrey R. Palmer Ph.D. is the author of "Judo for the Soul – The Art of Psychic Self Defence", as well as numerous articles and papers relating to metaphysics and the study of paranormal phenomena. Further information about Dr. Palmer and his books can be found at

<http://the-psychic-detective.com/Judo-For-The-Soul.htm>

The Art of Kissing



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