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Auras, Energy and Intuition 1 of 3

By Ken Myrback CH

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Over the years I have learned a great many things since entering the holistic field. The biggest discovery was that the more I learned, the more questions I had. This is true for any field, but even more so in metaphysics.

I have found that there is a great deal of confusion both in and out of the metaphysical world about auras, energy and intuition.

The first concept to understand is that quantum physics teaches that EVERYTHING is energy. Physicists postulate that only five to ten percent of the entire universe is actually physical matter. The rest is all energy vibrating at differing frequencies, which cause the different densities from the thickest steel to the air we breathe. Anything from your car, to the tree out front, to you yourself are all made of energy.

Now you must be thinking, wow ok I'm energy, but you are only taking into account your physical body. Yes your physical body is energy but there is more to it than that. Your energetic body extends beyond the physical body. This, in a nut shell, is your aura.

Many people have been taught to extend or fluff out their auras as far as possible. This is the opposite of what should be done. Many people believe that their intuition is somehow connected to their aura. They believe they will be more intuitive if their aura is extended. Intuition and your aura are two different things.

The aura is an energetically and magnetically based field that is an extension of our chakras. It can indicate our physical, mental and spiritual states. Looking at an aura can be similar to a medical doctor checking our ears, nose and throat for symptoms of infection.

Intuition, however, comes from the secretions of the pineal gland located in the center of the brain, between the eyebrows.

Your aura should be kept as close to your skin as possible. Here is an example of why: A friend of mine used to live and work in Manhattan and he learned really quickly to keep his aura close to his skin. It took him awhile to realize what was happening, with his aura so fluffed out he was going through hundreds if not thousands of other people's aura fields through out his day, in doing so he was picking up other peoples emotional, mental and spiritual stuff. He was getting halfway through his day and he felt like he had been running all day. Once he started pulling his aura close to his skin everyday he felt much better and had energy at the end of the day. You see, not only will other peoples stuff

stick to your aura there are some people who will drain your energy because they have so depleted their energy they have to get it from others to replenish themselves.

That is why we teach our clients to connect to their version of divinity to replenish their energies.

Whether that be, Gia, Universal Spirit, the earth, God, Buddha, Et Al.

If you're sensitive to your aura or your overall energy, the next time you're going to be in a crowded situation pull your aura close to your skin and see how you feel at the end of the evening. And then think back to how you feel now verses how you felt the last time you were in a crowded social situation. I am willing to bet you will feel worlds better then you did last time.

It does take practice to keep your aura close to your skin. You will want to check it periodically though out the gathering. At this point you're probably thinking, ok this all makes sense I'll try to pull my aura in. As Yoda says "there is no try, only do or do not". What you want to do is find the edge of your energy field of your lower arm, mine is about an inch from my body which is ok since I am alone at the

moment, once you have found the edge of your field that can be your reference point. Now imagine your energy field is the air around you and just breath it in, so you have the same amount of energy it's just in a smaller area, closer to your skin now.

When you first start trying this technique it may seem like your having to struggle. If you're struggling then your trying to hard, just relax, breath and if your intention is for your aura to come down to your skin it will.

Once you realize that your aura and your intuition are not related you can begin to work on building your intuition.

I spoke a little bit about intuition at the beginning of this article. The best way I can describe intuition is it's that little voice that tells go the other way to work, then you find out later there was a major crash on your normal route that would have made you late for work. Or that feeling you have that something is wrong with someone you pass in the street. All of those things and lots more are examples of your intuition trying to give you additional information about the world around you. Some people call it the sixth sense and I suppose you could call it that but I prefer intuition, it has a less new age ring to it. Most people, myself included start off noticing their intuition after something has happened. Once you realize its happening and will take note of it you can begin to use your intuition more productively. The biggest problem I have found with using my intuition is getting out of my own way to allow my intuition to guide me not only during healing sessions but in my everyday life.

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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

Bio: Janet K. Ilacqua is a freelance writer based in Tracy, California. For more information about her services, check her website at <http://www.writeupondemand.com>



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