

Higher Balance[®], Institute
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Lesson #2
The Aura

The Aura: 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? I will answer these questions and many more in the following

The Finger Print of God

It has been a long-time belief of mine that an aura has more secrets than we are led to believe. Through its close observation, some of the secrets will surface. The first question is, 'What is the aura and how do you see an aura?'

How to see the Aura

The Aura:

It is likely that you have seen an aura many times in your past, but you never knew what it was; therefore, you overlooked it. I will teach you to remove the veils that hide the aura from your awareness. **Everything has an aura:** couches, walls, carpets, plants, TVs, cars, and so on. All objects have an aura because **all things absorb energy**. Like a glow ball or the numbers of a watch radiate the light absorbed after being placed under a light for several seconds (treated with a chemical, glow-in-the-dark paint), so can objects absorb different forms of energy: heat, cold, sound and so on. Objects are continually absorbing energy from everything. Energy must go somewhere, so it radiates from these objects as an aura, much like the glow from a ball or a watch. The human aura is different, yet it is similar. The human aura radiates from an **inner source of energy**. Your body has two types of energy: the soul and other energy absorbed through foods, sounds and light sources. You fall under the same principles and rules of energy absorption as do animals, trees, stones, furniture, and so on.

There are two forms of energy that we will explore in the further chapters. First, we will focus on the first energy: the soul. Then the second type: that of the vessel (body), which is similar to animal and plant energy. These two energies weave together in the body, so that the soul will remain within the vessel. Only upon death is this second energy field weakened, allowing the soul to be released from the body.

Imagine trying to push two magnets together. It may be extremely difficult to push them together, but if you flip one of the magnets, they are compelled together with little or no effort. It is this energy, like a magnet, that holds you in your body ('you' meaning your soul) and blends your soul/energy with itself (see energy text). In retrospect (retrospect = remember, recall, recollect, retain) the aura (soul) within

the vessel, blending the two energies to appear as one, radiating outward from within the body, is what gives the aura its appearance.

The aura is an illumination that can be seen in the light or in the dark. It radiates from the body, about two inches off the skin. It is transparent and tends at times to fluctuate from side to side or to enlarge itself. You cannot see the aura if you look at the center of a person. Because the aura is transparent, you will only see the person. The aura appears as an outline of the body, directly connected to the person's emotions and the nervous system (direct source of energy/will, see astral, mental and physical projection text).

Many people speak of various colors radiating from the aura. I will give the meaning of these colors to you, but please note that many people are discouraged from seeing the aura because they look for this coloring and only see a whitish glow or clear transparency. The color of the aura to a novice is so faint that, to some, it appears not to exist. They see the energy (transparent illumination) and assume that if they see no color it must not be the aura, then they may feel that the aura does not exist and give up searching for it.

Transparent illumination

Note: It is only necessary for the beginner to see the transparent illumination. That is all you should strive for. After accomplishing the first step, you may work on the second step: color.

To see the Aura in 5 minutes or less:

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, you should then note that you have peripheral vision (you can see objects in the room without having to directly look at them). Move your eyesight to the center of the person's forehead. Remember the aura is transparent and cannot be seen directly. The aura resembles heat coming off of a road or fumes from a gas tank, yet it has more consistency (not as wispy). The aura is the soul and it has expanded (swollen) outside the body. In several seconds you will see an illumination radiating from that person. This illumination is usually radiating from the person about two inches off their skin and hair. Being energy, it may enlarge from side to side. Do not strain your eyes or you will create double vision or blur. Relax your eyes, there should be no straining. If you do not see the aura, move your focus to the tip of their hair, increase or darken the light setting of the room you are in. After several attempts you will become skilled and have no problem seeing an aura in the dark or direct sunlight. Several training techniques you can try by yourself are: 1) lying on your back, place a pillow under your thigh of one leg then look at your foot and move it side to side, or do the same for your hand. The energy will move with your foot or hand. 2) Place a white sheet against a wall and have someone stand in front of it. Black sheets are also excellent.

Study the aura and you will see interesting effects. The aura changes as the person's thoughts and emotions change.

Color & Structure:

Seeing color is difficult, but not impossible. Note that each person will see a different color aura, what is to one person yellow, could be orange to another. This shift in color while viewing the aura has caused conflict in interpreting its significance (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. Knowing this, we can begin the general rule for colors! Each color has a different meaning. The important thing is **what each color means to you personally**. Observing others and their motives, create a list of meanings that is personalized for you.

The base colors and their meaning 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.

White: Good energy, very positive person, perhaps spiritually inclined.

Green: Bad health, illness, 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 what I have deemed as 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.

The Aura is directly connected to a variety of paranormal abilities please contact us for more information

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