

## **Learning to see and read Auras:**

Very few are truly gifted persons who can see auras, but you can ask the Holy Spirit (or Angel Raphael if you believe in his intuitive and healing power) to endue you with this healing gift if He allows you to become a channel for energetic healing (\* read about the gifts of the Holy Spirit in my study book entitled 'Spiritual Healing Power').

Additionally you may refer to the bible verses in 1Corinthians 12: 4-10. In adjunct, you need to understand and belief without the slightest doubt that Auras are there and that you can see them, thereby allowing your intuitive mind to visualize this inner wisdom. There is also a need of you to allow yourself to flow energetically with the energies of the people whose auras you wants to read. In this context, try to react to people and situations with empathy, learning to look at people by tuning in to their life force; observing how people move (such as, are they tense and jerky or smooth and flowing, what kind of clothes do they wear, are their clothes comfortable on them, dirty or clean and neat, do the colors suit the person and his personality, etc.)

Learn to read the sort of messages that people send to you about themselves and try to find out if they are holding back anything. Try to imagine yourself in your client's position; how you would feel to be in his shoes, in similar circumstances and how you would react to it. As you 'tune-in' completely to the other individual, you are then able to halo the subtle colors around the person that actually perceive and makes up his or her auras, which will reveal his or her health conditions. In the intuitive reading and visualization of auras, you may need to practice regularly until your are able to see auras visually; there is no easier way out in this learning. Whether you eventually is able to see auras or not, the process of intuitive reading of your client is a very important aspect to any spiritual and energetic healer in elevating their healing abilities. By being able to see auras, you are then able to programme and prescribe the remedies for repair (unblock), charge or balance the subtle life energy of your client to bring healing into them. In reading auras, there is an essential need to know about colors of the auras and its representation in healing, as colors are representative of the health conditions of the human body, such as dull and soggy would mean an unhealthy or diseased state beneath the auric screen while clear and brightly colors would indicate a healthy state of the body or organs underlying it.

## **Colors of The Auras and Its Representations:**

I have tabulated below the various colors emanating from a person, representing the person's natural and physical emotional and health states.

- Red (often black too) – is the color representing life and physical vigor, strength and passion and is associated with the coordination of the individual as a whole. Tension or nervousness may show as pale red, anger or sensuality may manifest as 'dark red'. An excess of red in the aura of a person may also indicate selfishness within him, willfulness or an overvaluing of material things. In association with therapeutic concerns, 'red' means nerve endings, excretory functions and sex glands. 'Survival' and stability are the touchstones, grounding with a lot of physical energy to afford, power of will is inherent in 'red', coupled with security. It governs the spine and kidneys.
- Orange (often Blue-green also)– is associated with energy and health, indicating a strong personality that is also considerate of others but too much of orange, shows an over emphasis on selfish goals and ambitions. Orange can also indicate 'fear', 'illusion' or 'disillusionment'. Therapeutically, it is the color of the adrenal glands (that which has to do with the endocrine glands situated near the kidneys) comprising of the spleen(that produces cells involved in immune responses) and also those that are concerned with the sexual functioning. It also indicates creativity, healing, sexuality (as indicated above) and governs the reproduction system, desire (a component of ambitions), emotion and intuition
- Yellow – This color aura indicates intellectuality and optimism or sometimes can be worries and/or frustration indulgence as well. Very pale yellow shows weakness or indecisiveness, whilst golden yellow shows spiritual development and insight. Therapeutically, yellow is associated with the pancreas (if you are concerned with diabetes), digestive system; it is closely related to orange for the reproduction system and childbirth also.

It is an emotional center, relating to thinking (intellectual), ambitious, drawn with personal power but rather protective ('careful' another word). It governs the stomach, liver, gall bladder and nervous system in particular.

- Green (pinkish is closest)– This is the color of nature itself, indicating regeneration and healing (this is why it is a good healing center for heart and coronary diseases), relative to blood circulation and the circulatory system. It demonstrates liveliness, adaptability and of a versatile mind. Love, compassion, consciousness and emotional balance, goes with 'green'. Therapeutically, it could be said to be associated with the thymus gland, the heart and the circulatory system (for quick recharging of the chakra system, this is one of the important position to address, the other is the emotional, the mind and the spiritual positions).
- Blue – Blue is the communication center, without which the understanding will be dampened. It exuberates 'expression' (has relevance to idealism, integrity and inspiration), divine guidance and governs the bronchial, vocal apparatus (that has to do with the ears, nose, throat, breathing and speech systems and their related diseases) and the lungs as well. Pale blue would indicate learning and scholarship.
- Indigo – Indicates intuition and the search for spiritual truth (spiritual awareness, so to speak), demonstrating psychic power, insight (of 'light') and with it, of course, 'love'. Moral values and transcendence of the physical world is eminent here and if 'indigo' is not well balanced, it can show irritability. It governs the lower portion of the brain, the pituitary system ( the master gland of the endocrine system; located at the base of the brain ), the lymphatic system, the left eye, ears, nose (see the relationship of these latter two organs with the 'Blue' theme above, and nervous system as well).
- Violet (often golden-white) – It is the color of the 7<sup>th</sup> chakra position, at the crown, located at the top of the head (is a very important chakra), indicating spiritual enlightenment (emulating perfection with this), insight and love, coupled with cosmic consciousness and lots of energy endurance. Therapeutically, it is associates with the pineal gland and lymphatic system (whole body consideration)

and governs the upper brain and the right eye.

- Black/Grey – These colors shows that the aura has been damaged by negative thoughts and emotions. It can also indicate stress or illness and can occur after undergoing anesthesia, a phenomena that exhibit loss of bodily sensation with or without loss of consciousness.
- White – indicates perfection. It represents the ideal and truth conditions and has a balancing effect on the black or grey in the auric system.

Aura viewing is not only for the gifted; in fact anyone can learn how to view auras. Most of us do possess the natural capability to train ourselves to see the subtle effects of auras if we will believe that the auras are there, it exist and that you are able to see them. By believing the presence of auras, you are allowing your body and mind to tap into your own intuitive aspects, the distinctive feature or element and inner wisdom.

In practically sensing the energy field of the patient in order for you to know where and how the energy field has become defective, including the conditions of the chekras, you would need to place your hands in front of you, and after you have called in the energy, begin to scan the body of your subject, by running the palm of any one hand (either hand can be used, left or right is a matter of preference; to some, the right hand is dominant while it is the reversed with others) over the body areas that need healing. Your hands then acts as an electrical transducer (detector), you slowly passed palm-down along, about four to five inches above the surface of the body. An energetic defects in the energy field around an area of the body, will register as subtle sensations in the palms of the healer's hand; often this may be felt as a 'dip' or a 'bump' or a subtle sense of heat or coldness or some other kind of sensations. It is this sensations in the palms, together with the healers intuitive or visualized impressions and often with the help of the 'guidance' (Holy Spirit or if you believe in Angel Raphael, who is the healing Angle) to inform the healer of the condition of the energy field and the treatment to be given, in the form of energy channeling, cleansing and balancing. It will take abit of practice to master this technique of sensing the energy with your hands. In this sensing procedure, you must put your faith in God or His Angel, believing that the Holy Spirit (or Angelic

Spirit of your belief) will release the sensations and impressions form in your entire being to obtain the information about your client. All your own thoughts and thinking process must be suspended as you allow this intuitive spiritual process to work through you in energy healing. There are some spiritual healers who are able to actually see the colors of the auras surrounding the body of the patients, but this come with years of practice, till it becomes second in nature to you.

The Chinese however, has a viewing methodology of diagnosis that should not be underestimated as it closely correlates with the proven and well known acupuncture system of holistic healing therapy system. Its fundamentals, is incorporated in the 'Yin an Yang' and the 'Five elemental' philosophy that is vested in the 'Chi' vital energy force. I have included this topic in this entry to give readers and students a bird-eye view of this ancient, yet made modern aspects of natural healing.

### **Yin and Yang:**

Yin and Yang is the Chinese medical concept that explains the duality of the uiverse whereby everything in creation is an interaction of these two fundamental conditions. They are the two opposite, yet they are the fundamentals of complementary aspects of our existence and it is important to truly understand both their characteristics and therapeutic aspects in energy treatments – the light and the shaded and their needs to be in harmonious balance for good health is apparent.

- Yin corresponds to that which is dark, cool, moist, soft, receptive, feminine, passive and sinking (the more mild, sedative side).
- Yang corresponds to that which is light often vigorous, hot, dry, hard, active, masculine, positive and rising (more notable and aggressive side)

Notably, nothing is all the 'yang' neither is all the 'yin'. Practically, both are present in something; some yang and mxing with yin. Also the balance of yang and yin is not static, which means it is constantly changing and this is why the balance of yin and yang

is necessary for attaining and maintaining good health. Because yin and yang are only relative conditions and not absolutes, one organism can be yin to another but yang to the other; for instance, a bright incandescent lamp may be yang relatively to the moon (which is cool) but yin to the burning sun, which is extreme light. In oriental medicine, the nourishing cooling, moistening, relaxing functions are considered yin while the active heating and all energetic functions are the yang. The substance of hollow organs are usually associated with the yang meridians which generally flow upwards and vice versa. It is easy to see why the Earth is considered yin in relation to the heavens, because it lies beneath – the yin meridians then runs up from the front and inside of the body surfaces, which would have been closest to the earth. On the other hand, heaven is yang in relation to the earth and so the yang meridians run down the back and the outside surfaces which are exposed to the sun.

Note that when there is too much yin in the body, there is a tendency to dampness, coldness and condensation into substances such as tumors while too much yang causes over activity and heat problems. Yin and yang must strive to be in the balance to be in the best state of health. When yang is deficient, there will be inclination to in-type symptoms, even though the yin energy may be normal and vice versa; for example, yang deficiency causes tiredness, chilliness and poor circulation. Yin deficiency, on the other hand will cause symptoms such as dry mouth, insomnia and nervous excitability. Ancient Chinese medicine philosophical believe is that the source of everything is the 'Toa' principle (the law of the universe, which is sensible). It is from the 'Toa' comes the 'One' (existence – body, mind and spirit in harmony state); from the one polarises the two forces of 'Yin and Yang' and from the ebb and flow of 'yin and yang' comes the 'Chi' (the life-force).

'Chi', the life-force exists in all creations and in its purest form as light and in its densest form as granite (plutonic igneous rock having visible crystalline texture; generally composed of feldspar and mic; consisting of any of a group of hard crystalline minerals that comprises of aluminium silicates of potassium or sodium or calcium or barium), because even inert material has 'Chi', since all matter is composed of particles of energy. It is interesting to relate this phenomena of 'matter as composed of particles of energy' to the science of crystals and its energy that has been used in crystal healing therapy.

#If you are interested to know about crystal healing, this can be found in my book entitled 'Stone & Sound Healing'. You may purchase this book from me directly by emailing your orders to [petoh\\_01@yahoo.com](mailto:petoh_01@yahoo.com)

### **The Five Elements:**

Chinese philosophy manifested in 'Chi' as five different aspects of energy (e.g the five elements viz. earth, wood, metal, fire and water) which depicts its five different qualities of energies that relates to our environment, life and to the cycle of the seasons and the hours.

It is thought that ancient Eastern thinking is more emotional and spiritual than the intellectual west. In this sense, the deeper levels of the human mind tend to link or associate things together artistically and emotionally, which is realistically in the natural sense, rather than logically. So to learn this ancient Chinese system of energy art of healing, you may need to adjust your thinking to the natural, primitive magical ways of forces of nature and realized that all external influences depends on the balance state of the elements within us.

Now, the Five Elements are -

- FIRE – the element of heat, summer, enthusiasm and warmth in human relationships, and of burning.
- EARTH – is the element of harvest-time, signifying abundance, fertility, nourishment and the mother-child relationship.
- METAL – is the autumn element, it is the physical element within the earth, signifying the force of gravity, the patterns of the planets, the powers of magnetism and electrical conductivity. It manifest in human as grief and desiring to transcend.
- WATER – is the element of the source of life, since human needs it for survival; it has the capacity to flow, ever changing and at times dangerously yielding, infinitely powerful and often cold. Water governs the balance between fear and

the need to dominate- it is the most yin of the elements.

- **WOOD** – is the element of spring, endeavouring to succeed through creativity which could at worse turn to anger when frustrated, it has the capacity to look ahead and make plans with the capacity to make decisions. In this sense, it is the most human of all the elements. But, it is noteworthy to realize that 'wood' is a combustible material and the need to be cautious must be exercised.

Each element governs a 'meridian' and organ in the human body. It also governs the aspects of emotions and the personality, so that any disturbances will effect the mind and body in particular ways. Moreover, each organ and function is associated with a particular color which shows up on the face with certain sounds of the voice that is related to it. Attributes such as odours (smell) from the body, with emotions and mental preoccupations, taste and food preferences with a season of the year and a particular time of the day, etc. are all necessary components of the elements. This brings us to the understanding that each element is deeply associated with a color, a taste, a season, a smell, a sound and an emotion.

### **Tables Of Elemental Organic Correspondences:**

**FIRE** – relates to the heart meridian; it consists of the small intestine, heart governor, triple warmer (or gland meridian); denotes the summer season; red as color; joy and laughing are the emotion and scorched (dried out by heat or excessive exposure to sunlight) is its odour.

**EARTH** – relates to the Spleen, Pancreas & Stomach meridians; harvest as its season; yellow as its color; sympathy and singing are the emotions and fragrant is its odour.

**METAL** – relates to the lung and large intestine; autumn is the season, white is the color, grief and weeping are the emotions and rotting (smelly) is its odour.

**WATER** – relates to kidney and Bladder (note, orange color is specified in its Chakras), winter is the season, blue, purple or black are the colors, fear & groaning are the emotions and putrid (stale) is its odour.



**WOOD** – relates to liver and gallbladder meridians, spring being its season. Green its color, hope and shouting are its emotions and freshness, its odour.

Apparently, a thorough understanding of the 5 elements stated above and their organic correspondences is very valuable to the oriental Chinese medicine practitioner because their associations are very helpful with diagnosis. In this respect, unlike western medicine, the practitioner is not only interested in the patient's organs but works with their personal characteristics (viz. face and body color, emotions, inflections of voice, taste, smell, personality, etc) as well, since these affects the intrinsic outcome of specific ailments. Usually his diagnosis is accompanied by questions to assess the body answering of itself, placing an important therapy in every healing process. For instance, asking questions like; what weather makes you happy or what weather makes your condition worse? or what kind of food you crave for (for example, 'fire' elemented people usually go for very hot and spicy food at one extreme while 'water' elemented people may prefer coolingly plain foods and 'metal' elemented people may not even have the appetite to eat). And things like, his preferred time of the year is also investigated. This information enable the 'Chi' practitioner to see beyond the symptoms to the cause, which must lie in one of the elements; say, if the diagnosis points to the metal element, he most likely need to heal the lung and large intestine or their related sub-organs.

Notably, each element is related to the other four via the creative cycle called 'Shen' and the control cycle called 'Ko'. In the creative cycle, each element passes energy to the next while the control cycle counterbalances the situation, so that it sedates and holds in check - the cycles of the earth as cycles in life.

The 'Life-cycle' is seen as from birth (Wood is all organic matter), then growth (denoting 'Fire' that is gases and air), then gaining maturity (the 'Earth' is soiled in existence), after which life decays ('Metal' is all inorganic, lacking the properties and characteristics of living organisms) and eventually depicts death and re-birth ('Water' is moisturized).

Moreover, there are two further aspects of the five elements. The 'Shen' cycle which is nurturing, generating and creative, can be envisaged as a clockwise circle, with one

element feeding the next; for instance, Wood when burn in 'Fire' creates ashes which is 'Earthed', 'Earth' is mined for 'metal' which engenders 'water' which is used to grow trees and create wood. This complete one cycle and the next repeat with the wood being burned in fire again and so on, repeating the cycle ....this relationship is often known as the 'mother/son' relationship.

The 'Ko' cycle is the controlling cycle (sedating) that which forms a five pointed star moving in the anticlockwise direction from 'wood' which puts out 'fire'; the 'fire' melts the 'metal'; and metal is used to cut 'wood' (saw blade); the wood breaks up the earth with its roots; the earth contains water in its lakes and seas, thus completing one 'Ko' cycle....this relationship is often called the Grandmother to Grandson relationship. For instance, if metal is the mother, then water, the lower level element that is controlled, is the son/Grandson and earth is the Grandmother which is the controlling factor. The practise of Kinesiology helps by engaging many aspects of the five elements to help the kinesiologist to identify the emotional factors that can have a bearing on the state of the current health. As each muscle relates to a meridian and each meridian is a part of the five elemental laws and each element has an aspect of emotional denomination such as suppressed anger, etc, an imbalance of energy on a meridian can be easily detected and understood to facilitate the healing process. For example, an imbalance of energy on the liver meridian which according to this 'Chi' energy system is associated with the element of 'wood' and the feelings of 'shouting' (anger) and frustration, which may caused by the emotional factor of an intense or unexpressed anger, where there is still hope to abound. Often this turns out to be the case. This emotional exploit may also affect the gallbladder as well. The kinesiologist can also assess the client's skin color, speech inflection, body odour, favourite food (in this case, it is likely that the client doesn't have much appetite for food, which is reflected in the Kinesiology test), his favourite color and season. This information together with those obtained from IM test will give the practitioner a very comprehensive picture of the client's health condition and what steps should be taken for remedies.

**\*About this Entry and the Author:**

The contents of this short Article were selected abstracts from my three books entitled

'Spiritual & Energy Healing', 'Energy healing Science' and ' Energy healing Techniques'; these 3 books, along with Applied Kinesiology makes up the essential reading in this interesting EM field of Energy healing therapy. For more information on Spiritual & Energy Healing, Readers and Students are encouraged to read the above-mentioned books in the Energy Medicine series, which may be purchased directly from me by emailing your order request to [petoh\\_01@yahoo.com](mailto:petoh_01@yahoo.com) or [ektoh01@netscape.net](mailto:ektoh01@netscape.net) .

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