



## **SPIRITUALISM NEW ZEALAND HEALING MANUAL**

### **9.3 The aura**

#### **9.3.1 Where from**

In Latin and Ancient Greek “aura” means wind, breeze or breath. It was used in Middle English to mean "gentle breeze". It has been long known in many other cultures (e.g. Indian, Tibetan, Native Americans) under different names. The concept of auras was introduced to the West by Charles Webster Leadbeater in the early 1900s, a former priest of the Church of England and a member of the mystic Theosophical Society, who studied theosophy in India. Later Leadbeater’s ideas on the aura and chakras were adopted and reinterpreted by other Theosophists such as Rudolf Steiner and Edgar Cayce and it became popular when it was picked up by the New Age movement in the 1980s.<sup>1</sup> Scientists also refer to the aura as the “biofield”.

#### **9.3.2 Analogy**

The aura is a human energy field emanating out from the body that some people can see. Donna Eden and David Feinstein liken it to a space suit, as your aura protects you from harmful energies. It’s also like a radio antenna, bringing in energies that you need, and with which it resonates.<sup>2</sup>

#### **9.3.3 Proof**

A study conducted by Valerie Hunt, a neurophysiologist at UCLA's Energy Fields Laboratory, compared "aura readings" with neuro-physiological measures. The auras seen by eight practitioners not only corresponded with one another, they correlated with wave patterns picked up by electrodes on the skin at the spot that was being observed. Handheld biofeedback sensors combined with computer equipment and special photographic devices have demonstrated that the colour, shape and size of an auric field shifts after the application of acupuncture, hands-on healing or prayer. It also shifts with changes in thoughts and mood and there’s some evidence that it might provide diagnostic information.<sup>3</sup>

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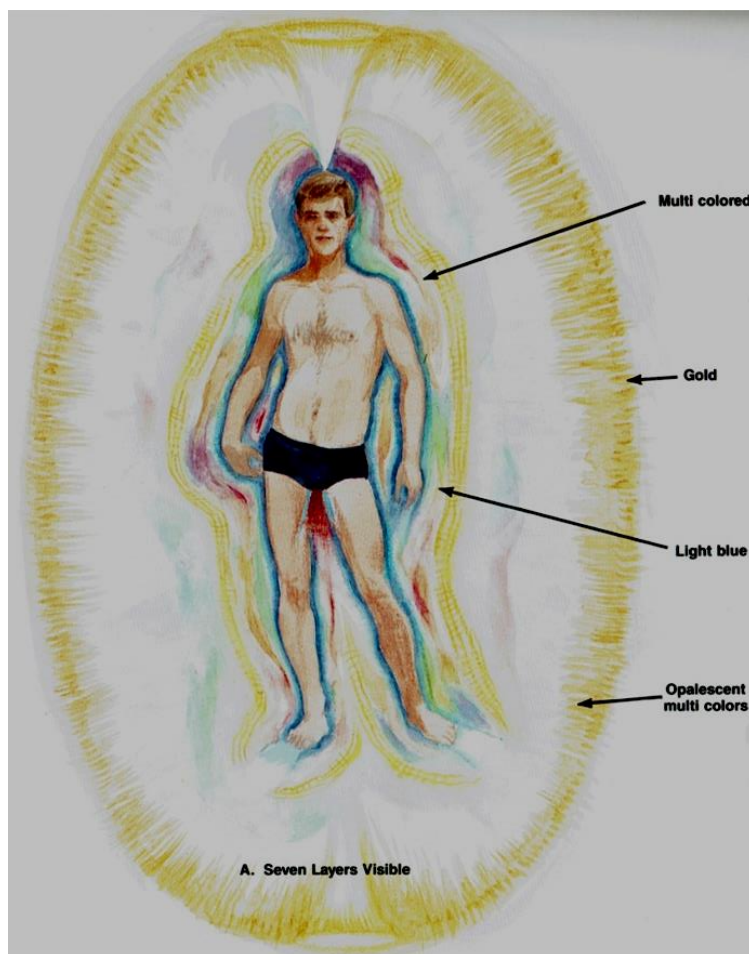
<sup>1</sup>“Aura (Paranormal)”, Last modified 17/7/18, [https://en.wikipedia.org/wiki/Aura\\_\(paranormal\)](https://en.wikipedia.org/wiki/Aura_(paranormal))

<sup>2</sup> Donna Eden and David Feinstein, “The Nine Primary Energy Systems” Retrieved from [www.innersource.net/em/66-handout-bank1/hbbasicprinciples/291-the-nine-primary-energy-systems.html](http://www.innersource.net/em/66-handout-bank1/hbbasicprinciples/291-the-nine-primary-energy-systems.html)

<sup>3</sup> Donna Eden with David Feinstein, *Energy Medicine: Balancing Your Body’s Energy for Optimal Health, Joy and Vitality*, (London, Piatkus, 2008) p.188-189

### 9.3.4 Description

The aura is a multi-layered shell of energy that emanates from your body and interacts with the energies of your environment. Barbara Ann Brennan sees seven layers clearly in an aura, alternating between set structured and coloured fluid (moving) layers. Each layer has its own function and is paired with a main chakra with which it channels energy into and receives energy out of the body (first layer pairs with the first chakra, etc).<sup>4</sup>



Layer	Structure	Colour	Location	Associated with <sup>5</sup>
<b>1. Etheric Body (Structured)</b>	Web-like structure in constant motion, pulsating at 15-20 cycles per second	Lines of bluish-white light (sensitive person) through to grey (more athletic)	¼ -2 inches beyond physical body (0.6-5.1cm)	Physical functions & physical sensation, also the automatic and autonomic functions of the body
<b>2. Emotional Body (Fluid)</b>	Coloured clouds in continual motion	Multi-colours ranging from brilliant hue (clarity) to muddy hue (confusion) e.g. Love, excitement, joy, anger, all show as bright colours.	1-3 inches from body (2.5-7.6cm)	Associated with our emotional aspects, emotional life & feelings

<sup>4</sup> Barbara Ann Brennan, Hands of Light: A Guide to Healing through the Human Energy Field, (New York, Bantam Books, 1987) pp.42-3 "Seven Layers Visible" picture from Figure 7-1 opposite p.44.

<sup>5</sup> Table summarised from Barbara Ann Brennan, as above, pp.49-54

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Layer	Structure	Colour	Location	Associated with <sup>5</sup>
<b>3. Mental Body (Structured)</b>	Finer substances associated with thoughts	Bright yellow light, brighter when concentrating on mental processes	3-8 inches from body (7.6-20cm)	Associated with our mental life, linear thinking, thoughts & mental processes
<b>4. Astral Body (Fluid)</b>	Clouds of colour, often with blobs or cords extending out to "communicate" with others even before any noticeable physical recognition	Clouds of multi-coloured light usually infused with rose light of love	½ - 1 foot from body (15-30cm)	Associated with the heart, love of mates & love of humanity in general
<b>5. Etheric Template Body (Structured)</b>	Structured like the Etheric Body	Cobalt blue space. Blueprint of the physical like a negative of a photo	1 ½ -2 feet from body (46-61cm)	Associated with higher self & Devine will. Also, power of word, speaking, listening, taking responsibility for our actions
<b>6. Celestial Body (Fluid)</b>	Light that radiates out from the body	Shimmering light rays of pastel colours like mother-of-pearl	radiating out from body; 2-2¾ feet from body (61-84cm)	Associated with celestial love, extending to all life; the caring & support for the protection & nurturing of all life; spiritual ecstasy
<b>7. Ketheric Template or Causal Body (Structured)</b>	Egg-shaped grid composed of tiny threads of light	Threads of gold-silver lights, golden grid	2½ - 3½ Feet from body with the outer egg form in the outer 3-3½ feet (76cm-1.07m)	Associated with the higher mind, knowing & integration of the physical and spiritual make-up; knowing we are one with the Creator
<b>Cosmic plane...</b>	More levels, possibly crystalline			

Donna Eden also sees seven layers but slightly differently<sup>6</sup>:

<sup>6</sup> Donna Eden and David Feinstein, "The Human Aura", Last modified 2005, Retrieved from <http://www.innersource.net/em/66-handout-bank1/hbbasicprinciples/199-donna-eden-a-david-feinstein-v15-199.html>

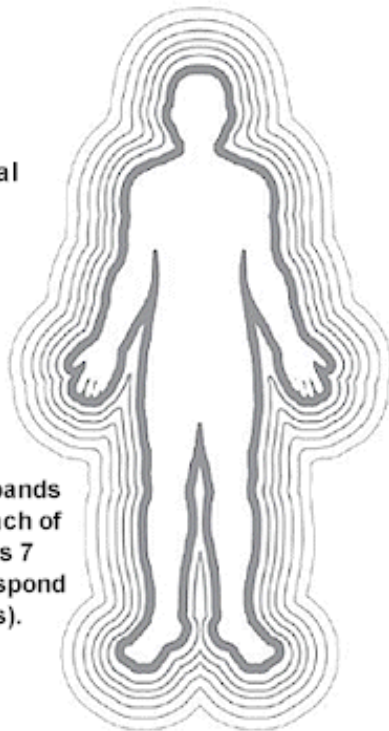
Layer	Description
<b>1. Ethereic Field ("etheric body" or "vital layer")</b>	Shaped like the physical body, it serves as a blueprint for your body and reflects your spirit. It is fluid and interacts with the physical body. Extending as much as 5 inches out from the body, this is the field that people new to seeing auras usually see first. This field can be detected by infrared cameras. Donna reports that the colour of this field does not change and that it often reflects the colour of one of the meridians associated with the person's primary element.
<b>2. Protective Field</b>	This layer forms a protective sheath that encases the Etheric Field. It protects the Etheric Field in a manner similar to the way the Pericardium Meridian protects the Heart Meridian. Not found in most charts, Donna sees this field distinctly.
<b>3. Mental / Emotional Field</b>	This field holds emotions, thoughts, and visual images. It is the subtle energy dimension of your personal sense of reality. It is often seen as two separate fields: the "emotional body" is closer in, then "the mental body." Donna sees four layers: two emotional, two mental. We all have all four layers, but the layer that is closest to your body depends on your sensory type: <ul style="list-style-type: none"> <li>• The feeling band governs feeling-based emotions (innermost if you are kinaesthetic).</li> <li>• The emotional band governs emotions that are based on thoughts, judgments, and history (innermost if you are auditory).</li> <li>• The yang mental band moves out toward the world (innermost if you are visual).</li> <li>• The yin mental band stays contained (innermost if you are digital).</li> </ul>
<b>4. Morphic Field ("etheric template" or "habit field")</b>	This layer holds the templates for all the fields within it. These templates are ideal forms which may or may not manifest ideally in the inner layers. Illness, trauma, and negative habits may all interfere. While "morphic fields" may exist at all levels of energy, emotion, thought, behaviour, and physiology, we use the term here to bring attention to Rupert Sheldrake's revolutionary insights into the phenomenon. The morphic field combines the 5 elemental energies of the universe (the 5 Rhythms described later in the training) into your unique constellation of energetic rhythms, habits, and dispositions. It is relatively fixed, though it can evolve during your lifetime.
<b>5. Celestial Field</b>	Associated with higher spiritual forces, usually attributed to the 6th and 7th chakras. It is an antenna that connects you with the Wisdom, Love, and Bliss of the Cosmos. When you are aligned with this field, you feel one with the universe. But whether consciously aligned or not, it is always there around you, always available for you to tune into for inspiration and guidance. While it may have any of many colours, the colours it contains are permeated by gold and silver.
<b>6. Celtic Weave</b>	This energy surrounds, contains, and weaves through the aura. It is described later in the training.
<b>7. Life Colour</b>	This is a fixed colour that permeates all the other fields, reflecting the theme for the person's life and the lessons this lifetime is meant to bring.

Donna Eden sees the aura and the chakra energies intersecting:

7 Nested Auric *Fields*

**Each Has a Different Function**

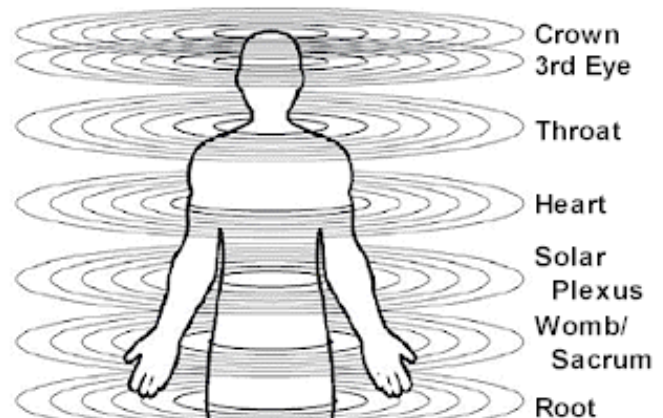
Etheric  
(closest in)  
Protective  
Mental/Emotional  
Morphogenic  
Celestial  
Celtic Weave  
Life Color  
(farthest out)



These fields and bands interact so that each of the auric fields has 7 bands (that correspond with the 7 chakras).

7 Concentric Chakra *Bands*<sup>7</sup>

**Each Intersects with an Auric Field**



In addition to each chakra's 7 layers going into the body are these 7 layers moving out from the body.

The aura may be close to the body, as in the drawings, or it may fill the room-and this may vary from moment to moment or person to person.

Drawings by Mike Bowen  
[www.bowenimagery.com](http://www.bowenimagery.com)

There are other healers that work with as many as 12 auric layers.

There are other energy fields further out from the human body that can be measured (e.g. universal light field, life and thought fields, morphogenetic or morphological fields<sup>8</sup>) and as technology advances and gets more sensitive there will probably be more discovered too.

For the spiritual healer, it is enough to know that there are multiple energy layers that surround the human body. The aura effectively contains your energies and is part of your body, it's just the energetic part rather than the more dense physical part that we can all see. For those that can see auras, it might require further investigation to understand what is being perceived. Most people who can see auras can only see the inner-most auric layers, not the

<sup>7</sup> Donna Eden and David Feinstein, "The Human Aura", as above.

<sup>8</sup> Cyndi Dale, The Subtle Body Practice Manual: A Comprehensive Guide to Energy Medicine, (Boulder, Sounds True Inc, 2013) pp.26-27



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outer energy bands of the human energy field.

The aura is a protective atmosphere that surrounds you and embraces you, filtering out many of the energies you encounter and drawing in others that you need. The aura is a conduit, a two-way antenna that brings in energy from the environment to your chakras and that sends energy from your chakras outward. It reaches out to embrace people or energies or it can keep them out like an electric fence.<sup>9</sup>

The aura expands and contracts and changes vibration (colour) according to your mood, thoughts, physical health, moment-by-moment activities and the outer environment. It is always changing with your thoughts. When you feel happy and positive, your aura may fill a room but when you are sad and despondent, your aura shrinks in close around you, forming a protective energetic shell. When you are well, it is bright and clear, and when you are unwell it is dull and may be discoloured (e.g. grey, dirty patches) or have holes.

The colours you see in an aura depend upon how your senses interpret different energy vibrations. Below are the general colour/frequency correlations but they might be different for you.

Blue	250-275Hz, 1200Hz	Red	1000-1200Hz
Green	250-475Hz	Violet	1000-2000Hz, 300-400Hz, 600-800Hz
Yellow	500-700Hz	White	1100-2000Hz
Orange	950-1050Hz <sup>10</sup>		

These colour/energy vibrations generally relate to different emotional, mental and health states:

Colour <sup>11</sup>	Description
<b>RED</b>	Pertains to circulation, the heart and physical body. A dense colour, it attracts or repels. In a positive light, red energy is a healthy ego. In a negative light, red energy can give way to anger, unforgiving, anxiety or nervousness.
<b>SHADES OF RED</b>	Deep Red - strong willed, grounded, survival, realistic. Muddy Red— anger. Clear Red - powerful, sensual, passionate, energetic, competitive. Orange Red - confidence. Bright Pink - sensual, artistic, affection, love, sensitive, compassion, can indicate clairaudience. Dark Muddy Pink - dishonesty, immaturity.
<b>ORANGE</b>	Pertains to the reproductive organs and emotional feelings. It is a colour of good health, vitality, and excitement. In a positive light, orange energy is productive, creative, sociable, and courageous. In a negative light, it can give way to stress and addictions.

<sup>9</sup> Donna Eden with David Feinstein, Energy Medicine: Balancing Your Body's Energy for Optimal Health, Joy and Vitality, (London, Piatkus, 2008) p.188

<sup>10</sup> Barbara Ann Brennan, as above, p.33

<sup>11</sup> Table from Psychic Library, "Aura Room", [www.psychiclibrary.com/beyondBooks/aura-room/](http://www.psychiclibrary.com/beyondBooks/aura-room/)

Colour <sup>11</sup>	Description
<b>SHADES OF ORANGE</b>	Orange Yellow - intelligence, detail oriented, scientific, creative, perfectionist. Brownish Orange - low level of ambition, lazy or just repressed emotion.
<b>YELLOW</b>	Pertains to the spleen and life energy. It is the colour of awakening, optimism, easy-going nature, inspiration and intelligence.
<b>SHADES OF YELLOW</b>	Pale Yellow - psychic and spiritual awareness, optimism, hopefulness, positivity. Bright Yellow - fear of losing control, respect, power struggles, and control personally and in business. Clear Metallic Gold - spirituality activated, inspirational awakening. Dark Muddy Yellow Gold - fatigue and stress from studying or trying to learn everything all at one time.
<b>GREEN</b>	Pertains to the heart and lungs. It is a comfortable and healthy colour of nature. Represents balance, growth, change. Depicts a love of people, animals, nature.
<b>SHADES OF GREEN</b>	Emerald Green - healer, loving person. Yellow Green - Communication, heartfelt, creative. Muddy Forest Green —jealousy, victim, blaming others, insecurity, sensitive to criticism, lacking personal responsibility.
<b>TURQUOISE</b>	Pertains to the immune system. It is a sensitive, compassionate aura, - that of a healer or a therapist.
<b>BLUE</b>	Pertains to the throat and thyroid. It is a cool, calm and collected colour, producing caring, loving, sensitive, and intuitive energies.
<b>SHADES OF BLUE</b>	Light Blue - peacefulness, clarity, intuitive, truthful. Royal Blue - clairvoyance, very spiritual, generous, open to new opportunities. Muddy Blue - fear of expression, future, speaking the truth.
<b>INDIGO</b>	Pertains to the third eye and pituitary gland. It is the colour of deep feeling, intuition, and sensitivity.
<b>VIOLET</b>	Pertains to the crown, pineal gland and nervous system. It is the most sensitive of colours in the aura. It is intuitive, visionary, reveals psychic power, magical, artistic.
<b>LAVENDER</b>	This colour denotes vision, imagination, and daydreaming.
<b>SILVER</b>	Pertains to spiritual and physical abundance. A lot of bright silver in the aura may mean money or a spiritual awakening.
<b>SHADES OF SILVER</b>	Bright Metallic Silver - nurturing, intuitive, new ideas. Muddy Grey - accumulation of fear in the body, health problems when seen in certain areas of the body. Dirty Grey Overlay - pertains to the blocking of energy, guarded, scepticism.
<b>GOLD</b>	Pertains to divine protection and enlightenment. Someone with this aura is encased in divine guidance and has wisdom, inner peace, intuition, and spiritual thinking.
<b>BLACK</b>	Pertains to pulling, capturing, and transforming energy. Indicates an unforgiving nature (to self or others), past life problems, unreleased anger, grief, or health problems.
<b>WHITE</b>	Pertains to reflecting other energy and protection. It can signal a new energy in the aura, truth, purity, angelic qualities, and a healthy individual. If there are flashes or sparkles of white light, angels are near. The aura is said to go white immediately before death.

Colour <sup>11</sup>	Description
<b>SHADES OF WHITE</b>	Dirty Greyish White - possible illness.
<b>EARTH TONES</b>	Pertains to colours of the soil, wood, minerals, plants. These important and good grounding colours can be seen in those who work outdoors, such as in farming.
<b>RAINBOW</b>	Rainbow stripes emanating as beams of light from the hand, head or body can indicate a healer.
<b>PASTELS</b>	Pertains to sensitivity and a need for serenity. They are seen as soft blends of light and colour.
<b>BROWN</b>	Greedy, self-absorbed, close-minded.
<b>SHADES OF BROWN</b>	Dirty Brown Overlay - holds on to negative energy, insecurity.

As spiritual healers we may feel or sense the differences in the energies as we run our hands through a person's aura rather than see them with our eyes. We can all do it: we use the same senses when we walk into a room after an argument and feel we can "cut the air" – that's probably energy vibrating in a red frequency that we are perceiving. We can each work with our strongest senses to get the information we need as healers.

### 9.3.5 What it affects

The aura is a filter between you and your environment. Donna Eden describes its functions as follows<sup>12</sup>:

- The aura protects you from the physical, emotional, and psychic energies of your environment by screening harmful energies (it acts as a space suit or lightning rod).
- The aura connects you to nourishing energies in your environment (it acts as an antenna or bridge).
- The aura then bridges these energies to the chakras and other energy centres (which further process them, often resulting in nerve, hormonal, vascular, and other activity in the physical body).
- The aura sends signals into your environment that communicate information about you and that attract specific types of energy to you.
- The aura holds a set of interrelated fields that are the blueprints for your physical body, your emotions, your awareness, your relationships, and your development.

Weaknesses, or holes in the aura, eventually reflect as a weakness the physical body underneath which if not fixed can lead to disease. For the spiritual healer, an assessment of

<sup>12</sup> Donna Eden and David Feinstein, "The Human Aura", as above.

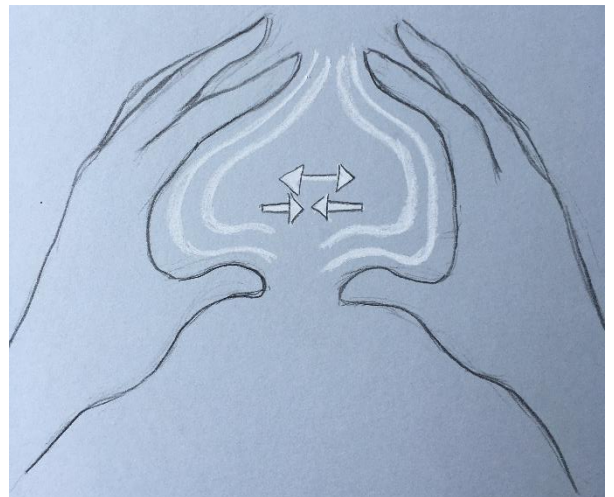
the aura energies as part of the healing can be useful because:

- Diseases of the body are reflected in the aura and its energies and can indicate where spiritual healing is needed.
- Illness can be recognized in the aura before it shows in the body, allowing for early intervention through spiritual healing.

### Individual Exercise 1

This is an extension of the energy exercises we did earlier in your training, this time to sense the inner layers of your aura.<sup>13</sup>

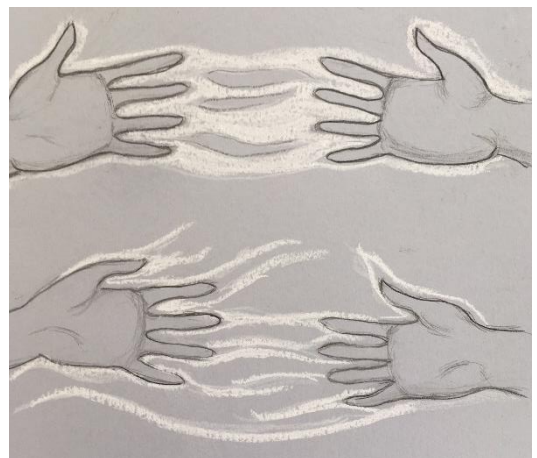
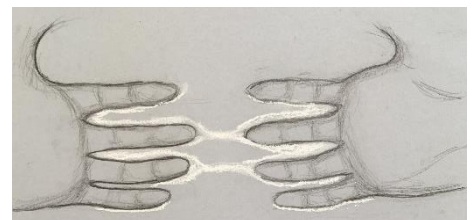
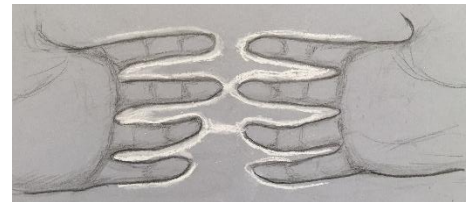
- 1 Clap your hands or rub them together vigorously activating those minor chakras to get the energy moving. Feel the tingling or the warm sensations, vibrating, hot or cold or feel the magnetic field.
- 2 Hold your palms about 5-15 cm apart, slowly moving your hands back and forth increasing and decreasing the space between them. Build up the energies between your hands until you can feel it.
- 3 Now take your hands out to about 20-25 cm apart and slowly bring them back together until you can feel a pressure resisting against your hands so you have to use a slight amount of force to continue. This is where the edges of one of your energy bodies around your hands has touched together. If your hands are 2.5 - 4 cm apart you will have touched your etheric body edges together (1st auric layer). If they are 7.5 - 10 cm apart, you have probably touched the outer edges of your emotional body or protective field together. (2nd auric layer). If further apart, check the first table in “The Aura” training to work out which layer you might be feeling.



<sup>13</sup> Exercises adjusted from Barbara Ann Brennan, as above, pp.41-42, 55-56

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- 4 Now move your hands still closer together and feel what it is like to have both hands sitting inside the energy field of the other hand. Concentrating on your left hand, do you feel tingling, “thickness”, warmth, what?
- 5 Now take your hands apart again and hold them about 18 cm apart. Point the index finger on your right hand at the palm of your left hand, ensuring your fingertip is about 1.5 – 3 cm away from the palm. Now draw circles on your palm and note what that feels like. Try reversing hands.
- 6 Now place your hands on a piece of white paper, preferably plain, about 45 – 60 cm away from your face. Widen your field of vision, relax the focus of your eyes (like day-dreaming and softly gaze at a point on or above your hands. Take your time, breathe deeply and let your eyes relax. Staying focused on your point and observing through your peripheral vision, what do you see projecting around your hands? Can you see a haze of energy, somewhat like a heat waves? Continue looking softly at your hands and let the intensity of what you perceive increase. Can you see any colours, perhaps white or a tint of blue?<sup>14</sup>
- 7 Now move your hands so your fingertips are pointing to each other about 4 cm apart. Relax your eyes until you see the energy around your hands again. Move your hands closer and then further apart. What do you feel and see between your hands?
- 8 Slowly move one hand up so different fingers are pointing to each other. What did you notice?<sup>15</sup>



Barbara Ann Brennan says about 95% of people who try this exercise see something and everybody feels something.

<sup>14</sup> Hand illustrations from Len Walker “How to see the Etheric Body”, [www.lenwalker.co.uk/etheric\\_layer1.html](http://www.lenwalker.co.uk/etheric_layer1.html)

<sup>15</sup> Illustration from “The Aura: The Human Energy Field”, [www.energyenhancement.org/Human-Aura-psychology/handsoflight1.htm](http://www.energyenhancement.org/Human-Aura-psychology/handsoflight1.htm) and based upon Barbara Ann Brennan’s *Hands of Light* illustration.



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### Group Exercise 2

Do a relaxing meditation to quieten the mind. (The fourfold breathing technique also works well: breathing in for the count of four, hold for the count of four, breathing out for the count of four, hold for the count of four before breathing in again. Continue repeating for 3-5 minutes.)

Using a white wall or white sheet as a back-drop, get someone to stand in front of it while the rest of the class try to see or sense the person's aura. It can be disconcerting having people stare fixedly at you, so the subject might prefer to close his/her eyes (and hold on to a chair or table). He/she might meditate, send out loving thoughts or just imagine their aura growing out well beyond the body.

The rest of the class should widen their field of vision, soften their eyes (like day-dreaming) and look at a point just above or at the top of the person's head, so they can still see the person and their energy field in their peripheral vision below. Allow time for the watchers' eyes to relax and start picking up the energy and potentially colours. Sometimes it might start as heat waves or a soft white glow around the person's body. It may then develop into a colour or maybe not. It will often disappear if you take your focus off the top of the person's head to look directly at it.

Swap the person standing in front of the wall so everyone gets an opportunity to see others' energy and auras.

*Homework:* Try observing your own aura by looking through a large mirror at the top of your head. A light, plain background works best. Remember to soften your eyes and allow plenty of time for your eyes to start seeing the energy. Sometimes it's easier to see the energy when you are at home relaxing.

### Individual Exercise 3

Using the diagram from the second Chakra exercise where you labelled and coloured the chakras (Colour & Label the Chakras), now draw an arrow from each chakra to the auric field with which it exchanges energy.

*Optional:* Label and colour the auric layers in the diagram using Barbara Brennan's descriptions (in the first aura table pp 2-4). Also use the diagram on page 2 of the Aura section as a guide.



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### **9.3.6 Learning for spiritual healers**

For the spiritual healer, an assessment of the aura energies as part of the healing can be useful because:

- Diseases of the body are reflected in the aura and its energies and can indicate where spiritual healing is needed.
- Illness can be recognized in the aura before it shows in the body, allowing for early intervention through spiritual healing.

As spiritual healers we aren't interested in diagnosing, however any muddy/greyish colours or areas where the aura is weak or has holes, could indicate areas that could do with healing. Regardless of where on the body we heal, the aura should look clearer, more balanced and stronger after we have finished our spiritual healing session with that client.

If you do not see auras, work with your other senses to determine areas where the person's energetic body is showing something different. As spiritual healers, we may feel or sense the differences in the energies as we run our hands through a person's aura rather than see them with our eyes. They may indicate areas that we need to "heal", both at auric level and at the physical level below. To scan the body for energy differences, run your hands about 3 inches (7.6cm) out from it.