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INTRODUCTION

You may have picked up this book thinking it was just going to teach you about your aura, but you're in for a treat; it's going to teach you so much more!

Your aura is one aspect of your personal energy and to understand it, you must understand energy itself. The entire universe and all living things are made of energy; it's the invisible force that shapes all life and the currency by which everything in the universe is exchanged.

Energy was the key ingredient in the beginning of all that is and everything we see, live and experience today is energy. It's a subject that will never grow old, tired or irrelevant – it can't because energy is timeless, ever-present and the driver of everything that happens.

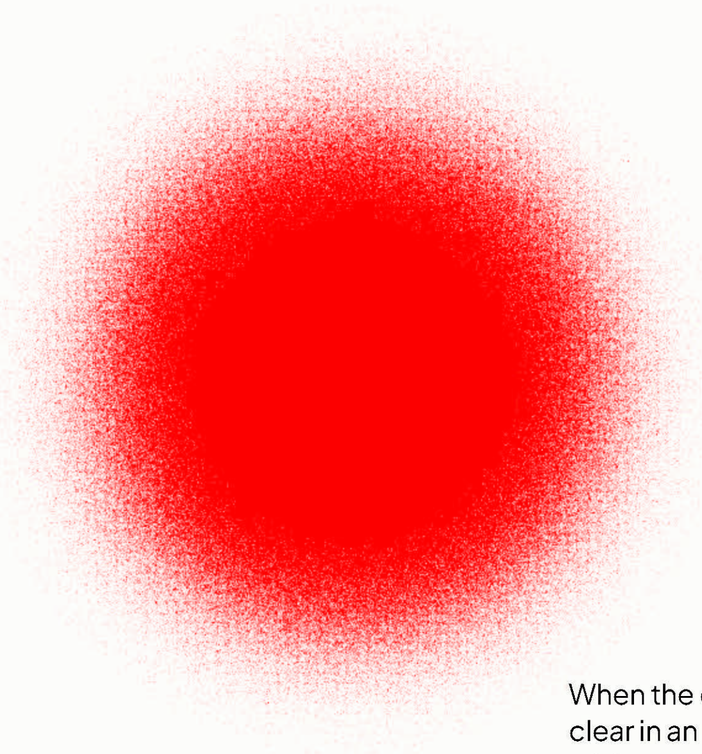
Think of this book as a rediscovery of your mother tongue; something that has always been a part of you, even though you may not realize it. Welcome to this all-encompassing, invisible world.

In these pages, you'll learn how your aura reflects your state of being, how life affects it and how you can strengthen it. With practice, you'll be able to feel and even see your aura, silencing any inner cynic. This isn't faith; it's physics, chemistry and the biology of your being. I hope that you'll find this exploration as illuminating as I do and that the exercises here will become a natural part of your wellbeing.

My wish is that you feel inspired by the knowledge, excited about the techniques and equipped to use the tools in this book. I'd love for you to appreciate that every single day, your experience of life is shaped by the energy you radiate and if you don't like it, you can change it.

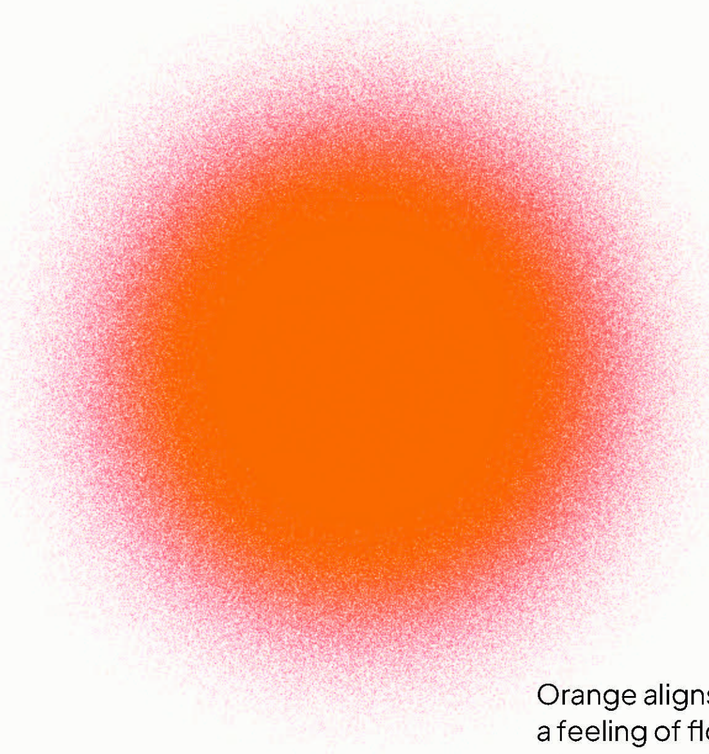
Your aura is a living, breathing indication of how you are at every moment of every day, and you have the power to improve it. Aura power!

RED



When the colour red shows up bright and clear in an aura, it means that the energy of the root is more present. Attributes such as security, groundedness and a sense of safety can be perceived. Rather than inferring danger, it represents an arresting character who is bold in the face of it. Red shows passion, strength and fortitude with perhaps a touch of sass! When in its lowest form, it represents anger, unhealthy righteousness, rigidness and anxiety.

ORANGE



Orange aligns with the sacral chakra, and a feeling of flow is imbued in a person whose aura shows clean orange shades. They are in tune with themselves and their life force. Creative juice and sexual energy is available to them freely, and they enjoy a sense of relaxed confidence about who they are and how they show up in life. Fluid like water and easy like Sunday morning, orange aura people are great company. In its murky form, it can indicate lack of worthiness, poor self-esteem, addictions, compulsions and giving way to our lowest desires.

READING THE AURA

When doing an aura reading, it's important to understand that the colours you see are subjective. When we view colours, they can change depending on our perspective, the way our eyes work, the way we see shades, our energy and how we are feeling emotionally. We can only give our opinion in a reading; it cannot be considered the actual and only truth, in the same way that two people will view the same tree and notice completely different things.

What you will see will depend on your state and the energy in your field. What you align with more easily will change day to day. Even the actual tones that your eye can pick up on vary from person to person. Josef Albers, in his book *Interaction of Colour,* explores the nuances of shades, our ability to pick them out and also how they interact with other colours. A red next to an orange will appear different than if it is next to a green, for example, not to mention the myriad of shades of each colour.

In the same way Albers talks about how we will take in the beauty of a complete painting, rather than the individual brushstrokes that went into making it, we too can apply this concept to an aura reading. When you look upon yourself, you may hone in on a body part you dislike, isolating and berating it, however, when others regard you, they see the whole person and the energy you bring. When doing an aura reading, you will, of course, see colours and aspects, but it is the whole appearance of the aura and the feel of the person as well that will be indicative of their energetic health and overall state.

When you tune in to someone else, consider how you felt before you started, and then how you feel now. Perhaps you sense emotions that were not there previously, or a physical sensation that you didn't have before. That can be a clear indication of what is present in the other person. I like to call these sympathy feelings, and it's how I receive clear directives in my clinic about my clients – they show up in my body and then I translate what it might mean for the client.

Remember: you have all your clairs to help you read a person. Your clairs give you your clues, and you are the energy detective.

