

# Aura Portrait Instructions

Choose one of the stick figures for drawing each aura portrait. If you see no layers in an aura, choose the stick figure without any aura layers. If you see one layer or three layers or seven layers in an aura, choose the matching image to draw what you see in those layers. You may see different layers for different people.

What you see in an aura can change dramatically over time, including from day to day. This only means you're seeing what you can see for that day, time, location, etc. Clear colors are positive. Cloudy or murky colors are negative.

Have a good selection of colored pencils or colored markers ready for drawing aura portraits. You may see a wide variety of colors over time. Colors mean what they mean to you or to the portrait recipient.

## Drawing Your Own Aura Portrait

Fill out the aura diary page.

Read your own aura in a full length mirror and draw what you see.

Draw aura portraits at different times of the day, different days of the week, and different months of the year just to see what changes.

## Drawing Someone Else's Aura Portrait

Have the portrait recipient fill out the aura diary page.

Draw aura portraits at different times of the day, different days of the week, and different months of the year just to see what changes.

Draw auras in different locations. Choose locations that make the portrait recipient comfortable and locations that make the portrait recipient uncomfortable.

Tell the portrait recipient which colors are clear (positive) and which colors are cloudy or murky (negative).

## What You Might See In Auras

Auras can include:

Shapes

Energy flows

Sparkles

Images of anything that exists in the world