

Feeling, Seeing, & Psychically Reading Auras

Feeling Auras

Hold up the index finger of your dominant hand. Place the tip of your finger an inch away from the palm of your other hand and move it around. Switch hands. Most people feel more sensation in the palm of their nondominant hand (your left hand if you are right-handed).

Hold your hands a few inches apart and pretend you are making a snowball. You may feel energy between your hands. You can rub this energy ball into a sore muscle, or congested chest, or headache. If you can physically manage it, hold a sore part of your body between your hands with your palms opposite each other. Maintain the hold for about fifteen minutes. If you do this daily, you should feel at least some relief, and healing may occur faster. If you have a sore stomach, lie on your back and lay your hands palm down on top of your stomach. As a child I discovered I could ease the pain of stomachaches and get to sleep using this technique. Also, I suffered from migraine headaches for close to twenty years. When I discovered that my migraines had food triggers like white flour and white sugar, I switched to whole wheat bread. I made most of my own whole wheat bread, but sometimes bought whole wheat bread if I did not have time to bake my own. As long as I ate my own whole wheat bread I did not get migraines. When I sometimes ate store bought whole wheat bread, I still got migraines. The migraines were not severe, but they were still migraines. The aura energy from my hands must enhance the health benefits of my own whole wheat bread. Now I can occasionally eat other bread without getting migraines.

Hold your hands outstretched with palms facing forward and walk towards another person. The outer edge of an aura feels soft like a pillow or marshmallow. You may feel a tingling in your hands. The other person may feel some tingling on part of their body.

Run your hands through your own or someone else's aura slowly, feeling for different sensations and temperature changes. Extreme heat or cold can indicate problems.

Feel for shapes in an aura. A well-defined shape means the person has been putting a lot of energy into whatever the shape represents. When you feel a shape in someone's aura, they may feel sensations in their body. Where they feel the sensation may seem unusual, but that is the part of the body that relates to the shape.

Seeing Auras

Do all of these techniques against a solid, single color background.

Hold your outstretched hand against the background. Look between your fingers.

Point the fingers of each hand towards each other and move your fingertips close to each other then away from each other. Look at the space between your fingertips.

Focus on someone's forehead and look for a halo around their head.

Practice seeing auras when you are standing in line at a store. If you have trouble seeing auras, you can first tune yourself in by feeling for auras as you walk by people in the store aisles. Do not feel with your hands. Feel for whatever you sense as your aura passes through theirs.

Psychically Reading Auras

Look directly at someone, then close your eyes and with your mind's eye (the third eye in your forehead) look at what you can see in the aura. Look for colors, shapes, and energy flows. Draw what you see, then feel for what you drew.

Your success will increase if you practice with the same person once a week or once a month. If you are practicing regularly with the same person, date and save your drawings to compare with future readings.

Meanings Of Colors In Auras

Colors mean what they mean to the individual. Colors have too many cultural meanings to mean the same thing to everyone. See the downloads on the web page below. Clear colors are positive. Murky colors are negative. Black can be positive. White can be negative.

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