



Understanding the Aura

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Everything that has existence – human beings, animals, plants, and even stones – emits particles, produces emanations, and it is this fluidic atmosphere that surrounds objects and beings which we call the aura.

The aura, therefore, is a kind of halo which is invisible except to clairvoyants. Indeed, many people do not even realize it exists, although subconsciously they sometimes sense its presence.

An invisible skin

In human beings the aura can be compared to the skin, which has three basic functions: it protects the physical body, gives it sensitivity, and provides a medium of exchange with the outside world. The aura fulfils the same functions and can therefore be said to be the skin of the soul. It envelops and protects the soul, gives it sensitivity, and as a medium for cosmic currents, it makes an exchange possible with all other creatures, even the stars. All the cosmic, planetary, and zodiacal influences that are poured out into space ultimately reach us, and it is the quality of our aura – its sensitivity, purity, and colour – that determines whether or not we receive certain currents and energies. Negative currents cannot reach those who possess a powerful and luminous aura, because before reaching them they come up against their aura, and it is the aura that rejects them. The aura functions like customs officers at the border: it lets nothing through without checking. Most of the time, it acts without our

consciousness, but it can also warn us. So we can distinguish different functions of the aura, but in reality they are all interlinked – the functions of sensitivity, protection, and exchange are all in action at the same time.

Now what are the factors at play in the formation of the aura? Exactly the same as those needed in the formation of the skin. There are skins that are coarse, rough, and dry and others that are supple, fine, and soft. Anyone, or almost anyone, is capable of judging the quality of someone's skin at a glance. And what does the quality depend on? On the entire organism, on whether it functions properly at the physiological level as well as the psychic level.

Human beings form their own skin, and in the same way they form their own aura, which is the emanation of their different bodies, from the physical to the most subtle, each one of them contributing its own particular qualities. The etheric body forms an aura that penetrates that of the physical body, and the aura of the physical and etheric bodies combined reveals a person's health. The astral and mental bodies, through their activity or inertia, their qualities or defects, add other emanations, other colours to this initial aura, and thus reveal the nature of a person's feelings and thoughts. And if the causal, buddhic, and atmic bodies are awakened, they add even more luminous colours and more powerful vibrations. It is the emanations of these three higher bodies that form the body of glory to which Saint Paul refers in his Epistles. The body of glory, like the aura, is an emanation that flows from human beings, but whereas the aura reflects a person's defects as well as his qualities, the body of glory is the expression of the most intense spiritual life.

As I have said before, everything that exists possesses an aura. Minerals, metals, and crystals project certain forces which form a kind of small coloured magnetic field around them. In plants the etheric body adds its vitality, its need to grow, thus making the aura more intense, more alive than that of minerals. In animals the aura is even richer, for animals already have an astral body, the body of desires

and emotions. Generally speaking they have not yet begun to develop their mental body – except for some, such as dogs, horses, elephants, monkeys, and dolphins, in which biologists discern the beginnings of mental faculties. Although these faculties are still rudimentary, through contact with human beings, the mental body of animals begins to develop, because human beings contribute a great deal to their evolution by looking after them, loving them, and caring for them. As for human beings, they are currently developing their mental body in a phenomenal way, and even though they do not always do so in the best way, those who know how to direct and control their thought strengthen their aura enormously.

The true potential of the aura

But if we want to know what the aura can truly be, we must turn to initiates and great masters. Through their elevated thoughts and their love for the Creator they develop their causal, buddhic, and atmic bodies, whose emanations form an aura of extraordinary splendour with colours in perpetual motion, like fireworks. Their aura is also very vast. It is said that the aura of Buddha stretched several leagues. Yes, great masters are capable of extending their aura so far that they can take an entire region under their protection, and at the same time their aura penetrates the aura of all those who live there, thus impregnating them with their luminous and beneficial influences. Great masters have no other desire, no other goal but to widen their aura so as to reach and take under their wing the greatest possible number of creatures. It is through their aura that they purify the atmosphere around them, that they embellish, illuminate, and vivify creatures. It is through their aura that they work on the vegetation, that they change atmospheric currents. And it is also through their aura that they achieve a knowledge of things that far surpasses intellectual knowledge. Thanks to their powerful and luminous aura they soar upwards to the sublime regions where they learn how God created the world and discover what he has written in the stars, the mountains, the lakes, the birds, the animals, and the plants.

An initiate who has spent thousands of years

working on developing love, wisdom, purity, and disinterestedness within himself possesses an immense aura in which creatures come to bathe, in which they sense that they are nourished, pacified, strengthened, and led in a divine direction. This is why disciples can receive great blessings from the aura of their master, but only if their consciousness is awakened, because if it is not, whatever their master does, they will remain closed to his influence.

How to work on the aura

Disciples should not be content, however, simply to benefit from their master's aura. They too must work on their own aura, and in order to do this they must improve the way they live, endeavour to behave justly and with nobility, and have disinterested thoughts and feelings. Those who believe that the way they act and think and feel is not important, because morality and religion have now become outdated and must be discarded, darken their aura, and it begins to produce only dirty, lifeless colours, chaotic and inharmonious vibrations. They should not be surprised, then, if they so often meet with failure: it is because their aura is rejecting everything that would be beneficial to them and attracts everything that is detrimental. People who seek strength, light, and love must learn to work on their aura.

So how does one work on one's aura? You can do this in two ways. The first is through conscious effort, in other words, by concentrating on the purest and most luminous colours. You contemplate them, you nourish yourself with them. But in order to gain a correct idea of the seven colours you need a prism. The colours you see in nature, on flowers and birds, are never exactly those of the light of the sun, whereas with a prism you will see what red, orange, yellow, green, blue, indigo and violet really are. And once you have visualized these colours well, you can begin to practise imagining that they flow from you and surround you, and that your thoughts and feelings, as they pass through this luminous and colourful sphere, are charged with this light and these colours, in order to transport them into space.

The second way is to work on the virtues of purity, patience, leniency, generosity, kindness, hope, faith, humility, justice, and altruism. You work on these virtues, and it is the virtues themselves that form your aura. This method is, of course, the most reliable. For if you concentrate on your aura every day, but at the same time you are living a totally mundane life and violating the divine laws, you will be building up on the one hand, but tearing down on the other. Ideally, therefore, the two methods should be used concurrently, in other words, by leading a pure and honest life, full of love, while, at the same time consciously working on your aura through your imagination.

As long as you do nothing to change your mediocre life, all your exercises of concentration on your aura will be useless. It is exactly the same when it comes to your health: if you are content to take medicines without changing your life style, those medicines will be merely palliative. How difficult it is to make human beings understand that the only truly effective method is to change their way of life!

Using a prism can be helpful

A pure aura will bring improvements within you, but it will also transform the atmosphere around you, and this is why other people will begin to love you. Without knowing why, they will feel good when they are with you. In reality, what they are feeling is a presence, the presence of luminous beings that your aura has attracted. Unfortunately, most human beings are so unaware that they never know why or how they attract what is good or what is bad.

I have worked with the colours of the prism all my life, and to me it is one of the most pleasant and poetic exercises that exist, so I invite you to do the same. Take a prism, direct it towards the light of the sun, and see how it diffracts the light into seven colours as it passes through it. When you have gazed on the true colours for a while, close your eyes and imagine you are surrounded by violet, then by blue, then green, and so on. Or you can begin with red to finish with violet, visualizing each colour in turn for a few minutes. When you repeat this exercise every day you will feel so good it will astound

you. And when someone in your family or one of your friends is unwell, unhappy, or discouraged, if you really want to help them, do the same for them. Send them the most beautiful colours of the prism. Yes, so many good things can be achieved with the aura and colours.

You can do all these exercises on colour in the morning as the sun rises. Look at the sun, see the aura that surrounds it. See how the colours flow from it and spread out into space, and say: 'I too want to surround my being with lights: blue, violet, gold...!', then immerse yourself in this splendour. Contemplate these colours, imagine they travel far, very far, that all creatures are bathing in this marvellous atmosphere, that they are all swimming in this light, that they are impregnated with this light, and your aura will become a blessing for them. You can do this. There are no limits. It is human beings who set limits for themselves. You must have a ravenous ambition for what is good. Set yourself a very high goal and tell yourself: 'I shall reach that goal.' Even if you do not reach it, this distant, inaccessible ideal will continue to pull you upwards.

Disciples who have understood the teachings of their master reach the point one day of being able, like him, to send their love to the entire creation, to the entire universe, and this love reaches beyond the stars. Yes, for some this is a reality. They send their love to the stars, and the love of the stars returns and breaks over them like a wave, and they swim in love, they live in universal love.

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