


# SEEING AURAS AND A REMINDER ABOUT TRUSTING YOUR INTUITION



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SENSING  
PEOPLES' ENERGY

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FOR CONNECT

# A REMINDER

## **Doing this work will require you to soften your judgment about what is and isn't possible.**

When you are working on intuitive studies, it's really important to check in with yourself and to make sure that you believe that you can receive messages and use your Clairsenses.

Of course, as I have mentioned before, you will have some gifts that are easier for you to understand or work with than others. But that doesn't mean that you can't improve your ability to use those that aren't your strongest skills.

So just open up and let yourself be open to whatever comes. Don't keep a security rope attached because you are scared of being wrong.

- Create ritual, if you can, especially regarding **protecting your energy** as you work and softening into your clairsenses.
- Say whatever comes to mind, no matter how outlandish it sounds to you.
- Say the first thing that comes to mind, so you don't filter or overthink it.
- Practice different ways of harnessing the messages, like writing, talking, typing, or even singing "what you get" as it comes through.
- Be the Little Train Who Could— I think I can, I think I can!
- Practice, practice, practice. If you have friends who you can read, ask them to help you by allowing you to do a short tarot reading or even ask them to help you with your aura reading or whatever you are working on.
- Don't take misses or critiques to heart! Even the most famous, best, practiced and trained psychic won't get every reading or nuance right. See what is right, how it comes to you (in prose? in a song? through color?) and keep practicing and refining.
- Don't block yourself by saying, "I can't." or even by saying that this skill is stronger than that one.
- Go into every session with an open mind and a sense of curiosity and wonder.
- Be open to whatever feelings, words, images, sounds, silences, colors, symbols, etc. come up. If you are doing a visual exercise and you get a pain somewhere in your body or butterflies in your tummy, that might be a part of the experience and/or information you need to know. Bring that into your reading or interpretation as well.
- Try these exercises on animals and trees! They are also living beings—we know that pets have moods—so work with any animals or plants in or around your house (of course, be careful with wildlife!) Also, if your pet gives an indication that they don't want to be read, honor their wishes. Most of the time, they are happy and excited to help us with our work. There are times that aren't good and animals that aren't interested.
- Ask for clarity and signs. There are times when I am doing work and I'm just not sure about an answer or direction, so I ask for more guidance or a sign to verify the answer. Nearly every time, something comes almost immediately.
- Listen to your intuition! This one is so important. Your intuition will get louder and louder as you put more trust into it. Also, we know how life feels and goes if we aren't listening to our Higher Self and the Universe. So, trust yourself. Follow your own good advice. Change what feels uncomfortable.

# SEEING AURAS

## Let's get ready to have some fun!

Remember, these exercises might bring the information to you a little bit differently than they do to me or anyone else in the class. Go with how YOU experience these lessons.

Of course, I can show you how I do things, and that might open your senses up to you a bit, but you might pick up on the information in an entirely different way than I have explained. Don't let the difference make you think that it isn't working.



See the red light around the girl's head? That little bit of light is oftentimes how an aura will appear when you learn how to see them. There is also a softer light blue on her arm and a bit of pink on her elbow.

And do you see how his outline isn't as bright as hers? He might not be as involved in the conversation or he might be tired (low energy).

Now, I know the effects in this picture are more a thing of lighting, but it is such a great place to start seeing what auras might look like!

When you are working on starting to see auras, see if you notice any sort of outline to a person, especially out of the corners of your eyes or in the spaces of the person that you are not directly focused on.





Check to see if you see any sort of outline in the person you are looking at. I normally see them extending to about 3 inches away from the person.

Also, this picture has a guy looking at her!! Do you see that? Did you get any sense from him?



What about this woman? Do you feel or sense anything about her? Can you see an aura attached?

If you want to take it another step, you could try to focus in on who she is and what she does. This one, I know!

And please! Don't limit yourself to pictures! Go out and practice this on friends and family—anyone who you might be close to and be able to read in other ways or who would honestly tell you what they are feeling and you can see if the aura colors you are reading fit or even make some new color correspondances for yourself.





Personally, I love looking at pictures like this one where the artist was able to capture and enhance the energy around the person and create a mood or feeling. With her, I see not only the bright outline, but also that above her and diagonal lines going up.

Do you see anything or get any sense from this picture? Do you hear any music, feel any emotions, smell or sense anything?

We know that this one is created with light, but this might also be how an aura would show up. When you are looking at this picture, take note of the reflections of light, but then also soften your sight and see if there is anything you pick up around her.

You can even try focusing on her eye and then seeing what comes up in the space around her in the picture.

You might see colors, shapes, or impressions when doing this.

If you are in the same room with a person, you might actually see sparks around them as well. Those are usually Guardian Angels and loved ones who are a part of the person's auric field.

Try to note what color the spark is, it's size and location, and also if you get any messages from it.







Don't go by the look on their face, either! The aura or energy being emitted by a being might be totally different than what you see in the normal way. Take a little bit of a closer look. Be open to the edges of the being and beyond to see what kind of energy they are sending out.



And, even though I pointed out tricks of light and sunshine as interesting examples and illustrations, I still think there is a lot of space to see more than what you've been conditioned to see. You might focus on the middle of the silhouette and then see what shows around it.

Or you might focus on the silhouette for 10-20 seconds, and then look away and see what kind of tracers or even color impression you've retained.

## Reading your own aura

You can practice this on yourself in a mirror. Relax and protect yourself by calling in your Spirit Guides and Angel Team. Maybe even shut your eyes for a few seconds and then reopen them and have a look at your eyes or the middle of your face. See if you pick up any colors around the edges of your face, or hair or body.

Expand your awareness a little further out. What do you see? Do you sense anything?

Experiment with pushing colors out. Imagine yourself feeling totally pink or blue or yellow! See if you can pick up any of the colors you are pushing out in your auric field. Look near yourself and a little outward, all with the soft focus and all with an open mind and curiosity.



You might even take out old photos of yourself when you know exactly what you were thinking in the moment or at least what the mood was.

See if you notice any energy around yourself in the pictures. Do you notice any energy in the room around you? Was there any sort of overall energy to the picture that you picked up?

When you are working on learning to see auras, don't give up if you don't see or sense them right away. Just keep trying and work with different ways of focusing your attention on a person while exploring with your intuition and awareness.

Have fun and see what you see!