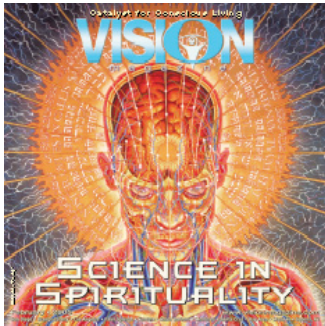


Aura Awareness:

How Your Energy Field Brightens Your Life

by Cynthia Sue Larson



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Auras have held a special fascination for humanity since the dawn of time. Words for the body's essential life force exist on every continent, and auras appear in most every human civilization's artwork, from prehistoric rock drawings to ancient Hindu, Japanese, Thai and Islamic art to European frescos. Those familiar halos of golden light shining above the heads of saints in religious icons are some of the most commonly recognized aspects of the aura, or bioenergy field. While we commonly associate auras with "pretty colors" of light surrounding people's heads and shoulders, we seldom think much about what is going on with all that energy. We each have a bioenergy field that surrounds our entire body and is vital to our health, wealth, and happiness. Our auras help us stay in tune with ourselves energetically, provide us with intuitive insights and a sense of how we fit into the world around us.

Auras Indicate Physical Health

Kirlian photographs of peoples' fingertips have been successfully used for medical diagnosis in the Soviet Union, using a photographic process that runs high voltage electricity across plates, sandwiching a piece of photographic film. These Kirlian photographs show that everything has an aura, or energy field—and this observation matches that of modern day physicists who say, "everything is energy; everything is vibration." Recent scientific studies consistently show that stress is related to disease, and that reduction in stress through exercise, energy work, and meditation can slow or prevent a wide variety of illnesses. People who are ill often speak of feeling "low energy" and "ragged", and the auras of people with health problems are often much closer in to their bodies, with more rough and ragged edges than the auras of those feeling healthy.

Auras Connect Us to Each Other

Terms such as "we really bonded" and "close-knit group," use words to graphically describe the energetic auric cords that connect us to one another. If you've ever thought of someone far away when they were thinking of you, or had a sense of how a distant loved one was feeling, you've sensed those connections through auric cords. These kinds of energetic connections have been scientifically assessed in studies such as the one in Roseto, Pennsylvania in the 1950s. This showed how

family members of multi-generational households in Roseto had a significantly lower incidence of heart disease than neighboring nuclear family communities, despite all other demographics being the same. The concept of auric cords provides us with a practical model for understanding recent medical findings which show how non-local healing occurs when people pray for AIDS and coronary patients. In these studies, patients who were prayed for had fewer medical problems than those who were not prayed for.

Follow the Path that Shines

Have you ever felt a sudden flash of insight? You can receive inspiration in the form of aura light that indicates a good idea to follow or a good choice to make. Swedish scientist Emanuel Swedenborg described how at times when he was in the presence of truth he saw a “cheering light” and “joyful confirmatory brightness” that let him know he was on the right track. In addition to seeing bright flashes of light, you might sometimes feel the bright energy of good ideas in the form of goosebumps or a sense of joyful excitement. Whenever this happens, pay attention and start becoming conscious of following the path that shines. Just as clearly as we can sense good things from feeling positive energy, we can also detect difficult or negative situations by feeling a sense of oppressive darkness. A fascinating study conducted in 1978 by Barbara Ann Brennan, Richard Dobrin, and John Pierrakos showed that light measurements in a dark, empty room showed increased illumination when people entered the room and decreased levels of light when an exhausted person full of despair walked in. The main thing to remember about your aura is that you can choose what energies you bring to and keep with you. Just as you are selective about food and avoid contaminated or poisonous food, so can you learn to avoid negative energies and seek out positive ones that will increase your health and prosperity in every way.

Cynthia Sue Larson, founder of RealityShifters and spiritual life coach, is the author of AURA ADVANTAGE: How the Colors in Your Aura Can Help You Attain What You Desire and Attract Success, and editor of the free monthly ezine, RealityShifters News. For more information visit www.realityshifters.com.

