

AN
INTRODUCTION
TO
Auras

CREATED BY:



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WHAT ARE Auras?

Hello there, beautiful!

It is so exciting that you are intrigued in learning more about auras! Let's jump in and talk about what auras are, how to find out what color your aura is, how to read other people's auras, the color meanings and how to cleanse your aura. As you may know, there are definitely some people out there who question whether auras are real or not. The answer is... yes! They exist, however the interpretation of auras varies among different philosophies.

An aura is the energy field that surrounds humans, animals, and more that is unseen to the naked eye. They are thought to give you insights on your personality and how to understand yourself better and more. There are seven layers of your aura on an energetic level that correlate to the seven chakras and these colors can change over time. These layers correspond to your physical, emotional, mental and spirital being. Have you ever been able to feel someone's positive or negative energy before he or she even spoke? Has anyone ever made you feel comfortable and calm or anxious and tense for no reason? If so, you are reacting to their aura!

HOW DO I SEE MY *aura*?

Are you wondering how you can read your own aura? There are a couple ways to do this and some take a bit of practice to do!

One way to read your aura is to purchase an aura camera! You can also get your aura read professionally. However, if you do not have one of these cameras or can't get it done professionally, there is another way to read your aura that takes quite a bit of practice.

Another way to read your aura is to look at yourself in a mirror preferably with a neutral wall behind you. Squint your eyes a little bit and focus on the center of your forehead. Ground yourself and put yourself in a meditative state. Soften up your eyes, let your gaze fuzz and use your peripheral vision. Try not to focus your gaze straight ahead, instead look away and use your peripheral vision. It could appear as a thin white light at first then gradually change into colors with practice. If you want to get some practice in before trying to read your own aura, you can practice reading the auras of plants first.

HOW DO I *read* SOMEONE'S AURA?

If you want to try and read someone else's aura, you can place he or she against a neutral wall. The technique you use to read another person's aura is similar to the one you'd use for reading your own. Shift your focus a bit more towards the wall rather than focusing directly on the person. Squint, soften your eyes and use your peripheral vision until you start to see colors and light starting to outline them. It is very important to make sure your own aura is cleansed before you read anyone else's aura because it can impact and affect your perception. Your insights into another person's aura may be foggy if your own aura is not cleansed. It is vital to recognize the difference between your own energy and the energy of someone else. It all starts with being self-aware. For instance, if you are stressed while reading someone's aura, your observations may be misconstrued because you are having trouble being receptive to another person's energy. There are many different methods you can do to clear your aura. Keep on reading to learn a variety of ways to cleanse your aura!

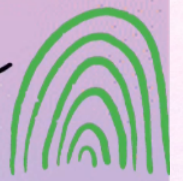
AURA COLOR *meanings*

The colors of your aura correspond to how physically, spiritually and emotionally intricate you are. They can give you insights on your character traits and patterns. There are seven layers of your aura that connect to the different elements of your physical, mental, emotional and spiritual being. Print out the color chart that is on the next page to help you identify the meanings of each color when you practice. It contains many of the basic colors to get you started on reading auras. Keep in mind that there are many more colors you could see and that the meanings do vary among practices. The colors may be more vibrant or dull depending on how you are feeling. If you are feeling happy with a lot of energy, your aura may be brighter. If you are feeling overly stressed or sick, your aura may appear to be paler or duller. There are several different shades of each color you could see, too, which could have different meanings. The colors of your aura change, so if you notice you don't really see any colors, that is fine! The colors may come and they may go.



Aura Color Meanings

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Red



ENERGENIC,
PASSIONATE, STRENGTH,
EGO, IRRITABLE

Orange



AMBITIOUS, JOYFUL,
CREATIVE, LAZY,
IGNORANCE

Yellow



OPTIMISTIC,
INTELLECTUAL, FRIENDLY,
EASILY LED, INDECISIVE

Green



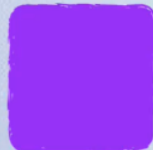
HEALER, PRACTICAL,
PEACEFUL, JEALOUS,
DECEITFUL

Blue



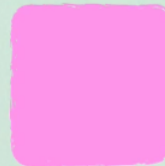
KIND, LOVING,
IMAGINATIVE, LOYAL,
MOODY, CRITICAL

Purple



INTUITIVE, WISE,
SPIRITUAL, TROUBLE
FINDING BALANCE

Pink



GENTLE, SWEET, FRIENDLY,
SINCERE, SENSITIVE,
DISCONNECTED

Indigo



HIGHLY INTUITIVE,
SEEKER, HONEST,
MYSTERIOUS

White



PERFECT BALANCE,
FOLLOWS A UNIQUE PATH,
HONEST INTENTIONS

Grey



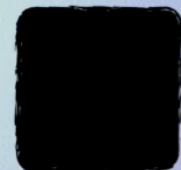
INTERNAL STRUGGLES,
NEGATIVE EMOTIONS,
BLOCKED ENERGY

Brown



FEELING LOST OR
CONFUSED, INSECURITY

Black



HOPELESSNESS,
MISERABLE, DEPRESSED,
NEGATIVE

HOW TO *cleanse* YOUR AURA

If you aren't happy with the color of your aura and you want to change and repair it, there are some techniques you can do to cleanse it! If you're unsure of what your aura color is, you may be able to tell if it's off by noticing if you've been feeling irritable more frequently, unable to sleep, feeling fatigued, exhausted more often and consistently stressed out. Try these out:

Positive Mantras & Affirmations

These work to dispel negativity and attract more positive vibrations to you!

Cleansing Shower or Bath

Visualize yourself washing away the negativity. Include lavender, sea salts and flowers for added healing. You can even rinse off the negative vibes in the rain if you want to be in nature for added grounding.

Meditation, Breathwork, Visualization

Meditation could help keep the bad vibes at bay, breathwork can strengthen your aura by helping you identify someone else's feelings from your own, and visualization can aid in picturing the negativity being washed away.

Surround yourself with positivity

Your aura can become depleted if you are continuously in a negative atmosphere. Surround yourself with those who spread love and good vibes. You may feel like you need to cleanse your aura more frequently in a toxic environment, rather than a positive one.

Carry crystals with you

It's important to search for crystals that are grounding, balancing and calming. You can keep these stones in your pocket or wear them as jewelry. Some examples of crystals are amethyst, lepidolite, fluorite, celestite, black tourmaline, and blue laced agate.

MEET THE *creator!*

Hey there! So nice to meet you!

Hey there! So nice to meet you! My name is Ally (also known as @leladymoon & @thewitchymarketplace on Instagram!) Give a follow if you are interested in the cosmos, astrology, witchcraft and more! If you are a small business, look into @thewitchymarketplace for a feature!

If you are interested in learning more about magic, witchcraft, astrology, the moon, planetary alignments and more, you can check out my coven on Patreon!

There are exclusive posts with collective tarot and oracle readings, spells, witch tips plus more. There's also an exclusive coven chat where you can talk with other witches about your thoughts, practice and learn from each other. If you have a Book of Shadows or Grimoire, there's printables to print out if you wanted, too! Head on over to the link below to join!

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