

March '06 Featured Article from **BodyMath Monthly**

## Aura Colors

The human aura is the electro-magnetic field around the physical body that has many layers or dimensions. I deliberately choose to focus on the first four of these bodies or dimensions: ***the physical, the emotional, the mental, and the spiritual*** (see *The 4 Aura Bodies* at [bodymath.com](http://bodymath.com)). At the same time I acknowledge that there are many more layers or dimensions of the aura. There are many esoteric teachings that commonly refer to *seven* layers, with the first four having different names than those that I use for them. I have chosen to focus on the first four dimensions as I have found them to be much more concrete, for they relate much more directly to 'the here and now' of our present existence. This choice has come from my 29 years experience of working in the field of Energy Medicine. So the names I have chosen to use for these first four layers of the aura are ones that anyone can understand. Thus they are not too esoteric for the average person, who typically does not stay awake at night wondering about our subtle energy bodies, not that I spend every night doing such ☺. (Here is a sidetrack/joke: Q: What does the dyslexic, agnostic, insomniac do all night? A: Lies awake wondering if there really is a Dog.)

So with all this said, let's return to our topic of "what are aura colors?" I will attempt to give an educated answer to this question, much like a blind man would attempt to discuss a sunset. For I actually don't see the aura, as I am not clairvoyant. I have trained my hands to *feel* the aura and I do this with senses that go beyond just the physical use of my hands, as I sense the different *vibrational frequencies* of the aura. The word 'clairsentient' is a better term for this, and is more easily taught to others and more reproducible in its findings than clairvoyance, which tends to vary much more between different people born with that gift. People who are basically more kinesthetic by nature, as I am, can more easily learn to be clairsentient and use their hands to read the aura. So what is color but different frequencies of a very limited band of the electro-magnetic spectrum available to the human eye. Clairvoyants, who can see the colors around a person in their aura, are able to tune in

to other frequencies with their 'inner eye' (third eye) that are not accessible with the human eye. This is much like tuning in to different stations using a radio. So if we only have an AM radio we can only listen to AM stations.

A blind man who has lived his whole life outside in nature may have a lot to say about sunsets and how they may vary, by using his other senses. He may even feel different qualities in the atmosphere around him that correspond to different type of sunset colors in the sky. So if he spent much of his time and energy focused on all these different qualities that he can sense at sunset time and then starts to correlate them with what a friend who can see describes as the sunset colors, he may well find that certain of these qualities that he senses in the atmosphere relate to different sunset colors. I spent much time training my hands to feel and work with the aura both with a spiritual healer early in my career and then with an Osteopath later in my career. Then both my right brain (from my training with the spiritual healer) and my left brain (from my training with the very scientifically oriented Osteopath) were able to agree with each other on what it was that I was perceiving in the aura. This is a very important point in pursuing such endeavors in our left brain dominant culture: *we need to allow for our left brain (logical self) to learn to trust our right brain (feeling self)*, so our logical self does not undermine what our feeling self senses (and often *knows*) to be true. All of this is not to make any type of excuse for not being an expert at seeing the aura colors, for I am not. I am simply 'the blind man' that has over the years learned to feel the aura colors.

I spent a period of a few years learning from a clairvoyant person who could see the aura colors of the chakras. From spending a week at a time with this person (three different times) and communicating in between to check myself, I learned to accurately 'translate' what this person could see by means of what I had already trained my hands to sense. Then by practicing with thousands of patients over the subsequent years (that's why patients are called patients because they need to be patient as we practitioners practice on them), I was able to empirically learn like the blind man all about the different sunset colors as well as how all the other subtle aspects of nature at sunset related (that only a blind man could sense). So it is an amazing experience to

palpate or feel how each different chakra has different qualities especially depending on which layer of the aura it is found in. In fact it took a blind man (clairvoyantly speaking) such as myself to 'discover' some of these other chakras not commonly known or seen in the aura (see *The 12 Chakras* at [bodymath.com](http://bodymath.com)). Then I made my left brain take a quantum leap a few years ago when I gave up my practice of 25 years to move up in the mountains (7 hours away) and to travel and teach in different countries and write several books. For some of my former patients (that I now call 'clients' ☺), as well as friends and family, would call me up from all over the world wanting help. This is when I learned to quite accurately palpate or sense the chakra colors as well as the different restrictions in the aura from a distance over the phone (as necessity truly is the mother of invention).

So this so far is a 'blind man's' tale about the chakra colors, but remember that this is only dialing in to one type of frequency in the aura. So back to 'aura colors', this may refer to other aspects of the aura that clairvoyants may see that do not relate to the chakra colors (a different radio band, FM vs. AM). I personally know, as well as know of, a number of people that are very proficient at clairvoyantly seeing different aura colors. Some of these people are tuning into the chakra colors, some are tuning in to the colors associated with different restrictions in the aura (and more typically those in the emotional body) and some have not trained their third eye to discriminate in what they are seeing, which can result in picking up static (again, like on a radio picking up several stations at once without a clear signal on any one). Then there are those that are tuning in to 'the soul colors' that we incarnate with that do not change much in one's lifetime, as both the chakras and restrictions in the aura can change. These soul colors are referred to as 'Life Colors' by Pamela Oslie in her book by the same name (ISBN 1-57731-169-8). My friend and colleague, Rob Robb, who has been doing clairvoyant readings since age 5 (see [robobb.com](http://robobb.com)) also sees and interprets these Life Colors. I suspect that the Life Colors originate in the sixth layer of the aura but this is only an educated guess. And there are likely of course some other aspects of aura colors that I am not aware of that some other clairvoyants may be tuning in to, and these would again simply be another frequency of the aura, or perhaps a

frequency within another layer of the aura, that that person is able 'to see' or dial in to.

So to summarize this discussion on aura colors, which actually grew from an answer to a question a visitor to [bodymath.com](http://bodymath.com) sent in to "Ask David": There are many different frequencies or vibrations that we all carry that collectively make up or contribute to who we are. When one gets down to the molecular level everything has its own frequency or signature vibration much like what the atomic table describes. Some things, including people, vibrate at a faster rate and some at a slower rate. And within each of us, we have various different frequencies all vibrating at different rates. Some are due to our genetic blueprint from our biological ancestry and some from our soul blueprint (our spiritual ancestry) that our spirit incarnates with. And some are things that we are coexisting with, whether it is the different vibrations of food that we take in and move through our digestive tracts inside of us, or even the flora and fauna (both symbiotic and parasitic) in our digestive tracts, they all have their own signature vibrational frequency. *It is all simply a question of which one(s) we want to 'tune in to' or focus on.*

We may even have foreign energy present in our aura, like a parasitic micro-organism within our body that does not belong. And like a parasitic virus, this may cause 'a disturbance in the force', changing our vibrational frequency (see *Energy Clearing* at [bodymath.com](http://bodymath.com)). Different experiences in life, food we eat, etc. can all do the same and will affect the chakras either positively or negatively as a reliable energetic measurement of how they are affecting our whole being (see *Chakra Testing* at [bodymath.com](http://bodymath.com)). Ultimately all of this may show up in different aspects of the aura causing some degree of change in one's aura colors (again depending on what frequency, radio station, one is tuning into), since different colors are simply a reflection of different vibrational frequencies. One's aura colors may refer to quite different things but in the end, no matter which 'aura station' is being read, it is a subtle energetic or vibrational reflection of some aspect of our being. So these different aspects of our aura, that may be seen by some as colors, can offer potential interpretations that may inform us about our current state of existence or health. And as always the case, it is the *interpretation* of phenomena that takes a certain level of experience, skill, clarity or

expertise. One's aura colors are simply a subtle phenomenon of our energetic being that can lend itself to such potentially insightful interpretation. This then can be of great value when it comes to both understanding ourselves as well as healing ourselves.