



UNDERSTANDING THE AURA (I): A MAGNETIC FIELD OF ENERGY IN A CONSTANT STATE OF CHANGE

The Universal Spiritual Brother&Sisterhood (USB) teaches that the aura is the magnetic field of energy that emanates from and envelops people, creatures, and things—all things. Everything, on both sides of life, has an aura, a magnetic field of energy. The aura follows the shape or form of what it emanates from and envelops, but it must not be mistaken with the spirit [etheric] body. It is important to remember that the spirit body does not envelop the physical body but is enveloped by it. Misconception on this point causes much confusion with the aura.

The width of the human aura varies from a few inches to many feet, depending upon the development of the individual. And a person's aura has colors, and where the colors blend or mingle, it has hues. These colors and hues, and the size of the aura, vary with each individual and with time.

The size and colors and hues of our auras are in a constant state of flux, ceaselessly changing as they instantly display our condition and everything we say and think and feel and desire¹. We may lie to other people. We may conceal our thoughts and emotions from them. But to those who can see and read it, one's aura tells all; and to advanced spirit people, one is an open book.

The aura is usually invisible to people on earth, except at times to some clairvoyants, who are sometimes able to see a portion of the predominant color engulfing a spirit person. And it must be noted that not all mediums who see the aura are able to read and interpret it correctly.

Our present state of consciousness, our mental level, our spiritual level, our state of progression, are all revealed in the shades of color, or combination of colors, in the aura, and by the size of the aura.

¹ In the lower realms of the spirit world, it is people's auras—and not their spirit bodies—that are far from beautiful.

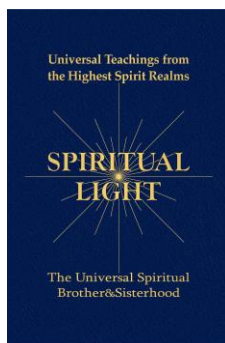
So, too, is our physical condition; and one way skilled [usually spirit] diagnosticians can tell whether there is discomfort or disease in our physical body is by noting the colors in the aura that envelops us—the general aura, let us call it. The vibrations of illness are quite different from the vibrations of health. Skilled diagnosticians can also detect the specific discomfort or disease by the colors of the specific auras of the organs or cells affected; for those organs and cells, like everything else, have their own auras. Some clairvoyants are blessed with what is called X-ray vision. In that case, whether or not they see the colors in an aura, they see the body as it would appear in X-ray film—with blotches or darkness revealing areas where the flow of vital energy is not being properly absorbed, thus causing disharmony in those areas.



When the spirit body travels, as it often does in the sleep state or during trance, it is accompanied (and enveloped) by a portion of the general aura. The portion that accompanies the spirit body when it travels is not completely separated from the rest of the aura but is attached to it by the silver cord.

When we make the change called death, the spirit body is accompanied by the general aura except for the part that emanates from the physical body. That part remains with the physical body; and as the physical body returns to the elements, its aura is broken up into auras of the various elements themselves.

As everything has an aura, the things we eat and drink have their own auras too. The aura of what is extracted and absorbed by our digestive system becomes a part of the aura of the cells that eventually assimilate, for a time, what has been extracted and absorbed; and to the extent that it affects our physical condition, it is displayed in the general aura. So there is some basis for the statement that we are what we eat—just as there is for the statements that we are what we think, we are what we feel, and so on.



In closing: The full teachings of **The Universal Spiritual Brother&Sisterhood (USB)** are collected in its book, ***Spiritual Light***, of over 600 pages. It received **high praise** from Deepak Chopra, the Zammits, and numerous others. It is available from online booksellers and as a deluxe edition from the USB's website, www.theusb.org, where you can greatly deepen your understanding of the USB. Or contact the USB at staff@theusb.org.