

Electromagnetic field or radiation of human body –The Human Aura

*“Asato ma sad gamaya,
Tamaso ma jyotir gamaya,
Mirtyorma amrtam gamaya’*

-Brahadaranyakopanishad

This roughly translates as:

*“Lead me from the unreal to the real!
Lead me from darkness to light! and
from death to immortality.”*

The combination of above three prayers will be something like:

“Lead-> me-> to-> real ->immortal ->light.”

Now question is what this real immortal light is. The human aura is real immortal light. Aura keeps the body alive, gives life to body with first breath and on death it leaves body. Therefore it is essential to keep the aura in good condition. The rainbow has seven colours -collectively called VIBGYOR. The aura being a light of human body also contains seven colours. If all these seven colours are mixed, it will be white. The aura is often called pranic life force or subtle energy.

The different colours of aura come from different subtle centers-called chakras. Sometimes we fall down while dreaming; often our subtle body temporarily separates from our body; if the subtle body suddenly drops back into our physical body, we might wake up with a shock when two bodies reunite. If this description sounds familiar then we have experienced subtle body firsthand.

The gross body is made up of food, sleep, exercise while the subtle body is made up of light, thought and pranic energy. The nourishment means of subtle body are also different than gross body. It needs spiritual foods like prayer, meditation, positive thinking etc.

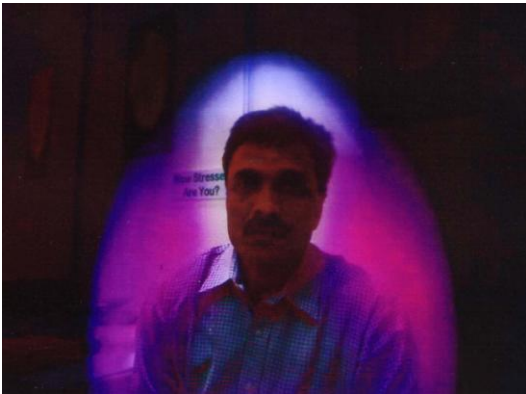
Health and healing of mind, body, spirit and soul is truly a life long quest for most of us. Let us begin by demystifying what is an aura. Aura is basically a circle of light around the human body. Not only human body but every substance in the Universe has an aura. The auras of minerals, plants, and animals as well as our physical bodies, have unique and special characteristics. Everyone is surrounded by an electromagnetic field, and this field or radiation is called an aura.

The aura has been depicted throughout history in literature and paintings. Pictures of God, Saints, Sages show it as a halo- a light around his head. Auras are not unique to Gods and religious and spiritual leaders, but, a field of energy surrounds us all. It is a life force emanating from the body. Such points are called "chakras" in Hindu teachings. Sensitives say they can tell a person's emotional, mental and spiritual state from the colours of the aura. Aura is basically an inner level description of a person.

In the basic form, the aura embodies seven energy layers, which are powered through seven major energy centers called chakras. The chakras are energized by the storehouse of vital energy, otherwise known as the

Kundalini which is located at the base of the spine. Life energy should flow naturally up the spine with that energy radiating out each chakra and exiting through the crown chakra.

The aura surrounds the physical body in all directions. It is three-dimensional, and in a healthy person is oval in shape. In the average individual, it will extend nine to ten feet around the body. The shape, size, colors, and the clarity of colors, all indicate specific things about one's physical, emotional, mental and spiritual well-being.



Colour is a property of light. When light is broken down into different wavelengths, we see an array of different colours. It is similar to holding a prism up to the sunlight. It will display a rainbow on an opposite surface. Those seven colours of the rainbow are only a small fraction of the light spectrum. There are a multitude of shades and variances of each colour, that is why we have so many colours and variations in our auras.

The energy of the aura reflects itself in light and colour. The colour, its clarity, and its location, are all things that must be considered when viewing or sensing the human aura. Determining the colours is the easy part. Interpreting and understanding these colours is the difficult and most important part of reading and interpreting the aura.

Different colours reflect different attitudes, moods and energy patterns. Although it is possible to identify generally what certain colours reflect, one must keep in mind that

there are many shades within a particular colour's spectrum. If we have ever shopped for paint colours, we know there are many shades of each colour. Understanding the significance of those shades takes time and patience.

COLOUR ANALYSIS:

Aura colors change frequently depending on our emotions, physical activity, health, etc.

1. **White -Purity**, when soul has perfect balance, self mastery, oneness with higher self, positivism-infinite light, spiritual; highly evolved spiritually; motivated, white incorporates the qualities of all other colors, genuine spiritual masters, pure energy, pearly white indicates kindness, gentleness, forgiveness. Whereas dirty white indicates serious disease, lack of mental and physical harmony, may also be seen just before death;
2. **Violet -Divine realism**, mystical with strong psychic abilities, unifying, enchanted, charming, deep spiritual understanding and high spiritual energy that can transmute lower energies, mundane concerns to heavenly harmony, inspiration, high spiritual attainment, sensitivity to subtle energies, spiritual enlightenment. As ultraviolet light destroys bacteria healers can heal the ill. Whereas muddy violet gives fanaticism, self hatred, fantasy, nonconformity, unfaithfulness, mental instability, unawareness of spirituality;
3. **Indigo- Intuition**, high spiritual attainment, self discipline, searching for a cause or a spiritual experience, higher perception, intuition, ESP, divine wisdom, visionary ability, idealistic ambitions but if muddy

then fanaticism, religious fervor, overbearing, confusion, forgetfulness, inefficiency, introversion, non-discipline, incompetence;

4. **Blue** - anyone set in a right direction, depth of feeling, peaceful, content, love, affection, communication, fulfilling the highest ideals of unity, for seekers on the spiritual path. **Sky blue shows genuine spirituality**, light blue shows less maturity but sincere desire to make efforts in a right direction. Bluish gray shows religious shadowed by fear and misgiving while deep blue black crude, superstitious beliefs. Muddy blue gives fear, laziness, melancholy, self pity, intolerance, despondency, dependency on past;

5. **Green** - harmony, colour of healing and most empathetic healers. Also

endurance, perseverance, persistence, and high self-esteem ambitious with a tenacity to achieve, love to nature, new beginning, tranquil home life, attunement with divine will, helpfulness, loving service, mercy, adaptability, higher awareness, tolerance, prosperity etc. But muddy green gives envy, jealousy, rigidity, inflexibility, stubbornness, insecurity, deceit, mistrust etc. qualities;

6. **Yellow-intellect**, ability or desire to control others, mind-intellectual, sunny, exhilarated, mental, powerful, expectant, tenacious, scientific inventions, healers with yellow can calm frazzled nerves and balance, clear thinking, vision, logic, reason, patience, acceptance, creativity,

flexibility, efficiency, organizing, problem solving etc. But muddy yellow gives fear, bitterness, greed, regret, unknown fear, confusion, weak will, timidity, headache, isolation, egotism etc;

7. **Orange - power**, creative, artistic, expressive, also fullness of experience and the urge to achieve results or success, creativity, motivation, inspiration, courage, leadership, tactfulness, willpower, friendliness, humanitarianism etc. Muddy indifference, laziness, fear to failure, lack of self confidence, forcefulness, selfish pride, pretense, suspicious, superficiality etc; and

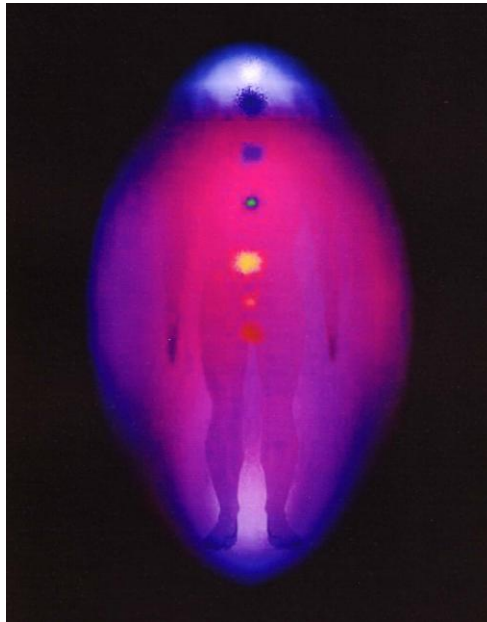
8. **Red - vitality** of body-physical, pure life force, clear red indicates healthy blood, force of will, deepest passion whether love or hatred, vitality, desire, materialism, physical activity, egotism, excitability, anger, intensity of experience,



living life in the fast lane and fighting for convictions. Rose red means love for family or country. Dark red means lust, motivated by self indulgent greed, selfishness, hurriedness, selfish affection, high temper, nervousness, domination etc. Muddy anger, hatred, frustration, greed, cruelty, rage, defiance, vengeance, violence, destruction, sensuality, unbridled sexual lust, blood lust etc.

Some other points for interpretation of aura colour:

- Pink colour is perfect balance between spiritual (purple) and material (red) life. Unconditional love, kindness, sympathy, charity, artistic nature, cheerfulness,
- Coral (muddy pink) represents immaturity and often seen in children. In adults unhappiness in the circumstances, selfishness, conditional love, insecurity etc.
- Gold colour represents wisdom, pure love for knowledge, spiritual masters, inspiring, well-being, and attunement with God. Budha, Krishna, Ram depicted with a golden halo. But muddy golden represents fear, timidity, indecisiveness, dependency, hiding qualities.
- Brightness adds a positive, healthy attitude and energy.
- Blackness signifies toxic emotions or illness.
- Yellow + Blue creates Green.
- Yellow + Red creates orange.
- Blue with Green are trustworthy.
- Blue purple accomplishment through divine power.
- White includes all the 7 colours i. e. VIBGYOR.
- In most cases, the colours closest to the physical body reflect the person's physical condition and energies. The outer colours reflect emotional, mental, and spiritual energies that can be affecting those physical colours.
- The healthy and balanced aura will appear clear and more pastel in colour. Muddier and thicker colors reflect imbalances, over-activity,



and other possible problems in the area to which the colours are connected.

- Dark colours that are also bright can indicate high energy levels. This is not necessarily negative.

It is important not to make judgments of people based on what is seen in their auras. What the observer sees and how he/she interprets it can often be based on their state of mind and their own energy levels at the time. Consider the pros and cons of what is associated with that color, along with the specific areas to which it is connected. For example, people often misconstrue the color black in an aura. Black is misunderstood and interpreted as negative or evil, when the true meaning of black is completely different. In most cases, the black in an aura can merely mean that the individual needs protection from a harsh situation. It is common to see black in a person's aura if they are feeling depressed, abused, etc., but not because they are negative or evil; black is present in the aura to protect the individual who has been hurt or abused.

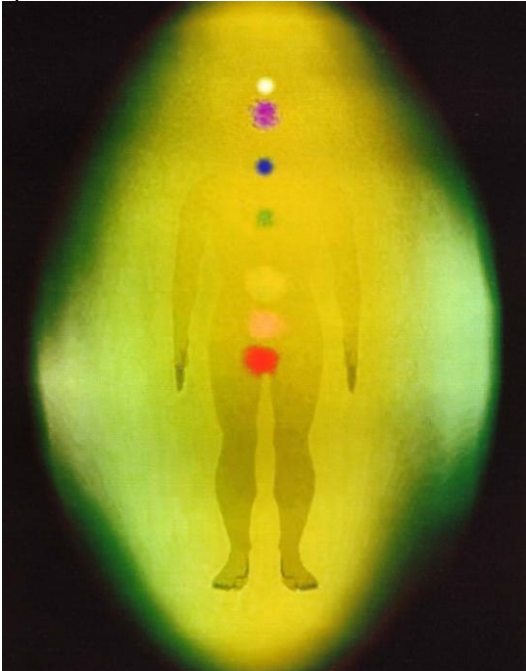
Auras change frequently. The colors closest to ones body can go through many changes in a single day. Every strong emotion or strong physical or mental activity can result in color

and light fluctuations in the aura. Our auras can and do change as we go through life as well. As with our physical bodies, our auras can become "ill." Healers who work with energy can scan our energy fields and detect areas where our energy is congested or depleted. They can detect blockages and work to clear out and redistribute energy. Skilled healers can also revitalize our energy by offering life force energy, which is often called prana.

There are many different therapies that work with energy. Many hospitals are starting to use Therapeutic Touch, which works on the auric field. Whatever therapy is utilized, energy work is a very powerful healing tool.

AURA PHOTOGRAPHY

With scientific developments, the aura can now be photographed. Aura Photography depicts the energy field around the body. The various colors seen can give us clues to our emotional and physical well-being. As more work is done in this field, it may one day be used for medical diagnosis. Your energy field can be photographed with special "Aura" or "Field" cameras. The



recently taken aura photos of me and my son are given below for reference purposes:

FEELING THE AURA

In addition to being photographed, the aura can be felt. We often feel other people's auras without even realizing it. Have you ever met anyone and instantly liked or disliked him or her? You were probably picking up signals from this person's energy field. Have you ever noticed that when you're having a "bad day," people steer clear

of you? We are constantly putting out vibrations to everyone around us.

The history of aura is extensive - extending back thousands of years. Ancient spiritual tradition of India spoke of a universal source of life. The energy is called prana. This universal energy is the breath of life, which moves through all forms to give one life. Yogis work with this energy through breathing techniques, meditation, and physical exercise to produce altered states of consciousness and longevity. The healing science that became traditional medicine and alternative medicine is slowly becoming the healing sciences. The science and art of medicine that was initially one, and then split in two, are now approaching reunion.

The aura is composed of two aspects that include the energies of one's subtle body, the main function of these subtle energies is to help coordinate and regulate the soul's activities in the physical life. The first aspect of the aura is to help show us the soul lessons involved in prior (past) lives that are now represented as Universal Lessons to be learned in our present lives. The second aspect of the aura is energy emanations of the human body itself. The human body, (according to modern science) is composed of electrical, magnetic, sound, light, and electro-magnetic energy fields. Some of these energy fields are generated within the body and others are received from outside and then transformed by the body. This occurs through a natural interaction between one energy field and another. We are capable of absorbing the energies of plants, trees, flowers, animals, other people, and even earth itself.

CLEANSING AND REVITALIZING

There are many ways which help in cleansing the aura. Here are a few tips:

1. Practice any comfortable Yogasan with meditating on Gayatri Mantra on regular basis. Try to increase as

- many mantras as is possible in a single breath;
2. Practice pranayama for purifying the inner levels of body;
 3. After practicing asanas and pranayama, try to practice other 6 parts of Astang yog of Maharshi Patanjali;
 4. Do Jal-neti for 2 times on regular basis-in the morning and before going to bed;
 5. Take a lots of water at least 20 glasses a day;
 6. Walk barefoot through the grass or on the ground;
 7. Try to be happy in adverse situation and try to keep others happy;
 8. Mix a 1/4 cup Epsom salt with 1 cup baking soda and 1 tablespoon salt. Soak for 10-15 minutes. (This is especially good for psychic tension, when you're feeling overly sensitive);
 9. Make a tea from the dried basil (Tulsi), add it to bath water and soak for few minutes to cleanse the energy when there are too many negative (or aggressive) people around you; and
 10. Raw energy may be taken from mature trees, just make sure they are (at least 20 years old). Stand with back to the tree for 10 minutes.

OUT-OF-BODY-EXPERIENCE (THE SOUL): A scientific study:

This report has appeared in Times of India on page no. 19 of Saturday, November 3, 2007 under the heading TIMES TRENDS:

'Pulses to brain give out-of-body experience

Boston: Electrodes implanted into the brain to treat a man with a stubborn case of ringing in the ear instead ***sparked an out-of-body sensation, doctors in Belgium reported on Wednesday.***

Stimulating electrodes in brain made a patient feel like he was outside his body twice, for 15 and 21 seconds

Stimulating the electrodes made the 63-year-old patient feel like he was outside his body twice, for 15 and 21 seconds, and allowed the doctors to use a PET scanner to track which parts of the brain became active during the experience.

The out-of-body sensation of near-death experiences, sometimes reported by people whose hearts have stopped for a time, are regarded by some people as evidence of an afterlife. Most scientists are doubtful, especially when epilepsy, migraine headaches, and the brain stimulation can mimic the sensation. A team led by Dirk De Ridder of the Antwerp University report in the New England Journal of Medicine that they trying to cure the man of tinnitus in one ear when they stumbled onto the phenomenon.

The treatment did not work. Instead, the electrodes made the man feel like he was about 50 centimeters behind his body and off to the left. Only a certain pattern of stimulation, involving a portion of the superior temporal gyrus, located on the right side of the brain, produced the sensation.

Positron emission tomography (PET) showed that other parts of the brain became active as a result, including the supramarginal gyrus, which processes information from the inner ear designed to detect head movement and position.

"Whether these regions are activated in patients who report disembodiment as part of a near-death experience---is a provocative but unresolved issue." they wrote. REUTERS'

The above study is in line with Indian belief. In India, it is believed that life exists after death. The aura (in the ancient literature it is mentioned that the soul is in the form of

light) leaves the body on death and it is felt leaving body (out-of-body-experience) by a person at near death time. Existence of life after death has also been explained to a great extent in the holiest Grantha Bhagawat Geeta (BG). It has been said by Lord Krishna that the soul is immortal:-

"The soul can never be cut into

*pieces by any weapon, nor burned by fire,
nor by water, nor withered by the wind”
(BG: 2:23).*

Therefore it is essential to keep the subtle body-> the inner levels-> the aura-> the soul -> in good condition to-> depart-> to higher loka-> on death. The loka after death will be as per colour of the aura i.e. soul in the form of light at the time of death. Lord Krishna explained the conditions of re-birth:-

*“Whatever state of being one remembers
when he quits his body, O son of Kunti, that
state he will attain without fail” (BG:8:6).*

Putting in the simpler form the colour of aura i.e. soul in the form of light at the death reflects the inner level unfulfilled desires at that time and therefore according to Lord Krishna he will be promoted or demoted on re-birth in the respective yoni at respective loka to fulfill those desires.

Om Shanti ! Shanti !! Shanti !!!

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