

How to see, read and improve Aura

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Introduction

In the distant past, thousands of people could see the glow of Auras around spiritually advanced individuals such as Moses, Buddha, and Christ. Frequently these great people were painted with golden haloes around their heads. In the Australian remote

West Kimberleys there are prehistoric cave paintings (see photo by G.L.Walsh below), depicting people with golden Auras around their heads.



It is quite reasonable to assume, that for thousands of years people on Earth were able to see and read Auras. Today people seem to pay more attention to what they see on TV than to what it is possible to see with their very eyes. What we think we “know” on Earth *now* is just a tiny drop in the Ocean of Knowledge.

Nature gave us everything we need to see Auras.

All that is required is the knowledge how to use our senses together with our conscious effort. If you decide not to try, you will *never* see the Aura. And when you see the Aura for yourself, no longer do you need to rely on believing someone. You will *know*. And you can use your knowledge to learn more. (see the reference [1]).

Material technology, without spiritual knowledge, is leading us to a global catastrophe on Earth. Technology should *assist* in the spiritual development and not be used (as it is used now) to confine and enslave people within a monetary system and a materialistic world, which are both temporary anyway.

What is an Aura ?

Everything in the Universe seems to be just a vibration - a cyclic change in energy. Every atom, every part of an atom, every electron, every elementary “particle”, even our thoughts and consciousness are just vibrations. There are many kinds of vibrations, many known on Earth, some not yet discovered.

We may define the Aura as a electro-photonic vibration response (=glow) of an object to some external excitation (such as an ambient light, electrical field or cosmic rays for example). This definition is sufficient for the purpose of reading Auras, providing that we can train ourselves to see the Aura vibration.

The most important property of the Aura seems to be the fact that it contains INFORMATION about the object that is induced to glow.

- Aura around living (conscious) objects (people, plants ...) changes with time, sometimes very quickly, much like a flame or like a hot air around a heated object.. Changes in the Aura seem not correlated to changes in external factors such as humidity, temperature etc. Since they seem to relate to conscious activity of living objects – they have been used to study [Physics of Consciousness](#). For example, Prof Bunzen in Russia found that the response in [Kirlian Aura](#) seems to **precede** (appear as soon or earlier than) electric processes in the brain during a decision making process. From his research, presented in 2001 at the International Congress "Science Information, Spirit" in St Petersburg, it seems that a thought "appears" in the aura **before** any electrical activity can be detected in the brain. Is our consciousness [electro-photonic](#) to begin with?
- Aura around non-living object (stones, crystals, water...) is generally fixed, and can be changed only by someone's *conscious* effort. After such an effort it remains fixed again.

The above facts have been confirmed beyond any doubt by scientists in Russia, who were using [Kirlian effect](#) for the last 50 years, (principles of the [Kirlian effect](#) and some fascinating evidence are outlined further in this article.

The Aura around humans is partly composed from EM (electromagnetic) radiation, spanning from microwave, infrared (IR) to UV light. The low frequency microwave and infrared part of the spectrum (body heat) seems to be related to the low levels of the functioning of our body (DNA structure, metabolism, circulation etc.) whereas high frequency (UV part) is more related to our conscious activity such as thinking, creativity, intentions, sense of humour and emotions. [Russian scientists \[16\]](#) discovered that

our DNA can be altered, healed and rejuvenated by influencing its microwave Aura. The UV part is very important and most interesting but seems unexplored.

We *can* train ourselves to perceive the Aura with our eyes as a visual sensation (see the [reference \[1\]](#)). To do this, we need to have a basic knowledge of how our eyes actually work and how to enhance our perception.

Nearly everyone can perceive colours in the Aura after some training and exercises. However, have in mind that some people will see Auras in much more details than others, because of their individual talents. Just like the ability to play music: anyone can do a first few grades on the piano, but only very few can become concert pianists.

Aura of water

One of the most fascinating research directions on Earth at present is the study of the Aura and bio-energetic structure of water. This research is conducted in Russia and one of the leading scientists in this area is Prof. K.Korotkov from St.Petersburg.

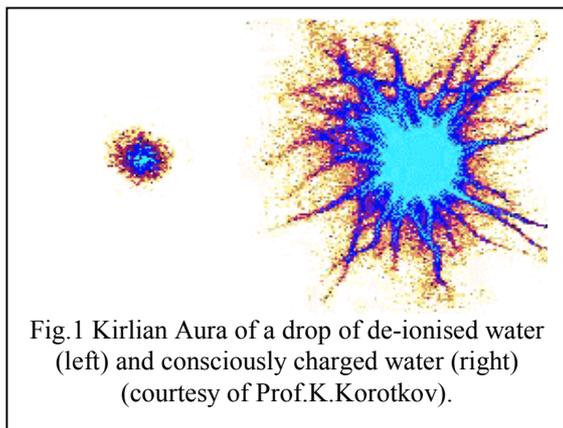


Fig.1 Kirlian Aura of a drop of de-ionised water (left) and consciously charged water (right) (courtesy of Prof.K.Korotkov).

Two Kirlian Aura images of seemingly identical drops of water, kindly provided by Prof Korotkov, are shown in Fig 1. The left image depicts Aura vibration around a drop of normal water and the right image shows the Aura around a drop charged by the famous Russian healer Allan Chumak during ten minutes of conscious concentration. The difference in the bio-energy glow is dramatic: the bio-charged water has more than 30 times stronger Aura vibration and significantly altered physical and biological properties.

Contemporary physics cannot explain the above change in water glow which, technically speaking, is a purely physical process involving an electrical discharge in air around the drop. The main reason for this is that a great majority of “scientists” on Earth completely ignore our consciousness ([the information exchange](#)) in their perception of Reality. Prof. K.Korotkov says that the increase in the Aura around a drop of water cannot be explained

without considering the energy and vibration of our consciousness. Water Aura experiments seem to provide the evidence that our mind, when properly trained, can actually change the matter.

The ability of water to “remember” conscious information, is mind boggling. Not only water is the main ingredient of our diet, but also our bodies are composed from more than 70% of water. It is not surprising that our consciousness and ability to concentrate may greatly influence our physical well being. Some examples how dramatically mental exercises can change the human Aura and accelerate self-healing will be presented further on in this article.

It is interesting to note that in every great culture on Earth there is a tradition to *concentrate positive feelings on food* before commencing a meal. This usually takes a form of being grateful to Nature, God or the Universe. In view of the recent Russian Aura research such concentration may have a very profound reason. Charging the food with a positive conscious information before its consumption possibly makes it more harmonious with the body and also more nutritious.

In many cultures it is common for every member of the family to have his/her own favourite cup, plate for family meals. Prof. K. Korotkov has also made [experiments](#), which clearly demonstrate that the water could be also “charged” indirectly - by charging the vessel (a glass) before pouring ordinary water into it. He told me that such vessels “remember” that they were charged for quite some time.

It is also quite likely that *the* secret of life is very closely related to the ability of water to store and update conscious information. Ancient tales of “living” or “blessed” water with miraculous properties may have a solid scientific reason in view of the newly discovered secret of water.

The great news is that such water can actually be made on Earth *now* and its Aura can be observed and examined using [Kirlian effect devices](#). Although the technique of charging water by conscious concentration is most spectacular when performed by people with special skills, such as great spiritual healers, it is quite possible that many of us soon may be able to learn it. Now we *know* that it can be done.

I cannot resist a thought that our wise ancestors knew *much more* than our 20-th century “science” has ever imagined. Unfortunately most of this knowledge has been lost on Earth, some due to natural cataclysms and the rest due to barbarian and materialistic attitude of many generations of leaders, promoting doctrines, rituals and fear to gain control over people who passively let themselves to be led. For a fascinating selection of examples of the lost knowledge on Earth I recommend reading “[Thiaooouba Prophecy](#)” by Michel Desmarquet (reference [1]).

Transmitting DNA information using electromagnetic field ?

Did you know that living potatoes can 'learn' to acquire the taste, color and shape of a carrot - with no one even touching them? This is accomplished by listening to the 'Music of Life' of a carrot and broadcasting this 'Music' to a plantation of growing potatoes....

Welcome to bio-technology of the 21-st century...

What is this 'Music of Life'? Every living thing is surrounded by an 'aura' of a very complicated electromagnetic field that spans in spectrum from microwave to U.V. Light. It is not just a 'body heat'! Russian bio-physicists have discovered that this field is very coherent and contains INFORMATION that is essential for life to exist!

Current view of leading bio-physicists on Earth is that the essence of the process of life is an intelligent [EXCHANGE](#) of this information. The information exchange occurs within one organism as well as between different living organisms in the eco-system. Preventing this exchange of information has been proven equivalent to stopping life itself.

Years of successful experiments on plants and animals were followed by experiments on humans. Russian scientist Dr Chiang Kazhen discovered that human DNA can be altered, healed and even rejuvenated by positively influencing its 'music of life'. For more information see "Healing information" chapter of this article.

Your bio-energy field and why it is important to keep it high

Our bio-energy field is constantly receiving and transmitting information - from other people, plants and animals - from all living things that surround us. When our own field is weak it is easily disturbed by other influences. We can even pick up diseases!

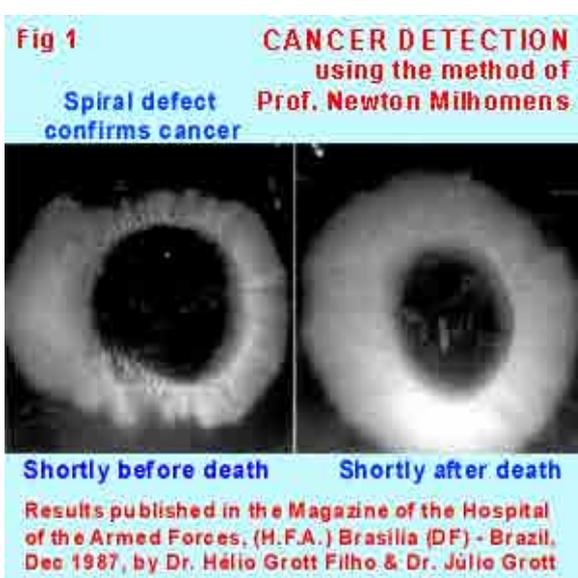
Consider for example a 'virus'. It is well known, that a virus is a toxic form of protein, produced by our own body. How does it 'propagate'? When we are in the vicinity of organisms who are sick, we 'listen' to the distorted 'music of life' they emit - whether we like or not. If our bio-energy field is weak (or incoherent) our own cells may become 'fooled' by this distorted music and may start producing similar toxins themselves in a panic! When sufficiently many people become sick with a virus, an epidemic starts - many people with weak bio-energy 'copy' the virus within their own bodies.

Results of experiments conducted by Russian bio-physicists indicate, that our digital phones, nuclear devices (such as smoke detectors!) and other equipment generating frequencies within the spectrum range of the 'music of life' may misinform and even scramble our DNA.

One of the aims of this article is to demonstrate what we can do ourselves to IMPROVE our own bio-energy. After all, it is an individual responsibility to take care for ourselves, especially at times when making money seems to prevail over our health and well being...

A strong, harmonious, coherent bio-energy field is much harder to scramble and distort. Quite the opposite - healthy individuals can help other people to heal quicker, by emitting strong positive, coherent information about the harmony within their bodies. Have you noticed how vigorous elderly people become in a company of young and healthy children?

Is cancer a state of mind ?



Prof. Newton Milhomens, professor of physics from Brazil, has more than 20 years experience in detecting cancer from [stimulated electro-phonic images](#) of bio-plasma around a human fingertip, recorded on film.

Providing that the image of bio-plasma is recorded correctly, cancer shows as a very characteristic "spiral defect" in the glow around a fingertip. Decades of clinical tests demonstrate astonishing accuracy of this method of cancer detection.

The left image in Fig.1 demonstrates bio-plasma glow around a fingertip of a cancer patient. Spiral defect (a gap), characteristic of cancer is clearly evident.

The right image in Fig.1 was recorded shortly after the patient died. Cancerous cells were still present and could be examined in the body - but the bio-plasma glow didn't show any trace of cancer !!! Bio-plasma image after death resembles a plasma image around a piece of mineral.

If you suspect that this was an isolated case – think again. Prof. Milhomens and his colleagues have recorded more than 1,500 cases just like this.

What is the essential difference between a living body and a dead body? There are essentially no physical differences - all organs and all atoms in the body are still the same at the point of death. The only major difference is that the body stops functioning – the CONSCIOUSNESS is gone.

On the basis of the result presented above we can conclude that:

- Stimulated electro-photon bio-plasma images contain information about the CONSCIOUSNESS, not only the physical body.
- Researchers who focus on physical details are likely to miss the most important data
- diseases such as cancer may be mistakes in our consciousness !!!

Such statements require independent verification. And this is exactly what I did. I used the most advanced [bio-electrography equipment](#) on Earth, developed by another professor of physics, Prof. Konstantin Korotkov from St. Petersburg, Russia.

Prof. Korotkov started his career in bio-electrography with Semion Kirlian several decades ago and succeeded to integrate the latest technology in physics of plasma, plasma imaging, optics, and digital image processing. He developed a solid-state system for stimulated bio-plasma image processing (Gas Discharge Visualization or GDV) that doesn't use any film or photographic paper. A human finger being tested is in direct contact with a glass window and image processing is digital. Elimination of photo-processing dramatically improved repeatability and reliability of bio-plasma recordings. Confusing effects of finger pressure, humidity, temperature etc.. have been practically eliminated. For equipment specifications see <http://kirlianresearch.com/>

Prof. Korotkov's medical diagnostic system is based on recording bio-plasma around all 10 fingertips. Using this system we can determine, not only WHAT happens in the human body, but also WHERE it happens – by examining specific sectors of the bio-plasma glow. An overview of this fascinating diagnostic system is presented in a separate chapter later on in this article.

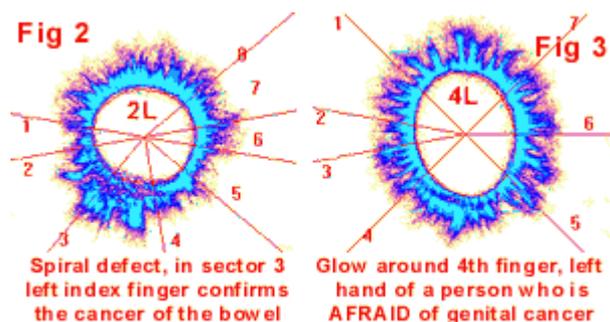


Fig.2 demonstrates the case of a cancer patient. Spiral defect (gap), characteristic to cancer is present in sector 3 of the left hand finger. This particular location corresponds to the bowel. (For more detailed diagnostic chart see "Kirlian diagnostics" chapter later on in this article.) Indeed, this particular patient died from cancer of the bowel several weeks after our test.

Fig.3 shows the bio-plasma glow of a person who is AFRAID of cancer, but does not actually have it. The "cancer spiral defect" in bio-plasma corresponds to the exact location IMAGINED by this person – the uro-

genital area. Several subsequent bio-plasma recordings, after the person admitted and released the fear, showed no signs of cancer. Detailed medical examination undertaken over the next few days after the test confirmed the absence of cancer.

Aren't we imagining our diseases before they manifest physically? Should we **believe** those who promote the fear of disease and profit from it?

Most people focus their attention on the function and the appearance of their physical bodies. Shouldn't our **consciousness** be our priority? After all, we are only alive because we are conscious... Examples above clearly illustrate that neglecting our thoughts and limiting our awareness can cause our own suffering.

Aura photos – trash or treasure ?

Diagnostic examples given above illustrate that there is a lot of INFORMATION encoded in the bio-plasma that surrounds our body.

It is not enough to record pretty pictures to impress spectators who do not comprehend what they see. The challenge is to record the REAL bio-plasma images without distorting the INFORMATION that is encoded in it. The other challenge is to **extract the maximum amount of information** from recorded images.

The so-called 'Kirlian effect' seems to be the only method of recording REAL bio-plasma images that contain coherent information about conscious processes in living organisms. See <http://thiaouba.com/kiref.htm> to discover the details.

Bio-energy or bio-information ?

What is it that makes us alive? Bio-energy? How many Joules of energy do you need to bring a dead body back to life? It is clear, that all power stations on Earth combined are not capable of restoring life or even healing a single organism.

Clearly it is NOT an energy that makes us alive and well. So what is it? The essence of conscious existence seems to be an intelligent [exchange of INFORMATION](#) in our consciousness. No intelligent exchange – no life. If the information exchange is partially blocked – one organ may not communicate well enough with another and we develop ‘diseases’.

So what is the meaning of ‘ki’, ‘Chi’, ‘prana’ and other ancient terms describing the life-force? How about calling it bio-information?

The ancient art of acupuncture seems a very effective healing method. How and why does it work? According to acupuncture practitioners themselves, they enhance the ‘flow of chi’ around the body by stimulating certain characteristic points around the body. Isn’t it stimulating the flow of bio-information by means of creating very special conscious sensations and stimuli?

How is this bio-information stored? Where? Bio-plasma images [clearly suggest](#) that at least some part of bio-information is encoded in a form of LIGHT (electromagnetic field) that surrounds our body. And that is why it is possible to design vividly colorful BioResonant garments that interact with this light directly and provide a continuous ‘color acupuncture’ to the entire body. See [bioresonant.com](#) for more details.

Healing information is everywhere in Nature

Do you know anyone who needs healing? How about telling him/her to go to the forest and hug a tree?

Don’t laugh. This suggestion is actually serious and has absolutely fascinating scientific basis. Welcome to bio-technology of the 21-st century...

Russian scientist Dr Chiang Kazhen discovered that human health can be greatly improved by providing positive INFORMATION transfer from healthy organisms. Even the DNA can be rejuvenated, so **80 year old people can grow new teeth**. The technique involves listening to the bio-microwave ‘aura’ of a healthy “donor” and playing it, without distortion to the sick “recipient” organism.

One of Dr Kazhen experiments involved a group of 14 volunteer elderly patients that had 39 chronic and/or incurable diseases (on average three diseases per patient). The list of 11 diseases included arthritis, hepatitis, malignant tumors, psoriasis, atherosclerosis, eczema etc... Needless to say – conventional techniques offered no quick recovery plan for these people. Dr Kazhen exposed them to the amplified bio-microwave “music of life” generated by young plant sprouts and animal embryos. The effect? Of 39 diseases, 6 were completely cured and in 29 cases considerable improvement was obtained. 12 patients experienced great improvement in their general condition. 9 patients reported the complete disappearance of their gray hair and 7 patients acknowledged improvement in sexual functions.

These people recovered because they were listening to the “music of life” of healthy and growing PLANTS and ANIMALS !!! We have to conclude, that the information about the “harmony” of functioning of the human body may exist in every OTHER form of life on Earth.

In view of the above, respecting and maintaining harmony with ALL life that surrounds us seems the only reasonable attitude. By destroying the environment and other species – we ultimately hurt ourselves...

So, hugging a healthy tree in a forest is not that crazy idea after all. Our existence seems to depend on every other form of life.

Is there any way to make us more receptive to this information from Nature around us? My research seems to demonstrate that we can achieve significant improvement by optimizing colours that surround our body. So-called BioResonant multi-color patterns seem to continuously stimulate the information exchange in our consciousness. This seems to improve our perception and make us more receptive to the information broadcasted by the surrounding life.

Why do we need to SEE auras?

Colours of the Aura, especially around and above the head have *very special* meanings. By watching someone's Aura you can actually “see” the other person's thoughts and intentions before you hear them expressed verbally, simply because human thoughts seem to appear in the Aura FIRST, before any brain activity is detected.

If the thoughts shown through the Aura do not agree/match with what this person is saying, you can effectively see a lie! No one can lie in front of you undetected. It is very difficult if not impossible to fake the Aura. It shows our True Nature and intentions for everyone to see.

Since our thoughts are encoded in the Aura - the Aura becomes our spiritual signature. When you see a person with a bright, clean Aura, you can be almost *sure* that such person is good and spiritually advanced, even if he/she is modest and not aware of it. When you see a person with a grey or dark Aura, you may be almost certain that such a person has unclear intentions or a dark side of personality, regardless of how impressive, eloquent, educated, "good looking" or "well dressed" he/she seems to appear.

It is **especially** important to check the Aura of any religious leader, "spiritual teacher", "master" or "guru". Such a person should have a clearly defined yellow-golden halo around the head. If he/she does not have it, you are *much* better to advance spiritually on your own. Great teachers such as Moses, Buddha and Christ had Auras around their heads extending to their shoulders. Today it is rare to find a teacher with a 1 inch yellow halo around the head.

Joining a sect or a religion that is led by incompetent people without good Auras is very dangerous, not only for your physical existence here on Earth, but most of all for your consciousness. When the time comes to really *use* the information stored in your consciousness from this lifetime, there may be almost no useful information there. In such a case it would be necessary to re-learn everything from the beginning.

Most sect, religious and political leaders have only two things in mind: money and power to control people. When you learn to see Auras - you will be able to *see* it in their Aura for yourself.

Imagine the changes on Earth if many people could see Auras of their leaders with their intentions clearly shown. Imagine *choosing* leaders on the basis of their Aura, rather than their material status and well rehearsed "performances".

Our Aura contains also a wealth of information about our health. By reading the Aura you can diagnose malfunctions in the body (also called "diseases") long before any physical symptoms become evident [3]. Also, by controlling your Aura you can actually heal yourself [6]. However, in my opinion, healing of the physical body [5],[6] is nearly *nothing* in comparison to what seeing and reading Auras can do for our consciousness, spiritual development and understanding of the Universe around us. Learning to see and read Auras is very much like learning a new advanced language enabling you to explore the True Nature not only of your own consciousness but also consciousness of other people.

Everyone on Earth has an Aura. But the great majority of people on Earth have **very weak** and dull Auras. A weak Aura is a direct consequence of a life long materialistic and superficial attitude, suppressing the development of consciousness, pretending, following manners and stereotypes rather than Nature. Cultivating *fear*, envy, jealousy and other similar emotions dissipates our bio-energy so there is very little left to glow with.

When you have learnt to see Auras, be prepared to be asked a *really hard* question by other people: "*Can you tell me what my Aura is ?*" and the situation when you don't see any Aura or you see something you don't want to talk about. One of the best answers I have found is "*why don't you learn to see it for yourself?*". This happening to me is one of the reasons why I decided to teach people to see Auras.

The Aura on display

When people realize that their Aura is on display and many people are able to see it, they will watch what they think. It is also highly likely that they will try to see and improve their own Aura. However, in order to improve their Aura they will have to actually improve themselves. Hence, by aiming to improve their Auras people will become better and wiser. Also by seeing Auras they will be able to recognize the True Nature and true intentions of people in front of them. Surely the entire world will become much better if all people can see and read Auras.

The Aura shows our True Nature at any given moment. Seeing your own Aura in the mirror is a very profound experience: you can clearly see what is your own Nature and what your strong points are. You can also watch your own spiritual development, and even aim to grow your own yellow halo around your head. When you can see and read your own Aura, a visit to a fortune teller will seem a total waste of time and money.

Children and the Aura

Very young children (up to 5 years of age) see auras naturally. Infants frequently look *above* a person in front of them. When they don't like the colour of the Aura above the head, or if this colour is much different from their parent's Aura, they cry, no matter how much smiling or coaxing the person does in front of them.

Children are very natural, spontaneous, and for that reason have much cleaner and stronger auras than most adults who are usually completely enslaved by the materialistic world, suppressing their Nature by following superficial stereotypes and examples.

When I explained to my 12-year-old son how to see his own Aura, he told me that when he was little he was able to see Auras most of the time. However, no one paid any attention, so he thought that it was not important and that there is something wrong with his eyesight. This is a typical scenario. In my opinion, children should learn to see and read Auras in primary school, so that they will never lose their natural ability.

Our Eyes

With our eyes we can sense (perceive) a very narrow range of vibration frequencies of ElectroMagnetic (EM) vibration corresponding to wavelengths from 0.3 to 0.7 micrometers - from purple to red. We perceive a mix of the vibration frequencies in the above range with our eyes as colour. We can measure this mix precisely by recording a spectrum of light, but only using special instruments.

Our eyes contain only 3 types of photosensitive cells: Red, Green and Blue (RGB). These are *vibration sensors* operating by using the principle of a resonance. They are "tuned" to 3 frequencies: red green and blue, much like 3 separate radio receivers tuned to 3 separate stations. The sensation of colour is created in our brain by averaging and recognizing millions of different combinations of Red, Green and Blue. It is well known that many (infinitely many in fact) totally different spectra (vibrations of light) will produce exactly the same colour sensation in our eyes. For example, a sensation of green colour can be achieved in many ways, for example: a) by mixing 2 frequencies: blue and yellow and b) by providing a single frequency green light. Our eyes cannot distinguish any colour difference between the above cases, even though the corresponding spectra (vibration of light) are totally different.

The term *colour* can be only used precisely when we refer to what we see with our eyes. When we want to reproduce colour sensations generated by our eyes, we do not need to reproduce the original spectrum (vibration) of light. Far from it. All we need to do is to reproduce a stimulation of Red, Green and Blue (RGB) sensors in our eyes. This deficiency of our eyes is exploited in colour printing, TV, photography, computers and in fact by the entire colour technology as well as the art on Earth. All imaginable colours are reproduced from just 3 colour components. So, the entire technology of colour on Earth is about reproducing visual sensations as perceived by our eyes (i.e. cheating our eyes). In summary, colours perceived by our eyes are only our partial perception of a MUCH more complex reality: the complex vibration of light and perhaps other vibrations as well.

EXAMPLE.

A computer screen (or a photo) can display a beautiful landscape using only **Red, Green and Blue** (RGB) pixels (or pigments). However the light emitted or reflected by that landscape has *entirely different spectra* (vibration) than the light emitted by the computer screen (or a photo), even though we may not be able to see any difference **in colours** using our eyes.

When do we HAVE TO use the spectrum ? We need to use the spectrum rather than RGB colour matching if we want the object not only to **look**, but to **WORK** as well. Specifically, reproducing a vibration of light is essential when we want to create resonances, interference, amplification of light and bio-energy vibration etc.. We can create a violin body out of clay and wax painting it to **look** exactly like a good violin. But such a "violin" will be totally useless as an instrument, because we did not care about its **vibration** characteristics.

How to see the Aura: developing Auric sight

Vibrations of the Aura are very weak, otherwise we should see the Aura without any effort. To actually see the Aura with our own eyes we need find ways to

1. increase the sensitivity of our eyes
2. extend the spectral range of perceived vibration beyond the visible light.

We can accomplish the above by

1. using and training our peripheral vision
2. increasing the exposure
3. enhancing visual sensation processing in the brain - enhancing communication between the left and right hemispheres of the brain (see the Concentration Exercise 2)

Peripheral vision

Why should we use our peripheral vision? Peripheral part of our retina (the focal plane of the eye containing photosensitive cells) turns out to be much more sensitive than the central part. Since its resolution is lower than the resolution of the central part, the entire humanity seems to under-utilize the potential of the peripheral vision. When we read, drive a car, watch TV, work on a computer we use mainly the central part of the retina. Since the **central** part of retina is constantly in use, over the years it suffers accumulated damage from excessive and/or artificial illumination (TV, computers, artificial light etc...).

We *train* the central vision to be used in certain ways over the years and expect certain visual sensations. Young children usually see auras much easier than adults do because their central vision is not yet damaged. Once they go to school they are *told* to use their vision in a certain way, and gradually they lose their natural auric sight.

Increasing exposure

When we want to do a photo of a dark scene, we need to increase the time of exposure of the film. For example, attempting to photograph stars at night sky, we need to put a camera *motionless* on a tripod and open the shutter for quite a while.

Of course, we cannot put our eyes on a “tripod” in order to make them motionless.

However, we can accomplish an “increased exposure” effect using our eyes by **concentrating exactly on ONE spot** for a while (30-60 seconds). When our eyes are moving, or a scene moves in front of our eyes, images are **averaged** by our eye. (25 TV frames per second seems a fluent motion). When we **concentrate** on one spot, **we increase our sensitivity** because the photosensitive cells in our eyes accumulate the effect of an incoming light. It is very much like putting your eye on a tripod and keep it motionless.

To illustrate the principle of increasing sensitivity of our eyes using the above technique let us consider the following example. A large vibration of a swing can be achieved using a very weak but *persistent* excitation force. By concentrating with your eyes on one spot you achieve a very similar effect: with a **very small stimulation** you can gradually swing your photo sensitive cells into larger vibration, and this results in a visual sensation perceived by the brain.

Concentration exercise 1

This exercise is designed to illustrate the effect of increasing exposure and using peripheral vision. Colour all semicircle areas with bright colour highlighter pens. Place the picture 1.5 m in front of you. Look exactly at the black spot for 30 seconds and observe coloured dots with your **peripheral** vision. Resist temptation to look anywhere else but the black spot.



The coloured areas seem to be surrounded by the “Aura” of a different colour. When peripheral sensors are stimulated for some time, we have colour sensations, *much different* than when we use our central vision. The longer you concentrate, the brighter the “Aura” around coloured areas, because your sensitivity increases. After you focus for some time on the black spot, the “Aura”

becomes nearly as bright as the original colours. If you can clearly see “Auras” of different colours around coloured areas, you are capable to see Auras around people. Note: this exercise demonstrates the *principle* of seeing Auras, not the real Aura.

Concentration exercise 2

It is well known that an image from each eye is processed by the opposite hemisphere of the brain. This exercise aims to stimulate communication between both hemispheres of the brain. Its aim is to learn to use each eye separately and combine the image in the brain. Use the coloured circles from the previous exercise. Place the picture approximately 1.5 m in front of you.

Stretch your hand forward so that one of your fingers is between and underneath circles. Change focus on the tip of your finger and overlook the circles. You should be able to see 4 circles. Then try to overlap the middle 2 circles to see *one circle with a white cross*, in the middle between the two. Seeing the cross is the evidence that the left hemisphere of the brain (connected to the right eye) is communicating with the right hemisphere (connected to the left eye).

This exercise has been shown to be extremely beneficial: 5 minutes of maintaining the cross seems to double the energy of the Aura and promotes self healing. (see the Chapter about improving the Aura further in this article). I know computer programmers who use this exercise regularly, because they noticed significant enhancement of their problem solving ability.

The cross will initially float and seem unstable. Experiment with the distance from your finger to your eyes to achieve a perfect cross. You gain the significant benefit after 3-5 minutes, preferably without blinking.

In my experience it is best to start with a minute or two of this concentration exercise gradually increasing the time every week. Short and intensive concentration seems to be better and more effective than a longer one, interrupted by the lack of skill. Gradually, with practice you should be able to achieve and maintain the cross without the finger. While you maintain the cross try to become aware of the other 2 circles as well as everything else around, using your peripheral vision. You should see Auric colours around the coloured circles with your peripheral vision. When you can analyse surroundings using your peripheral vision, without losing the cross (and the concentration), you are ready to see and read auras.

Advanced level of concentration

One diameter in the cross seems usually "in front" of the other. This means, that one of your brain hemispheres is dominating the other. Males frequently see the horizontal diameter above (left hemisphere dominates) females usually see the vertical diameter above (right hemisphere dominates).

It is known in psychology that the activity of the left hemisphere of the brain is related to abstract thinking, logic and creativity. Hence, if your left hemisphere seems to dominate, you are most likely abstract thinker and you like using logic.

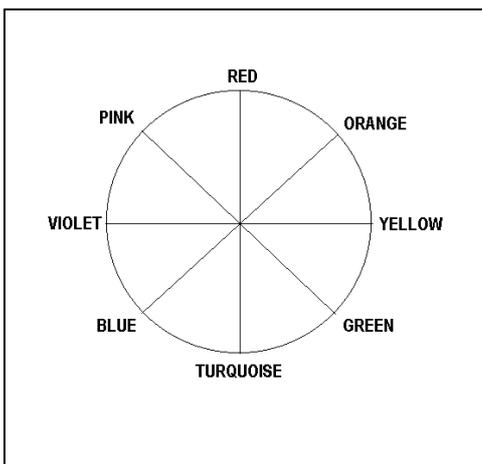
The right hemisphere of the brain is known to be related to intuition, emotions and practical abilities. Hence, if your right hemisphere seems to dominate, you are most likely a very practical person with considerable intuition and emotional sensitivity.

Try to get the "hidden" diameter in front as much as possible, by concentrating, on demand. The aim here is to balance both hemispheres. Then try to switch between hemispheres on demand, by alternating the dominant diameters of the cross at regular time intervals. When you become confident in your control, try to *maintain a perfectly balanced cross*, with no diameter dominating over the other. Try to keep such a perfectly balanced cross for as long as you can.

If one of your eyes is weaker, you may have to adjust the size and brightness of one or both circles to compensate for this difference.

Colours and Auric Pairs

In concentration exercises 1 and 2 we noticed that when we use peripheral vision, real colours are surrounded with Auras of different colours. These auric colours are not random. Following is a list of Auric Pairs of colours for all clean colours of the rainbow (monochromatic colours).



red gives turquoise Aura, turquoise gives red Aura
orange gives blue Aura, blue gives orange Aura
yellow gives violet Aura, violet gives yellow Aura
green gives pink Aura, pink gives green Aura

Note, that above Auric pairs are *different* than so-called complementary colour pairs, promoted by the science and art on Earth. To avoid confusion, only the term "auric pairs" will be used further in this article. Auric colour pairs can be arranged in a Circle as presented below. Colours opposite each other are Auric pairs: each colour gives Aura of the opposite colour on the circle. The table as well as a Circle of Auric pairs applies also to intermediate colours, for example yellow-green colour gives a pink-violet Aura.

A good look around will prove that Nature on Earth is very fond of Auric Pairs. Take any brightly red coloured bird and you can be *sure*, that the bird will have turquoise body parts too. The same applies to blue-orange, yellow-violet and pink-

green as well as intermediate combinations, not only in birds, but in fish, butterflies, flowers etc.. Frequently you will see "the next best" colour instead of a perfect auric match.

Auric Pairs in Nature are very stimulating, and frequently induce an overwhelming feeling of beauty and happiness. When people see a beautiful bird or a flower coloured by Nature with Auric pairs, they frequently stop whatever they were doing or thinking and take a moment to admire the beauty. This is how Nature provides a positive stimulation for our psyche and consciousness.

You need to memorise and know the above Auric Pairs well if you plan to watch Auras. Why? Because if you see a pink Aura around someone in a bright green dress, there is a strong possibility that you see the Aura of a dress, not of a person. However, when you see a yellow halo around someone's head and a person doesn't have violet, blue or pink hair – it is highly likely that what you see is the person's Aura.

Auric sight and after-images

One of the frequently asked questions during my workshops is: *Tom, are my eyes playing tricks on me?* The answer is no, you have just learnt to *pay attention* to what your eyes are capable of.

Light sensors in our eyes (Red Green and Blue) are vibration sensors which are highly non-linear and they have memory. The consequence of memory is that they can oscillate for up to several seconds after the visual stimulation has been discontinued.

This memory of visual stimulation is frequently perceived as afterimage. Afterimages have a precisely the same shape as original images. Afterimage of an object surrounded by Aura is *larger* than the original image. The increase in such afterimage is due to the vibration of an Aura and actually represents a "snapshot" of an Aura. It is therefore *essential* to focus at *one spot* when watching

the Aura and resist temptation to change the point of focus, otherwise an image of the Aura may become confused with afterimage of the object.

You may see also an afterimage of the background. If the background is plain, you should see a consistent and uniform colour afterimage of it. The Aura will be a distinctly different and variable part of the afterimage of the background, in the close vicinity of the person you observe.

Non-linearity of RGB sensors in our eyes has two consequences:

- 1) overstimulation (high intensity light) produces limited visual effect which may remain in the memory for several seconds. This phenomenon is known as “burn” afterimages. Although “burn” afterimages may appear in Auric pair colours, they usually change colour depending on the intensity of the initial stimulus.
- 2) ability to detect a very weak light and even light of much different frequencies than the visible light if the visual stimulation is maintained for some time (by concentrating on one spot for example). Non-linearity of our eye sensors turns such weak stimulus into visual sensations. Visual sensations here seem to be consistent and repeatable. This particular ability of our eyes needs to be practiced when developing the Auric sight, especially for peripheral vision sensors.

How to See the Aura

This exercise is designed to see Aura for the first time and/or practice seeing Auras. Choosing good conditions is important: not only you see better, but you become more confident about what you see.

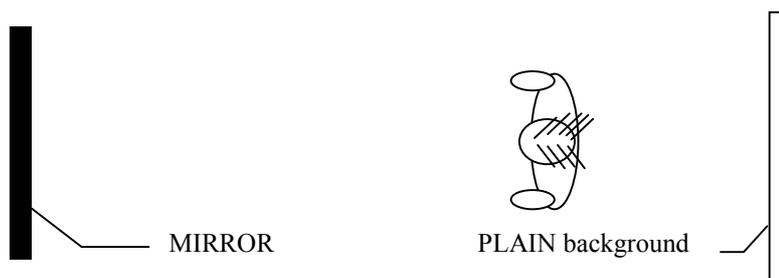
1. Situate the person in front of a very softly illuminated PLAIN WHITE background. A colour background will change Aura colours, so you need additional knowledge about combining colours. Some combinations of background and Aura colours may cause misinterpretation problems.
2. Choose ONE SPOT to look at. A middle of the forehead is a VERY GOOD spot. This is a location of so called Brow Chakra or the Third Eye. In some cultures (i.e. India for example) they put a **mark** on a forehead. Such a mark in ancient times meant an *invitation to look and see the Aura*.
3. Look at this spot for 30 to 60 seconds or longer
4. After 30 seconds analyse surroundings with your peripheral vision, **while still looking at the same spot. Continuing the concentration is most important. Resist temptation to look around.** You should see that the background nearby the person is brighter and has a DIFFERENT colour than the background further away. This is your own perception of the Aura. The longer you concentrate, the better you will see it. Remember, concentration on one spot increases your sensitivity by accumulating the effect of the Aura vibration reaching your eyes.
5. Technique to take a snapshot of the Aura: after concentrating long enough to see the Aura, **close your eyes**. What your eyes were seeing before was result of normal light *plus* the vibration of the Aura. When you close your eyes you eliminate the normal light. For a second or two you will see the Aura ONLY. Be prepared. You have only one second or two until your photosensitive cells stop vibrating and sending visual sensations to the brain. And if you miss this, you have to start concentrating again. Try to experiment how fast or slow you should close your eyes. Some people observe increased sensitivity when they close their eyes, while others prefer concentrating with their eyes open. Choose what works best for you.

Observing auras of other people

The best is to look directly at someone's brow chakra (third eye or wisdom eye, which is located 1.5 cm above the nose, between eyes) and aim to achieve the state of mind similar to the concentration technique described above for at least 30-60 seconds.

I have tried also looking at throat and heart chakras with similar results. However, if you concentrate on someone's chest it looks so unusual that the person concerned is usually very uneasy about it. When you look into someone's brow chakra you can actually continue conversation. Again, VERY softly illuminated background, with no shadows is best. With practice, any uniformly illuminated background (such as a blue sky for example) will suffice.

How to see your own Aura



1. Look at your forehead (brow chakra) for 30 to 60 seconds
2. After 30 seconds analyze surroundings of your head with your peripheral vision, **while still looking at the same spot - your forehead**
3. You should see that the background near your head is brighter and has a DIFFERENT colour than the background further away. This is your own perception of the Aura. The longer you concentrate, the better you will see it. Remember, concentration on one spot

increases your sensitivity by accumulating the effect of the Aura vibration reaching your eyes. Keep concentrating on the same spot.

PRACTICE for at least 10-15 minutes each day to increase your sensitivity and develop Auric sight. Remember that practice is required to develop Auric sight.

Meaning of Aura and its colours

The Aura is a reflection of our True Nature at any given moment. At this point it is perhaps necessary to explain what do I mean by “True Nature” and why some effort is necessary to “discover” it.

Our society emphasises symbols, stereotypes, habits, manners, superficial behaviour, pretending, following others and submitting free will to “leaders”. Our “education” is largely based on views and expectations of people, who try to control the flock.

Our True Nature is what is left when we recognize and discard all our habits, stereotypes, manners, and pretending, superficial behaviour and become fully conscious, truly natural and spontaneous. Note that some people are *so* attached to their manners and habits that it is very hard, if not impossible, to discover who they really are. The only way to get an instant insight into their personality is to watch their Aura, because it shows their True Nature, behind any facade of superficial behaviour.

In general, the more colourful, cleaner and brighter the Aura, the better and more spiritually advanced is the person. Also, the more uniform the energy distribution in the Aura, the healthier and more balanced the person is.

Distribution of the energy in the Aura can serve as a powerful [medical diagnostic](#) tool, but usually requires using a [complex equipment](#). (see the Kirlian diagnostic chart further in this article). The scope of this article is to concentrate on what we can easily see with our eyes.

Our Aura surrounds the entire body, but the interpretation of colours below relates to the **Aura around the head only**. Meaning of colours around the head presented below suggested in the literature [1][2] has been confirmed by the author. When you learn to see Aura well, you can verify it for yourself, by concentrating on certain thoughts while watching your Aura, or telling people what their thoughts are when you see their Auras.

Usually, people have one or two *dominating* colours (*strong points*) in their Aura. These colours (or their Auric pairs) will be most likely their favourite colours.

In addition to dominant colours, the Aura reflects thoughts, feelings and desires, which appear like “flashes”, “clouds” or “flames”, usually further away above the head. For example a flash of orange in the Aura indicates a thought or desire to exercise power and control. Orange as a dominant colour is a sign of power and general ability to control people. Quickly changing “flashes” indicate quickly changing thoughts.

Clean Colours of the Aura

(colours of the rainbow, clean monochromatic colours):

Purple: indicates spiritual thoughts. Purple is never a strong point in the Aura. It appears only as temporary “clouds” and “flames”, indicating truly spiritual thoughts.

Blue: Balanced existence, sustaining life, eased nerve system, transmitting forces and energy. People with blue strong point in their Aura are relaxed, balanced and feel ready to live in a cave and survive. They are born survivors. Blue thought is a thought about relaxing the nervous system to achieve the balance of the mind or a thought about surviving.

Electric blue can override any other colour in the Aura, when the person is receiving and/or transmitting energy or is in telepathic communication. For example Michel Desmarquet, author of "[Thiaoouba Prophecy](#)", frequently glows with the electric blue during his lectures, especially when he answers questions from the public.

Turquoise: indicates dynamic quality of being, highly energised personality, capable of projection, influencing other people. People with turquoise strong point in their Aura can do many things simultaneously and are good organisers. They feel bored when forced to concentrate on one thing. People love bosses with turquoise Auras, because such bosses explain their goals and influence their team rather than demand execution of their commands. Turquoise thought is a multi-directional thought.

Green: restful, modifying energy, natural healing ability. All natural healers should have it. People with a green strong point in their Auras are natural healers. The stronger the green Aura, the better the healer. They also love gardening and usually have a "green hand" - anything grows for them. Being in a presence of a person with a strong and green Aura is a very peaceful and restful experience. Green thought indicates a restful state and healing.

Yellow: joy, freedom, non-attachment, freeing or releasing vital forces. People who glow yellow are full of inner joy, very generous and not attached to anything.

Yellow halo around the head: high spiritual development. A signature of a spiritual teacher. Do not accept spiritual teachings from anyone who does not have such a yellow halo. Buddha and Christ had yellow halos extending to their arms. Today it is rare on Earth to find a person with a halo larger than 1 inch.

Yellow halo appears as a result of a highly active brow chakra (which glows with violet). Highly spiritual people stimulate the brow chakra continuously for many years, because they always have intensive spiritual thoughts in their minds. When this chakra is observed when highly active, a yellow (Auric pair) halo appears around it, surrounding the entire head. Yellow thought indicates a moment of joy and contentment.

Orange: uplifting and absorbing. Inspiring. A sign of power. Ability and/or desire to control people. When orange becomes a strong point, it usually contributes to a yellow halo, which then becomes gold, indicating not only a spiritual teacher, but a *powerful* spiritual teacher, someone capable of demonstrating his/her unique abilities. Orange thought is a thought about exercising power or desire to control people.

Red: materialistic thoughts, thoughts about the physical body. Predominantly red Aura indicates materialistically oriented person.

Pink (=purple+red): love (in a spiritual sense). To obtain a clean pink, you need to mix the purple (highest frequency we perceive) with red (the lowest frequency). Pink Aura indicates that the person achieved a perfect balance between spiritual awareness and the material existence. The most advanced people have not only a yellow halo around the head (a permanent strong point in the Aura) but also a large pink Aura extending further away. The pink colour in the Aura is quite rare on Earth and appears only as a temporary thought, rather as a strong point in the Aura.

Dirty colours:

(colours appearing darker than background more like a smoke or a fog than a glow)

Brown: unsettling, distracting, materialistic, negating spirituality.

Grey: dark thoughts, unclear intentions, presence of a dark side of personality.

Sulphur: pain or lack of ease, anger

White: serious disease, artificial stimulation (drugs). Several hours before the death, the Aura becomes white, and **greatly increases in intensity**.

Note, than in most cultures the death is depicted in WHITE (not black), because in the past, people could actually see a white Aura before death. It seems that our ancestors knew *much* more than we are prepared to admit. For more examples of sciences we have lost on Earth I recommend reading [Michel Desmarquet book](#) [1].

Why does the white colour in the Aura indicate problems? White colour is like a noise, rather than a set of harmonious tones (monochromatic colours). It is impossible to "tune" the noise to an orchestra playing harmonious music. By analogy, the white Aura indicates a lack of harmony in the body and mind. Nature, which we are a part of, is harmonious. This harmony comes in discrete vibration "tones" or harmonics, partially described by modern quantum physics.

Examples of reading the Aura

Example 1. A lady has a very strong green Aura on her right, and much smaller Aura on the left. Reading: she is a person with a great intuition (right hemisphere of the brain), natural healing abilities, but avoids using logic (left hemisphere). This lady admitted her trust for her own intuition and the fact that she was completing her Master Reiki healing course.

Example 2. A young man, with a history of a violent behaviour has a nice glowing Aura with considerable amount of yellow around his head. When he was told about his generous, gentle, loving, spiritual True Nature and asked why he had acted against it, he was moved to tears.

Example 3. During conversation, a person has a purple “flash” followed by a yellow “flash” in the Aura. This person had a spiritual thought and enjoyed it very much.

Example 4. In addition to the average size turquoise Aura, a person has a small, narrow white band in the Aura. This person is either sick, or takes medication, which alter the sensations of the body and mind (such as pain killers for example).

Example 5. A leader of a religious organization during a ritualistic ceremony has some Aura around the shoulders, but a very weak Aura around the head. After a few minutes, a brief very dark blue band is seen on the top of his head for a while. This dark blue thought indicates his concentration on survival, rather than spiritual development.

Technology, tricks and the truth

Aura “cameras”

At nearly every New Age “festival” you can find commercially minded people who will ask you to pay for a “photo of your Aura”. Most “Aura Cameras” which produce such photos use a photographic trick called photo-montage to create an **illusion of an Aura**.

They have semiconductor light sources (diodes) inside the camera, internally illuminating the film.

Colour is usually controlled by a simple measurement of skin resistance, which is related to your emotional state (lie detectors based on skin resistance measurement have been in use for at least 60 years), but has nothing to do with the image of your Aura. The result is a slightly overexposed photomontage of your image, combined with the light from diodes, to form the final picture.

The shape of the “Aura illusion” recorded this way is usually constant, because it corresponds to the fixed location of diodes inside the camera. Any camera producing overexposed face images and “Auras” is very suspect. The real Aura around us is constantly changing, much like a flame or a hot air and never has a smooth, regular shape.

For example, Aura shape, size and colour content are dramatically different for a sick person, natural healer and a spiritually advanced individual. We can and should learn to see it with our very eyes. Sadly, commercial misinformation is widespread and people continue to be impressed by “gadgets” without trying to understand how they work.

Kirlian technology

At present, the only technique on Earth to register small fragments of our Aura vibration is [Kirlian technology](#). Although the phenomenon of our body “glowing” under certain conditions was noticed by Nikola Tesla about 100 years ago, the technique of producing *images* of this glow was pioneered by Kirlian couple in Russia in 1939. Below I try to explain the principle of Kirlian effect in a few words.

When you want to listen to *natural vibration* of, say, a bell - you strike it for a millisecond and then listen to its tone(s) for several seconds. If you do not strike the bell, you may listen to it for a week and never hear anything, because its vibration without excitation are too small.

When you want to record *natural vibrations* around the body (a visible and UV Aura for example) you need an excitation too. This is accomplished by applying short microsecond impulse(s) of High Voltage to the body and recording its UV and visible glow response over many milliseconds, or even seconds. Note that our body produces static electricity and by touching grounded objects we discharge it naturally. This electricity is actually a part of our bio-energy. Prof Korotkov, one of world leaders in Aura research on Earth, has spent many years of research determining not only safe, but the *smallest* possible excitation providing recordable human Aura vibration response that contains the [maximum amount information](#) about human organism.

Over the last few decades Kirlian effect receives intensive attention from Russian scientists (physicists, bio-physicists, biologists, medical, forensic scientists etc..) and comprehensive applications are being developed.

Kirlian devices

At the time of this writing (1997), the [Kirlian devices](#) are limited to taking pictures of the Aura around fingertips or hands, mainly for the safety reasons due to high voltages. The most advanced devices ([GDV device](#) developed in St Petersburg, Russia by Prof K.Korotkov and his team in 1996) use a computer controlled CCD array with fibre optics rather than a film, and enables real-time visualization of the Aura. At present, they can record only the intensity distribution of the Aura. Original Aura colour information is not available, but intensity maps of the Aura are usually artificially “coloured” to show the “hot” and “cold” spots.

Most operators of Kirlian equipment today (1997) are *obsessed* with the application to medical diagnostics. This is where they see their material profit. In **Russia**, scientists [3],[4] also use the Kirlian devices for training of telepathic communication, recognizing

natural healers from charlatans, study of consciousness and its influence on the matter, diagnosing talents in young children, research of conscious activity after death, just to mention a few examples.

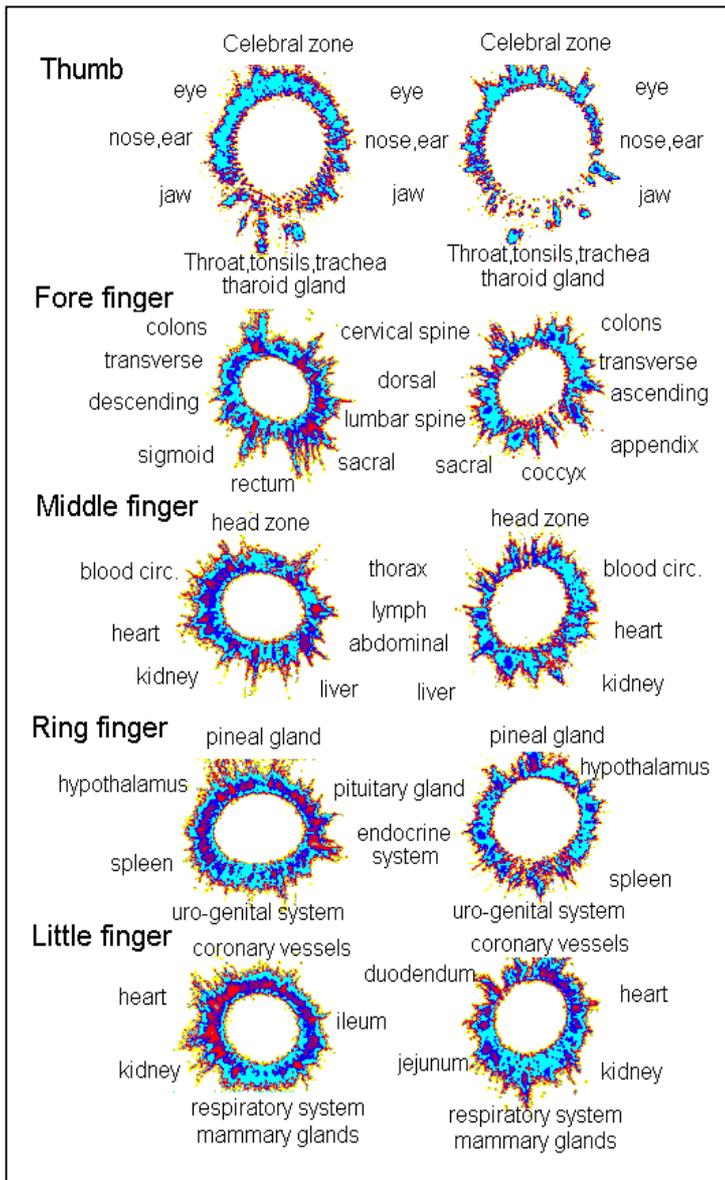
For example, Prof K.G.Korotkov book “Light after Life” [4] contains results of extensive research of the human Aura after death. One of the important discoveries reported by Prof Korotkov is that the Aura continues to change for **almost exactly 72 hours** after the death of physical body, indicating conscious activity of the mind during that time. Interestingly, in nearly every culture on Earth people observe a 3 day period between death and cremation or burial. Also note that Jesus was resurrected on the 3rd day after his death on the cross. Again, it is hard not to admit that our ancient ancestors knew much more than we are prepared to acknowledge.

Kirlian diagnostics

Every organ and every function of the mind-body system seems to have its “image” in the Aura (also called a bio-energy field) around us.

It is well known that an individual on the planet may be identified from a tiny tissue sample or a fingerprint. DNA in every cell of our body carries information about the entire body. Likewise, recording enough fragments of the human Aura using [Kirlian effect](#) devices provides a wealth of information about the functioning of the entire mind-body system.

Research conducted over the last 20 years by Prof Korotkov and his team, has confirmed beyond doubt that recording the bio-energy field distribution around the 10 fingers on both hands provides very comprehensive information about our health. Specifically, the ability to read the bio-energy field distributions (Aura) around fingers gives us an extremely efficient way of diagnosing problems and malfunctions of the various organs and systems of the organism, long before physical symptoms become evident. Kirlian diagnostics based on finger Aura was developed and verified as a result of an intensive 20 year research of a team of scientists. Fig. 2 presents the Aura around my fingertips, supplemented by a simplified diagnostic chart (based on Prof Korotkov's



book, the reference [3]).

A lot of knowledge is required to read auras. Below, I try to present a brief summary of my own understanding of Kirlian Aura diagnostics, which is limited.

In general, any discontinuity, outburst, excessive intensity or an odd pattern of the bio-energy field around any finger (or anywhere around the body) indicates the abnormal activity of the corresponding organ, which does not work harmoniously with the rest of the mind-body system. Specifically "gaps" or "blank areas" in the bio-energy field (Aura) and detached areas of the bio-energy field indicate problems or potential problems. In very general terms, healthy, harmonious activity of the mind-body system is reflected in a regular and harmonious bio-energy field distribution around fingers, with no "gaps", no detached areas and no rapid changes in intensity and shape.

Improving your Aura

The Aura is a reflection of our “True Nature”. In general, discovering our “True Nature” and developing it improves our Aura significantly. This is the precise direction we need to go in if we are to become better conscious citizens of the Universe.

Meditation

Meditation is an exercise, aiming to prevent thoughts in a natural way, by deeply relaxing the physical body and then trying to keep the mind completely “blank” with no thoughts whatsoever. This state may be maintained for a few seconds or a few hours, depending on your skill and desire.

There are many techniques for meditation. Most of them use so-called “mantra” composed from a few words or sounds. Mantra is repeated mentally to help us achieving a “blank” state of mind.

Contrary to popular belief, promoted by people who attract followers and/or charge money to teach meditation, mantra has no sacred “meaning” and no mantra is essentially better than any other. However, regardless of its content, mantra has two important *functions*, which can greatly assist us in achieving and maintaining a meditative state of a blank mind.

1. mantra is a very simple thought. It becomes very familiar to us when we repeat it in our mind. This thought is used to *replace* any thought that may come to our mind. Every time a thought comes during meditation, we use mantra to replace it.
2. When we practice meditation *regularly* using the same mantra (whatever it is), soon we *train* our mind to *associate* the mantra with a calm meditative state. This association is called an “anchor” by Neuro Linguistic Programming (NLP) practitioners. After such training, even if we are agitated, a thought of mantra usually brings an immediate calm of the mind. This makes our mantra a very powerful tool to deal with stressful situations in our life, a tool which we can develop ourselves as a result of regular meditation practice.

When we understand the above two functions of the mantra, it becomes clear that changing mantras may be not a very good idea. Changing mantras may be considered useful only in special situations, for example when we want to eliminate an undesirable meditation habit, preventing us from achieving a deep meditative state, and the existing mantra is identified as related to that habit.

Also it becomes logical that whatever mantra we use, we should keep it private and not tell it to other people. Otherwise we give others a way to control our subconscious mind by telepathically transmitting us our own mantra.

Mantras are usually composed from alternative vowel and nasal sounds. Most widely known mantra is “oohmmm” or “aaaummm”, but any other similar word will do when we extend the sounds (home, room, zoom, moon, zen, boom etc..). It is best if mantra is an exotic word not encountered in everyday conversation.

The posture during meditation is also important. The easiest posture is a comfortable sitting position, with your spine straight and erect. If you lay down you will most likely fall asleep. Joining your hands and crossing your legs is desirable, because you make the bio-energy field around you (your Aura) more compact and therefore more intensive. Sitting cross-legged is another good position, but requires some fitness and training. Yet another good position, although rarely used today is a squatted sitting position with your knees close to your chest, feet and hands crossed. This position is very similar to a foetus position in a womb, before we are born.

If you have never tried any meditation, try to find a quiet place and try the following technique:

1. take a comfortable meditation posture as described above
2. close your eyes and relax all muscles in your body, including the face. A few alternate nostril yoga breaths is very helpful at the beginning of this stage.
3. disregard any thought as it comes - do not continue the kaleidoscope - continue this for 20 minutes or so, maintaining your mind blank. You can use a mental sound “ooooohmmm” (a mantra) every time you have a thought. Alternatively you may keep counting thoughts, discarding each one as it comes, without analysing it. When you go down to 2 or 3 thoughts in 5 minutes, you meditate very successfully.

Before each meditation session you may wish to *define clearly* what do you want to learn. During the meditation, do *not* expect an answer (although it is likely that it will come) - this is also a thought !

With practice you should be able to attain a blank mind anytime and anywhere, even in a crowd of people or a stressful situation with the help of your mantra. But do not use the mantra when stressed, until you are *positive* that you practice meditation long enough and the thought of mantra is firmly associated with your state of a calm mind.

Why does meditation have a significant effect on the Aura ? When we have a kaleidoscope of thoughts in our mind, they are reflected in the Aura vibration around us. They override and disturb what our mind-body system would do *by itself*. When we manage to stop all thoughts, we give our own body and mind the freedom of attaining its *natural state of being*, which is what the Nature meant for us at any given moment. This state turns out to be *harmony of our body and mind*. Then, our Aura is not only stronger, but also reflects our True Nature better. Further in this article we will clearly see that this state of natural harmony is strongly related to intense self-healing processes in our body.

The other benefit of meditation is that it opens your mind to new ideas. When the bowl is full, trying to pour more water into it just causes an overflow. The same happens with our mind. When it is full of thoughts, there is no room for new ideas. Meditation is a very effective technique for improving your creativity and problem solving capacity. "Talented" people do it naturally. Artists and poets call it "inspiration". Many famous people such as Albert Einstein and Thomas Edison were known to have practiced various forms of meditation. Meditation is sometimes described as "listening to the silence between thoughts". Our effort in meditation is directed towards consciously increasing the periods of such silence. The ability to meditate is also a necessary condition to *receive* telepathic transmissions. Without the true *silence* in your own thoughts, you cannot listen to thoughts of others.

To demonstrate the benefits of meditation, one can record the Aura at regular time intervals during meditation using a [Kirlian camera](#). The result of such an experiment is presented below.

For simplicity, the bio-energy field around one finger only (Aura around my fore finger of right hand), was recorded which enabled me to continue meditation without interruption. Prof.K.Korotkov, who recorded my Aura during this experiment, told me that changes in the bio-energy field (Aura) of one finger are representative for all fingers and therefore for the entire body. Nine images of the bio-energy field recorded in regular one minute intervals are presented in Fig.3.

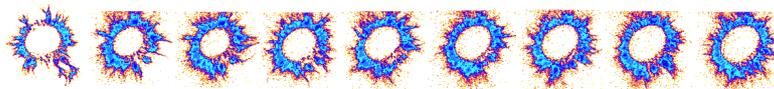


Fig.3 Changes in bio-energy field around my right hand forefinger during meditation, recorded in 1 minute intervals

From the images in Fig.3 it can be seen, that the bio-energy field level (the size of the Aura) increases with time. An increase of up to 60% in Aura energy has been observed in this particular example.

Also, initial "gaps" in bio-energy field gradually close, indicating that the mind-body state approaches a more "harmonious" way of functioning. According to principles of the Kirlian diagnostics outlined earlier in this article, the mind and body system performs a *very intensive self-healing during meditation*. From the above analysis Kirlian images it becomes clear, that meditation greatly improves our Aura. Although this improvement is temporary, systematic meditation practice leads to permanent improvements in your Aura and health. People who practice meditation on the regular basis look and feel typically 10 or even 15 years younger than other people at their age. Giving the mind a regular "break" and allowing for self-repairs to take place everyday makes all the difference.

Concentration

The purpose of concentration exercises is to focus our full undivided attention on a specific aspect of functioning of our mind and body in order to accomplish a certain goal or develop a certain skill. Physical exercises such as yoga, tai-chi, [Tibetan Lama](#) exercises, breathing exercises, visualisation, listening to the "inner sound", observing "inner light" etc.. are all forms of concentration. Earlier in this article I described two concentration exercises, one with a dot (needed to increase sensitivity and train the peripheral vision) and one with a cross (aiming to develop and train communication between both hemispheres of the brain). The ability to concentrate is a necessary skill needed for many spiritual activities, including Astral travel and telepathic communication.

To demonstrate how concentration may effect your Aura I have chosen the exercise with the cross and recorded images of my Aura at regular one minute time intervals. At the time of this recording I was a novice at this exercise, learning about it only a week before. Again, for simplicity, Prof. Korotkov recorded bio-energy field (Aura) around one finger only (middle finger of the right hand), which enabled me to continue the concentration exercise without interruption. Eight images of the bio-energy field recorded in regular one minute intervals are presented in Fig.4.

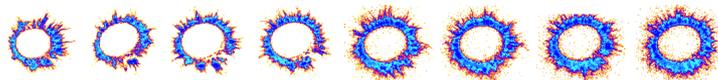


Fig.4 Changes in bio-energy field around right hand middle finger during concentration, recorded at 1 minute intervals

From images in Fig.4 it can be seen, that the bio-energy field level (the intensity of the Aura) increases with time during the concentration exercise. Doubling in Aura energy has been observed in this particular example. Also, initial "gaps" in the bio-energy field gradually close, indicating that the mind-body state approaches more "harmonious" way of functioning. According to principles of the Kirlian diagnostics outlined earlier in this article, the mind and body system performs a *very intensive self-healing during concentration*.

It becomes clear, that the above described concentration exercise greatly improves our Aura. Although this improvement is temporary, systematic practice of concentration exercise stimulating communication between both hemispheres of the brain definitely leads to permanent improvements in your Aura and health.

Comparison of Meditation and Concentration

Although the purposes of meditation and concentration exercises are quite different, it is possible to compare their positive effects on our Aura and self-healing of the mind-body system. Quantitative comparison of results may be accomplished by calculating two coefficients of the bio-energy field for each image:

- integral (a sum) of the global bio-energy level (size of the aura) around a finger - the bigger the better
- degree of fractality (non-uniformity) of the bio-energy distribution - the smaller the better

Above coefficients represent a very simplified condensation of certain properties of a very complex bio-energy field (the Aura).

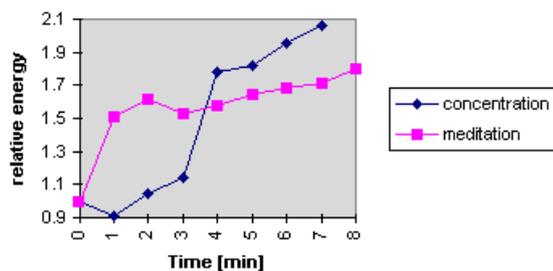


Fig.5 Relative changes in bio-energy level

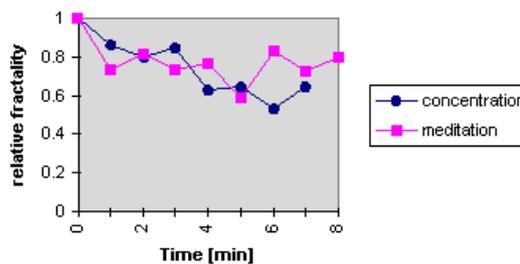


Fig.6 Relative changes in fractality of bio-energy distribution

Both coefficients have been normalised with respect to the initial state, so that their changes relative to the initial state can be easily observed. Graph in Fig.5 presents changes to the global bio-energy level and graph in Fig.6 presents changes to fractality of the bio-energy distribution for both exercises : meditation and concentration.

Results presented above indicate that our Aura not only changes significantly during conscious exercises of the mind, but it can be controlled and greatly improved. Both meditation and concentration exercises have induced dramatic positive changes in the bio-energy levels (the Aura energy) and its distribution. Results, presented in the context of Kirlian diagnostics, clearly demonstrate a significant influence of mental exercises on intensifying the healing processes within the body.

The concentration exercise was found to be more effective, more consistent and led to a more coherent improvement of the Aura (bio-energy field) than the meditation exercise. The concentration exercise with the cross seems to have a better potential than meditation from the point of view of healing and increasing the Aura energy. Concentration causes larger increases in Aura energy and, more importantly is more consistent and efficient in reducing fractality of the bio-energy distribution.

Meditation is quite passive way to achieve the natural state of body and mind, by letting go of everything, whereas the concentration exercise is quite *active*. In the case of the particular exercise with the cross we actively stimulate the communication between two hemispheres of our brain, giving our body and mind new ways of achieving a deeper harmony of being. The attractiveness of the concentration exercise also lies in the fact that minimal training is required to achieve substantial results. Anyone conscious enough can successfully apply both exercises to improve the Aura and significantly enhance the natural healing mechanisms of the mind-body system.

In my opinion, development of techniques to control the Aura using mental exercises and interpreting such changes should attract a significant research effort in the near future, giving a foundation to a new natural self healing medicine and health self improvement methodology of the 21-st century.

It is hard not to notice that meditation and concentration exercises prove that our “thoughts” are actually major obstacles in achieving a complete harmony of the body and mind. What we think we “know” must be just a tiny drop in the Ocean of Knowledge.

Stimulating chakras

In our body there are six principal bio-energy centers, which ancient yogis called “chakras”. Although there are many more minor chakras, there are only six principal chakras on the body (see the reference [1]).

Chakra system provides a very important mechanism of *energy and information transfer* between our consciousness (Astral body) and the physical body. Stimulating chakras, which seem to be focal points in our Aura, has a profound positive effect on the functioning of the entire mind-body system, our health and the Aura. The dominating colours of chakras, although very weak and gentle on Earth, are pure monochromatic colours, composed from a single frequency light, exactly like in the rainbow.

The activity of all chakras is closely related to many aspects of functioning of our mind and body and therefore to our Aura. To achieve a radiant and balanced Aura, with no weak or blank spots, (which is also a sign of a perfect health), equal participation of all chakras is required. This fact has been known by ancient yogis and Lamas in Himalayas [10] and seems confirmed by [Kirlian health diagnostics](#) [3] (briefly outlined earlier in this article).

How to stimulate activity of chakras directly ? I have personally verified two ways to be very efficient, yet quite simple to implement.

1. special physical and mental exercises, for example an [ancient set](#) used by Lamas in Himalayas [10]
2. [matching chakra and garment colours](#) on the body

Special physical and mental concentration exercises, which stimulate and balance activity of all chakras, have been known by yogis and Lamas in Tibet for thousands of years. Although they never made any secret of them, the very idea of chakras, bio-energy, Aura and their connection to the body and the mind has been consistently ridiculed by the western “science”.

Matching your Aura and surroundings

When we learn what are “strong points” (dominant colours) in our own Aura we can attempt to match our surroundings with our Aura. Re-decorating our home to achieve a better match will result in a positive stimulation of our psyche and will help to promote our well being in many aspects.

According to what Nature does to stimulate us, we should use Auric colour pairs aiming for such a match. For example if your Aura is predominantly green, you should use green as well as a light pink in your decorations.

Another technique is to match our surroundings to the frequencies of colours of certain thoughts. These colours were described in the Chapter dealing with meaning of colours in the Aura. For example, if you think about relaxing your mind (a blue thought) blue surroundings will amplify your thought. Note, that when you look at a perfectly blue sky, you feel relaxed almost immediately. This is because any thought in the direction of relaxing the mind is assisted by blue vibration of the sky by means of *resonance*. Blue jeans fashion is very popular, because it assists us in achieving relaxed mind. Trying to promote brown jeans may prove quite useless because people are subconsciously attracted to blue jeans. In order for the blue to be perceived well, it needs to be used together with contrasting colors (Auric pair or the next best – orange, red or yellow)

Another example. Our healing (green) thoughts will be more effective when we surround ourselves with various shades of green surroundings. In order for the green to be perceived best, it needs to be used together with contrasting colors (Auric pair or the next best colors – pink, violet or red)

In any case, use of clean, near monochromatic (rainbow) colours are essential. They can be very subtle and delicate, but they should contain a distinctly clean “rainbow” harmonics of vibration.

Color stimulation and Bioresonant Garments

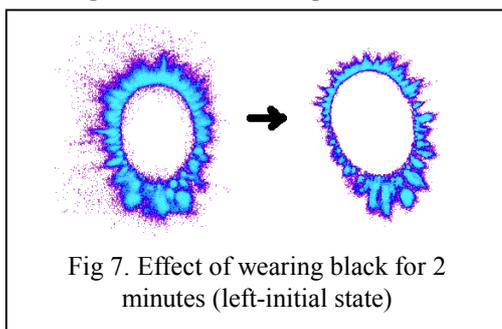
Ancient civilisations (Mexico, South America, India, Polynesia etc.) had traditions of making and wearing extremely colourful garments. According to my research, what seems just a tradition had an important scientific reason.

To measure human bio-energy state we used bio-electrography based on [Kirlian effect](#), which recently has become arguably the most advanced medical diagnostic system on the planet. It is now accepted, after many years of clinical trials by Russian and German scientists, that recording bio-energy distribution around our fingertips provides comprehensive and reliable information about the entire mind and body system. In this project we used [GDV camera](#) [16] the latest solid state electronic and digital processing equipment for bio-electrography.

Fig 7. demonstrates the effect of wearing a black shirt for just 2 minutes. The bio-energy field around one fingertip is shown. Reduction of bio-energy is obvious. In view of the bio-energy evidence I have collected, promoting black clothes seems to be an act against Nature and our well being.

Is it possible to achieve positive stimulation using coloured garments? What is the *best* we can accomplish? To answer these questions I spent several years of research, and used [bio-electrography](#) to measure the effectiveness of various methods of [colour stimulation](#).

I found, that not only are colours important, but also their exact spectral responses as well as their distribution along the body. I also found that the most significant, and the most effective is what we wear directly on our skin. Research lead to development of several generations of stunningly colourful bio-resonant garments I called Chakra Shirts, that seem to induce not only significant improvements in bio-energy (see Fig 8) but also many positive physical and psychological changes.



We have done many different tests of our Chakra Shirt and collected a great number of positive comments from people wearing it.

One of the methods we used to verify the effectiveness of Chakra Shirt in amplifying and harmonizing human bio-energy field (Aura) utilized the state of the art CrownTV Kirlian camera. An example result is shown in Fig.8, which contains two images of the bio-energy field (Aura) around, one of the fingertips.

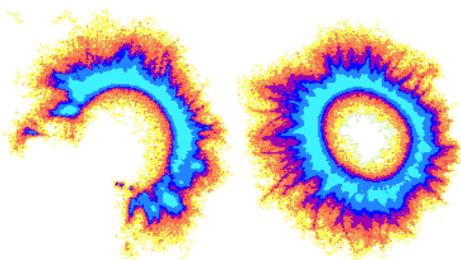


Fig 8. Effect of wearing a bio-resonant garment – Chakra Shirt for 2 minutes (left-initial state)

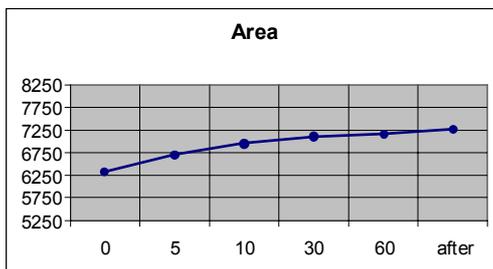
The left image of the Aura indicates the initial state of the bio-energy. A large gap is evident, which (according to principles of modern Aura diagnostics) indicates a lack of harmony in the bio-energy field due to depression, and deficiency of certain physical organs. We made five recordings of this initial state in one minute intervals, just to be sure that this state was repeatable. The image on the right was taken **two** (2) minutes after the person put a Chakra Shirt on, without being told what it might do. The stimulating effect of the Chakra Shirt is evident - the Aura became not only stronger, but most importantly more harmonious, indicating an intensive self healing process taking place. Interestingly, the self-healing effect

continued after the shirt has been taken off. More research is needed to establish how long the self-healing effect will last. Does anyone know how long the positive effect of an acupuncture treatment lasts?

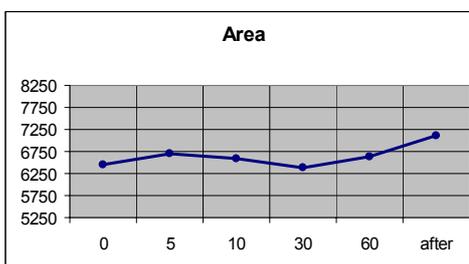
BioResonant® phenomena spark the interest of many researchers worldwide. Prof Korotkov, world leader in bio-electrography research from St Petersburg University, Russia, has independently verified the above effects.

Prof. Igor Kononenko, from the University of Ljubljana, in Slovenia (Europe) initiated a postgraduate project in cognitive science, that has verified effects of BioResonant® color stimulation. Response of 115 people to BioResonant® shirts was tested using bio-electrography. 6 tests were performed on each person: Before wearing the BioResonant® shirt, 5, 10, 30 and 60 minutes in the shirt and also after taking it off. Results clearly demonstrated steady, coherent and systematic improvement in the human state as measured by bio-electrography.

Identical tests were applied to two “control” groups of people, one group wearing black and another wearing white shirts. In both cases, no significant changes to human state were observed. The only situation when the improvement was obvious was when



Systematic positive changes to human state due to Bioresonant pattern stimulation (courtesy Kononenko et al)



Effect of wearing white shirt. Improvement in human state is achieved by taking it off. (courtesy Kononenko et al)

people took these shirts OFF.

This result suggests, that if you wear black or white garment – the best you can do for yourself is to **take it off**.

From my research it seems clear, that we can greatly improve our state of well being by choosing appropriate colour stimulation. The more gloomy, gray and depressing is our environment the more important is the compensation achieved by wearing bio-resonant clothes

next to our skin.

Research results described above may sooner or later influence almost everyone on Earth because they define new principles of fashion, based on the new science of bio-energy. Such a fashion may never be out of date, because it aims to bring us closer to harmony with our own Nature and to assist us be happier, healthier and more energetic.

The specially tuned frequencies of light (colours) on the bioresonant garment continuously stimulate all chakras (meridians) around the body. This stimulation, although very gentle in comparison to mechanical acupuncture stimulation (needles or acupressure), is nevertheless quite efficient, because it occurs *simultaneously for all meridians and can be maintained for a long time*. When we move, the motion of the shirt relative to the body creates additional “moving frequency” or “colour vibration massage” stimulation which is distinctly perceived by many people. Again, such a “colour massage”, although very gentle, *can be maintained for a long time* ensuring effective stimulation, promoting enhanced harmony of the body and mind, as well as enhancing the self-healing processes.

So, the shirt may be of great assistance to us and our well being, for the same reason that acupuncture is effective. Western medicine consistently ridiculed acupuncture in the past. But not any more. Acupuncture cannot be ignored, because it actually *works*. What we need to understand is *why and how* it works.

Emerging evidence (remote viewing, near death experiences, astral travel, controllable lucid dreams, see also [1] and [17],[18]), suggests that our consciousness actually exists separately from our physical body. It seems embedded in our electronic (or electro-photonic) Astral body, which mirrors the shape of our physical body. A system of chakras or meridians is just a comprehensive network of vibration channels (vortices) providing the energy and information transfer between our consciousness and the physical body. By stimulating these meridians we can achieve a greater degree of control of our physical body using our mind.

Wearing the Chakra shirt directly on the body seems to significantly increase our sensitivity and awakens many natural abilities considered “paranormal” by most “scientists” on Earth, such as the ability to see auras and communicate using telepathy. It seems easier to practice such abilities when you wear it. For example when you sleep in it you may have more profound sensations during your dreams and astral travel. The Chakra shirt is also great for meditation and concentration exercises [3] which, among many other things help in development of Auric sight. Chakra Shirt should be worn **directly on the skin**.

It is **not only our eyes** that interact with the interference pattern and “spectral mirrors” of the Shirt. The color pattern on the Shirt is designed to resonate directly with all meridians around the entire body. For that reason the Chakra Shirt seems to work equally well in total darkness or when you are blindfolded.

Chakra garment technology is just one example of how the material knowledge should be used to stimulate our well being and spiritual development. We challenge ALL current “sciences” on Earth to explain the profound sensations of well being, positive stimulation and happiness, which are induced by the Chakra Shirt.

Bioresonant Chakra Shirts are designed to help anyone wearing them, although individual sensations may vary. We still keep searching for a person on whom our Chakra Shirt has no effect. Common experiences reported by people wearing the Auric Garment are:

- it seems to stimulate chakras (people find out that they have chakras !)
- it seems to induce unusual hot and cold sensations, shivers down the spine
- it seems to induce better mood, feeling of joy, relaxation and excitement
- it seems to assist in concentration
- it seems to increase Auras, and the ability to see auras of other people
- it seems to assist people to feel less tired, more energetic
- it seems to induce improved and deeper meditation
- it seems to enhance any spiritual activity
- it seems to induce improved wellbeing, including relief from chronic conditions and pain
- it seems to cause young children (few months to 5 years of age) look ABOVE a person wearing the shirt and smile !

Restoring Perfect Health

Before you aim to restore perfect health, ask yourself : WHY do you need to restore perfect health? Most people will answer “to enjoy life”. But what for ?

Note, that when we suffer, we learn much more, and evolve consciously much faster. Most people learn to live (myself included) only when there is a time for them to die.

Let me explain. Suppose that you send children to school to “enjoy life”. They would never learn to read and write!!! They should learn to discipline themselves and experience many consequences of their mistakes. The same is with our own life. Our own suffering helps us to understand our own mistakes and ultimately helps us to take greater responsibility for our own well being.

When your health is not perfect, your body requests a lot of attention from your mind. Truly conscious living and spiritual development starts when you can use your mind to consciously control your body.

Nature equipped us with everything we need to cure ourselves to the best possible state. The problem is that we continue to abuse our body and mind over our entire lifetime without even realising it, by following doctrines, traditions, stereotypes and habits, rather than Nature. And we never give our mind-body system a "break" so it can repair itself. As a result, most of our "diseases" are direct consequence of our own ignorance.

Once you remove obstacles from your body and mind, your body heals itself automatically and nearly effortlessly in the most comprehensive way possible. It will never let you down, unless you choose to sabotage your own Nature. You can consciously *assist* in the process, or just wonder at miracles of Nature.

The direction is back to Nature. No drugs. Just advice how to take full responsibility for your own well being and succeed with it. And increase your intellectual capacity as well. Details are described in my books “The Joy of Perfect Health” [5] and “The

[Freedom of Choice](#)” [17] listed in the References. Can a poisoned body driven by confused and misinformed mind to function properly ?

It was demonstrated earlier in this article that meditation and concentration exercises both greatly enhance all healing processes in the mind and body. They also slow down the ageing process. Research indicates that people who meditate regularly look and feel at least 10 years younger than others at their age.

Watching your own Aura is another great way for accelerating the self healing process. You can combine the concentration exercise 2 (with the cross) with the exercise of watching your Aura in the mirror. Attaining perfect health through natural self-healing results in a permanent improvement to your Aura and bio-energy.

Ultimately, we should SEARCH for the meaning of OUR OWN Life.

What is the meaning of Life? I have expressed my views on this topic in my book “[The Freedom of Choice](#)” [17] and its [sequel](#) [18]. I have discovered that the purpose of our own existence coincides with The Purpose of Existence of the entire Universe... Are you ready?

Things to avoid

Things which can suppress or sabotage our “True Nature” and therefore severely reduce the Aura are:

1. FEAR, stress and anxiety. Fear is especially “efficient” in suppressing your True Nature and reducing your Aura. When you are afraid you can be easily controlled by others, because fear also blocks your logic and sabotages your free will. Anyone who uses any fear tactics to get attention and control others works *against* the Nature.
2. Hatred, envy, jealousy or any other negative thought or feelings. These emotions dissipate great amounts of bio-energy and there is nothing left to shine with.
3. Physical crisis in your body - disease, exhaustion, artificial stimulation (drugs) etc.. These can sometimes show a temporary increase in the size of the Aura (not necessarily its energy). This effect is similar to the effect of your body raising the temperature during sickness. You need to *read* the Aura to diagnose such a crisis. Most likely such an increased Aura will be white.
4. Wrong diet, especially overeating - too much of your energy is taken to metabolise the overload and there is much less of it left for you to shine.
5. Suppressing and hiding your True Nature by following habits, stereotypes, traditions, superficial behaviour and manners, living up to other people’s expectations, following the flock just not to stand out etc... This also includes a fear of disclosing and analysing your Nature with anyone, including yourself.
6. Clothes and the environment clashing with your Aura, absorbing your bio-energy rather than harmoniously enhance it. See Fig.7 for the evidence how dramatically dark clothes reduce our bio-energy. It is interesting to note that males on Earth die much earlier than females, regardless of their cultural and ethnic background, diet etc. In my opinion it is related to the fact that males dress in black or gray colours for the most of their lives and rarely use colours. Females on the other hand, use much more colours in their garments and change them frequently. Interestingly, many male birds in Nature are much brighter coloured than females and THEY seem to live longer. Nature always gives us a hint. All we need to do is observe it and adopt ideas from it.

Isn’t it logical that we should avoid any of the above if possible? “Cultivating” any of the above for prolonged time can have a permanent effect on your psyche and your Aura.

Improving your True Self

If you become a better person, and increase your understanding of your own place and role in Nature, your Aura will grow. This is the most profound, permanent, but also the most difficult way to change the Aura, because you have to consciously change yourself. The topic of spiritual development leading to significant and permanent positive changes in the Aura is so important that it deserves a separate book – please see “[The Freedom of Choice](#)” [17].

Spiritual teachers

You can save a lot of your time and effort when you use your Auric sight skills to determine who should be your spiritual guide, teacher or example. To avoid misinformation, you should only follow the advice of people with a clearly defined yellow-golden Aura halo around their heads.

Sincere teachers should be aware and proud of their Auras. They should create the right conditions for others to see and admire their Auras by exposing their head and appearing in front of a softly illuminated plain background.

Observing Auras of spiritual teachers is one of the best methods to verify how sincere and competent they are. It is important to note, however, that you have to continue checking their Auras regularly. Why? So many times “gurus” or so-called “masters” on Earth, after achieving considerable progress in their spiritual awareness, choose to indulge themselves with control of large flocks

of followers, selling medallions, incense, making money, etc. and forget to continue their own spiritual development. By learning to see Auras you will be able to SEE it in their Auras with your own eyes. If this is what you see, it is a time for you to change your teacher.

The most important in our spiritual evolution is to develop The Self. No one can do it for us – we have to do it ourselves. For inspiration, please read "[The Freedom of Choice](#)" [17].

In my experience, the further we go with our spiritual awareness, the more difficult it seems to observe enough self-discipline to continue the progress. Most spiritually advanced people surrounded by followers face such a challenge continuously. That is why some of them become ascetics or live alone in remote areas - to remove obstacles and temptations of so-called "civilisation" and concentrate on discovering and improving their True Nature and The Self.

About the purpose of life

Discussion of individual spiritual development would be incomplete without at least a brief analysis of the purpose of our existence in the Universe. Many aspects of our purpose of life have already been discussed in various parts of this book.

For a comprehensive discussion on this topic please see "[The Freedom of Choice](#)" book listed in the references [17].

Below are some additional comments on this subject, summarizing selected aspects of my point of view.

Life is a lesson. One of many. A lesson about love, compassion, respect for Nature and above all the omnipresent universal law of cause and effect. No matter how misinformed we are, how limited is our comprehension, how ridiculous are our beliefs and actions, nothing can change the *truth* and the *order* [established in the Universe](#).

Our current (or future) life becomes harder when we do not want to learn and understand the law of cause and effect. Everything in the Universe has a reason. Einstein used to express it in his famous statement that "God doesn't play dice". Uncertainty principles are nothing more than a cover up for the lack of knowledge. There is much more that we don't know that we want to admit. Needless to say - we will never learn if we decide that we do not want to learn. Many people seem to doubt everything and everyone, except their own ignorance.

Our planet Earth is on the very bottom level of civilised evolution and heading for a [global catastrophe](#). We think that we are "civilised" but this statement is only the evidence of our ignorance. In our so-called "civilisation" any significant invention is turned into a weapon first. Violence, crime and wars never stop. In our "civilised" society a murderer gets more publicity than a scientist, inventor, a great artist or a writer. The media choose to propagate fear, sensation and confusion.

It seems that leaders on Earth are very much interested in keeping us confused, misinformed and in fear, because in such a state it is very easy to manipulate our behaviour. Most people become *slaves* of the money and monetary system, spending all their lives paying interest. In our so-called "civilisation" making "money" takes precedence over health and the environment. Our "civilised" activity inevitably leads to the total destruction of the planet. We have to learn the hard way.

One of the conditions of learning is not to follow leaders who do not know themselves what they do and why. We should wake up our connections with our own Higher Selves and figure out for ourselves what it is that we should learn and understand. There are plenty of good lessons before our eyes.

We have the *free will* and we should use it consciously. This [free will](#) is actually our most precious gift and we should never ever submit it to anyone for anything. Otherwise we become puppets following other puppets. The *free will* is our best learning tool. Michel Desmarquet, author of "[Thiaouba Prophecy](#)" [1] summarised this in a short statement: "the freedom of choice is sacred".

We can be "good" students and really learn a lot while here on Earth. We can also inspire others. Or we can ignore lessons, following everyone else like sheep that follow the flock. Can you guess what is better for our future conscious existence?

In my opinion, whatever we do we should make the most of it. But everyone has a free will. To illustrate possible choices in spiritual evolution and their consequences, in the following example I will use the analogy to the orthodox education on Earth, everyone is familiar with. Some of us are happy with a secondary school education. Others aim for university degrees. Few aim for PhD and doctorates. Exceptional people aim to expand the knowledge and advance the civilisation. Very few of them succeed to achieve significant advancement for the entire planet. Guess who has the most of fun and makes faster progress in the school of life...

Limiting our awareness to the physical body, materialistic knowledge and cultivating attachments to material things, is like aiming to stay at the primary school level for the entire lifetime.

Alexander The Great during his life conquered the entire world, seemingly achieving the ultimate success. Shortly before he died, he called his friends and relatives to say: "I cannot take anything that I have achieved to where I am going now". In this statement, he admitted that he had wasted his entire lifetime, and did not make any progress in the school of life. Perhaps the last thought of his life, quoted above, was his only step forward. Most likely in his next lifetime it would be him, who would be conquered against his will. This is how the law of cause and effect works. "What you sow, so shall you reap". What you do to others is what you will ultimately receive yourself.

Technology and material knowledge should *assist* in the individual spiritual development, and not be used to control people in the cage of material world, which is temporary anyway.

Our true "self", the Astral body, is eternal . It never dies. It exists and will exist as long as the Universe will exist, unless we destroy it ourselves. We have all the time in the world, eternity in fact, to learn and to progress. We can learn slow or fast, or not learn at all, it is our free will, as always.

In my opinion, once we are at school we should not aim to repeat grades. On the contrary, given the opportunity to learn several grades simultaneously, we should aim for the best possible outcome, whatever it turns out to be. From my experience, the more conscious and aware we are, the better communication with our own Higher Selves we achieve, not only do we progress faster, but also we have more fun, despite the many difficulties we will encounter in our lives.

Note that suicide is the evidence that you do not understand the purpose and lessons in your life at all and therefore it is a sharp step backwards in your conscious development (see the reference [1] and [17]). If this is what you choose, the next lesson (your next life) will be much harder.

Liberation

In my life I met many people who long for "eternal liberation" and feel sad and disappointed with life in their physical bodies. Interestingly, they have very little idea *where* do they want to go, *what* do they want to do there and *why*. They seem to wait for "someone" to do "something" to "liberate" them.

True liberation begins when you fully comprehend the extent of your *free will* and start making *conscious choices* all the time, rather than following others.

I have already expressed my view that once we are here in our physical bodies we should *make the most* of our lesson, so we do not need to repeat it. A very important part of this lesson is learning and discovering *where* do we *REALLY* want to go, if we had a complete freedom. You will be free as soon as you find out *where* do you want to go and *why*. Your consciousness will be free as soon as you fully comprehend it. It is interesting to note that cultivating attachments to material things and other people significantly limits your freedom.

Be prepared that your ultimate destination may *change* several times during your spiritual evolution. It may take you several lifetimes to discover your final goal. For further inspiration I recommend reading "[Thiaouba Prophecy](#)" (reference [1]) and "[The Freedom of Choice](#)" (reference [17]).

The bottom line

You have reached the last section of this article, which contains "the bottom line" summary of how to improve your Aura glow. By becoming wiser, better, more conscious person of clear intentions and integrity you will make your Aura glow stronger. When you discover and enhance your True Nature, you won't need to follow any flock, habits or rituals, because your spontaneous and natural behaviour will make you much happier.

The most important is to use our **free will**. Always ask yourself why you do things and make sure that you maintain your choice, even if you follow commands of others. Try to aim for a harmony rather than a conflict and cooperation rather than competition.

Realising our own mistakes as well as mistakes of others in this life just points us to the right direction in our spiritual development. Try to analyse your own life and figure out what is a habit, what is a ritual, what is a manner, what is pretending, what is following others and what is True You. You will be surprised to find that all that is really needed is to *love and to be loved*. It is so little and yet it is so hard to achieve. The first part (to love) relates to spiritual self-development. The second part is a consequence of your development, helping others, your patience and perseverance.

Three skills are essential to elevate ourselves spiritually and truly improve our True Nature:

1. meditation - the ability to maintain our mind blank and free from any thoughts (clutter)
2. concentration - the ability to achieve thought and mind control
3. developing and maintaining everyday contact with our Higher Selves, by alternating meditation and concentration techniques

Practicing the above everyday is the proven way to self-healing, rejuvenation of the physical body, increased mental and spiritual abilities, bio-energy and the Aura. We all have a free will to discipline ourselves to develop spiritually and make our Aura glow. Direction is back to Nature.

The NEXT step

The next step is described in "[The Freedom of Choice](#)" [17] and its [sequel](#) [18]

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