

## Chapter 14: The Auric Field

*Goddess wraps her Loving arms around me  
And I am free. (2003)*

Your aura is a beautiful jeweled color field of energy surrounding your physical body. It provides a filter and sensitivity for awareness beyond your cellular body. It also provides a code for your integration of spirit, emotional, mental, and physical body. At its best and in its most brilliant phase, it will be luscious and multi-hued. At its worst, it will be black and grey and appear as a death shroud around you.

An aura filled with refuse can cause vision problems along with a nasty environment, preventing healing from all types of dysfunction and illness.

A common belief is that there are seven layers to the aura, each with its own color and meaning. There are typically seven obvious layers and two extraneous layers. On occasion, there are fewer layers under unique circumstances.

When you first meet someone, you have a sense of who they are immediately. You know if you can trust them, if they are a happy person and even if you will be safe with them or they present a danger. Your body has the ability to read the auric field of another person and report those findings through your senses, delivering the information to your survival brain within seconds of coming in contact with a new person.

### **Ariel's Story**

Ariel, a graphic artist, had heard about the work I was doing through a business client of hers who had been working with me for a number of years. She was hopeful that I could assist her with some significant issues she was experiencing, which appeared as mental illness.

As she approached my front door, her nerves appeared frayed and she moved as if in a fog. I answered the door to observe a troubled woman, with a mental illness and an aura so dirty I had difficulty seeing her face and body well. You likely have met someone like Ariel: it seems like they really have a thick dark cloud surrounding them. I think about the Charlie Brown character, Pigpen. This little guy has a dust cloud moving with him in his wake. Ariel looked the same.

When you are with someone like this, you will notice a pattern of darkness around his or her eyes that is unmistakable. You will also feel that you are not comfortable standing too close to them. The fog doesn't feel dangerous, but it

does feel toxic. The aura is full of refuse and they are literally magnetizing a junkyard of energetic debris into the field around them. They seemingly have no ability to clear this debris.

Another aspect of this malady is their chemical imbalance and entity occupation. What this means is that spiritual parasites will be attracted to the auras of people with this malady and will hang out around that person. To learn more about spiritual parasites see Chapter 29, “All Things of Spirit.”

When a person is under siege, which is what this malady feels like, his or her life is in chaos. He or she may have wonderful skills and be extremely talented, but with this much muddle, thinking and choices will have no clarity. People like this will be unlucky. If something can go wrong, it likely will. They will have a difficult time navigating in the social world and put people off just because their aura is “funky.”

***I Sing for Those Who Cannot Sing*** (1996)

*I sing for those who cannot sing;  
I cry for those without tears;  
I ache to soothe the numb, the still;  
I scream for those without fear.*

*I touch for those who are timid;  
I stain for those who remain clean;  
I swim naked in jungle streams  
For the shy who linger unseen.*

*I laugh for those in deep sorrow;  
I learn for the simple of mind;  
Round sacred fires I dance circles  
For the empty, forgotten, Divine.*

*I am a sponge in the ocean,  
The essence of healing sublime  
A conduit of energy flows  
Out of my body into thine.*

*I sing because I could not sing;  
I've recovered my frozen voice;  
I cry because I did not cry;  
The tears now fall freely by my choice.*

*I touch, I learn, I dance, I grow,  
I swim naked; I laugh;  
I'm Divine.*

*Bad times will come and good times will go;  
Right now we stand firm, alive.*

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*I love because I was born to love  
Tenderness and compassion combined  
I am rage, fury and power  
Awakened in a Christed mind.*

*I could not feel your burning pain  
If I had not suffered myself;  
In weakness I found my power;  
In my darkness I merged with the light.*

*I am you;  
Feel me now;  
We are one.*

The aura of a leader will be very different than the aura of a schoolteacher or a construction worker. The colors we unconsciously choose to surround us support who we are and reflect our recent past. As we take our next steps colors of the aura will shift and change.

### **My Experiment with Aura Color**

Back in the day, the local psychic institute had an aura camera. There was an opportunity during the psychic fairs to have an auric photo taken. I had three photos taken, each about two months apart. Over six months my aura glowed with beautiful primary colors of red, yellow, and orange. During one of these events I stood in line with a lady whose auric photo was entirely purple. I thought “What fun! I think I’ll try wearing a purple aura.”

For a few days I focused my meditation on shifting my aura color. I could feel the shift. My version of purple was indigo. All seven layers were a single color. I had lost my primary colors and my aura color, for perhaps the first time, was entirely a deep dark rich blue/purple.

It was a fascinating experiment and the results of the aura color change were surprising and actually a little frustrating. Once my aura had totally shifted to purple, I had literally become invisible. I would stand in line at Safeway or Walgreens, and when it was my turn to check out and pay for my purchase the teller would not see me. Instead of speaking to me, they would ignore me. The teller would address the next person standing in the line behind me. If I moved around and spoke they would respond, but if I said nothing I was entirely overlooked.

After a month of carrying an indigo blue aura color, I happily returned to the bright colors of my former aura, and my visibility returned.

## Layer Colors and Meaning

Each of the seven layers of the aura can have one unique color or many colors filling in the strata. Every color appears in the auric field for a specific purpose. Since the aura is your energetic bubble, the original program for the construction and the development of the aura is sourced from the DNA. Once the auric design is installed around the physical body the brain is largely responsible for how the colors appear.

### *Aura Layer 1*

Layer 1 is closest to the body. It is the layer touching the body and is related to survival of the physical body.

#### *Colors for Layer 1* (in the order of most optimum to least)

Green	Vitality and wellbeing, 100%
Blue	Hope, ease, gentleness, and calm, 92%
Pink	Self-love, 88%
Purple	Honor, 63%
Red	Passion, 46%
Yellow	Misplaced thinking (ruminations), 31%
Orange	Craziness, 11%
Brown	Depression, 3%
Grey	Illness & disease emotional physical or spiritual, 20%
Black	Illness and death ideations, 30%
White	Someone else is in control of your survival, 80%

As I mentioned, anyone may have just one color in their aura, or many colors. When you are testing for colors, also test for the percentage of color. For example layer one could be seventy percent grey and thirty percent orange, which equals one hundred percent of the aura.

You may discover that a portion of the aura has been torn off, shredded or damaged in some way. Also an aura ding can remain from a simple everyday incident. For example someone throws energy/anger at you because you cut in front of him or her on the freeway. In this case an actual indentation happens in the aura. But such dings are simple to fix as the aura is very pliable and easy to repair.

### *Aura Layer 2*

Layer 2 is the second closest to the body. It is the layer that starts five inches out from the body and extends out seven inches from the body. Layer two is related to four senses, those of taste, smell, touch and sight, and reproduction.

\*Please keep in mind that auric layers shift and move and that at any moment, although I am defining a specific physical location, the position can be different.

***Colors for Layer 2*** (in the order of most optimum to least)

Pink/green	Sense and sexuality, (pink female; green male), 100%
Orange	Happiness, fulfillment, 86%
Green	Vitality, 84%
Blue/purple	Peace, 52%
Yellow	Worries, obsessive thoughts, 42%
Red	Pain, anger, 14%
Brown	Depression, 4%
Grey	Emotional or physical failings, 5%
Black	Violence and/or death, 30%
White	Someone else is in control of your senses.

***Aura Layer 3***

Layer 3 is the third layer from the body. It is the layer ten inches away from the body and is related to physical expression of the body. Layer one and three are strongly related. Layer 1 is devoted to physical survival, and Layer 3 is devoted to the strength and movement of the physical body.

***Colors for Layer 3*** (in the order of most optimum to least)

Color	Meaning and potency
Red	Strength and power, 100%
Green	Force or potency, 96%
Orange	Optimism, 93%
Purple	Regality, 73%
Yellow	Misplaced thinking, panic, 63%
Blue	Frozen, stuck, 46%
Pink	Helplessness, 23%
Brown	Disease mental, emotional, 3%
Grey	Disease physical, 51%
Black	Physical illness and death, 83%
White	Someone outside yourself is tempering your power and strength

***Aura Layer 4***

Layer 4 is sixteen inches from the body in the middle of the auric field. It is the layer that begins to reach into spiritual issues, as the previous layers were all related entirely to the physical functioning of the body. Layer 4 is

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the connection layer and unites the inner and outer worlds as well as the higher and lower realms.

### ***Colors for Layer 4*** (in the order of most optimum to least)

Pink	Balance (for women, 100%), (for men, 42% emotional weakness)
Green	Integration (for men, 100%) (for women, 97% growth)
Peach	Calm, soothing, 60%
Red	Excitation, irritation, 44%
Yellow	Obsessive behaviors, 10%
Purple	Narcissism, overly self-identified, 1%
Blue	Sluggish, stagnant, .5%
Brown	Lonely, isolated, 0%
Grey	Disease, spiritual lack of a moral compass, 34%
Black	Illness (love related), 66%
White	Someone else is in control of your ability to connect

### ***Aura Layer 5***

Layer 5 is twenty-two inches outside the body. It is one of the middle layers and is related to communication.

### ***Colors for Layer 5*** (in the order of most optimum to least)

Pink	Ease, Communion, Grace, 100% women; 72% men
Peach	Self-Love, connection, 100% women; 92% men
Green	Individuation, calm, 60%women; 100% men
Yellow	Overusing mental body 80%
Red	Rage, combat, fighting, manipulation, 52%
Orange	Danger, unpredictable, unreliable, 11%
Blue	Frozen, stuck, 4%
Purple	Invisible, ineffectual, 1%
Brown	Spiritual illness, 3%
Grey	Loss of God connection, 10%
Black	Disease of the mind, 73%
White	Someone else directs your communications and the strength of your connections.

### ***Aura Layer 6***

Layer six is part of the two layers you show to the outside world. It helps people get a read on who you are, or at least who you will allow them to see. It is about twenty-eight inches from your body and part of your facade. Even if you spruce up this layer, if you are dishonest or untrustworthy, people will feel it.

**Colors for Layer 6** (in the order of most optimum to least)

Green	New, fresh, healing, 100% men; 98% women
Pink	Love, safety, 100% women; 60% men
Peach	Compassion, 30% men; 40% women
Red	Passion, 10% women; 8% men
Blue	Calm, 6%
Purple	Strong spiritual connection, 3%
Yellow	Multi-tasker, doer, 1%
Orange	Outrageous, over-the-top,.3%
Brown	Mental illness, including ADD and autism, 3%
Grey	Disease (physical), 3%
Black	Death ideations of self and others (i.e. grieving), 42%
White	Someone else is in control of how you appear in the world

**Aura Layer 7**

Layer 7 is your crowning glory and is that jeweled self you show to the world. It is the layer people come in contact with first when they interact with you. It will show you as trustworthy, truthful, loving, thoughtful and other things like weak, cheating, a liar, and a thief. It is the outer layer of your aura and in a thirty-six-inch aura (auras range from very close to the body to very expanded) will appear at the thirty-four-inch mark. The best size of aura is anywhere from twenty-three inches to sixty-four inches from the body.

**Colors for Layer 7** (in the order of most optimum to least)

Peach	Joy, love, 100% women, 72% men
Blue	Peace, 91%
Pink	Love, 100% women, 70% men
Aqua	Creative, 30%
Yellow	Intelligent, 8%
Emerald Green	Success, wealth, 100%
Red	Passion, enthusiasm, 30%
Green	Wellness, 40%
Orange	Happiness, 50%
Purple	Playful, 20%
Brown	Spiritual illness, 2%
Grey	Disease (physical), 30%
Black	Death ideations, self and others, drug use, 62%
White	Someone else is in control of how you appear in the world

**Why Auras Have Different Sizes**

Have you ever thought about your own aura and really felt “into it”? Did you

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notice if your aura was close to your body, or spread so thin and expanded that you couldn't feel it at all?

Here's a little experiment for you to help yourself become more aware of your energy field. Grab a friend and try this out. Have one or more friends sit in a chair and have them imagine pulling their aura(s) in to three feet around their body or bodies.

Stand a few feet away from them. Rub your hands together until your palms are feeling the heat from friction and your own energy. Starting at about eight feet away from your friends, walk slowly towards them with your hands held so that your palms face towards them. When you feel their aura(s), stop and notice where you began to pick up their energy transmission(s).

Using your hands, begin to explore the curves and shape of the aura while your friends continue sitting. Notice if there are holes in the energy field, places you feel no energy. The discovery of a hole is an opportunity to fill in the missing energy transmission (aura).

People have auras of different sizes based on how they are using their auras in the world. People who have large, expanded auras operate from a severe deficit. They are using their auras to read other people and to be aware of what is happening in their space. Having an overly enlarged aura is a habituated behavior carried from lifetime to lifetime.

Reasons for the original over expansion are abuse, fear, and violence. An aura extended for two blocks is a sign of energetic illness and weakens both the physical body and the energetic system. Where it begins to read as an illness is when it remains extended beyond forty-seven feet.

Think of an aura as a womb. It is capable of stretching and enlarging for a specific purpose, so at times it might be useful (temporarily) to have the aura enlarged; however, its optimal resting space is twenty-one inches to sixty inches around the body. I encourage students to maintain a thirty- six inch aura, giving them a good awareness of positioning for energetic fortitude.

I suggest, when you are in a large group with dispersed or chaotic energy, to pull your aura into eighteen inches around your body. That way you will feel more comfortable and will pick up much less energetic gunk that you would need to clean out later.

### **The Case of the Missing Half**

Can twins share an energy system and an aura? The answer to that is typically no. Each child has his or her own unique body, unique spirit, and will have his



or her own specific formula for how the energetic body lines up.

### **Marybeth's Story**

Marybeth, a fifty year-old woman, had been having trouble with her aura. She was literally trying to fix it and fill it in everyday in meditation. If she forgot to check her aura, a few days would pass and she would again be missing the entire back of her aura. You can imagine her frustration about having a gaping hole where supportive, protective energy should have been.

When we first spoke she mentioned she had been a twin and her twin had died in the third month of pregnancy. She suspected her problems were related to her brother and his passing.

As we explored further we discovered that poor energetic DNA programs were the largest factor in her partially missing aura. To address this issue required an activation of the Human Blueprint to establish a healthy energetic system program.

Did her brother have anything to do with this condition? She was naturally curious to know. Yes, the emotional loss and grief in the womb caused her to withdraw her support from the baby's development. Without her spirit close, loving, and nurturing her body, she lacked the spark needed for full health. What she might have been able to improve, had she had enthusiasm and excitement for her new life, was not present as her body developed and thus a number of challenges developed.

### **Coronas on the Aura**

One of the fun techniques I use regularly is to have my students imagine a Golden or blue corona at the outside edge of the aura. The use of coronas can help burn off unwanted energies and thought forms that are attempting to make an impact on the mind/body.

A cobalt blue corona is known for burning off alien and foreign energy. You can imagine a sun-like corona with blue flames jumping off the edge of your aura. This is a hot, effective flame, like a gas flame, burning any unwanted programs attempting to permeate your aura.

A Golden aura is a purification aura. It is beautiful to light up the flame when you are in ceremony or meditation. It likens your energies to those of the Divine.

### **How to Heal and Improve Colors in Your Aura**

Clearing the aura is multifaceted. Part of the process resembles cleaning the

“air” surrounding the aura. There is also the more advanced part of aura clearing, which is upgrading the colors of the aura for success, great health, and joy.

### **1. *Clearing “Gunk” in the Aura***

Two favorite techniques I use in my teachings are as follows:

- a. Imagine a Golden Roomba (the trademark of the automated vacuum cleaner) at the top of your head and set it on Clean. Have it spiral around your head, neck, shoulders, arms, waist, hips thighs, legs, knee, calves, feet, and under the feet, vacuuming out all the muddle and spiritual “dust bunnies” that have collected in your aura. When complete, throw the Golden Roomba down, along with the grounding cord.
- b. Sitting in meditation brings cosmic energy (that is energy that is harmony with your highest expression of self) into the back of your head, one inch above where your spine meets your skull. This posture brings cosmic energy down through the neck and shoulders, arms, elbows, forearms, wrists, through the hands and out the fingertips. It also brings more of this cosmic energy down through the back channel, looping up through the pelvic cradle and up through the belly, chest, neck, and head, fountaining out of the top of the head so that it is bathing and cleansing your aura. Excess energy and debris can be sent down the big grounding cord at the base of your spine.

### **2. *Clearing Colors of the Aura***

As you have read in the descriptions of color and meaning of the seven layers, the colors represent the projects you are currently working on. If you have been in grief for a long time, or if you are really tired of the same old low energy funk or worse, altering the colors of the aura is an effective way of making a big change in your energy. What you do after you have made the change will determine whether you will hold the upgrades or fall back to lower color levels.

- a. Test layer one for color. Discover if you have more than one color in the layer. (When I recently tested, Layer 1 had three colors.)

Note the percentage of the color. For example grey is seventy percent; pink is twenty-five percent; and green is five percent.

- b. Focus on the layer or part of the layer you intend to upgrade and pump Gold Energy into that area until it has lifted to a higher color.

You can also test for curses in the low energy of the aura. Read more about curses in the chapter about memes, miasms, and curses.

### **The Story of The Mermaid with Five Layers**

I was fascinated by a show on the Mexican Discovery Channel about the evolution of “Mer-people.” As it turns out there is scientific evidence to support the existence of these human-like beings here in Earth’s oceans, where they are said to live in harmony with whales and dolphins.

Before I ever saw this show I met a woman who was not a normal human. Four lifetimes back she had crossed over from being a mermaid to being a human, and was again in a human body in this life. Every life had a similar issue: she loved the water, but in midlife she lost the use of her legs and lived as an invalid in a wheel chair. She was intelligent, funny, and a joy to be with; her favorite haunt was the pool.

Mer-people apparently only need three auric layers. She had, over several lifetimes, managed to create five thinly woven layers to the aura. If you are a realm jumper you may not be fully equipped to manage a human psyche such as hers. I mention this not because it is common; it is totally out of the ordinary, but is fun to know.

### **Aura as a Death Shroud** (for miscarriage and abortion)

The shroud of death and the grief and pain of loss can be alleviated by lightening up the aura. Miscarriage is so sad, and unfortunately the loss of a child will inevitably send the mother’s body into grief. We are wired to feel such a loss. The chemistry of pregnancy, with all its hormonal rushes, is shockingly and abruptly ended with the loss of a fetus. The chemistry of the loss is painful, and the aura responds to the loss of the new life and the grief of the body. This is true even when a person has decided she does not want to carry the pregnancy through and opts out. The aura will go black/grey following an abortion. She will look older and a level of sadness will follow her for five months.

In both cases the aura can be lightened up and will likely hold the upgrades, making life more enjoyable and lighter for the woman.

This condition also happens with the loss of a parent, a spouse or a sibling. Clear the aura, lift the grief in the aura, and you will lift the person into a stage

of possibility and hope.

### **The Way of Glory**

Your aura and your essence can hold, share and reveal the Glory of God! How you are seen in the world and how you contribute in the world has much to do with who you are committed to being in the world.

A glorious aura is an aura of a person who wishes to embody the glories and gifts of the Divine through their presence in their community.

St. Francis saw the glory of God, and then wore it in his aura for the rest of his days. He prayed,

*Lord make me an instrument of thy peace!*

Perhaps if you are a healer you could affirm;

*Lord make me an instrument of thy healing powers. or  
Lord use me. I offer my life for the advancement of humanity.*

When I think about the Glory of God, I am so grateful for the role I play in this glory. Everyday, in so many countless ways, I am provided the glories of God to distribute in service to the world. Whenever you are committed whole-heartedly to a higher purpose, and you say, “Thy will not mine, my Lord,” there shall be legions of angels and helpers to assist you in your work.

The glory is the miraculous manifestation and power of that which is beyond understanding.

***In the Stillness*** (2003)

*In the stillness  
In the quiet  
In the open heart  
There I am  
I am essence I am breath  
I am light of God  
I am; I am*