

## CD 1

### Aura and the Etheric Double

This particular subject, I have titled the Human Aura and the Etheric Double. Many of you have heard what the aura is, some of you have not heard what the Etheric double is, so I will have to explain that. Before I get into the Etheric double, I will point out that everything that is alive has an aura. Planets have auras, so if we went up to space in a spaceship and looked down at the planet. We would see an aura. Our planet has a beautiful light blue shimmering below, and that is a physical plain aura caused by the atmosphere. If you had clairvoyant vision, you would actually see a rainbow hue that comes from the earth. All plants and all animals have auras. There is a difference between the human aura and the aura of living things in general and that is that the human aura is governed by the emotions, coloured totally by emotions. So when we are speaking about the aura as far as human beings go, we are talking about how the emotions are seen as bands of colour around the human being. We can also look at the aura of the mind, the mental body, the way people think also have auric colourings, colourings to do with the mind, which are far subtler and which are intrinsically far more beautiful than the colourings of the human aura.

The Etheric double is energy or vitality- it is the vitality that is coming from the human being. Animals have this vitality and so do plants. When you are clairvoyant you can look at your Etheric double by staring at your hand, about half an inch away from your fingers, and you may see little lightning flashes going from finger to finger. You can feel these as little pings of electricity, going from fingertip to fingertip - sometimes these are coloured violet, or they could be coloured white. If you bring your hands closer together, you can see this energy traveling from hand to hand. You can experiment yourselves with this Etheric energy, as it is an electrical energy that all human beings possess. When somebody is very healthy, then, the energy that is coming from it comes in almost straight lines. And when people are sick, the energy is wavy, and all over the place and with not much power behind it. And when one has this type of vision, one can clearly see these energy vibrations coming from people, plants, animals or from sick people. Normally, you don't generally need to see these things, as with health, you can usually tell. But what you are sensing around that person is the quality of their aura. It is the auric state in general that we look at when we are trying to heal people. That is enough on the etheric double for now.

There are actually four ethers, in increasing subtleties and colours, the general colour of the etheric realm is violet, and the chakras exist in four different levels according to the subtleties of the grades of substance in which they form. Chakras are psychic centres, doorways to centres of higher perceptions. There are two ways of seeing the aura; incidentally, it does not take real clairvoyant skills to see the aura. For instance, a book was written back in the early 1920s by a man named Kilmer, called "the human aura", who wrote about a doctor who invented a screen that had a particular dye in it through which you could defocus your eyes and you could actually see these colours if you are careful enough around human beings, and he described many of them. It is essentially a focus of the eye, an aspect of the eye. If the eye, a defocus is enough, if you are "stoned enough", or if you are tripping enough you will see these colours or you can see these colours. Generally the problem is with nearly everyone, is that they are not trained to see anything, and when they do see the colours, their mind twists what they see in terms of images or concrete patterning in their mind to what it actually is, so they see coloured images on the walls and things like that, instead of the aura as it really is.

One way of seeing the aura is through a mechanism in the eye (you can take drugs for this, and there are books that speak of these types of psychic phenomena that are drug related). Another mechanism is through the chakras, and seen through certain minor chakras (no major chakras are needed to be awakened to see the aura). You have to go inwards into yourself when you lose consciousness for a few seconds and then you go out into this clairvoyant space, and then you can see the gross aura and as you can suspect, you can be hit by other types of emanations from everywhere around for those that are psychically sensitive as there are many emanations around in the air. The third way, which is the way that I normally do it, is to have the inner vision-a flash of revelation in your mind, and very quickly you get a perception of the entire aura of a human being and you can see very quickly the colours that your mind registers, which then analyses the meaning of the colours.

The way to look at the human aura, is very similar to looking at the etheric double. You want dim lights, or candlelight, use it with a neutral background behind you, take off any clothing that is brightly coloured, eyes are naked or near naked or something very neutral in colour so that the colours that you wear do not interfere with the mechanism of the eye. If you focus too much on one colour the eye can tire of seeing that colour and start to see the opposite instead, for example staring at Green for too long you may start to see red instead. If you are looking at pretty coloured clothing for too long you will start to see the complimentary colours and think that is the colouring of the aura when it is not. Best practice is to defocus the eyes, look a little bit way (2 to 3 inches) away from your hand or a person's head (your hand is the best place to start looking). Don't think too much about looking! Go into a semi-dream state and stare if you wish, and suddenly colours may flick into your vision or gaze. You really need to concentrate and see different colours if you only see one colour, it is not the aura! Generally, if you are looking at the hand, there will be a different colour coming from the fingertips than from the first digits downwards. With the inner vision, there should be a flash of revelation in your mind and very quickly you get a perception of the entire aura of a human being. Your mind very quickly analyses the meaning of the colours.

The definition of the aura is "a radiatory sphere of energy that emanates from the body." It has no real colour of its own as such. It is the mind that quickly translates it into colour. The colours can also be seen as musical notes, every person has their own musical scale around them-notes of energy. Colour and sound, sound and colour are all that we really are when it is united by consciousness! Everything is transitory everything is illusionary, everything is always changing, and the philosophy of Buddhism is what I am talking about, the transitory ability of everything, and the aura itself is always moving, it is not static.

The aura represents the colouring of people's emotional moods. Whenever you manifest emotions, you manifest corresponding colours. Habitual emotions reinforce themselves. There are mental emotions, sensuality, and there are aspects of the aura to do with the physical organs. When you are actually looking at person's aura, you are essentially looking at the way their emotions are, and much can be gleaned from looking at the aura of that person -the aura cannot lie! There is no way a person can possibly hide the state of the aura unless emitting strong emotions, but this, you can also see. The aura is the best lie detector in the world!

Most people's auras are roughly the same. Most people have a strong sexual appetite, so around the hips there will be a brick red colouring of sensuality, and depending on how sexual a person really is, so the extent of the brick red will change and swirl around that person. When people are very, very sensual, that whole energy almost permeates the entire aura, and anyone that has any sensitivity to auras will see that immediately, and even most people that can't will have an intuitive feeling or "vibe" that they can feel coming from that person. It is a colour that is easily seen therefore we have terms such as "scarlet lady" for prostitutes, because of this brick red colouring. We have such phrases such as "green thumb" for people who are good gardeners, because on there fingertips there will be the

green energy in their aura that allows them to work with nature. You get a vivid red colouring with rage, the auric colouring of anger is red, and this energy can shoot out of the aura at harsh angles.

Each of us have these physical bodies. We interrelate physically, by touching each other and smiling etc. However, auric substance is only loosely held around us, depending on the strength of our emotions or the strength of our emotional control. The auric substance generally goes to about 2 to 3 feet outside the person, but it can go much further or it can be much less depending on the type of emotionality of the person. When people are very, very emotional for instance, laughing a lot and carrying on and having a good time, they are shooting out streams of auric substance of laughter, anger, etc, and if somebody walks into this room after this activity, you can immediately feel this energy. If somebody has been angry, and you walk into that room, the energy hits you because it is still there, and you can actually be attacked by other people's emotions. You absorb each other's auric substances -for instance; lovers share their auras when lying close to each other.

If you're auric substance clashes with your lover, then there will be problems in the form of a jarring type energy, and you feel emotionally by either being unsettled or feeling a general dislike for someone. The subject of auric substance coming out of an individual is very important - because in it lies much of the causes of sicknesses of people, much of the ability of people to manipulate other people. For instance, if there are sexual games going on between two people you can actually see these little hooks coming out of the hip area, grabbing hold of the other person. When you start to get your vision quite strongly you will start to see this happening. So technically, it is good that most of you do not see this! You will be entering a world where you will be seeing where people are actually at and this may come as a shock to most, as most of what people emanate is quite unpleasant!

The auras are quite murky, a lot of people are very selfish, in their orientation. Selfish energy is this type of grey green kind of colour with red spots in it. There are some terrible colours, and when you see that in a person's aura, you can see that their motivation is primarily selfish. They don't need to talk to you; on the whole you will avoid that person, as that person is out for a ride and will take from you whatever they want themselves. On the whole, the more debased the colour, the more deep and murky the colour, the more debased the emotions. They are the type that can be violent and can get there way very quickly. The lighter the colour, the more like air, like the blue sky, the more radiatory the being, the more loving the person, the cleaner the aura, and the aura becomes brighter and brighter and starts to extend out instead of being just 2 feet or 2 yards away from the individual. An aura of an Enlightened Being for instance, such as the Buddha had an aura that was something like 3 miles of radiatory energy all around him. And when you went into that auric sphere, you felt a sense of peace and tranquility. These great and Enlightened Beings, transmute all their gross emotions, their emotions still exist, but they have calmed their emotions and completely stilled there emotions and you bring in higher energies which equals enlightenment. There emotions are completely under control, so in comes intense radiatory energy, and that comes out as a very radiatory healing aura. This is the path that I want everyone here to tread, to think consciously, about the type of aura they emanate, about the type of aura they are building, or do they want the very muddy gross auras with lots of hooks being sent out, lots of avarice, base colourings, which anyone with visionings can see clearly. Or do they want to have very, very clean radiatory sparkling energies, and an aura that heals everything in sight.

I was getting also to the fact that when people are always shooting out their auric substance, this energy from them, these colours into other people and the atmosphere in general, and it comes out often in these swirls and eddies, and these whirlpools exist in their aura and as it comes what it does is, it weakens the organ, the physical organ associated with that part of the body. So if you are always laughing you are weakening your stomach, and that's where you're going to get sickness and diseases. The whole area there has been devitalised, drained of its energy pool, drained of the energy that it needs to keep the physical body healthy. This cannot happen whilst your aura's

shooting these energies outwards. So even if you are a very jolly, happy type of person, but you are always emotional, you are bound to get sick. It is inevitable. The sicknesses that are inflammation: you get coughs and cancers and the like. If you are always depressed, what happens is you build this auric jail around you of grey energy that is going to keep you down. This causes congestion, it forces your auric substances into the body, into the organ, and more and more substances congeal causing certain types of sicknesses associated with that. Tuberculosis is one of those types of diseases where you are congested with lots of mucus inside your chest cavity for instance.

So what is needed with regards to the subject of building the aura, if you want to keep healthy, is to have control of your emotions. The actors and actresses on the stage in control, and always being aware of your emotions. Aware that you may be having a very good time, being totally intoxicated in laughter, but some day that you will be paying for that, for your energy dissipation. And generally, it is not that far around the corner, for instance the flu and things like that come, and they come because everyone has been giving off this energy. The whole world is engrossed in this type of emotional interplay, nations produce hatred, we are always sending off energies into the atmosphere, and the substance that human beings are always creating and always sending out creates what we call the astral plane.

Over the millennia, over the thousands and thousands of years of human evolution, we have created for ourselves all the heavens and hells and all the religions through this auric substance fused with mind, through people's imaginations. It's where people go to when they die and they think they're seeing God and all the rest of the things created by human emotions and human ideas, and yes you travel, you can travel to these realms, at night everyone does it, except for those who go to higher realms, by what is called the Silver chord. For those of you who have read the Bible, it is mentioned in the book of Ecclesiastes, and "the Silver chord is loose and the Golden Bough is cut". It relates to the death state. Anyway, this Silver chord is anchored here in the solar plexus. The solar plexus is the chakra that governs the entire emotional body. All the little chakras are controlled by the solar plexus. It is what we call the abdominal brain. It is the brain of the animal kingdom. Therefore it is the centre of power for Tai Chi and many martial arts, and those who have read such books as the teachings of Don Juan, and the teachings of Carlos Castaneda. That type of shamanistic magic has all got to do with the solar plexus, because it is astral plane magic. Magic to do with the control of the energies associated with the aura and the auric substance created by human beings on a vast scale. The astral plane which all of you have probably heard of is really the plane of perception associated with people's emotions, it has been created by People's emotions through time immemorial. When people go to sleep they go into this realm, when people die, their Silver chord is severed and they go into it permanently, and they come back later on and reincarnate. You can also trip, and leave your body, and go into the space and talk to other entities which exists naturally on this realm. That is another aspect of the aura if you wish. That is another subject that is associated with this.

Going back to the colourings of the aura, the best area it to look at is the hand and around the head. Generally the colouring around the head is a yellow colour, a very light lemon yellow generally means very high spirituality -- it is a very clear clean energy and generally the aura of these people reaches for 2 to 3 feet around their head. For saints, the energy is so intense that it is also seen with the physical eye, therefore when you look at the Christian images for instance of their saints, you will see this golden colour nearly always painted around their head, this halo, and that is because their auras were quite bright in these Beings and very close to physical energy that you see around you. Some colours that are easier to see than the others are: brick red of sensuality, and this is another colour that is relatively easy to see. For most people that are intellectual, they have much more orange in their head aura. And when there is high spirituality, there is a very light blue on top of this colour, they look like feelers of aspiration, light blue teamed with violet, which is very much representative of the aspiration of spirituality and those qualities within that being. If you see those colours in someone's aura you will know that they are a saint or very enlightened. Most people's auras are a little bit duller,

but the yellow is still there, it is heavier in its emanation. As you work upon yourselves to become more and more enlightened more and more spiritual, your whole aura becomes light, your whole being becomes light, you are always tripping, always dancing, because you feel so light inside, and when you feel heavy and there is depression energy all around you, your aura is thick and opaque. One is translucent and the other one is just thick and opaque. If you are looking at someone who is an alcoholic for instance, what they have around them generally is that grey rain cloud that follows them everywhere, a thick cloud like energy surrounding them. Often also it means dull consciousness. People that are very sensual, who always think about sex, have this brick red sometimes with grey cloud that swirls around them all the time. So when you see these types of colourings, it gives you an idea quickly of where a person is at. Sometimes if you see these auric colourings you can say I will avoid that person and let them go by, and look for the people with nice bright colours. It is really lovely to actually sit in a room where everyone's colours are vibrant. Unfortunately mostly I do see dullness of consciousness in people that are stoned as basically this is what you are doing, you are dulling your consciousness and you're zapping out at another level, because the high vibrancy cannot be reached through drugs, it is not possible. For that you need to clean the body of all forms of toxins. When people are tripping or stoned, the colouring that is generated in the aura is violet, and if someone is stoned and you look into their eyes you will find a band of violet across their face, it means they are in some kind of trance or clairvoyantly receiving something out of their bodies. The lighter the violet, the more natural visioning and the deeper the violet the more to do with the drug world. These colours are indications of what is happening to the person. When you actually begin to see the aura, most people are thinking all the time, and when I get to the subject of thought forms, what will pop out of their head is all these thoughts, and all these thoughts and flashes and different symbols are what they are thinking, and when you can read the colours of the aura and you know a little bit about symbology you can actually quickly interpret what they are thinking just simply by looking at the little things coming out of their heads. These thoughts are being sent out whenever somebody thinks – out comes this little thought and goes to whoever you are sending it to.

When you are strongly attracted to someone as lovers for instance, your aura can shoot out towards that person, especially if you are desirous towards that person, and when it is reciprocated you both feel wonderful because you are in love and you are sending all this beautiful pink energy with flashes of reds all around each other and it is also whirling around and it is a lovely sight, it is a beautiful feeling, it is an exhilarating feeling but it is also aurically quite beautiful because it is what people call love with splashes of light which can dazzle the night. So this colour yellow and orange is generally seen around the head, the deeper the orange the more scientific and intellectual, one could have a concrete and materialistic nature and not believe in anything to do with religion, but has an incredible intellect -- that is a very deep orange, and sometimes you will see that as a dunce's hat type of pinnacle above their head. So anything from the lightest of yellow colours to the deepest of orange represents the most intuitional to the most concrete way of thinking. So most of you will have this deep type of yellow running towards light, depending on whether the person is a clear thinker spiritually or whether they are very concrete materialistic so those colourings will appear. If you see a little bit of violet, especially around the eyes, as you know that person is probably tripping and so these are the types of things that you are looking for.

Generally about the shoulders going down to the hands we have the grey green and adaptability colouring. It is the type of selfish adaptability and it is the most common of the auric colourings because most people have to live in this materialistic world. It is the energy that allows you to live in what I call selfish materialism easiest. So most people around in the streets have a lot of this colouring. It is sort of like the colouring of many of the world's armies' uniforms. Some are the light brown or brown but many are this green, this khaki green and this is the selfishness of individuals adapting to this materialistic world. Most of us have this colouring as we have to adapt to this materialism and live in this materialistic environment one way or the other. So what I am trying to point out to you is once you begin to understand the aura proper, once you are looking at somebody's

aura it's mostly the same, there are just variations. If the general tone of the aura is very clear the person is a high spiritual being, a very loving being, but if the colour is very murky all the way through that person is into themselves, sensuality and selfish material pursuits. It's very roughly that or that. If a person is depressed, you will feel that depressive energy in the aura around them as the energy is very thick around them and it is difficult to get them to break through. You actually have to throw light into their hearts or into their minds somehow to give them a good idea of how to break through this energy and how to uplift their auric substance and to get them out of that depression that they are building around themselves.

When we reach the hands the colour changes, as people use their hands for many different things. I've already mentioned healing, and true healers like gardeners as gardeners are healing plants. The true energy of healing comes from the sun and the plants and they generally have green on their fingers. If a person is healing very, very clairvoyantly and psychically they may have different colours like a tinge of violet. The true healing colour is deep green. You may often see a band of yellow green in teachers and those very good at teaching people, in those who are into healing, into nature and who are quite loving -- people that like to help people through teaching them this or that with their mouths and are generally good-natured. This light green and the deeper green here represents more compassion and understanding and more direct healing energy. Then we can go into the greyish blue green. People that are very devotional such as people in churches and synagogues bowing before statues of the Buddha, these very devotional people that light their candles and go to church and pray, very sincere people, they often have around the aura this deep blue. This deep blue means that they are devotional, but they don't have necessarily a great spiritual understanding of things, they have very strong sincere motives in their beliefs. When you see that colour, you will see that it is generally that type of devotional person to religion.

This yellow orange colour that you see here, is another common colouring that more or less emanates from outside the aura as a general cone and it is sort of like a bloating energy and it comes from the chest cavity and the heart centre, and this is pride. Often this beam of pride will shoot out of a person when they have accomplished something. Sometimes it is quite easy to see sometimes it is not. The more red in the colour, the more intense the pride, the more light yellow orange colour which emanates mainly from the chest cavity, the more light, the more loving the pride. It is the type of person that may have done a beautiful artwork or some nice music or something like that, and they have this pride or emanation coming from them because of this thing that they have completed, that is not selfish, but just a general feeling of pride. If it is tinged with green that it is selfish pride, they are selfishly concerned with themselves and so that colour is more murky. Black with flashes of red is anger or malice. This is when someone is really angry with somebody else for something, and they send out these red lightning flashes at others with black. The more black and grey in the aura, the more evil intent, the more selfish, the more spiteful and those types of emotions. Always beware of black or grey especially grey as it means sickness, especially this brown colour. If I see brown in an aura and that is generally seen over an organ, that means that person is very sick there and there is lots of bad energies there and one automatically feels compassion to help that person out. The black with flashes of red you will always see when people are having arguments and fights and are quite malicious towards each other. Watch out for that. Those flashes of red attack everything, so even if it is aimed at one person that energy will still go out everywhere. The person that was aimed at will get the brunt of the energy and you will generally feel in the solar plexus, in the stomach area and you will feel bad, but, everyone else in the room can also be attacked by this energy and they will feel it. It will make you want to turn your back and go to a quiet space somewhere.

This is the violet that indicates some psychic phenomena. Dull light indicates a lack of auric qualities, those people they may have some white in them, but it means that they have not developed themselves in that area or in any area particularly. It is the white of underdevelopment, in really young children you will have a lot of this whitish colour in the aura as it is still unformed like an egg, it has

not been painted by the emotions yet. The grey always indicates fear as well, so you have the darling of the senses, we who deal with psychic attack do not like the grey at all, it's bad news when it is in people's auras, it is bad news when you are being attacked by it. It is psychological distortions of the truth, and whenever the truth is distorted by people's emotions -- and the emotions almost always lie -- whenever you are emotional you are distorted in terms of your emotions to favour your emotions, and people have to learn not to think emotionally, they have to think to learn in terms of their heart. People often mistake emotional thinking with heartfelt thinking. The two are just totally opposite. The heart is free from the emotions and always sees the truth and will not distort. The heart is actually clear cold reason. There is not a teen of emotion there -- just a straight perception of what is there and what is not. It knows the truth and it speaks it. The emotions always colour with all this auric substance, and you understand that you see through your auric colourings. Around you is all this auric substance that you create. That is the prism, the glasses in which you see, for instance when you see through rose coloured glasses -- these rosy coloured glasses represents devotion. It means that everything that you see will be seen with devotion. You devote yourself to noble ideas, causes and the rest of it, without really thinking about it. So rose coloured glasses means that you are seeing through distorted perceptions, you don't see the reality, you see the object of your worship. This can be anything such as movie stars, idols, images of deities, God, or anything that you wish when you put these rose coloured glasses on as you don't see the reality. We all know the way that the public worships movie stars, and they all have these glasses on, and literally sometimes you can see these glasses type things actually on the aura of people. Your aura is what you see through. So if you aura is murky you see murkily. You do not see the truth. You see the distorted perceptions. Whatever the basic colouring of the aura is, that is what tinges the way that you think, and that is what is the basis of your reality. Your reality is the auric colouring that you see through. So you have to learn to clean your aura to make it as clean and clear as possible so you can see the truth more clearly.

And when you see two people having an argument they are instantly totally in their emotions. They both think they are telling the truth, but anyone that is totally unemotional and that is listening to this argument, can see the distortions coming from here and there -- they've blown this aspect of the truth up, or they've debased that aspect of the truth from that other person over their, or they have belittled that person over their or not taken that aspect of the argument. When you are speaking emotionally, you never speak to conclusion, it's like a five second grab from a television set of an ad, they don't tell you the full story, like a politician on a stage. You only get a tiny snippet of the picture, and that's where you are emotionally because you don't think to conclusion. You only look at the surface issue and then you quickly jump to something else and you quickly jump to something else and you jump to something else because you're emotions are always turning upside down and you have a very small attention span on the whole. So you have to learn to think clearly and get rid of those emotions, get rid of those coloured auras and start to think of your heart, start to reason with truth. Expand your attention to the full-length of the debate to really look at the subject in depth. If you want to know about somebody's psychology, yes you can look at the aura quickly but on the whole you should talk to that person and ask that person questions about this or that subject to get more depth. When you are thinking or acting emotionally you don't give yourself enough time to do that because immediately another emotion swell comes in and your vision and perceptions are changed accordingly. This is the worst problem of the aura, with people's emotions and auric colourings -- they lie. They lie to themselves, as to what the truth is and then they believe this and then they give these lies out to other people. It always becomes more and more distorted. And so the gossipmongers, they start off with a little bit of the truth, they have this little bit of gossip, and by the time it has gotten to the fifth person down the chain it has been turned into a full horror story. There is almost no truth there. Whatever is taken out of context is a lie and this is again what the emotions do.

It's good to understand the way the emotions work, it's good to understand the auric colouring. Once you understand the way auras are, then you don't really need to look at people's auras because on the whole it is self evidenced by their whole character. On the whole you just get this inner flash of a person's aura and very quickly in the mind's eye you see it and automatically then you can respond to it. When people are jealous they have this pink colour of affection, with these flecks of red in it, but then they have these also very nasty serpents of green flashing out at the object of jealousy, and these can become quite strong lightning bolts and eventually the whole aura of jealousy can consume the whole being. Some of you know this energy and how quickly this energy can lift up and start to consume your entire life. You have to be aware of auras and be aware of what you create because what happens is that even if you don't go and physically attack somebody, for instance if you are angry, you are actually attacking that person with your aura. Your auric substance is shooting out at that person and hitting them, and with that there is karma, and you must pay for that. You can never ever give anyone any auric substance whether being as lovers or as enemies, whenever any auric substance is given to another person it was yours, you must get it back. The reciprocal of whatever you gave. If you give out loving auric energies then you get that loving auric energies sometimes in the future. If you give out hateful and spiteful energies well that must come back to you in equal amounts that you gave out, it's your substance, your energy.

I will talk about the Devas later on, and that Devic substance will come back to you, the law of life, your World karma. So nothing that is done emotionally, nothing that you think, is free of karma. It all has its exchange accounts there. It must come back. You hit somebody physically, some time down the track in some time you will be hit with the same pain that you caused. You send out auric energy of anger, then you must get it back. Understand the effect of anger on the aura. If you keep on sending this type of energy out, you are actually influencing other people to be angry. They are receiving these anger vibes, and it is going into their auric substance, and it is automatically causing these eddies and swirls inside of them. You are painting their aura with that substance. They will be feeling anger from somewhere. They won't know where it is, and if they are weak in their own emotional state, they will live out the anger for no real reason and won't know why. So like attracts like, and this is the law of the universe. So if you have debased auric substance you attract to you debased auric substance. If you have very, very heightened auric substance for instance, everyone that is creative for example trying to create a piece of music, you will send out into the atmosphere these streams of auric substance of inspiration, and what is attracted to you is like thoughts as your own. Other composers somewhere else in the world similarly thinking and they attract to you their thoughts, and you get these flashes of inspiration. Likewise as an artist or anything else you do.

There is a continuous stream of substance that is being sent into people and from people to people. This is more the subject of thought forms and telepathy. When you send out emotional energy then you must pay for it, you affect others around you with that emotional energy. Men for instance are very good at sending sexual emotional hooks to women, and when women receive this energy into their aura, all the time then they have to deal with the effects. If a woman is psychically sensitive then she will know this effect and she will either be turned on by it or she will be repulsed by it. It depends on the woman concerned and how attracted she is to that man. This is just facts of life. For instance I often see a smoker sitting with his cigarette packet over there, and suddenly they get a flash she sees that and responds. Firstly what comes out is this auric hand to grab hold of that cigarette packet, followed immediately by her physical hand. It is often quite funny the effect of seeing this hand first shoot out of the auric substance and then a physical hand following. This is the sort of thing that you do with your desire body. If you're walking past a shop and you are hungry and you see this wonderful food then all of a sudden out of your body comes hooks and feelers toward these food items and your brain will register that food as the particular one that you like and you will go and buy it.

Advertising in the mass media works with the subliminal messages. They give you images that stimulate your auric responses. So what you have to learn to do if you want to be relatively free from this type of karma is again learn to control your emotions. Always exercise emotional control. If you can control your emotions then you can become a very beautiful person indeed. You can become a very, very powerful being in this world. You are free from all those emotional ups and downs that most people don't like any way. You are not creating the karma of sending out psychic energy to people and then having to suffer the consequences of those in later lives. There are many types of ways of suffering these consequences, which we will explain in another talk.

Going back to this grey energy, the grey often indicates fear. You are fearful of this or that, so you have these bands of grey around you. Depression is another grey energy. So when people are depressed, and depending on the strength of depression the colour can go from grey to black. Most of you that have friends that are depressed can actually see the dark auric colouring around them. You can see it physically as it is just so strong, and you know it's grey it's just a common understanding. You then try to uplift them by putting into them some light energy. You give them a joke or tell the story, to uplift the spirit and make their energy a much clearer energy. The greater the depression the stronger the grey, the more closer to the black. As you get closer to the black you get extreme selfish thinking of many people you get those malicious and spiteful thoughts, you get those hateful thoughts that some people have and if you ever have those things, please burn them up. Sometimes you may have those feelings, but if you send them out to another person even if you are angry for one second, find your thoughts and burn them up, clean them up with a loving thought. Get rid of them. Don't allow them to linger in that person. If you stub your toe over something and you swear, that's fine if you keep that energy within yourself. But if you shoot that out at some person or something, then that person will get hit by the energy. It will affect them with the quality of energy that you have sent them. There is karma involved in this. So on the whole if you manifests negative thinking, negative feelings, negative emotions, malicious type of thinking because something has done something wrong to you or stolen something from you, don't add to your karma by creating these types of thought forms. Keep them within yourself if you can't stop them, keep them within your own auric sphere and burn them up later, but don't attack another person with them. From my perspective it is just as bad as physically walloping someone. If you can keep your emotions inside you, only generate positive emotions, then you not only make your aura very bright, you also helped the aura of the planet. Because your aura and the aura of the planet are one of the same thing. If we are always generating negative emotions, spiteful and selfish types of energies, it goes out into this atmosphere and what gets hit by it is not just other human beings its plants and animals as well. These plants they live and die not just because of the pollution in the air and from cars, but because of the negative emotional energy they are bombarded by, they can become sick, and whole forests can die out.

## **Questions**

### **What can colour blind people see?**

People that are colour blind including blind people, it is only a physical thing to do with the eyes. It does not mean that they cannot develop auric vision. As a matter of fact it is one of the great pains that I see in modern psychiatry that people do not recognise these sorts of things as auras. Therefore they do not tell the blind people to develop clairvoyant vision. If the blind people were actually trained to see clairvoyantly, they would actually have sight of some sort. They would actually have quite good sight and quite possibly better sight than most of us. They would see aurically, and it is not impossible for them to develop. You could imagine the type of world they could live in then, they would see you far better than you would see yourself on the whole. I think things are starting to be done on the parapsychology level to help educate blind people to see aurically. It has to be done more, it's well worth the exercise.

## **A question about the auric hooks that you can see emanating from people**

This is a far greater subject than most people can imagine. When you are saying that you are catching some thing from someone, when you become clairvoyant and quite sensitive, then you really live in the psychic world. You do catch things, you catch this nasty substance, the filthiness of most people's auras and their minds, that substance actually pastes new, on your aura like dirt. You actually have to stop to wash it out of you. If you have similar kinds of qualities it can actually affect you. It can make you quite sick. So yes, it is not just auric substance that you can attract to you, but entities as well. The psychic entities in this astral realm can latch on to you. Now we get into another aspect of healing. So when you develop this vision it opens up a larger world than just auras. And yes people do emanate all sorts of things not just sexual hooks but all types of hooks, and if they don't like you or don't like somebody else they will be walking around and are literally having a whole cloud full of entities and energy and thoughts and flashes all around them, they could be really angry people or very selfish people, it is all these things that are just bobbing around their aura, and you can walk past them and receive some of this energy. It can help make you sick and later on you will need to cleanse this. We will have to sit down and meditate to get rid of the substance and the substance in the rooms. The temple is a place and should be a place where your aura and auric substance of the temple should remain clean indeed. Therefore we don't like people smoking and things like that -- that's the physical side of it, but the psychic side of it is just as important. Most of you that are on drugs are very susceptible psychically to emanations of this nature. You open up to the world and you often get psychically attacked, sometimes without even realising it. This can give you bad trips. You have to learn to protect yourself more, through building your aura and through also understanding this type of world that you're actually entering into quite blindly through your drugs.

## **Does your aura get clean when we sleep?**

Yes. On the whole what happens, when you sleep is that you rest, and the rest heals you. What happens of course while you're being healed, your aura has not been actively manifested in any way, shooting out energy, it's resting. It is calming itself, and going back to a very quiet centre. As a consequence, you wake up refreshed. Your aura is refreshed because you have not abused your energy body in any way. Sleep is a time of rest, it is a time of healing. And yes, therefore your aura does get cleansed while you sleep. Of course if you sleep in a very, very noisy and crowded place full of very bad auric emanations, then you can absorb these into your aura and body whilst you sleep. Another case of your aura not necessarily being cleansed while you sleep, is if you are sleeping with somebody who has a non-complimentary aura to yours. In other words, somebody has negative energies such as hate or spite in their aura. If you sleep with somebody like that, then you will absorb that persons auric substance. This could tend to give you that spite or hate. Other People's auric substance can vamporise you. You can be sleeping next to somebody who psychically drains you because they are weak and they need your energy. So you will wake up feeling quite down, because of that persons need for your auric substance. So it should be cleansed while you sleep, and on the whole that does happen, as that is the purpose for sleep, but if you sleep under these other conditions then you can actually have devitalised auric substance, or you can absorb into your aura bad emanations from your surroundings. None of us like sleeping in a crowded space full of lots and lots of strange people.

## **Will there be a time when everyone will see auras?**

Well of course that is the way of evolution. A long time in the past, human beings were clairvoyant. This was part of the infancy of the race. Children are naturally clairvoyant, babies can see auras, and we grow out of it as we are conditioned to a materialistic society. When the human kingdom was young it saw auras and was clairvoyant, but there was no mind, no intelligence to process this. When we developed intelligence, it destroyed our ability to see these subtler forms of energies. The future, the new age is again to see their aura, and to see into the subtler realms and the higher strata of being with wisdom and understanding, and to direct our vision correctly and rightly. So this time we won't use the psychic power for the manipulation of other people, for the amassing of great power around us for selfish purposes. We want to use it for healing purposes, for helping people. As human beings become more loving, as the race of man becomes loving, then the ability to see auras will naturally develop. They will begin to be attuned to higher and higher energies. And all you are talking about when talking about things such as seeing an aura, is simply seeing energy states that are a little bit above where the average human being is at. Therefore when humanity evolves to higher energy states, seeing auras will be a naturally occurring function. It will no longer be seen as something psychic or something strange or alien. This is what I look forward to, when beings are loving enough to be able to see the auras of other people and the thought forms of other people without using the information they see in the wrong way, in a selfish way. Most still think this way.

Most will still use the seeing of auras for instance of a prospective lover for their own purposes. They may see thought forms related to winning Lotto, and none of these things is actually good for the individual before they are ready to use the information given to them, in an unselfish way. Otherwise this world will far more rapidly head towards destruction than it is now. At present we have materialistic man, creating materialistic havoc upon the earth, destroying our rainforests for greed for instance. But if you could also have psychic power, then you could do much more damage on the inner realms consciously. We are talking about the masses of human beings. Therefore we don't see auras for good reason -- it is a safeguard for the planet so that people do not amass for themselves an enormous amount of terrible karma that they would have to spend lifetimes to try and fix up. So in turn, as everyone learns to love more and to give more to each other and be unselfish, be altruistic, do the best, then they will see auras and their clairvoyant vision will be natural. This new age incidentally is a time when the barriers between the Etheric realm and the physical realm will be shattered, when more and more children will be gifted clairvoyants, will be on the path to enlightenment. As they become so, then they become the majority and science will have to bend and adapt its ways to include this type of phenomena as the norm, and it will be investigated by science itself. Much will be written about the human aura.

## **Please explain how a child loses their clairvoyant ability with age and intelligence?**

What most mothers notice when they have a newborn child, is that it is staring into space, and for hours it is amused by something. Children are well noted for playing with imaginary entities. They have their imaginary friends. To a child it is not imaginary it is something that they actually see as they are naturally clairvoyant. The child has not yet developed great intellect. As they become conditioned by normal human values, by this society and by their parents who don't understand what auras are and don't understand the world that the child is in, they start to condition them to look at the materialistic world. They start to condition them to think what the parent thinks is a rational way. They start to teach them about materialistic values, about money and about things that are of interest in the parent's life. So in turn the creative and imaginative flair within the child and that clairvoyant state is gradually educated out of the child. It is a form of abuse from my point of view because of the

ignorance of the parents concerned. But it is also a natural development as a child becomes more intellectual and therefore more aware of the physical plane and the physical plane attributes. As a consequence that imaginative world disappears, and the type of play that they have disappears. Understand that the way that children play with their imaginary friends and dolls for instance, these are all types of clairvoyance. As they become older it becomes more articulated to physical plane things such as computers, but when they are younger it is far more imaginative and far more in the minds eye. You can see auras inwardly in the minds eye as types of visions or very strong images or you can see them externally via the awakening of the chakras. Both ways are possible for children. In the New Age as it unfolds, more and more parents will educate their children to retain their vision instead of brainwashing them to think a different way. That is the way it must be -- that is the evolution of the race. As I mentioned in the past, I was really speaking about ancient Atlantis and the type of awareness that were developed in the Atlantean stage.

If you go and read your mythology, for instance Greek history, you will find that the further you go back in time long before there were signs as we understand it, people did everything according to the way the God's told them, they did their rites, and the gods were real entities that they saw clairvoyantly. The whole story of Greek mythology with the rising off such thinkers as Socrates, Archimedes, Plato was the transfer from this type of national clairvoyance to intellectual capabilities. When people started to think what we now call rationally, they began to lose their clairvoyancy. They began to think in terms of this and that of the material world rather than the entities, these psychic entities, these Devic entities, the gods of the myths. We will go again to the future, and again we will see these things, but with much more understanding of the how and why it is all happening. People of the future will be much more scientific than they ever were in the past when it comes to the opening of the eye.

### **What happens to our aura when we meditate?**

A very good question! It depends upon the nature of the meditation of course. Some people meditate on totally inappropriate things, they try to force open chakras instance or they are trying to visualise deities. They can put a lot of willpower into the meditation thus forcing their whole auric structure into the way of that will. If they are using a lot of willpower the aura can become very intensely red or green. If they are meditating on deities they can become very, very blue. The quality of the deity or the entity that is attracted to them can also change their aura. If they are meditating in a very calm space the aura itself becomes calm. The normal swirls of the auras start to smooth out and dissipate and smooth out completely until there is nothing but a very tight and calm aura. The colouring therefore becomes lighter and brighter, that is of course if someone is meditating properly. But if you are meditating upon selfish pursuits as most people do, here I mean for example, businessmen busy trying to make money, people often forget that this is a meditation too. Those people that are busy in the material world are thinking hard about how to do this or how to get that -- they have to meditate continuously upon these types of pursuits and their aura is coloured according to the nature of their meditation, to the nature of their strong will. If they are meditating upon selfish things then they will get the grey green of selfishness strongly appearing in their aura and colouring it. Even after they have stopped thinking upon these lines, the colour is still there and it still tends to make the person selfish.

Therefore I say calm your aura, soothe it and make it smooth and wholesome. Meditate upon non-selfish things, meditate upon high altruistic motives, meditate without mind. Simply allow impressions to come, and then when impressions do come, the aura is of a very high quality to receive them. The aura, if it is all swelling and agitated will not allow these impressions to come through. Therefore all true meditation states must mean the development of a calm aura in the first place. It is quite laughable when people think that to do meditation you must shout or scream or

awaken the emotions in some strong way. It is the antithesis of meditation; it is the antithesis of producing anything of beauty in the aura. Be calm, be serene, be quiet and still those emotions. Then high energies can come into being, bringing high colours.

### **What is the best way to train yourself to see auras?**

This was partly given in the class where I told people if they wish to see their auras they should look at their hand on a white background, a white piece of paper for instance, in a dull light and defocus the eyes. Look a little bit away from the hand and you should see at some stage colours flashing very quickly into your view. You may just see green for instance. If you just see one colour you will find that it is not the aura. In nearly every case with the hand there is the different colour for the fingertips than there is for the rest of the hand and a different colour for the thumb and up near where the wrist is or a little bit higher up is the grey green of adaptability. You really want to see these direct changes of colour. As you defocus you should get sharp bands of colour delineation between one and the next. Then you can say you've seen the aura. And watch out of course for what I mentioned before which is bright coloured clothing. For instance if you have yellow on as you focus upon that for some time when you look away your eyes will see blue. And the rest of you if you take drugs it is another mechanism of seeing the aura as the drugs will act upon the receptors in the eye. Especially if you actually defocus and tell your mind not to play tricks upon you with monkey images. So if you do this instead of giving you what's in it, its own sort of patterning, it will show you the reality around you and you should see auras quite clearly that way.

I suggest also to control your emotions and to have a calm centre. You won't be seeing any auras if you are agitated and full of glamour, pride or ego. These things all simply colour the aura according to your ego. So get rid of these things and humble yourself and be very, very quiet, be at peace and some of you may need to smoke a joint! But on the whole I suggest that you defocus your eyes away from what you are looking at and allow the impression to come. Don't expect anything and if the colours suddenly flash into your eye into your mind and you go wow, and as soon as you go wow of course that will be it. What you have to learn to do then is to actually hold the colours in your mind's eye without any reaction. The first time it happens you react and it's gone. The second time it happens you stay peaceful enough to see it for a longer period of time. And as you stay peaceful you can see it through greater length of time. You practice and practice being calm every time these colours appear so they don't go away because of your emotional reaction.

I want also to point out that you see through your own aura therefore if your aura is agitated you won't see anything. Drugs on the whole have this disadvantage here because they do agitate your aura. So if you are going to use this as a mechanism you really are going to have to calm yourself to see properly. Cleanliness of living, cleanliness of thought, cleanliness of emotions is what gives you the chance to see the aura properly. If you do see your aura around your hand then you can start to look around a person's head. Generally there's yellow around the head, but often when people start to look for auras they see a glow around the person and that is not the aura. Therefore I suggest you start with the hand. You can look around the head and around the hips where you would see a red colouring. Be very careful because once you start to enter into this world and start to read people's emotions and people's psychic problems and so forth, you can unconsciously start to project energies out their way into their auric substance and that in itself has karma. And that karma must be paid back. Remember always that love is the key -- you must become a loving person -- without love there is no way that you can control what you see and use the information that you get without producing karma.