



Aura Photos

WHITE

PINK

GOLD

VIOLET

INDIGO

BLUE - SKY

BLUE - NAVY

GREEN - LEAF

GREEN - MOSS

YELLOW

ORANGE

BROWN

MAGENTA

RED - BRIGHT

RED - MURKY

Truth

Love

Power

Spirit

Mystical

Expression

Structure

Expansion

Introspection

Perception

Emotion

Creation

Romance

Vigoration

Protection

Spirituality, Consciousness, Grief, Purity, Clarity

Suffering, Acceptance, Compassion, Forgiveness

Enlightenment, Openness, Intellect, Power, Purpose

Philanthropy, Otherworldliness, Death, Surrender

Wisdom, Clarity, Knowledge, Mastery, Fulfilment

Thinking, Writing, Doing, Talking, Drama, Action

Education, Association, Groups, Rules, Devotion

Growth, Life, Renewal, Healing, Space, Activities

Identity, Self, Beingness, Soul, Transformation

Awareness, Learning, Studying, Focus, Intention

Attachments, Feelings, Family, Sensitivity, Desire

Manual, Tooling, Handcrafts, Practical, Earthiness

Loving, Creative, Sensual, Colour, Music, Flow, Fun

Healing, Restoration, Vitality, Activity, Passion, Joy

Deficiency, Sickness, Malfunction, Drugs, Suffering

EMPTY-CUP AURAS HAVE:

- oxidative stress toxicity
- black spots of no colour
- black lung meridian line
- black holes around head
- drugs, medicines, mentals
- suffering, sick, tired, pained

AURA ENERGY EXERCISES:

PREDAWN	Walking
DAWNLIGHT	Meditation
DAYLIGHT	Breathing
DAYTIME	Drinking
MIDDAY	Basking
DAYTIME	Eating
NIGHTTIME	Sleeping

OVERFLOWING-CUP AURAS:

- indicate enlightenment
- are vertically symmetrical
- have clear and distinct layering
- have colours of only green and above
- evolve psychologically slowly with time
- have outer colours of blue/indigo/violet

~ the best medicines of Nature ... are free ~

20 minutes of walking in the violet night sky

20 minutes of meditation in the golden dawn

Several slow and deep breaths upon the hour

One small glass of pure water upon the hour

10 minutes of midday sunlight upon the head

A hand of rice and a hand of vegetables/fruits

Sufficient uninterrupted and uninhibited sleep

Kristi Beams • Aura Photographer

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