



Mini Aura

Reading Guide:

Introduction:

Your Aura is the energetic field that surrounds your body, reflecting your physical, emotional, mental, and spiritual state. With a little practice, you can learn to observe and interpret your Aura to gain insights about yourself or others.

Step 1: Find a Quiet Space

- Sit comfortably in a well-lit area.
- Relax your mind and body. Take a few deep breaths to center yourself.

Step 2: Focus on Your Hands or Body

- Extend your hand in front of you or observe your own body.
- Keep your gaze soft, relaxed, and slightly unfocused—imagine your eyes are gently "seeing" beyond the physical.

Step 3: Observe the Aura Colors

- Look for any subtle colors, halos, or light around your hand or body.
- Notice if the colors are bright, dull, or muted.
- Pay attention to areas that seem more vibrant or darker.

Step 4: Note Your Colors and Shapes

- **Common Aura Colors & Their Meanings:**
 - **Red:** Passion, energy, strong emotions, or physical vitality.
 - **Orange:** Creativity, enthusiasm, social connection.
 - **Yellow:** Joy, intellect, positivity.
 - **Green:** Healing, compassion, and growth.
 - **Blue:** Calm, communication, spiritual connection.
 - **Indigo/Violet:** Intuition, spirituality, deep insight.
 - **White:** Purity, high spiritual energy, protection.
- Shapes or patterns (e.g., bursts, streaks, or halos) can indicate different energies or states.

Step 5: Interpret the Energy

- Bright, clear colors suggest balanced, healthy energy.
- Dull or murky colors may indicate blockages, stress, or emotional imbalance.
- Overly bright or intense colors can mean heightened emotions or stress.
- Gaps or dark spots might point to areas where energy is blocked or lacking.

Step 6: Reflect and Practice

- Over time, notice how your Aura changes with your mood, health, and environment.
- Practice regularly to strengthen your intuitive perception of the Aura.

Quick Tips:

- Keep your eyes relaxed and soft.
- Don't strain your eyes.
- Be patient—your perception will improve with practice.
 - Trust your intuition and feelings about colors and patterns.