

Physics, Consciousness and Health in Relation with Aura Energy Field

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Abstract:- Every living thing on the earth radiates a field of energy, which is called an aura. In humans, there are seven main centers in the body that produce the energy or the aura, and these energy centers are called Chakras. These energy fields can be scanned over a long distance and then interpreted in the analysis. The analysis provide perfect evaluation of material and spiritual status of an individual. The auric pattern rather provides a much more complete picture as regards realistic state of happening. It indicates upon relationship harmony, success in work, hurdles and obstacles to be cautious upon, general physical and emotional health. The analysis is very significant because not an individual learn about the pluses and minuses, but also have a corrective solution.

I. INTRODUCTION

Everything in the Universe is just a vibration. Every atom, every part of an atom, every electron, every elementary "particle", even our thoughts and consciousness are just vibrations. We may define the Aura as a vibration surrounding every material object. This definition is sufficient for the purpose of reading Auras, providing that we can train ourselves to see Aura vibration. Aura around living objects, changes with time, sometimes very quickly. Aura around non-living object is essentially fixed. The Aura around humans is partly composed from electromagnetic radiation, spanning from microwave, infrared to UV light. The low frequency microwave and infrared part of the spectrum seems to be related to the low levels of the functioning of our body, whereas high frequency [7] is more related to our conscious activity such as thinking, creativity, intentions, sense of humour and emotions.

II. WHY DO WE NEED TO SEE AURAS

Colours and intensity of the aura, especially around and above the head have very special meanings. Watching someone's aura you can actually see the other person's thoughts before you hear them expressed verbally. If they do not agree with what this person is saying, you effectively see a lie every time. No one can lie in front of you undetected. We cannot fake the Aura. It shows our True Nature and intentions for everyone to see. Also, aura is our spiritual signature. When you see a person with a bright, clean aura, you can be 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 gray or dark aura, you may be sure, that such person has unclear intentions, regardless how impressive, eloquent, educated, "good looking" or "well dressed" he/she seems to appear. It is important to check the aura of any religious leader, "spiritual teacher", "master" or a "guru"[1]. Such person should have a clearly defined yellow-golden halo around the head. If he/she does not have it, you are much better on your own. Joining a sect or a religion that is led by incompetent people without good Auras is very dangerous for your consciousness. Where is the danger? When the time comes to really use the information stored in your consciousness from this lifetime, there may be almost nothing useful there, if you focus your life on following rituals and the flock of other people. In such case it is necessary to re-learn everything from the beginning. Most sect, religion and political leaders have only two things in mind: money and power to control people. And you can see it in their Aura for yourself. Imagine changes on Earth if many people can see Auras of their leaders and start choosing them on the basis of their Auras. Reading Aura you can diagnose malfunctions in the body (diseases) long before physical symptoms become evident. By consciously controlling your Aura you can actually heal yourself. However, healing of the physical body is nothing in comparison to what seeing and reading auras can do for our consciousness, spiritual development. Everyone has an Aura. But most people on Earth have very weak and dull Auras. This is a direct consequence of their life long materialistic attitude negating and suppressing the development of consciousness.

III. 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 emphasizes 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. 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 has been confirmed[6]. 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 from 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[4] is a sign of power and general ability to control people. Quickly changing "flashes" indicate quickly changing thoughts.

IV. METHODS OF IMPROVING AURA

Sometimes chakra shut down due to blocks in the energy field and stops emitting the energy field. This may be caused due to trauma, illness, or some other imbalance; whether it be physical, emotional, mental or spiritual. It is all connected. Some of the popular methods of improving and balancing energy is as follows:

(a) **Pranic healing** Vaidic Vaastu takes this technique of energy scanning a step forward by offering Pranic healing for aura and chakra cleansing. Pranic healing is a simple yet powerful and effective no-touch energy healing. It is based on the principle that the body is a "self-repairing" entity that possesses the innate ability to heal itself. Diseases first appear as energetic disruptions in the energy field before manifesting as ailments in the physical body. When pranic healing is applied, the bioplasmic body absorbs life energy and distributes it to the organs and glands, thereby healing process. (b) **Reiki** Aura can also be improved with world recognized science REIKI. This ancient therapy is based on the belief that thoughts have the power to direct energy—the underlying dynamo shaping the world. It can be used for the treatment of physical, emotional, and mental diseases. The Practitioners in Japan use similar technique, which they say will "channel healing energy". The state of energy flows through their palms to bring about healing. This method can also be used for self-treatment as well as treatment of others.

V. CHAKRAS AND ENERGY MERIDIANS

Chakra is a Sanskrit word that literally means "wheel of light". It is generally agreed that there are seven major, primary chakras and 122 secondary, smaller chakras throughout your body. The primary seven chakras are seen clearly as spinning vortexes of energy lined up along the midline of your body[2]. The secondary 122 chakras are found wherever your joints are throughout your body. The locations of our primary 7 chakras are: a). First chakra—the base of our spine b). Second chakra—below our navel c). Third chakra—in our solar plexus, or displaced to the left in some people d). Fourth chakra—center of our chest at the level of your heart e). Fifth chakra—in our throat f). Sixth chakra—center of our forehead, just above the level of our eyebrows g). Seventh chakra—above the crown of our head. The qualities and functioning of our human aura reflect qualities and functioning of our chakras. Our chakras and your human aura are intertwined. Chakras have different possible colors or combinations of colors (including red, orange, yellow, green, blue, indigo, violet, and white), sizes and shapes, spin and rotation direction, and intensity

We receive vibrational intuitive energy differently through your different chakras, because each chakra resonates vibrationally with specific energetic information[2]. And you may tend to interpret your experience more through certain chakras, and not so much through others. Another energy system affecting the state of well-being of your body, mind and spirit are the energy meridians, also called acupuncture meridians. They are 14 physically-based pathways carrying energy to every organ in your body. The names

of the 14 meridians are:1.Central Meridian 2.Governing Meridian 3.Spleen Meridian 4.Heart Meridian 5.Small Intestine Meridian 6.Bladder Meridian 7.Kidney Meridian 8.Circulation-Sex Meridian 9.Triple Warmer Meridian 10.Gall Bladder Meridian 11.Liver Meridian 12.Lung Meridian 13.Large Intestine Meridian 14.Stomach Meridian These energy meridians, or acupuncture meridians, create energy where the points along the way are acupuncture points. Intentionally stimulating these points on the surface of the skin .It enhances the energy flow throughout the meridian. And this in turn enhances your overall well-being.The human aura contains the energies of both the chakras and the meridians. And all of our energy systems are influenced by your thoughts and feeling.

VI. INCREASING ENERGY AWARENESS

Meditation redirects your mind's focus. It helps you to perceive more subtle information beyond the repetitive thoughts the mind wants to run. Like daydreaming, but you choose the focus[1]. Giving yourself opportunities to slow down and pay greater attention to your body and what it is telling you is also important. Our body, made of intelligent energy, always has lots to tell you. So this could include asking yourself what our body is needing throughout the day - food, drink, movement, pleasure, rest? Your answers may come in many ways - through gut feelings, a mental image, an inner voice, a physical energetic sensation, or in other ways unique to you. To receive more specific information about our body, you might also want to try doing a body scan. In a body scan meditation, you close your eyes and systematically focus on each part of your body. You simultaneously tune in to your intuition and notice what information you get, in whatever way your intuition "speaks" to you. Sensations in your body are related to what is happening in your human aura and other energy systems[5]. It's All Energy And Focus. $E=MC^2$ - Albert Einstein. In this famous formula, Albert Einstein demonstrates that all matter is congealed energy. That would include everyone's bodies, the objects we live with, our planet and all of its creatures and forms, and celestial bodies beyond Earth. Actually, everything, including matter as per Einstein, is made up of energy. So our bodies are made up of energy, and this energy is continuous with the energy of our human aura. Beyond our human aura, the "space" and all other matter is also energy. So as you reach "out" with your skilled, clear intuitive awareness, you are able to receive and perceive energetic information about whatever you purely place your focus and intention upon. With vibrational energy healing, practitioners use their intuitive energy awareness to also encourage energy balance in their clients. Balanced energy flows and resonates with well-being. Unbalanced energy leads to dis-ease. Quantum physics calls the continuous, intelligent sea of energy the "unified field". Consciously accessing this field is a means to connect intuitively with everything-when you can open yourself fully to the experience.

VII. EVERYDAY ENERGY BALANCE

When you listen to your intuition about what you need to do to feel good, it's about balancing your energy systems. When you then take that inspired action, you are allowing your natural well-being. I have come up with a list of ways you can help balance your energy systems overall, including your human aura, chakras, and meridians. The thing is, for your full empowerment, it is important to check in with your intuition first. Follow your guidance about what would help you feel even better than you feel now. Allow your way toward feeling better, better, and the best you can possibly feel in each moment[7]. Here is a list to run by your intuition-exercise with deep breathing, being in nature, receiving bodywork ,yummy-smelling aromatherapy, chanting or singing where you don't feel self-conscious, petting and caring for animal friends, playing musical instruments or crystal singing bowls, dancing or other fun movement where you don't, again, feel self-conscious ,using your intuition to choose everything you take into your body, including food, drinks, supplements, etc., remaining truly happy as much as possible through your choice of thoughts and feelings, giving and receiving lots of hugs every day, imagining what you really want as if it is already real, regularly meditating or doing some meditative activity you enjoy, like gardening, drawing or painting, maintaining healthy, loving relationships.

VIII. CONCLUSION

Modern science tells us that the human organism is not just a physical structure made of molecules; but like everything else, is composed of energy field. We are constantly changing, ebbing, and flowing, just like the sea. Scientists are learning to measure these subtle changes. The human energy field is the frontier for modern research, and the development of new diagnostic and treatment systems. We are constantly swimming in a vast sea of life energy fields, thought fields, and bioplasmic forms, moving about and streaming off the body. We are vibrating; radiating bioplasma itself. People have recognized this phenomenon in the past. Now we are rediscovering it. This is thus not a new phenomenon; but rather, a new observation, a growing awareness, a new perspective, and a renewed interest in studying the intricacies of the unknown.

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