

COLOUR THERAPY

LESSON THREE

THE AURA AND THE CHAKRAS

SUBTLE ANATOMY

The Aura comes from the Greek word meaning a breeze. It forms an oval envelope around the physical body, and is our body's greatest protection. The Aura is a two-way transmitter and receiver connecting us to the vibrations around us.

We described in the first lesson the seven bodies of man. Each of these bodies emits its own energy made up of light, colours and sounds. The sum total of these electro-magnetic emissions forms a sheath of coloured energy around us, known as the Aura.

The Aura is made up of three major layers extending outwards from the physical body. The colour vibration emitted from the physical and etheric bodies extends just 3-4 inches around the body. The Astral body and lower and higher mental bodies extend outwards from the etheric and lastly is the layer that connects with our soul on the casual and spiritual level. This last layer extends outwards from us, connecting us to others and the higher realms. When the divine light energy is flowing smoothly filling the entire body, it is balanced energy. It flows to the top of the head, creating an aura similar to that of Christ or the halo of the Buddha, forming a halo around the head area. It was said that the Buddha's Aura extended for two miles.

AURIC COLOURS

The colours in the aura reveal the nature of our disposition, health, temperament and general well-being, as well as revealing how we are responding to the vibrations around us. If you lack the colour red in your aura, you will show this by being mentally and emotionally lacking in drive and energy. A person might also suffer from low blood pressure. Smokers and drinkers have dirty auras. The colours turn muddy. When a person is showing negative qualities of the colour, we often use terms like, 'green with envy, yellow with jealousy', and these colours will show up in the aura as dirty olive green and a muddy yellow. The purer and brighter the colour the more balanced the energy, and the more the person will be displaying the good qualities of the colour. When we are unhappy, we de-magnetise ourselves.

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Not only are the colours in our aura constantly changing in arrangement and quality, but also the general arrangement of colours changes through our lives.

The aura of babies will be mostly pastel colours. Older children will have more yellow and gold in their aura. Adolescents will have a good deal of orange to red, while adults will have more greens to violet than younger people. The more spiritually evolved the person, the more their aura radiates the three primary colours. While they radiate blue and green, the red turns into a deep rose pink, signifying unconditional love. In a mature and balanced person, his or her aura will show the complete range of rainbow colours. If for instance there is a lot of red in the aura, it will show that this individual is still emotionally immature.

The quality of the colours not only changes as we progress through life, but also reveals our state of being at any one time. Healthy people will have bright clear colours, while ill or depressed people will have dark or grey colours. Blockages and severe illness and emotional or mental problems will show up as lines, blobs, flecks and swirls in the aura.

Psychics and clairvoyants have always been able to see the Auric colours, but it was only recently with the invention of the Kilner screen that everybody has been able to view these emanations. Dr. Walter Kilner, while working at St. Thomas' Hospital, London, invented the dialine screen that allows us to view the ultra-violet part of the spectrum with the naked eye. Two Russians followed up the experiments with Kirlian photography that took photos of the energy field around objects. What is now known as Auric photography, does not capture the entire aura, but is very useful for quick diagnosis and to check the state of the patient after treatment.

We can all learn to develop our sensitivity to feel and see the subtle energy of the Aura. Some people develop their intuition about the Auric colours without actually seeing the colours. In fact many people with clairvoyant vision tell us that it can be a disadvantage actually seeing the Auric colours as you can become too highly sensitive to the negative and toxic vibrations if they are always visible.

THE CHAKRA SYSTEM

It is one of the main functions of the Aura to draw in white light, breaking it down to its component colour energies and sending them to the appropriate body energy centres, called *chakras*. The word chakra is taken from the Sanskrit word meaning a wheel.

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The chakras, which resemble whirling wheels of energy, exist on the etheric plane. This is why orthodox western medicine has difficulty accepting their existence. Indian and Chinese healing symptoms have shown us how important these energy centres are to our whole well-being. On the physical plane, the chakras correspond to the endocrine glands.

All chakras interpenetrate one another. Each chakra corresponds to a particular colour frequency, and with a particular organ or gland. This means that the organ or gland vibrates at a sympathetic rhythm to a colour vibration. When we feel 'off colour' or 'washed out' we need to retune to the colour, just like tuning in a radio set to a station so that it restores the signal loud and clear.

When a person's aura colours glow clear and healthy, so do the corresponding chakra centres. In a healthy body, the chakras absorb and distribute colour energy evenly, while in an unhealthy person, toxins may begin to collect causing physical, mental and emotional problems.

There are eight major centres within each level of the aura, these are joined together at intervals along the spine. These centres of power are constantly moving, absorbing currents of energy. A free flow of this life-giving energy is vital to the health and well-being of the person. We thus describe the chakra centres as being either open or closed. The open centre allows energy to pass freely, while a closed centre creates an energy block typified by problems related to that chakra. Chakras can also become too open, which will also cause disharmony, and allow too many vibrations to enter that centre. The colour therapist is aiming to balance the energy between the different chakras as well as making sure each centre is not too open or closed.

Each of the chakras contains all the colours of the spectrum, but only one colour is dominant in each. Let us now look at the eight chakra centres.

THE BASE CENTRE

COLOUR: RED

This is located at the base of the spine and is connected to the coccygeal vertebra and gonads. The base chakra governs the basic earthly instincts that are concerned with survival. A blockage in this chakra will result in the individual not being able to explore their full potential and live life fully and enthusiastically.

Physical Level

This chakra like the colour red is the seat of the life-force energy that gives us physical strength and vitality

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Emotional Level

Courage is the emotion linked to this chakra.

Mental Level

The base chakra functioning properly gives strength of will, power and perseverance.

Spiritual Level

Finding the soul's purpose here on earth, i.e. the reason for living.

THE SACRAL CENTRE

COLOUR: ORANGE

The Sacral chakra is situated half way between the pubis and the navel. This centre is associated with the internal reproductive organs. It relates also to the adrenal glands. The sacral centre controls the water element and affects the flow of fluids in the body. This centre therefore affects the flow of blood, lymph, tears, bile and other bodily fluids.

Physical Level

The functioning of the adrenals and kidneys are governed by this chakra. These energise and nourish the body physically by absorbing nutrients from the food.

Emotional Level

The sacral centre is the centre of the emotions and the ability to have a loving warm relationship with others. This centre also relates to our ability to express our emotions and sexuality.

Mental Level

When this chakra is open it means one has a broad mind and the power to cope with life.

Spiritual Level

Allows one to experience waves of joy. It also embodies the spirit of health allowing us to have a strong immune system and fight off harmful energy.

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THE SOLAR PLEXUS CENTRE

COLOUR: YELLOW

The solar plexus sits under the diaphragm directly below the sternum. It relates directly to the autonomic nervous system, liver and pancreas.

Physical Level

An open solar-plexus chakra will result in a good digestive system that will purify the entire body and result in us having a good skin. Yellow is linked very closely to the nervous system. A person will also have good co-ordination and orientation.

Emotional Level

This centre links to personal power. This centre allows warm-heartedness. It also shows feelings related to how much you feel appreciated as a person and professionally.

Mental Level

Stimulates mental and intellectual faculties, which will result in the person being a powerful achiever.

Spiritual Level

Allows one to be an active person not a reactive one.

THE HEART CENTRE

COLOUR: GREEN

This chakra is located to the right of the physical heart, and it balances the physical energies of the heart. It also governs blood pressure and the lungs.

Physical Level

This affects the functioning of the heart and lungs and regulates blood pressure.

Emotional Level

Your ability to love unconditionally, be compassionate and sympathetic depends on how open this centre is. Finding the strength to be vulnerable. It allows you to be honest with yourself and friends, and develop a love that is not ego-based.

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Mental Level

Able to validate yourself and the relationships you are in. Understanding, harmony and co-operation and balance in life.

Spiritual Level

Allows one to trust the process of life and evolution. It also has to do with abundance and wealth, reminding us how spiritual wealth is far greater than physical wealth.

THYMUS CHAKRA *(not universally recognised)* **COLOUR: TURQUOISE**

This chakra is situated in the thorax behind the sternum and in front of the heart. It particularly relates to the thymus gland. At birth this gland is quite large and continues to increase in size until puberty when it then starts to get smaller. There has been a lot of interest and study of the thymus gland recently, and studies are showing us that this gland is much more important than we thought.

Physical Level

This centre plays an important part in the body's immune system.

Emotional Level

When open, this centre characterises a well-adjusted person, capable of interacting with others. This individual also enjoys their own company. Also the ability to act with loyalty and discretion.

Mental Level

Clarity of thought and freshness of ideas.

Spiritual Level

This is an area relating to creative inspiration.

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THE THROAT CENTRE

COLOUR: BLUE

This centre as its name implies is found at the throat and governs the actions of the thyroid and parathyroid glands.

Physical Level

Control of the metabolic rate and balance of the body's equilibrium.

Emotional Level

Governs our ability to express ourselves vocally and is the seat of communication.

Mental Level

Ability to identify your own needs and verbalise them to others. To have your own opinions, beliefs, likes and dislikes.

Spiritual Level

Develops one's sensitivity and ability to listen to one's intuition. Clairaudience can result in this chakra being open. This chakra embodies the spirit of truth.

THE BROW/THIRD EYE CENTRE

COLOUR: INDIGO

This is located at the brow in the middle of the forehead.

Physical Level

This governs the Pituitary gland situated at the base of the brain. The pituitary gland is very important as this gland governs the manufacture of the hormones from all the other glands. It also influences the eyes, nose and ears.

Emotional Level

The ability to trust others and to know yourself.

Mental Level

To be able to perceive beyond your five senses and link with your intuition. To become broad-minded and free of inhibitions.

Spiritual Level

To be able to use your spiritual and psychic insights in your personal and professional life. To have true knowledge and use power wisely.

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THE CROWN CENTRE

COLOUR: VIOLET/MAGENTA

This is located at the top of the head.

Physical Level

Linked to the functioning of the brain and the pineal gland. The pineal produces the hormone melatonin, and other hormones that control other biological functions. This centre also relates to the head and scalp and to the autonomic nervous system.

Emotional Level

Feeling fulfilled and a sense of peace and harmony.

Mental Level

Desire to connect with the universe and to verbalise your changing beliefs.

Spiritual Level

This is the spirit of sacrifice, working for the good of others and not only oneself.

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QUESTIONS ON LESSON THREE

Please answer the following questions using no more than 75 words for each.

Incorporate the questions within your answers

(e.g. the number of days in the year is 365)

Diagrams may be used provided they are sent in by email or fax +34 952486340

1. *Describe how the Aura of a healthy adult should look.*
2. *If a chakra centre were over-energised, what colour would be introduced to recreate the balance?*
3. *From what parts of our subtle anatomy form the colour radiations in the Aura?*
4. *What is the technique called which shows the energy fields around objects?*
5. *How are the chakra centres joined and what is their function?*
6. *What colours and body organs or glands correspond to the Sacral centre, the heart centre, and the crown centre?*
7. *If a person is unable to express his or her feelings vocally, in which chakra would you expect to find a blockage?*
8. *What do you know about the base chakra? (in about 30 words)*
9. *On what plane does the chakra system exist?*
10. *What qualities would a person with an open solar plexus display? These can be physical, emotional, mental or spiritual characteristics.*

Return your answers to either

selfstudy@naturalhealthcourses.com

or

tutored@naturalhealthcourses.com

whichever applies.

Do not send any attachments, just type your answers into the body of the email. Please complete the subject line of every email thus:

Full Name – Colour Therapy (Tutored or Self Study) - Lesson 3

Leave at least one blank line between each answer.

Don't forget to keep a copy for your own records

Recommended Reading:

http://www.naturalhealthcourses.com/Recommended_Reading.htm