



Aura Reading Exercises

These exercises are meant to be used privately/personally in your own life, meditation practice, spiritual playtime, etc. AND can be used/practiced/played with in Development Circles.

Inquiry: (Spirit) Please show me this person's Aura. Please show me my Aura.

Guidance: You'll likely be shown a color. This color would be the person's predominant aura color at that moment. *Our Auras are more complex than this and they are ever-evolving with our moods and thoughts and choices in life.*

Want to take it further?

Inquiry: Is this the predominant color of their Aura? Is this predominant color part of their energy signature? Does this

predominant color indicate a personality trait or archetype for this person (Healer, Teacher, Inventor, Activist, Entrepreneur, etc.)?

Guidance: How you might 'deliver' or 'offer this sort of message to someone – There is a predominance of red in your aura at the moment. What this is telling me is that you are very grounded and have a proclivity towards standing up for others and causes.

Want to take it further?

*Our Aura is comprised of seven, main layers. These seven layers extend from each of our seven, main energy centers or chakras. *More on our subtle energy body in Module 2 of GYP. There are also tools taught for energy hygiene of our subtle energy body in the Empath Tool Kit.*

Inquiry: (Spirit) Please show me all seven layers of this person's aura at once. Great, thanks. Now please show me the first layer of their aura. Are there messages here from the first layer of this person's aura? Is there something here that is ready to be cleared by this person that I can offer them? Thanks. Please show me the second layer of their aura, and so on. *Remember that each of the seven layers of our aura correlate to each of our seven chakras.

Guidance: Clearly, with the number of questions exemplified above, you'll gather many bits of information. Continue to ask questions of spirit, while engaging with your psychic skills and receiving the guidance, to keep the knowledge flowing to the extent that you find useful and helpful for you.

Personal Inquiry: (Spirit) please show me the layers of my aura that have obstacles that I can clear. Please show me the layers of my aura that are wanting more love right now. Please guide me towards something that I can examine and clear in my own fields of my aura to improve my day/week/event/relationship/etc.

Guidance: *What emerges from this sort of inquiry between you and Spirit will be an offer of data or information for you to work with. If you are shown a simplistic image with no layer of your aura associated – ask spirit to show you more. OR - to further explain the object's meaning for you right now.*