



The human aura can be envisioned as a multi-layered sphere of energy that surrounds the physical body, akin to the layers of an onion or the atmospheric layers surrounding the Earth. These layers, known as the subtle bodies, each have unique frequencies and purposes, affecting our physical, mental, emotional, and spiritual states.

Let's begin with the Etheric Layer, the first and closest to the physical body. It is often seen as a bluish-grey or light blue color and mirrors the shape and posture of the physical form. This layer serves as a blueprint for the physical body, and its condition is directly correlated to the health and vitality of our physical existence. Healers skilled in reading the etheric body can potentially detect illnesses or imbalances before they manifest physically.

The next layer is the Emotional Body, which vibrates at a higher frequency and is associated with our feelings and emotions. Its colors fluctuate rapidly and are thought to reflect our emotional moods. Imagine an aura glowing brightly when filled with joy and dimming or becoming muddied during times of distress. It is in this layer that emotional healing work is focused, allowing for the release of suppressed emotions and the cultivation of positive feelings.

Beyond the emotions rests the Mental Body, which resonates with our thoughts, beliefs, and attitudes. This layer can be perceived radiating a clear yellow light when one is focused or filled with constructive thoughts, however it may display a darker hue amidst confusion or mental clutter. It was Albert Einstein who famously said, "Everything is energy, and that's all there is to it." Indeed, the mental body illustrates how our thoughts and mental processes are energies that contribute to the shape and color of our aura.

At a higher vibrational level is the Astral Body, a bridge between the physical and spiritual

realms. Here, our relationships and connections with others come into play, painting the aura with the vibrant colors of love, friendship, and communion. This layer expands and becomes more luminous when we experience healthy and soul-nourishing connections.

Further beyond the personal self, we encounter the Spiritual Layers which comprise the Etheric Template, Celestial, and Ketheric Template bodies. These capture the essence of our communication with higher realms, our access to universal consciousness, and the reflection of our soul's purpose, respectively. When balanced and clear, these layers facilitate a deep sense of oneness and alignment with the cosmic flow.

Within this multi-layered structure, the chakras emerge as the connective hubs, integrating the energies of the aura with the physical body. Anecdotal accounts suggest that practitioners who develop sensitivity to these layers can not only identify and heal ailments but also facilitate profound spiritual awakenings for those they work with.

Here are some essential elements to remember about the layers of the aura and their relationship with chakras:

- The Etheric Layer closely maps to the physical body and reflects our physical health.
- The Emotional Body vibrates with our emotional state and can show the true emotional well-being.
- The Mental Body resonates with our thoughts and can indicate mental clarity or confusion.
- The Astral Body reflects our interpersonal relationships and ability to connect with others.
- The Spiritual Layers (Etheric Template, Celestial, Ketheric Template) align us with higher consciousness and our deeper spiritual callings.
- Chakras act as conduits that connect the energies of the aura with our physical existence.
- Skilled healers can read these layers to facilitate healing on multiple levels, integrating the emotional, mental, spiritual, and physical aspects of the individual.

As we delve into the layers of the aura, we become more adept at discerning the subtle energies that constitute our being and learn how they influence our chakras and overall wellness. This knowledge enables us to practice healing that is both empathetic and deeply intuitive, benefiting the recipient on every plane of existence.