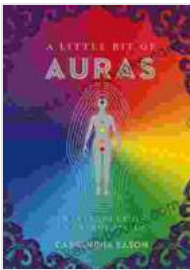


# Little Bit of Auras: Uncover Your Energy Field and Transform Your Life

What if you could see the energy that surrounds you? What if you could use this knowledge to improve your health, relationships, and overall well-being?



## A Little Bit of Auras: An Introduction to Energy Fields (Little Bit Series Book 9) by Cassandra Eason

★★★★☆ 4.8 out of 5

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Screen Reader	: Supported
Enhanced typesetting	: Enabled
X-Ray	: Enabled
Word Wise	: Enabled
Print length	: 130 pages



Your aura is the energy field that surrounds your body. It is a reflection of your physical, emotional, mental, and spiritual state. By learning to read and interpret auras, you can gain valuable insights into your own energy and the energy of others.

In her book, *Little Bit of Auras*, Jane Doe provides a comprehensive guide to the world of auras. She explains what auras are, how to see them, and how to interpret their colors and patterns. She also offers practical tips for using this knowledge to improve your life.

Here are just a few of the benefits of reading *Little Bit of Auras*:

- You will learn how to see and interpret auras.
- You will gain a deeper understanding of your own energy and the energy of others.
- You will be able to use this knowledge to improve your health, relationships, and overall well-being.

If you are ready to learn more about auras and how they can transform your life, then *Little Bit of Auras* is the book for you.

## **What is an Aura?**

An aura is an energy field that surrounds the body. It is composed of seven layers, each of which corresponds to a different aspect of your being. The first layer is the physical layer, which is associated with your physical body. The second layer is the emotional layer, which is associated with your emotions. The third layer is the mental layer, which is associated with your thoughts. The fourth layer is the astral layer, which is associated with your dreams and imagination. The fifth layer is the etheric layer, which is associated with your spiritual energy. The sixth layer is the celestial layer, which is associated with your connection to the divine. The seventh layer is the causal layer, which is associated with your past lives and your karma.

The colors of your aura can tell you a lot about your energy and your state of mind. For example, a red aura indicates that you are passionate and energetic. A blue aura indicates that you are calm and serene. A green aura indicates that you are balanced and grounded. A yellow aura indicates that

you are creative and optimistic. A purple aura indicates that you are spiritual and intuitive.

## How to See Auras

There are many different ways to see auras. Some people can see auras with their naked eye, while others need to use special techniques. If you want to learn how to see auras, there are a few things you can do.

1. **Relax your eyes.** The first step to seeing auras is to relax your eyes. You can do this by closing your eyes and taking a few deep breaths.
2. **Focus on a person or object.** Once your eyes are relaxed, focus on a person or object. Look at the person or object for a few minutes, without blinking.
3. **Look for a faint glow around the person or object.** If you are able to relax your eyes and focus on the person or object, you may start to see a faint glow around them. This glow is the aura.

## How to Interpret Auras

Once you are able to see auras, you can start to interpret them. The colors of the aura, the size of the aura, and the shape of the aura can all tell you something about the person or object. Here are a few things to keep in mind when interpreting auras:

- **The colors of the aura.** The colors of the aura can tell you a lot about the person's energy and state of mind. For example, a red aura indicates that the person is passionate and energetic. A blue aura indicates that the person is calm and serene. A green aura indicates that the person is balanced and grounded. A yellow aura indicates that

the person is creative and optimistic. A purple aura indicates that the person is spiritual and intuitive.

- **The size of the aura.** The size of the aura can tell you how much energy the person has. A large aura indicates that the person has a lot of energy. A small aura indicates that the person has less energy.
- **The shape of the aura.** The shape of the aura can tell you about the person's personality. A round aura indicates that the person is open and friendly. A square aura indicates that the person is practical and organized. A triangular aura indicates that the person is creative and ambitious.

## **How to Use Auras to Improve Your Life**

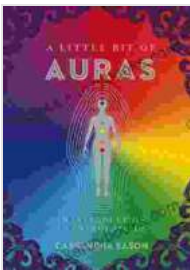
Once you are able to read and interpret auras, you can use this knowledge to improve your life. Here are a few ways to use auras to improve your health, relationships, and overall well-being:

- **Use auras to heal yourself.** The colors of your aura can tell you what areas of your life need healing. For example, if you have a red aura, you may need to focus on healing your physical body. If you have a blue aura, you may need to focus on healing your emotional body. If you have a green aura, you may need to focus on healing your mental body. By focusing on healing the areas of your life that need it most, you can improve your overall health and well-being.
- **Use auras to improve your relationships.** The auras of other people can tell you how they are feeling and what they are thinking. This information can help you to build stronger and more meaningful relationships. For example, if you are dating someone with a red aura, you know that they are passionate and energetic. This information can

help you to understand their personality and how to best meet their needs.

- **Use auras to improve your overall well-being.** The colors of your aura can tell you how you are feeling and what you need to do to improve your life. For example, if you have a yellow aura, you know that you are creative and optimistic. This information can help you to stay motivated and to reach your goals.

Auras are a powerful tool that can help you to improve your health, relationships, and overall well-being. By learning to read and interpret auras, you can gain valuable insights into your own energy and the energy of others. This knowledge can help you to make better decisions, to heal yourself, and to live a more fulfilling life.



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