



Red

Orange

Yellow

Green

Blue

Indigo

Violet

Aura Key Helpful Aura Facts

- Scientists use the term **biofield** to describe the radiant energy that surrounds all living things.
- Some Psychics can **visualize** aura frequencies. Their eye or 'inner eye' then perceives these as colors. Similarly, the Aura Imaging technology also translates your measured frequencies into the corresponding color on the spectrum.
- In **history**, Painters have long captured the idea of a human aura, from ancient to modern times. Nicola Tesla photographed himself using high voltage energy in 1891. As with Ben Franklin, we're grateful that he didn't electrocute himself! The Soviet Union did research in the 60s. In 1970 Guy Coggins was fascinated by Kirlian Photography and computer technology. He brought his technical skills, his ability to see auras, and his wish to make alternative consciousness available for everybody together to develop the first aura camera, which uses only very low voltage energy.
- The aura is in constant **motion**. Even the most stable, single colors have subtle changes in volume, saturation, and hue. Life is all about change. In this way aura movement may be much like homeostasis.
- Acupuncturists, Reflexologists and Massage Therapists utilize the body's **meridian points** to access internal energy flow. The WinAura system also uses these points mapped on the hand to correspond with points all over the body.
- Learning about your aura is **fun**. All colors are good. Your energy is an extension of you, and you are beautiful!

Auras

Anatomy of the Aura

The human aura is made up of our bodies' emanations, neural thought patterns, and the spiritual energies of the ambient air. Its anatomy is a lot more complex than our body. The aura has spin, from chakras and other forces, and it has pulsating, luminescent, and sound qualities. Our energy does tend toward order, however, and this anatomy is present in the aura because of an order tied to human experience.

- Auras that expand out: indicate spiritual expansion, expressiveness, extroversion, social activity, desire for connection, gregariousness, positive outlook, and a sense of adventure.
- Auras closer in: indicate inward focus, sensitivity, a desire for solitude, meditation, peace, tranquility, or rest. This could mean a need to express or move out.

1. Right side, (picture's left): This is the person's masculine energy. It is their expressive and active side, how one projects oneself to the world. It is more straightforward and physical, less emotional. Colors on this side may have to do with physical changes, memories or goals. It is the energy that is moving out. or, the recent or far past.

2. Center, (above the head): This is the energy of the moment, usually in the colors that the person traditionally reflects. The closer the colors are, the more intensely they are thinking about or experiencing them. If there is a band of color stretching like an arc over the top of the photo, this is indicative of an important goal.



3. Left side, (picture's right): This is the person's feminine side. This is their passive and receptive side. This side is the emotional and imaginative side. This side is indicative of what a person is projecting into the future. It is the energy that is moving in. The person may not be aware of it yet consciously.

auras

Aura mapping

We've learned that auras are made up of color and energy, but they also have dimension or shape. The shaping of our colorful energies seem to be based on the most common ways we tend to shape our worldview. I've seen thousands of people and their auras over the years using the WinAura technology. Below are the four most common types of aura shapes I've seen.



Three Color. The most common color grouping is indicative of a grounded individual actively engaged in issues every day. They incorporate a situation and color of its energy on their right, process it, and express its results on their left; they are in control.



Solid. Extremely grounded and solid in self-knowledge is the single color. Both serious issues and minor changes blend into their worldview. They are the “rock” that those around them turn to for decisions and advice. Single colors can also be a shield.



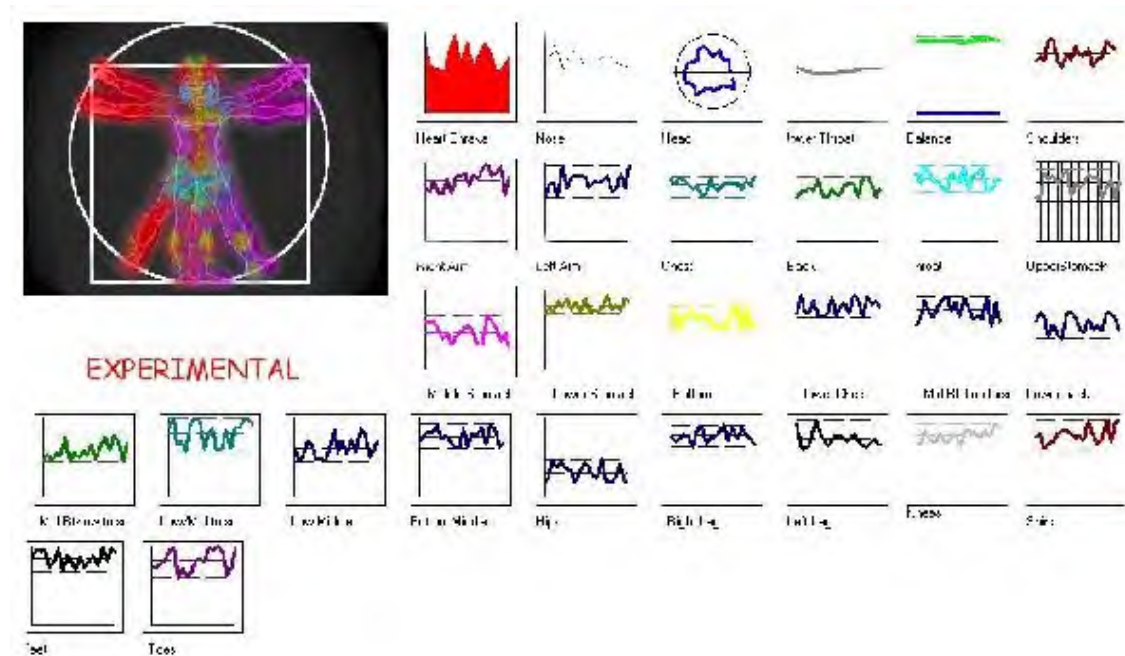
Ascending. This person shines with an inner light. White is often in the outermost ring as a testament of the desire to radiate pure energy. Good at socializing, listening, and imagining all the possibilities. Best able to command the full color spectrum.



Dynamic. There is a tremendous amount of complex activity in both body and life. This person is affecting, and being affected by, many things on many levels. There may be unresolved issues or an activated, individualistic approach to life.

Does the shape of your aura call to mind any aspect of your life or body? Our energy does not lie, so often something will show up in the aura that we do not readily accept in the cerebral view of ourselves. Just as important as the color itself or the volume of its energy is where it shows up in the aura and how it is shaped. Though interpretation can get pretty complicated at this level, your intuition and desire for self-knowledge plays a big part. For example, often an issue we are resolving will rotate through the three-part aura, with its color reflecting its aspect.

GRAPH GOES HERE/"Spiffy Title"



Using Star Man View in WinAura, you can see various energy patterns in these graphs. You will be able to see where energy blockages exist or look for excess or diminished energy areas.

The different areas of the graphs above represent the energy that is reflected from the acupuncture points on the hands. For example, throat, upper stomach and lower stomach.

To make meaning of these different areas, look for graphs that are higher or lower in energy, jagged or smoother than the rest. These should be the ones that stand out the most. These graphs will enable you to ask your client how they feel in this area.

To get further meaning, you should click the graphs on your Win Aura screen - and watch the graphs unfold before your eyes in real-time. You will see various changes in energy flow as your energy comes into contact with their energy.

Chakras

The Energy Centers Of The Aura

The word chakra comes from the Sanskrit *cakram*, which means "wheel." Chakras are supposedly the anchors of our spirit, like the ancient "houses of the soul." There are seven major centers of energy and several minor ones in the hands and feet. They are said to spin like vortexes and emanate color. Some systems of belief say you are aligned when your chakras all spin clockwise, and some say they should all spin like wheels of a gear system, in alternating directions.

We cannot "prove" that chakras exist, and in general the Western world is not very accepting of them. They are intuitive, like color meaning, and reside in the plane of the spiritual as well as the physical. It should not surprise you that something so intuitive to the psyche and soul be so elusive to the intellect. No matter how much we learn of the physical realities of the charkas, there will still be a spiritual component that adds its energy to the wheels.

Nonetheless, modern aura imaging tools can detect the presence of these energy vortexes and translate their frequencies into color and direction of spin. In the Coggins' camera Polaroid photograph, only the heart and throat chakras can be visible. In the new WinAura and Interactive computer programs, it is possible to see all of the chakras along with the overall aura. If you believe strongly in the importance of chakras, you should seek this technology out.

Chakras traditionally have certain colors associated with them. However, in the real world, these colors vary greatly from person to person depending upon one's life path and other personality traits.

Generally, the following are descriptions of all the chakras, from the crown chakra to the root chakra. The color of the name of the chakra is the color traditionally associated with each particular chakra. This does not mean your chakra colors are wrong if they are not these colors, but the colors here lend the best qualities for the roles of each chakra.

Chakras

Crown--Experience: The color seen over your head is what you experience for yourself now. It's the color that would best describe you.

Third Eye--Celestial: The color of the third eye reflects your spiritual state. Your insights, celestial dreams and spirit guides also affect this chakra.

Throat--Communication: The color on the throat is traditionally energy actively being expressed or held back. It could be a laugh or a song.

Heart--Empathy: The color of your heart is usually the force coming into your being.

Solar Plexus--Self-Esteem: The color of the solar plexus is usually the center vibration of your being. It is the most common center for suppressed desires and feelings.

Sex--Relationship: The energy coming from the sex area is what sparks all creative and social impulses. It emanates sexual desires, but also feelings of love.

Root--Survival: The color of the root area is generally the energy of the physical plane and the person's common reality. This is where all impulses for emotions begin.



Poetry of color

Red is the color of the womb, the passion that begins life, red is the color of fire and blood.

Orange is the spark before the flame burns red. It brings the bounty of harvest time. Before the moon or sun sets or rises it lords over the horizon huge, filled with desire for what awaits around the corner.

Yellow is a color with a brighter mood than white, and it can bring a smile to your life. "How

rowdy," people say, "to paint your house yellow!" It is the

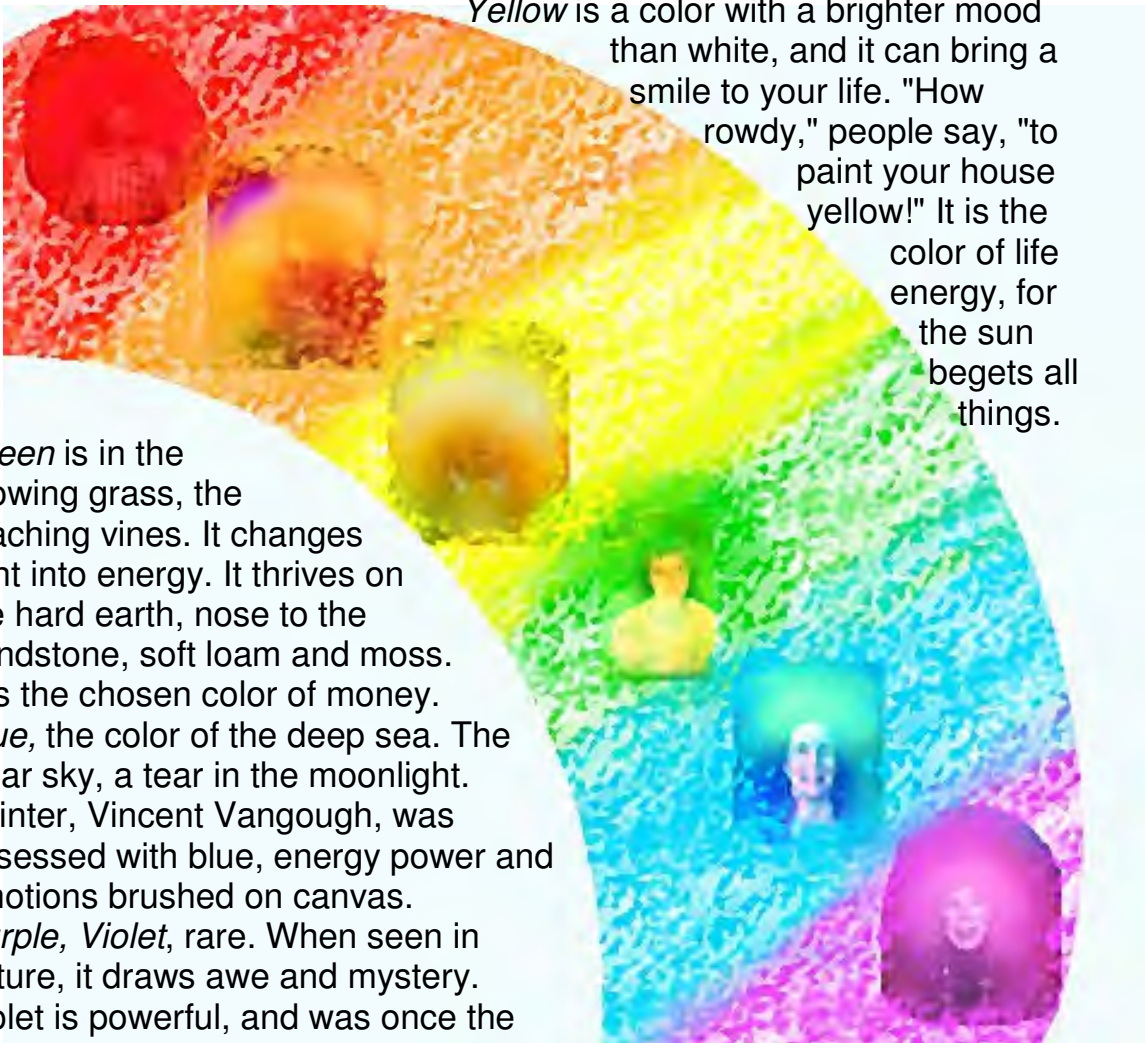
color of life energy, for the sun begets all things.

Green is in the growing grass, the reaching vines. It changes light into energy. It thrives on the hard earth, nose to the grindstone, soft loam and moss. It is the chosen color of money.

Blue, the color of the deep sea. The clear sky, a tear in the moonlight. Painter, Vincent Vangough, was obsessed with blue, energy power and emotions brushed on canvas.

Purple, Violet, rare. When seen in nature, it draws awe and mystery. Violet is powerful, and was once the domain of only royalty.

White is blinding truth of light. It is pure in pigment and light, like absence of sin and the joining of powers. It is the coveted ivory, the awaited buffalo, the liquid eye, the moon. *Pink* is the color of sweet innocent babes, and the secret places in both man and woman. Pink is, the nose of a soft kitten, the rose of a shy admirer, the blush of a maiden. *Turquoise*, the Indian word for precious. It marries itself perfectly with silver, that cool, wise metal. Some say it has powers over the body.



Some meanings of aura colors

Ultraviolet: This color may mean one of several things: you may be experiencing a time of mystery, intensity, or most likely are being inspired by startling and profound visions. You have 'genius,' meaning you are able now to think thoughts that have never been thought. Your psychic abilities are phenomenal. You may shock people with your incredible insights and clairvoyant abilities. You are truly a child of the new age." You may wish to channel what you see into a new and unique art form or some amazing new invention, or who knows? Your highest goal is to manifest into the world what you see in your mind's eye. Ultraviolet

Violet: You are the fairy or leprachaun person of the color spectrum. "Magical" would best describe your life and your way of operating the world at this point. You would rather talk about miracles, magic, and pots of gold at the end of the rainbow rather than anything ordinary or mundane. You would rather focus on the ethereal and the sublime. The beautiful world of the imagination is where you are safest and happiest. You create a magical environment to live in. Your psychic abilities are also strong and fine-tuned now.

Light Violet: At the present time you may be experiencing a profoundly magical spiritual awakening. White, which is an actual mix of all the colors of the rainbow spectrum, represents intense prana, while violet symbolizes vision and clairvoyance. This mix of these two shades indicates that you are going through a super-charged, magically synchronistic growth period. The energy of those around you may be instantaneously raised just by your mere presence.

Lavender: You sparkle and glow with a mysterious inner light. Not only are you a magical, elfin/fairy-like creature, seemingly of another world, you are also a natural, clear conduit for spiritual Reiki energy. In you present, balanced state you channel pure, divine white light and help others with just your mere presence. You have a need for quiet, harmony, and peace in your life, allowing plenty of time for reflection, and meditation. Your primary focus in life at this point is spiritual. Much of the time, everyday matters hold little importance compared with your spiritual and meditative activities.

Blue/White: "Peace, Loving, and Balancing" best describe your focus in life now. You are natural, clear conduit for spiritual balancing energy for others as well as yourself. This light colored blue energy indicates you are in a regenerative, restful phase. If you do not work in the energy-balancing arts, you may find yourself gently encouraging and nurturing others with just your mere presence. Presently, your highest goals are to achieve complete inner peace and to develop your relationship with the Creator.

Light blue: Spiritual, sensitive, peace, loving and balancing best describe your focus in life now. This light-colored blue indicates that you are in a regenerative phase, but, at the same time, you are channeling the divine white light that indicates you are acting as a clear, spiritual conduit for others as well as yourself. If you do not work in helping others, you may find yourself gently encouraging and nurturing others with just your mere presence.

Blue: At this point in time, you are experiencing deep inner peace and tranquility in your life. Above all, you want to create harmony and ease in your environment. You may be on vacation or just experiencing a "time out" to relax and gather your energies. If you meditate, you may be able to easily access blissful states of consciousness. Your spirituality, rest, and peace are your main focus now.

Aquamarine: You have a compassionate, sensitive, yet practical nature. You are a natural teacher, counselor, health-care worker, and parent. You know how to help, encourage and nurture others with equal amounts of firmness and affection. Presently, you may find yourself in a "balancing" phase, needing time to be alone, rest, and recuperate. Self-healing and nurturing is essential for people who are constantly giving to others.

Green: "Hard at work" would best describe you now. You have serious goals, and you live your life in an organized, deliberate, and economical fashion. You are ambitious and desire prestige, notoriety, and power. You are also full of compassion and can be just as generous as you are demanding. You may be an excellent teacher, counselor, or business owner. You are full of gentle strength.

Yellow/green: Compassion, idealism, balancing, and teaching mixed with a sense of joy would best describe your present focus in life. You have

serious goals and ideals and have natural compassion towards all of humanity, yet you wish to enjoy yourself while you work. You have a bright and quick intellect always curious for new ideas. You may be a voracious reader; gobbling up every book you can get your hands on when you encounter a new subject interesting to you.

Green/yellow: Compassion and idealism mixed with a sense of fun would best describe your present attitude toward life. You have serious goals and ideals and have a natural compassion towards all of humanity, yet you wish to enjoy yourself while you work. Just because you're serious about accomplishing something doesn't mean you live your life seriously. You're fun to be around, and you inspire others with your happy, hopeful attitude.

Yellow: Joy and happiness surround you now. Your excitement is contagious, life is your playground, and you make everything fun. Even the most tedious of household tasks becomes a game when you do them because you infuse everything with a sense of fun. At heart you are a happy, laughing child. You also have a bright and curious intellect hungry for new and exciting ideas.

Gold: Prosperity is yours now just for the asking. Luck, abundance, and joy surround you. You inspire others with your warm, optimistic, and happy attitude. Your goodwill toward everyone you encounter triggers a chain reaction of love, acceptance, and friendship. Your whole being radiates like sunshine, and others look up to you to lift their spirits.

Golden orange: Joy and creativity are what you wish to focus on at this point in time. Friendship, socializing, having fun, and being yourself are present goals most important to you now. You make your work and chores a pleasure and strive to enjoy every moment. You have a great sense of humor and laugh easily. Your life is a fun, creative project.

Orange: You can't help expressing yourself creatively! You are an artist at heart and march to the beat of a different drummer. Right now, you are feeling powerful. You have energy, enthusiasm, confidence, and will to accomplish anything you desire. This is a time to "go for it." If you have any original ideas or creative projects in mind, you need to begin them now! Orange is also the color of originality and independence.

Red/orange: Right now you are driven to express yourself! You want to bring out and promote your creative ideas and inspiration. You now have confidence and certainty to stand on your own and show the world who you really are. "Creative" and "dynamic" would best describe you. You are a lively and entertaining companion and usually find yourself the center of attention in most social situations. You may be an inspired entertainer or artist or perhaps an entrepreneur with an original product. Whatever you do, people are entranced by your charisma and originality.

Orange/red: At this point in time, you are driven to bring out and promote your creative ideas and inspiration. You have the confidence and certainty to stand on your own and show the world who you really are. "Creative" and "dynamic" would best describe you now. You may be an inspired entertainer or artist or perhaps an entrepreneur with an original product. Whatever you do, people are entranced by your charisma and originality.

Red: At this time, you are experiencing a time of challenge with an action-packed schedule, barely leaving you time to breathe, let alone sleep. You have a lot to do, and you have the energy and power to move mountains at this point in your life. You may find yourself acting as a dynamic leader or find yourself in the limelight or the center of attention. You are definitely being noticed. You have so much energy you sometimes don't know what to do with it. You may exhaust the people around you with your incredible enthusiasm.

Intense Red: You may be experiencing one of several things: you may be feeling super energized, powerful, or most likely you are experiencing a time of intense activity, feeling strong emotions to the extreme. You may be feeling so ambitious and full of energy that you may even forget to sleep. Your entire being is a volcano of passionate life force energy exploding in many directions. Your social life and career thrill and inspire you at the present time. With a band of this color arching above your head near the top of the photo, you aspire to have many exciting, adventurous, and passionate experiences. Intense red can mean you are feeling burnout too.

Self-Awareness Tree

What do I fear?

What do I hope for?

What do I hide?

What am I proud of?

How am I feeling right now?

With whom do I enjoy communicating?

I am sad when...

I am happiest when...

Is there anything I am constantly dealing with?

What has experience taught me?
How am I strong?

Knowledge is power; we are our own best advocates in a journey to better ourselves, and those around us. Our perception of life's quality has a lot to do with emotion and color. Try answering these questions with pictures, symbols and color as much as words. If you have a chance, ask these while watching your aura live with WinAura. The psychosomatic capabilities of your aura are empowering. Learn how to maximize empowerment by increasing the role of color in your life. Wear, decorate with, and use colors that you wish to reinforce or invite into your energy spectrum

Aura change- a life's journey

Like any other part of your life, your aura has the ability to change, even drastically. Your aura may also be very stable. Even the most stable auras have minor changes in their peaks and dips, in their intensity, and in their hue. Life is all about change. Now that you have had at least one aura photo taken, it is time for you to meditate on where you want your *aura* to go, and what to do with your *life* to get there. Or conversely, where do you want your *life* to go, and what can you do to change incoming energies, work with inner energies, or refocus outgoing energies to achieve those goals?

When I first saw my aura, it was a solid red. Intuitively I thought this was not my color; I am not an assertive or ambitious person. It must be a shield, but I was reluctant to give up that shield of my more fragile feelings. I did some energy work and resting. Now I am pretty much orange, though in different situations I express other colors as well. The colors I saw while I was expecting my babies were phenomenal! What I learned most was that the red really wasn't off. Orange has red in it and I really can be assertive and ambitious; it is still a part of me.

Don't think of any colors as 'good' or 'bad', those distinctions don't exist in the aura. Rather, think of colors intuitively; think of them as keys to your life. Think of the vibrations of color as a plane of existence where many different qualities of self can be found. So white has spirit, reflection, innocence, purity and aloofness, distance and dreams. Red can be an excited or defensive color, or it can be the color of a charming and ambitious person. We all need a little red in our aura for that is the deep well of passion. If you have a chakra reading done, look for red in the root or sex chakra. It is also not a good idea to strive for certain colors. Don't say to yourself, "I have no white in my aura, so I must not be as spiritual as I hoped. I must work on being white." Strive rather for a balance in your aura, a trueness in yourself that will preclude any balks you may have toward your first aura photo. Maybe before your next photo you ought to take a moment to yourself, reflect, meditate, pray, whatever you need to feel connected. Remind yourself that the aura is a reflection of your energy flow, not a Freudian analysis of your psyche. We do not yet understand the furthest implications of color and energy flow, just that it does have impact on one and many levels.

If you will be having any work done for your aura, such as a Reiki, or acupuncture, etc., you will be doing much to help balance your energies and your aura. You will almost undoubtedly see and feel a

change. Keep these two things in mind: First, the more of the same type of treatment you have done to you, the *less* your colors will change. Second, don't expect your colors to get more brilliant or your energy volume larger. A treatment, if done well, will bring your expressed and center colors closer to the middle of the spectrum (blues and greens).

Finally, if you are unsure of a color's meaning, try welcoming that color into your life, asking friends or specialists, and coming back to see where your aura is going. Using color as a part of your daily routine, you will see where your intuition guides you. Using energy as a part of your daily routine, including meditation, yoga or other exercise, reflexology and other modalities, and even simple energy rejuvenators like petting a cat or taking a bath will help bring your auric field into better resonance with your worldview and self.

Commonly Asked Questions About The Aura Camera And The WinAura Computer System

How does it work?

These systems use a biofeedback technology. Our Aura Imaging units produce an electronic interpretation of what we believe the Aura would look like. These systems do not photograph the actual Aura. There is nothing that exists which can do that. The camera actually moves through two processes. It takes about 8-10 seconds to take an aura portrait. In the first 2 seconds the Polaroid camera snaps the portrait. In the remaining 6-8 seconds the biofeedback apparatus measures the electrical potential along meridian points of the palm of the hand, then converts that information to an electrical frequency and displays this as colors and patterns which are shown directly over the portrait, to show the Aura. The aura photos are often brighter than the aura seen by many psychics, because we amplify the signal.

Is it accurate?

We have corroboration from many psychics. We have developed the camera so the colors seen by psychics who see and read auras match. Usually the colors psychics see are less vivid. They may see more pastel-like colors. We have amplified the colors a bit so we have clear differentiation between the various frequencies of biofeedback inputs.

Can I use it for diagnosis?

No, our aura Imaging technology is not a medical device. It is designed to be used for interpreting the level of spiritual energy. It is useful for documentation, and "before" and "after" photos to show the spiritual energy differences as a result of certain spiritual energy balancing practices or product use, meditation, etc.

Who decided what the colors mean?

Guy Coggins, the inventor of the biofeedback Aura Imaging, based his color interpretations on different electrical measurements. Each color has its' corresponding electrical frequency that can be scientifically measured. Coggins conducted extensive research on these measurements and was further inspired by the writing of Dr. Max Luscher who has been responsible for many renowned scientific studies on color preference and personality. He was most famous for his best selling book The Luscher Color Test. Dr. Luscher was a contemporary of Sigmund Freud and was very popular during the late 1960s.

Is the Coggins Aura Camera the only equipment on the market?

No. We do have competition, but all the people who sell competing equipment have all worked with or hung around Guy Coggins and his equipment at one time. We believe their technology is far behind ours. Guy Coggins owns the patents on Biofeedback Video Aura Imaging technology. Over the past thirty years, Aura Imaging has been, and continues to be, Guy Coggin's life's work.

How do I interpret the photos?

It's very easy. You don't have to be a psychic at all. In fact it's better if you give simpler readings. Our books *Aura Awareness* and *Capturing the Aura* describe how to easily learn Aura Interpretations.

Has there been scientific research supporting this technology, and the existence of auras?

Please read "The Rolf Study" in Rosalyn Buyere's Wheels of Life. This study is very important for you to know about. Basically they used biofeedback technology to correlate what different psychics reported seeing in subjects' Auras while they were being rolfed or deeply massaged. Rolfing is a deep tissue type of massage. Also Elmer and Alice Green have proven energy transmission in The Copper Wall Experiment. See their book *Beyond Biofeedback*.