



Djwhal Khul Spirituality Article
Information complimentary every week
Channeled by Rev. Terri Newlon

“Aura Expansion and How to See Auras”

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This is Terri Newlon from Sedona, Arizona, USA. www.TerriNewlon.com

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And here is Djwhal Khul’s latest Spirituality Article, information complimentary every Thursday:

(Channeling begins)

Djwhal Khul here. Tashi Delek.

Alright. What we are going to work with today is Aura Expansion. The aura can be expanded or contracted, at will, according to what is feasible for the surroundings or that particular moment. However, an aura that is expanded, or sometimes we call it fluffing the aura, is also a signal of one who is more spiritually developed or carries something in their auric field that is of value to others.

You might see someone of a certain stature wearing a particular costume, like a king wearing a crown and a robe, or a farmer wearing his farming clothes, a nun wearing her habit and robe, a monk wearing his robe, etc. The aura is much like a robe or a dress that you would wear that tells others who you are. And we’re in a particular time frame where auras are being seen more frequently. I think I might show you both aura expansion and how to see an aura.

How to see an aura:

We will start with how to see an aura, which is something you can practice on yourself in the mirror if you like, or you can practice with the dog, the bird, a tree, a plant, etc. Anything that is living will have an aura. Mountains, for example, have beautiful auras usually unless there is something, an illness there, and then you will see a diminished auric field.

So the key is look not right at the object or the person, but rather near the top of the object with a softened gaze. If you are standing in front of the mirror in the bathroom, you might want to close the door and turn off the lights or something. In a dimly lit room, the aura will be more visible.

And then you would gaze at yourself in the mirror and you would be looking right about at the hairline, where the forehead meets the scalp. You soften the eyes and just sort of stare without blinking, just gazing, and then, depending upon how long it takes you, you will naturally begin to see the energy field around your body. You'll probably just see it as either white or clear initially, then eventually as you practice you will be able to see colors.

How to expand the aura:

What you can do are, very simply, a Tai Chi exercise or a sequence of yoga postures, even jumping jacks as an exercise, those will expand the aura. It doesn't have to be a complicated exercise.

The one that I would say is probably the quickest is also a good protection and it gets all the chakras moving and flowing. And I call this "zip yourself up three times". Shake out the right hand and put it a few inches out in front of the root chakra, just a few inches out at the base of your torso. Take a nice deep breath in while you zoom your hand up the front of the body. You are not actually touching the body, you want to be out 5 or 6 inches. Breathe in while you are zooming up, scoop your hand a little bit toward the back of the head and then exhale and imagine your hand continuing down behind the spine and then cupping up under the torso again. Just three times in a row rather quickly.

If you are in a place where you can't make that motion with your hand, just do it with your breath and your mind's eye, three times, and that alone will expand the aura. Now to further that a little bit, just shake the hands out and then literally, as if you were inside a bubble or a balloon, position your hands with the palms out to the sides and just push outward slowly. Don't do it rapidly. Slowly push and be sure to breathe with that. You'll feel the aura go out as least as far as your arms reach.

You can also stretch it up above your head. That would like your palms toward the sky. You can go out in front of you and behind you, with palms, and you put your palms down, arms down the sides, palms pushing back. So you are literally just spreading it out. You can do all kinds of hand positions there as you do that.

It's actually very balancing for your brain and your energy field, if you decide you're going to stick your right palm forward while your left palm goes to the back side of the aura, etc. You just move things around and expand the aura.

Now you can also consciously wear a specific aura by intent. For example:

Aura of love
Aura of Divine Love
Aura of a sage (teacher)
Aura of a healer (beautiful 12th Ray Gold color)

Perhaps in some other teaching we will go through the ray colors as they show up in the aura.

For now, that is the Spirituality Article Information for this week. As always, thank you and my love to you.

Djwhal Khul

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(Spirituality Article, Transcribed by Micheline Ralet)

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About Reverend Terri:

Terri Newlon is a world renowned spiritual teacher and conscious voice channel for Ascended Master Djwhal Khul. Djwhal Khul has worked through numerous channels, including Madam H.P. Blavatsky and Alice A. Bailey, and is well known to spiritual students. His work through Terri began in 1980 when she studied under Janet McClure and The Tibetan Foundation, Inc., and has resulted in an extensive online global support system of practical spiritual teachings.

She is also a gifted Health Empath and has trained thousands of mediums and psychics. One of her specialties is instructing other natural sensitives how to turn on and off their abilities so they can live well-balanced lives, without neglecting their own physical, emotional, mental and spiritual requirements.

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