



## Research Article

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### PRE AND POST EXPERIENCES OF VIEWING HUMAN AURA: AN EXPLORATORY STUDY

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#### ABSTRACT

Since ages Gods or saints have been illustrated as having a halo surrounding their heads known as the Aura. This study seeks to understand the experiences of participants viewing the human aura which has not been much studied in the recent times. 178 participants of both genders with a mean age of 26.8 years, with education ranging from High school to Post-Graduation took part in this exploratory study. In session one, participants were asked to look at a person in front, and record their experiences in an open-ended questionnaire. In session two, participants were guided to view the aura surrounding a person as imparted by Master Choa Kok Sui and recorded their experiences again using the same questionnaire. The results were analysed using contingency coefficient analysis and Chi Square tests. Results revealed that 93.8% of respondents saw the human aura surrounding the body. About 60% saw the aura measuring 1-6 inches thick. In addition, after seeing the aura, 70.8% of the respondents felt enthusiastic, 43.3% of them felt extraordinary and 30.3% of them felt relaxed. This study indicates that human aura can be seen with naked eyes when properly trained.

**Keywords:** Human aura, energy, relax, vital force

#### INTRODUCTION

Since ancient times, different Gods and saintly figures have been depicted as having a halo or circle of light surrounding their heads known as the Aura (energy field surrounding a person). The Aura, not only surrounds the head, but also extends all over the body<sup>1,2</sup>. The Aura is often seen as a mix of fine coloured frequencies where each colour defines its own individual nature and characteristics<sup>3,4</sup>. Aura is also known as Prabhavalaya in Sanskrit, composed of *Prabha* meaning light and *valaya* - the zone of subtle, luminous radiation surrounding living and non-living beings. This has been depicted in sculptures and paintings of various religions for more than two millenniums<sup>5,6</sup>.

Viewing of aura can be learnt by anybody who receives proper training and guidance with some degree of concentration and appropriate conditions. Peripheral vision facilitates seeing the aura<sup>7</sup>. The human aura envelopes the physical body and represents the physical, mental, emotional and spiritual energies of the human<sup>3</sup>. The fundamental substance constituting aura is Prana-the vital energy or life force which keeps the body alive and healthy. Prana or life energy is absorbed through the energy body and distributed throughout the whole physical body<sup>8</sup>. Clairvoyants making use of their psychic faculties, have observed that every person is surrounded and inter penetrated by a luminous energy body. This energy body or aura also called bioplasmic body, looks like the visible physical body. This is why clairvoyants call it the etheric body. Bioplasmic body is a living energy body made up of invisible subtle matter or etheric matter<sup>8</sup>.

The present-day hi-tech electronic gadgets and instruments can detect and find subtle variations in our surroundings, making it possible to actually capture a glimpse of the human aura<sup>3</sup>. Among them, Kirlian photography has aided the scientists to study, observe, and take pictures of human aura<sup>8</sup>. Kirlian photography can produce a coloured image, which reflects the aura of the photographed biological object. Also, Gas Discharge Visualization technique is a biometric tool that has the potential to view, capture and identify human aura<sup>9,10</sup>.

Para-psychological research has been prevalent in western culture for over 100 years, using the scientific method to detect the putative energies and related paranormal abilities, such as telepathy, clairvoyance and precognition<sup>11,12</sup>. Aura reading is the method of investigating the human energy field, or the energy fields of other sentient beings for holistic healers. It is a basis for using techniques of holistic healing, and includes such practices as bioenergetics, energy medicine, and energy spirituality<sup>13</sup>.

A recent study on pranic energy revealed that majority of the participants saw and experienced the pranic energy with guidance. 61.1% of the respondents expressed that the sensation of Prana was a nice feeling in between their hands. 98.4 % experienced psychological changes and more than 60% of the respondents felt relaxed and experienced a happy feeling after absorbing the air prana<sup>14</sup>. This study aims to explore and understand experiences among participants viewing human aura. Based on the results of this study, it would be easier to understand if viewing human aura could bring any changes in physical and psychological health.

**MATERIALS AND METHODS**

**Sample**

The participants for this study were students, youths and adults totalling 178, residing in Mysuru district, with a mean age of 26.86 years. Table 1 provides socio demographic details.

**Procedure**

Exploratory research design was used in the study and conducted at the respective premises of the participants. Permissions were taken to conduct the study from concerned authorities. On obtaining informed consent from participants, sessions one and two were conducted lasting two hours totally. In session one, participants were asked to observe a person in front without any guidance to view the aura, and record their experiences in an open-ended questionnaire. In session two, participants were guided to view the aura surrounding a person as taught by Master Choa Kok Sui and their experiences were recorded using the open-ended questionnaire.

Inclusion criteria: 1) Those interested to learn about aura. 2) The age criteria for participants in the study ranged from late adolescence to elderly.

Exclusion criteria: 1) Those with previous Pranic experience. 2) Early adolescents.

**Tools**

Same open-ended questionnaire was given in session one and session two to record participants' experiences about aura. The following questions were asked:

- What could you see as you looked at the person in front?
- How did you feel about yourself emotionally now?

**Coding**

Participants recorded their experiences before and after viewing aura of a person. Responses were then categorised into different domains and were grouped in physical, psychological and

bioplasmic domain to build a theory that provides a link with the data.

**Physical Domain**

All physical features of the observed person such as eyes, hair, neat dress, good looking etc., activities of the person such as writing, sitting, playing, etc.

**Psychological Domain**

All the experiences that participants felt while observing the person in front, like happiness, calmness, enthusiastic, relaxed, spiritual feeling, fear, shy and curious.

**Bio-plasmic Domain**

All the sensations which cannot be categorised under physical and psychological domain like outline of the body which reflected the energy body, that was seen like shining and viewed in colours such as white, yellow and violet of various thickness.

**Ethical Consideration**

Permission was obtained from the principals of nursing and horticulture college and officials before the study. Following ethical guidelines were followed. The study data was collected only through an informed consent from the school authorities. Confidentiality of the school children was maintained at the utmost level. The participation was voluntary and no coercion of any sort was used. The school children were informed about the method of administration and the purpose of the study. The researcher has been objective by not letting any personal biases affect the research process. The data collected was used only for research purpose. The school children had an option of dropping out of the study at any time, if they required.

**Statistical analysis**

The results were analysed using Contingency Coefficient analysis and Chi Square tests.

**Table 1: Socio demographic profile**

Socio demographic profile.	Variable	F	%
Gender	Male	80	45
	Female	98	55
Age	<20	95	53.4
	21-30	40	22.5
	30+	43	24.
Education	Post-graduation	34	19.1
	Graduation	94	52.8
	High school	50	28.1
Locality	Urban	70	39.3
	Rural	108	60.7
Practicing yoga/ exercise	Yes	17	9.6
Practicing breathing exercise	Yes	19	10.7

**Table 2: Observation of other person's aura across gender and education**

Aura of the person observation		Gender		Education			Total
		M	F	PG	Graduation	High school	
0 expression	F	5	6	1	9	1	11
	%	6.3	6.1	2.9	9.6	2.0	6.2
1-3 expressions	F	59	68	28	69	30	127
	%	73.8	69.4	82.4	73.4	60.0	71.3
4-6 expressions	F	16	24	5	16	19	40
	%	20.0	24.5	14.7	17.0	38.0	22.5
Total		80	98	34	94	50	178
		CC=.054, p=.773		CC=.259, p=.012			X <sup>2</sup> =122.843, p<.001

**Table 3: Physical sensations of the respondents before observing the aura**

Physical sensations		Gender		Education			Total
		M	F	PG	Graduation	High school	
Physical features	F	8	10	2	13	3	18
	%	10.0	10.2	5.9	13.8	6.0	10.1
Test statistics		CC=.003, p=.964		CC=.130, p=.220			
Physical activities	F	5	8	0	5	8	13
	%	6.2	8.2	0.0	5.3	16.0	7.3
Test statistics		CC=.037, p=.626		CC=.222, p=.012			
Nothing	F	11	7	1	16	1	18
	%	12.5	7.1	2.9	17.1	2.0	10.2
Test statistics		CC=.112, p=.328		CC=.243, p=.032			

**Table 4: Psychological sensations of the respondents before observing the aura**

Psychological Sensations		Gender		Education			Total
		M	F	PG	Graduate	High school	
Negative expression	F	4	17	1	5	15	21
	%	5.0	17.3	2.9	5.3	30.0	11.8
Test statistics		CC=.190, p=.011		CC=.574, p<.001			
Positive expression	F	13	58	4	25	42	71
	%	16.2	59.2	11.8	26.6	84.0	39.9
Test statistics		CC=.436, p<.001		CC=.574, p<.001			
Opinion	F	12	10	3	16	3	22
	%	15.0	10.2	8.8	17.0	6.0	12.4
Test statistics		CC=.072, p=.333		CC=.153, p=.126			
Felt emotion	F	10	3	4	8	1	13
	%	12.5	3.1	11.8	8.5	2.0	7.3
Test statistics		CC=.180, p=.016		CC=.136, p=.194			

**Table 5: Psychological sensations of the respondents after observing the aura**

Psychological sensations after observing Aura		Gender		Education			Total
		M	F	PG	Graduate	High school	
Enthusiastic	F	50	76	23	57	46	126
	%	62.5	77.6	67.6	60.6	92.0	70.8
Test statistics		CC=.165, p=.028		CC=.297, p<.001			
Feeling extraordinary	F	43	34	19	35	23	77
	%	53.8	34.7	55.9	37.2	46.0	43.3
Test statistics		CC=.191, p=.011		CC=.145, p=.153			
Relaxed	F	22	32	14	21	19	54
	%	27.5	32.7	41.2	22.3	38.0	30.3
Test statistics		CC=.056, p=.457		CC=.185, p=.047			
Surprise	F	7	4	2	5	4	11
	%	8.8	4.1	5.9	5.3	8.0	6.2
Test statistics		CC=.096, p=.198		CC=.048, p=.814			
Feeling spiritual	F	6	2	3	4	1	8
	%	7.4	2.0	8.8	4.3	2.0	4.5
Test statistics		CC=.137, p=.188		CC=.170, p=.271			

**Table 6: Bioplasmic experiences of the respondents after seeing aura of the person in front**

Bioplasmic sensation after seeing Aura		Gender		Education			Total
		M	F	PG	Graduate	High school	
Body shape in various colours	F	74	93	32	86	49	167
	%	92.5	94.9	94.1	91.5	98.0	93.8
Test statistics		CC=.050, p=.509		CC=.116, p=.302			
1-2 inches	F	32	42	13	35	26	74
	%	40.0	42.9	38.2	37.2	52.0	41.6
Test statistics		CC=.029, p=.700		CC=.132, p=.210			
2-4 inches	F	15	21	4	22	10	36
	%	18.8	21.4	11.8	23.4	20.0	20.2
Test statistics		C=.033, p=.658		CC=.109, p=.350			
5-6 inches	F	1	0	0	1	0	1
	%	1.2	0.0	0.0	1.1	0.0	0.6
Test statistics		CC=.083, p=.267		CC=.071, p=.638			

Table 7: Summary of experiences of the respondents

	Session One	%	Session Two	%
Physical	Physical Features	10.1	No expressions	-
	Physical Activity	7.3	No expressions	-
Psychological	Positive Expression	39.9	Enthusiastic	70.8
	Negative Expression	11.8	Feeling extraordinary	43.3
Bio-Plasmic	No expressions	-	Energy field in body shape	93.8
	No expressions	-	Was 1-6 inches in distance	62.4

## RESULTS AND DISCUSSIONS

Participants' responses were consolidated, coded and grouped to similar expressions and analysed statistically. The data has been tabulated and interpreted in the following tables.

Table 2 shows that, 71.3% of the respondents have observed the other person's aura and have expressed their experiences in 1-3 expressions, 22.5% of the respondents have mentioned aura in 4-6 expressions. Only 6.2 % have not observed the other person's aura while rest of the 93.8% respondents were able to see aura. Chi-square test revealed a significant difference between groups of sensations ( $X^2=122.843$ ,  $p<.001$ ), with 1-3 sensations being significantly high.

Table 3 shows that in session one, before viewing the aura, 10.1% of respondents had named some physical features when seeing the other person such as eyes, hair, dress up neatly, good looking etc. 7.3% of respondents observed the activities of the person such as writing, sitting, playing, etc. 10.2% of respondents had no response.

Table 4 shows that in session one, 39.9% of respondents have seen a positive expression / emotion in the observed person such as happiness, smile, calmness. 12.4% of them expressed an opinion about the person such as, motivated person, dignified person, active, sweet, innocent etc. 11.8% of respondents have seen negative emotion / expression in the observed person such as feeling of upset, conflict, fear, shy, etc. 7.3% of them felt emotions ranging from curious to inspired. All these responses were expressed by respondents before viewing the aura in session one.

Table 5 shows the Psychological sensations of the respondents after observing the aura. 70.8% of the respondents felt enthusiastic, 43.3% of them felt extraordinary, 30.3% of them felt relaxed, 4.5% of them experienced spiritual feeling. Education had a significant effect in the experience of enthusiastic feeling ( $CC=.297$ ,  $p<.001$ ) and relaxation ( $CC=.185$ ,  $p=.047$ ). Further, gender had a significant effect in feeling extraordinary ( $CC=.191$ ,  $p=.011$ ) and enthusiastic ( $CC=.165$ ,  $p=.028$ ).

Table 6 shows the bioplasmic experiences of the respondents after seeing aura of the observed person. 93.8% of respondents saw outline of the body which reflected the energy body. Aura appeared shining and in different colours such as white, yellow. 41.6% of them saw the aura 1-2 inches thick, 20.2% of the respondents saw the aura 2-4 inches thick, 0.6 % of them reported that they saw the aura 5-6 inches thick projecting from the person in front.

The study indicates that majority of participants can view and experience the Aura surrounding a human body. The responses of the participants on experiencing Aura were classified into physical, psychological and bioplasmic categories and are summarized in table 7.

In session one, participants were asked to observe a person in front without any guidance to view the aura, and record their experiences in an open-ended questionnaire. Results revealed that, participants described more about general characteristics of the person like physical features, actions of that person. In addition, they also described various emotions felt, their opinions about the person in front, etc. It is worth noting that, none of the participants felt any of the bioplasmic experiences during session one. Importantly, the participants did not give these general expressions in session two. The respondents expressed their bioplasmic and psychological experiences on seeing the aura of the person in front.

In session two, majority of respondents perceived the human aura. 71.3% of the respondents have expressed the sensation of aura in 1-3 expressions. Aura of the person looked like outline which reflected the energy body, it appeared to be shining in different colours such as white, yellow. Aura was found varying in thickness such as 1-2 inches, 2-4 inches, and 5-6 inches. Among the participants, males and Post-graduates were able to better experience and express the sensation of the aura.

Everything and everyone in the world has a radiation field, i.e. 'Energy body' or Aura<sup>15</sup>. The energy body interpenetrates the visible physical body and encompasses it by four to five inches. The inner aura is this invisible luminous energy field which tracks the contour of the visible physical body<sup>8</sup>. The energy field extends a considerable way beyond and its general form is ovoid<sup>16</sup>. Theosophy teaches the existence of a subtle body which is the blueprint, framework, and mould upon and around which the outer shell of our physical body is built<sup>17</sup>. A prominent British healer, recorded that sensations of colour were reported by healers<sup>18</sup>. Healers perceive different colours when examining the same person because each healer is tuning in to a different layer of the bio energy field<sup>19</sup>. In any case, all of these observations appear to confirm the presence of a bioplasmic energy field surrounding the body<sup>20</sup>.

In session two, as a result of observing the aura, respondents felt enthusiastic, extraordinary, relaxed, and spiritual and surprised indicating the psychological experiences. In another study by Jois et. al.<sup>14</sup>, 61.1% of the respondents have expressed that the sensation of Prana was a nice feeling in between their hands. After absorbing air prana, totally 98.4% experienced psychological changes, with more than 60% of the respondents felt relaxed and experienced a happy sensation. Findings of this study illustrate that perceiving the aura of a person will lead to some positive changes in emotions experienced by participants. The results of this study show that 93.8% of the respondents were able to observe the aura of the person in front and express their sensation. As prana is existential, anybody with curiosity and willingness to see the aura containing the prana can effortlessly view it.

Knowledge regarding aura is not isolated to ancient healing traditions. Modern investigators are able to measure the

properties of the biofield<sup>21</sup>, including effects of psychological changes<sup>22</sup>. Implications of such studies is that a lot of wisdom can be gained by reviewing the subtle energy teachings of ancient healing traditions. This will allow the traditions to update psychology, neuroscience, and parapsychology and in turn refining the ancient wisdom as well<sup>23</sup>.

Experience of the aura provides the great deal of information about the nature and functioning of human beings<sup>24</sup>. The energetic body holds the key to wellness and is the core from which the physical body derives energy. Evidence from this study will support the notion that we can use our inborn intuitive mechanism and our latent psychic potential to train ourselves to not only to see the aura but also to interpret the different colours and shapes in the aura which can reveal us a lot of unsaid information<sup>25</sup>. The human Aura can be considered as radiating fields that form a complete energy body surrounding the physical body.

## CONCLUSION

Viewing human aura surrounding a person revealed several bioplasmic experiences by respondents in this study. It is observed that significant psychological experiences were gained after the perception of aura. The results obtained from this exploratory study will lay a foundation for future studies on the same lines and ways to achieve good health and wellbeing. By viewing human aura, Prana can be harnessed to maintain and improve the state of health and wellbeing.

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