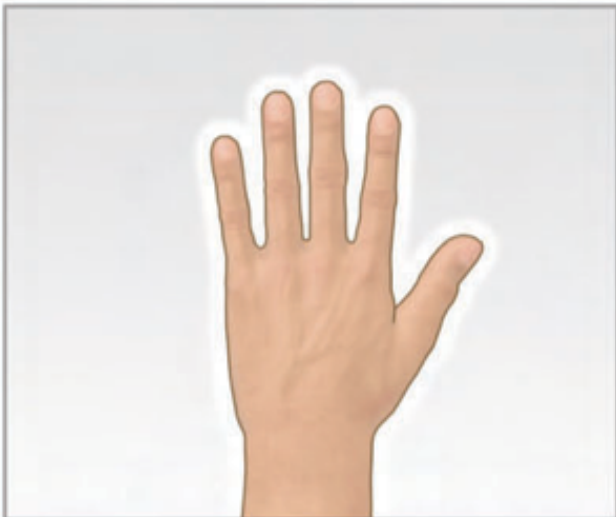


How to See Auras

See Your Own Aura in 5 Minutes or less

1. Extend your hand in front of you with your palm facing towards you. Now, hold it up against a solid background, a white wall will work well.
2. Soften your gaze like you would if you were to look off into the distance at nothing in particular. As you look at your hand, take a look in between your fingers.
3. Look for a clear outline of your fingers or a corona around your hand or fingers. Try squishing your fingers together and spreading them out.
4. If you are having trouble slowly move your hand side-to-side, like you're waving. Moving your hand might get it into just the right spot in your peripheral vision.



Remember to use a blank background. It will provide a good contrast to see the Aura.



Try aura gazing your feet while laying in bed before sleep or after waking.