ALTERNATIVE THERAPY

It's all in the aura!

Aura therapy helps balance energy levels for more effective functioning

We've all used the word 'aura' in our speech without really thinking about it. It's a word that we associate with the supernatural and Godly beings. In actuality, the aura actually exists. Every living being has an aura around it, which can play an important role in diagnosing imbalance in the physical and mental body. No one understands this better than Priti Shroff who started Prism - The Healing Institute in Mumbai to offer people the opportunity to experience the benefits of aura therapy.

TEXT BY JANANI GOPALAKRISHNAN

Demystifying Auras

So let us first understand what an aura is exactly. Energy is omnipresent; not just living beings, but even dead tissues emit energy, and this energy is radiated in particular patterns unique to each object. This radiation is referred to as 'aura'. Each individual's aura in turn interacts with and draws from a universal energy.

Says Priti, "It is your aura, the radiation pattern, its interaction with the environmental energy and the auras of other people you interact with that determine your personality and health condition. These aura interactions actually determine how you perceive and respond to people and situations. Therefore, understanding a person's aura can help understand their behaviour and even make predictions about them. Modifying one's aura and re-establishing a positive balance can help cure the person of various physical and emotional disturbances."

Aura Scan

The first step in aura therapy is an aura scan, where the therapist scans your body using an aura reader (refer picture) to detect your aura, which as we've learnt, basically comprises the energies that vibrate around you. Earlier, it was believed that an aura reader needed to be clairvoyant or have special powers to be able to read auras, but in the 1890s, Nicola Tesla, a scientist and inventor, showed that auras could be photographed. Later in the 1930s, Semyon and Valentina Kirlian developed a high-voltage imaging process known as Kirlian photography, which photographed the aura energy emitted by various life forms. Since then, aura photography and aura scanning has become very advanced as technology has progressed in leaps and bounds.

Today, all a therapist needs to do is run the aura scanning equipment over a person's body. These, when fed into a special aura therapy software, detect the energy fields and express them on the computer screen in a colour code, which the therapist can interpret. The colours represent various states of being, such as physical, emotional, and spiritual. The colours also represent the predominant characteristics in your personality. For example, a domination of red shows a fiery temperament, a predominance of blue represents idealism, white represents truth, yellow indicates intellect, and so on. "However the same colour can mean different things for various individuals, which only the qualified therapist can analyse and read," informs Sherina, a therapist at Prism Institute.

By judging the shape, shades and strength of the various colours in the aura reading, the therapist can interpret your personality and emotions. By analysing the reading, it is possible to detect if there are any imbalances or a dominance of any negative characteristics in a particular part of the body. If there are, it leads to the next step, which is aura cleansing.

Says Sherina, "The effect of the aura scan is not physical; it is more of a state-of-mind thing. During an aura reading, we describe a person's existing aura state and then suggest a few treatments like acupuncture, yoga, diet tips, etc. We explain whether an aura is very negative or positive and how it is affecting a person's physical and mental state. A therapist will recommend an aura cleansing if energy levels are dominant in the person's aura."

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Therapist Sherina conducting an Aura Scan