



# A Little Bit About Chakras and Auras

This flyer provides *very* basic information about the location of chakras – concentrated points of energy – in your body, and about auras, and their association with various psycho-spiritual powers and qualities. (We’re sorry it’s a little hard to read. Our computer art capacity is limited.)

## What Are Chakras?

Chakras are energy points in the body. The chart illustrates the seven main ones, which correspond to vital points; there are dozens more. The concept is part of Hindu metaphysical traditions, that Westerners have adapted.

Each chakra is associated with a color (see the chart below). Use these associations when you visualize your chakras as spinning pinwheels that expand and contract as you learn to manage your own energies.

“Running the chakras” means taking a few minutes to feel the energy in each of them, one at a time, as a full-body tingle, and then calming it down again. This helps you become aware of and in control of your energy. You may find it a useful daily waking up or going to sleep exercise.

## What Are Auras?

Our bodies generate electrical fields. These surround us, and form one layer of our aura. Other layers come from our feelings. Some people can see or otherwise sense colors in a person’s aura. (Not everyone perceives auras visually.)

The colors in an aura – an energy shell around people’s whole bodies – can change according to a person’s mood, physical health, and other factors. The perceived color of an aura is just one indication of what qualities are strongest in that person.

A good way to practice seeing auras is to look at your own hand or forearm against a light background, in dim light. Look just behind the edge of your hand or arm, and unfocus your eyes a little. With some practice, you will probably see a faint sparkle or shimmer, which will give the impression of a color.

Don’t practice or use this skill when you are angry, or to try to manipulate people. You will do harm to yourself if you do.

## Possible Meanings of Colors in an Aura

See the list at right for some color associations. If one of these colors dominates in an aura, the person you’re “reading” is probably centered, for the moment, in the concerns that color represents. However, the variation of color intensities and combinations are meaningful, too. Here are some fairly common interpretation:

Bright colors: health and vitality; intense concentration, interest, or involvement

Dull colors: boredom, anxiety, or mild illness

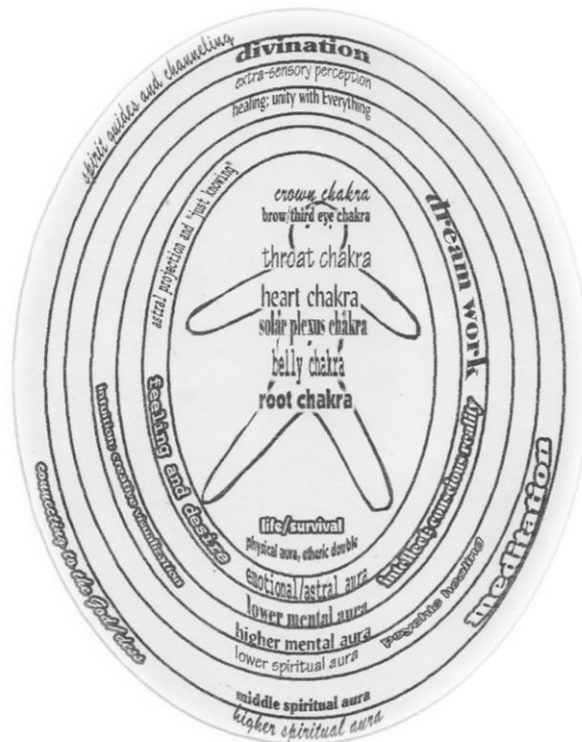
Muddy colors: anxiety, depression, serious (acute or chronic) illness; confusion; despair

Black or indistinguishably dark colors: withdrawal; severe depression; hostility

Pale colors: inattention; preoccupation; confusion; borderline distress

Sparks of other colors in a dominant color: excitement; interest; creativity

Streaks of other colors in a dominant color: multiple interests/talents; integration



## STANDARD CHAKRA COLOR ASSOCIATIONS

Root: PRIMAL LIFE/SURVIVAL ENERGY: red or black

Belly: FEELINGS; NEEDS; DESIRES: orange

Solar Plexus: INTELLECT, CONSCIOUS REALITY: yellow

Heart: INTUITION, GUT FEELING: green or rose

Throat: COMMUNICATION; WILL: light blue

Brow/Third Eye: WISDOM: indigo (dark blue)

Crown: CONNECTION WITH DEITY: violet

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Sources for the information in this flyer include Diane Stein’s *Stroking the Python*, Llewellyn Publications, 1988

Being able to see colors in your own or other people’s auras does *not* make you a doctor or healer, or mean that you fully understand other people. These suggestions and interpretations do not represent the only way to work with chakras and auras. No chakra work or aura perception should substitute for appropriate medical or psychological care. Please keep the Wiccan Rede and the Three-fold Law in mind as you do your own work with these concepts.