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## Awakened Aura: Experiencing the Energy of People and Places

posted by [debramoffitt](#) | 11:35am Wednesday November 9, 2011

“We are all One. One Energy, from One Light. Let us band together as humans with love for all of humanity, living each day in harmony as we explore our spirit.” – Kala Ambrose

We are all energy. Beyond the physical body, we are also made up of the emotional, etheric and astral bodies which some people are able to perceive. Our auras tell a great deal about our emotional, mental and physical state. In Russia, much research has been done on auras and their meaning as well as how to interpret them.

Kala Ambrose, author of *The Awakened Aura: Experiencing the Evolution of Your Energy Body*, grew up with the natural ability to see them. Like Edgar Cayce, a renowned seer who also perceived auras, Kala is able to teach us through what she perceives. Kala says that we all perceive the energy of people, places and situations but often it's not conscious. We sense it when we walk into a room and feel the mood coming from the group of people in it. We may meet someone for the first time and feel uncomfortable or on the contrary very much at ease with the individual.



Auras are like a living egg of energy around the physical body. They were depicted in iconic painting as halos or rings of light around the heads of saints. But we all are surrounded with this light in varying colors and shades. Kala describes how our auras can be depleted by stress or depression and also how they can be recharged by going outdoors into nature, spending time in the sun and eating healthy, fresh foods that are not overly processed.

As more and more people awaken to their energy fields and become sensitive to the subtle energies around them, thoughts and feelings become readily visible and perceptible. Telling a lie to someone or using subterfuge and hateful thinking becomes evident. And also those who work with love and

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compassion will light up in beautiful hues and share a sense of energetic harmony with others. Imagine a world where all that you think and feel becomes apparent. For people like Kala, this is already true.

By thinking elevated, positive and creative thoughts and living in a healthy and natural way, we can feel supercharged and share good harmony and energy with others. If you know that others can perceive your thoughts, will you need to transform what you're thinking and feeling today to create a positive and loving atmosphere around you? It will energize you and be of service to others as well.

For more on the Awakened Aura see: <http://theawakenedaura.com/awakened-aura-book/>

**Bio:** Debra Moffitt is author of *Awake in the World: 108 Practices to Live a Divinely Inspired Life*. A visionary, dreamer and teacher, she's devoted to nurturing the spiritual in everyday life. She leads workshops on spiritual practices at the Sophia Institute and other venues in the U.S. and Europe. Her mind/body/spirit articles, essays and stories appear in publications around the globe and were broadcast by BBC World Services Radio. She has spent over fifteen years practicing meditation, working with dreams and doing spiritual practices. Visit her online at <http://www.awakeintheworld.com>.

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Life is an adventure. Explore it. Opening the heart can become an adventure. Recently a friend wrote to me in a state of shock. She was on her way to the hospital for a surprise – open heart surgery. I felt her shock even through the email. It's always difficult to know what to say, but I sen

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### The Energy of Love in Action

"Love is neither sentiment nor emotion. Love is energy." - Sathya Sai Baba Some of my best and greatest teachers have been embodiments of love. They teach through example. My grandmother, Eva, gave me good lessons. Regardless of my childish and often egocentric ways

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### Cultivating Joy and Harmony: Dolphins Show the Way

On the beaches of South Carolina near Seabrook Island and Kiawah, dolphins come together to "strand feed." At low tide they swim to the shore at an inlet and collectively, they herd fish onto the shore and the dolphins jump onto the beach to gather the fish. I watched them yesterday as

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### Stillness: A Place to Hear the Heart's Whisper

Noise is so common that most of us don't know what true silence is and often we flee it by turning on the TV or music to fill up a silent room. Cars rumble by, sending out their vibrations. Refrigerators hum inside houses. Air conditioners and heaters purr. On top of that we populate

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### One Love: Going Deep for Connection

"If I go far enough in me I find you." – Mark Nepo Despite the apparent diversity and separateness, the essence of all life is One. There's something sparkling, vibrant and alive that, regardless of what you call it, animates all of life and beats out the rhythm of every heart. This

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