



# The Voice Box

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## *The Aura and the Energies of Life*

**At one gathering of a development group White Feather commenced his talk with his usual customary greeting to all present and then proceeded to speak, firstly about the energy fields which surround all of creation and then about ways in which we, as humans could help ourselves by avoiding some of the man made 'pollutants' which can affect them.**

"May I greet you all with the divine love and the radiant light of the Great Spirit. I am pleased to have this opportunity to link with you again and to come into the orbit of your thoughts and aspirations. It fills my heart with joy to be able to share with you in this communication, the great love, truth, light and wisdom of the great spirit. For as I have said many times; it is ultimately truth that is the liberator of souls.

I am aware of your desire to unfold the latent divinity within you and also of your dedication, your persistence and the various attributes of your higher self which seek to be made manifest in your lives, and it is good that you should endeavour to unfold the beauty within you in this way, because the rewards are beyond description.

I want to give you teaching tonight regarding the various energy fields that surround you, which are commonly referred to as the aura and the auric fields. There is little understood in your world of these energies and it should not be thought merely that the aura is a reflection just of the physical well-being, because it is much more than that. To commence, you should understand that you have levels of being; physical, etheric, astral, mental and spiritual. All of these coalesce and inter-penetrate in accordance with their varying levels of vibrational energy and each level has its own energy field surrounding it. So when you are fortunate enough to see what you term 'an auric field', you are seeing, frequently, not just one level but many levels, many fields. For an auric field is composed of many, many levels of energy.

Every facet of your being is surrounded by energy, In fact your whole state of being is energy. But what is termed the auric field is a reflection of that state. Frequency and vibrational level of energy that surrounds that particular level of being.

Every organ in your body has its own energy field surrounding it. Your heart, your lungs, your kidneys, every facet, every part of you has its own colour, vibration and sound. These things are aspects of each other and should not be separated, but recognised as different expressions of one energy. Naturally, whenever you see a vibrancy of colour it

indicates, more often than not, a healthy organ or a healthy state of mind or emotional being, and conversely where you see dull, muddy colours of the aura, it indicates a state of disharmony or disease or imbalance. But of course you must learn to read these colours, you must learn to understand. Just as you have to learn to understand everything that is unfamiliar, and this only comes by observation, by attunement, by raising your own vibrational energies to the point where you can not only see these energy fields but also to come into harmony with them, to understand them.

The auric fields around you are also protection, a barrier if you like, against undesirable energies. When I link with this instrument, just as when your guides and helpers link with you, it is necessary to enter into this energy field that surrounds you. This is why frequently you will experience an expansion, as if you were gaining in size and dimension. To me, the aura of the instrument through whom I speak is my prison when I am working through him. For I have to confine myself to its walls and dimensions, to its energies. Just as I have to confine my language to that which is known by his conscious and unconscious levels of being. So it takes great limitations on what I can bring through. But that is the case with all forms of mediumship, when we have to work through an instrument who is encased within a physical form.

There is a great deal of nonsense talked about the aura! As there indeed is, upon your world, concerning many aspects of spiritual knowledge. I have heard it said for example, that a person has a 'torn aura'. How can this be? Is it to be thought that the auric field is a fabric? Or a cloth can be severed? What the individual is sensing, either through their clairvoyant vision or by the mere fact that they have attuned with the energy level of that individual, is a depletion of one area of the auric field, perhaps through one of many different causes. It may be an emotional drainage, a physical disease or a mental condition or state of mind. Because just as your auric field expands in your meditation, when you are happy and when you strive to reach to the higher plateau of understanding, so it contracts when you are sad, when you are down, when you are ill. When you are perhaps tired, when you are emotionally depleted. It contracts to the point where it is very close to the physical body. So you must understand that the energy field, in its varying levels, is a creation of you as an individual.

You can think of it if you like as an extension of you. Your body does not end at the periphery of your skin. It continues beyond that. Why do you think it is, that when you come into the presence of one or other, that you are able to sense something of their nature? Perhaps something of their past history or something that lies in the future, recognising that beyond your world, in the higher realms, past, present and future exist in a different sense than they do in your linear time. It is because you are sensing it in the aura. Because it has to be said after all, that you are all instruments of the spirit in degree, and in accordance with your unfoldment so you can sense many, many things."

**At this juncture the guide went on to suggest some procedures that individuals could implement in order to help themselves when their energy levels became depleted.**

"When you are depleted, tune into your own self. Tune in to the energy that surrounds you and you will find that with practice, like all things, you will become more highly sensitive to your needs. If for example, you are lacking in physical energy, then you can imbibe the energy that will give you strength and upliftment. It may be the vibrant red with its wonderful strong vibrancy, or the verdant green that is of nature. For you are familiar I

am sure, that when you are in nature surrounded by valleys and hills and trees and flowers, that it gives you an upliftment. This is not merely psychological upliftment, it is because you are breathing in and imbibing the energies of nature. You see, you do this naturally, unconsciously, without any conscious will. But to do it as an application of will, is a wonderful thing and it should be practised, in my view, by each of you on a daily basis.

You must understand also, that you auric field can become polluted and tainted by many things around you. By the interaction of other beings, also by the very atmosphere in which you have your being here up[on the earth]. For man pollutes his world in many, many ways. Vhemically, electrically, he poisons the air, he taints the water, he soils his own nest, he soils his own bed. And you have to move and have your beings within this. Would that you would take the time to cleanse your auric field by immersing yourself in water, preferably of a cool or cold nature, of drying your body and then of taking deep breaths. Of imbibing the healing rays of the spirit. Would that you would take frequent exercise and that you would be mindful of the food and drink that you imbibe, for these also have their aura and are containing of great energies.

You know, some in your world pay more attention to the oil that they put in their motor engines than the food that they consume. They pay more attention to their television than the do to the matter that they ungest through conversation, through reading, through thinking. All of these things are either pollutants or stimulants, or else they provide a gentle balance.. You move and have your being within a sea of energies. You are constantly giving forth and receiving.

You are aware, are you not, of how one can drain you, whilst another can uplift you? You are aware perhaps, as you have found to your delight this evening by holding a gentle creature in you arms, you receive great healing and great love. On the other hand you are aware, are you not, that another such creature can instill fear into your heart when he surprises you?"

*[here, the guide was referring with some humour to an incident with a cat and a mouse, which had previously caused some alarm to one of the group].*

"These things have an effect upon you, But to still the mind, to quieten the body, to rest the weary limb, to calm the heart, to bring the thoughts into a state of focus, these things are good for you. Remember you are what you create. You are body, what you thought and did and said and believed yesterday. And you will be tomorrow, exactly that which you are creating today. But the auric firdleds that surround you are energies of great beauty. They can provide for you, many, many things. They can ensure that there is balance and harmony and wholeness and health between all the levels of your being or they can be indicators that there is, at one level or another, some imbalance within that needs to be addressed.

So perhaps in your moments of reflection you can think upon this teaching and it will provide for you some further guidance that will assist you along your pathway of unfoldment."

***The teachings provoked great interest within the group and many of those present were eager to ask questions of the spirit guide. These are shown in the Question and Answer Section of this page.***