



# The Voice Box

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## The Aura and the Energies of Life

### Questions and Answers:

These questions, and their respective answers, were generated by the philosophy that White Feather gave during a talk to his development group about the Aura and Life Energies. Which can be read in the Philosophy of White Feather section of this site.

**Question:** *“You often speak of ‘new energies’ coming in to our earth plane, could these energies have a disruptive effect upon us or are they of a benign nature?”*

**White Feather:** “The energy itself is of a benign nature. This disruption that can occur is not caused directly by the energy but by the effect that it may impart around you, to which you are sensitive. The energy itself is one that brings increased sensitivity and you are thus more aware of the distinction between the higher and the lower. Do you understand that?”

**Sitter:** “Yes.”

**White Feather:** That is as succinctly as I can put it. It is rather like a wind that blows and as it does so, the leaves upon the trees shake and vibrate. A few, fall. Some simply respond in their vibration. The wind in itself is not good or bad, it just IS. But all the leaves upon the tree have to respond in one way or another. Some are unable to withstand the wind that blows and so they fall by the wayside. Others, because their attachment is strong and healthy and because they have an allegiance to the power and the energy field of the tree, find that there is an upliftment. Do you understand the simile?”

**Sitter:** *“Yes I do. May I also ask another question which concerns those of us who, at times may feel unwell and find that the particular condition which troubles us does not seem to lift or respond to treatment. Could this be due to Karmic law or some other reason? Can you comment upon this please?”*

**White Feather:** “I do not intend to speak of individuals, but you must recognise that when a condition does not yield for whatever reason, then there may be other factors which have to be taken into consideration. The Karmic aspect is certainly one of them. Another, is the ongoing situation regarding the current existence upon

the earth, the many aspects that may combine within that situation regarding lifestyles and in particular, thinking and emotional levels of being. Also of course, there is the point that all discomfort and suffering, if it is of a deeper, extended nature, may have been chosen by the soul level of that individual to undergo in order to learn a particular lesson and until the soul is touched, until the lesson is learned, then the condition will not clear. It will not lift, despite whatever attempts are made to clear it. So you have to look at all these aspects. You have to weigh up and consider that which may be apparent. All you can do as individuals is to give of your best, to try your hardest.

But let me say this; when you truly know yourself, when you are truly in touch with the higher principles and where you allow those principles to express themselves fully in your lives then you will find that there can be no disharmony. You will find that health will be achieved, within the limits of natural law. Naturally, a limb that has been removed or an organ that has been taken out cannot be replaced. But where it is within the operation of natural law, there you will find that balance and health and wholeness must return, because it is the law that it should. If it persists in a state of imbalance it proves only one thing; that at some level of your being you have not yet achieved that level of harmony and thus you are in contention with the operation of the law. Do you understand that?

Where there is perfect harmony of thought, of emotion, of action, then the law is in harmony with you and you are in harmony with the law, and health and wholeness and oneness must be the result. It can be nothing else.”

**Question:** *“Can I ask a question about all the violence and suffering and pain and hurt around us, all that is going on in the world.....how does this affect us? What effect does all the negative energy around us have upon us? I find it so difficult. Should we respond in a certain way when those around us cause us pain? How does this effect us?”*

**White Feather:** “It depends upon you as individuals. But let me say that ignorance breeds ignorance, darkness breeds darkness, evil breeds evil. But it depends upon each individual. You can have one who is surrounded, in the midst of ignorance and darkness and yet they do not allow it to touch them. It is difficult I know, because as I said earlier, you move within an ocean of these thoughts and energies and emotions and words and deeds.

You as individuals have to learn to separate the light from the dark, the good from the bad, the wheat from the chaff. You have to learn to extract the gold from the ore. Sometimes it requires that you go into the lions den in order to do that, just as the miner must go into the bowels of the earth in the darkness and the dirt, in order to find the gold that lies within. That is sometimes very necessary. But where you have knowledge, as you have a little – as you each have a little – where there is awareness, there you find there comes a strength and fortitude that accompanies it. There also comes a responsibility, for you can not have increased knowledge and sensitivity without responsibility.

What you need to do is trust yourself. Trust that responsibility. Trust the power of the spirit that has never let you down, that has never deserted you, that has never abandoned you. That has always awaited within to hear your call. And you will find

always that the compass of the soul, which is the higher self, will speak to you and guide you.”

**Sitter:** *Could I ask another question regarding development of spiritual gifts and of being able to see the aura and other aspects of a person. Is there anything that we can do to help ourselves?”*

**White Feather:** “You can help yourselves by learning to attune. Now, when we speak of ‘seeing’ the aura, remember that there are many ways of seeing. You can ‘see’ with your eyes closed, just by looking with your inner vision, and that is attunement. It is necessary to increase your sensitivity by sitting in a disciplined manner to unfold the gifts that you have within you and the more often, the more frequently you can do this, the more regularly you can sit and the more you can place yourself in a position of harmony and attunement, not only with your higher self, but with those that are drawn to you out of the magnetic attraction of love, you will find that so you become more honed, more polished, like a diamond that has been polished and that radiates perfectly and reflects perfectly the light of the spirit that shines upon it. Then you will see.”

**At this point the guide asked all the sitters to look at his medium as he informed them of his intentions:**

**White Feather:** “Look, and you will see an aura, because I am going to project an aura of my own into the aura that surrounds him. Look and you will see or you will sense a colour. And you can all do this and perhaps you can compare notes! Some of course, will be able to partake of this exercise more easily than others, but that only proves to demonstrate the case in question. I shall be interested to hear your comments afterwards for I shall remain in your midst for a little while.”

**NB.** *After comparing notes later, it was discovered that not all the group saw something, but many saw a blue-green light around the medium.*