

*Change Your* **AURA**

*Change Your* **LIFE**

A Step-by-Step Guide  
to Unfolding Your  
SPIRITUAL POWER

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*with* Dimitri Moraitis

Wisdom Light Books

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# INTRODUCTION

A miraculous spiritual force operates in the midst of us. Although invisible to physical sensing, it is vividly alive and active. It is a part of us and we are a part of it. This force is known as the human energy field—the aura.

In the following pages, we'll explore what the auric field is and how to improve it by working with spiritual energy. This book is designed to be a hands-on training manual in how you may work with the aura to improve the quality of your life. It introduces a powerful meditation tool for accessing an unlimited source of spiritual power that is simple and easy to follow.

The depth of activity that goes on within each of us, unseen by the physical eyes, is truly amazing. For anyone who has studied this subject, one fact becomes crystal-clear: There is far more to the unseen part of life than there is to the seen. If nothing else, it is my hope that this book will give you a greater knowledge of yourself, who you really are, and your unlimited potential as a spiritual being.

Every spiritual process described here has been shown to me through my own direct clairvoyant observations. I was born with the gift of spiritual sight; clairvoyance is a natural part of life for me. From early childhood, I could see auras, and had countless other spiritual visions as well. These experiences have always seemed very normal. As a matter of fact, when I was very young, I assumed that everyone saw what I did. It was a rude awakening when I found out that they didn't.

Clairvoyance (French, for “clear seeing”) is the ability to observe the normally invisible spiritual processes of life. I was about three years old when my spiritual sight opened to the beautiful world of auras. I began by seeing them around people and things. Though I had little comprehension of what I was seeing, I remember watching the auras around my parents and siblings and noticing how the colors would change according to their moods and actions. I remember taking trips into the country and seeing the auras around trees and flowers and thinking how beautiful life is. And how God must be everywhere.

I had an experience when I was about four that taught me an important lesson about my abilities. My father was a Greek Orthodox priest who had wonderful engineering skills as well. The archdiocese would send him to

various towns to build a church and then build up a congregation. He did this in many places around the country, always with great success. As a result, our family constantly moved, which wasn't always easy on us. I had three brothers and two sisters. Living on a priest's salary was quite a feat, especially considering that we moved so often. How my mother was able to keep us happy and well cared for could be a book in itself—she did a wonderful job.

One day, we all went to the dedication of a new church. It was a major event, and, of course, our family was a big part of it. The archbishop had come from the Archdiocese of New York. There were thousands of people. The archbishop stood very regal, resplendent in his tiara and cross before the altar. Beside him, to his right and left, were two bishops who were officiating with him. I studied the aura of the archbishop and found his energy field to be very menacing. Instead of brilliant, uplifting colors, he had dark, grotesque colors emanating from him. However, the bishop to his right, who was lower in rank, had a very beautiful aura with striking pearl luster colors.

In the Greek Orthodox faith, it is customary to kiss the hand of the officiating archbishop, priest, or bishop. When it was our turn to go down the aisle and kiss the hand of the archbishop, I refused. My mother insisted. In front of the whole congregation, I screamed, "No, he's a monster! He eats children!" Needless to say, my mother took me out and gave me a good spanking.

So, I learned that this gift could be a curse as well as a blessing. Who wants to see ugly energies around someone—especially a family member or loved one? I learned to keep quiet about what I saw and to shut off these gifts when I needed to, so I wouldn't be overwhelmed.

In my teens, I began to realize that it was possible not only to observe the aura, but to change and improve it. I also became aware that I was not alone in this process, that I was being helped by beings from the spirit world. From childhood, I could see them, but as I grew older, they were making their presence much more known to me.

In my twenties, I embarked on a training program with these spiritual beings, who instructed me in many facets of the spiritual world. This training eventually led to my becoming a teacher of metaphysics and to most of the principles imparted in this book. I also had a few spiritual teachers in the material world, who taught me and helped prepare me for the rigors of teaching.

When it came time for me to begin my professional work, I hesitated. I was working at an insurance company at the time, a single mother supporting two children, and this spiritual work seemed like a risky venture, even

though I knew its value. I also knew how much responsibility was involved in being a spiritual teacher and wasn't sure I was up to the task. However, I was prompted—in the most unusual of ways—by many who saw that I had something to offer. By the time I was in my early thirties, I had given up my job and begun teaching metaphysics full-time. I've been teaching ever since.

I wish to emphasize that the exercises in this book are by no means a replacement for trained professional guidance. Sometimes your own spiritual efforts will not be enough to remedy a condition, and you will need experienced outside help. Certainly, if you are experiencing serious physical or psychological disorders, you should consult a doctor, counselor, or experienced spiritual healer to complement any spiritual work of your own.

A note about the illustrations: While I have made every effort to show the aura as accurately as possible, a certain amount of interpretation is inevitable. In addition, it's almost impossible to see the whole aura, *in toto*, at the same time. When I'm reading a person's aura, I focus on one part before going on to the next. In these auric illustrations, I have tried to show specific qualities of the aura as well as the human aura as a whole. Most of these renderings are cross sections of the auras described. In actuality, the aura is very much three-dimensional and has movement.

I wish to thank the many friends, family members, colleagues, and students who have been so patiently supportive during the writing of this book. It has been many years in the making. I would like to acknowledge my collaborator, Dimitri Moraitis, for his tireless work. Dimitri has been a dedicated student and friend for many years and has developed a thorough understanding of the knowledge presented here. I drew on a great deal of past knowledge as well as fresh inspiration for the material in this book. It became Dimitri's job to distill the information in an organized, literary form. The shape this book has taken is largely due to his creative contribution.

I hope this book will inspire you to new spiritual heights. I have been teaching for many years, and it has been fulfilling to see how working with the light has helped people to grow and express more of their true potential. Someone once said that it's wonderful to build bridges or magnificent buildings, but that the greatest feat of all is to be builders of men. I couldn't agree more.

BARBARA Y. MARTIN

# Your Spiritual Bank Account

Imagine a bank account in your name, with unlimited cash reserves awaiting your use. First you'd say it was impossible, but if you saw the account and were actually able to make a cash advance, things would change, wouldn't they?

Right now, you have the ability to tap an unlimited, spiritual reservoir of energy that can help you in every aspect of your life. Think of it as your spiritual bank account. Need more love in your life? Bring in the energy that is the embodiment of love. Looking for new inspiration? Call on the energy that inspires new ideas. How about more prosperity? Draw in the very power that manifests wealth. This spiritual account of Living Light is far more valuable than any cash account could ever be, and nothing is asked of you other than to use it.

This gift from God is one of the essential keys to developing a better life. By tapping into this spiritual account, you can greatly quicken your personal and spiritual progress. You can produce what you want faster, solve personal problems more effectively, and be able to help others to a greater degree.

This divine power can be perceived as a brilliant, iridescent light, with colors far more splendid than anything found in the physical spectrum. Spir-

itual light has its own source and purpose, which is very different from the light we see with our physical eyes. I have seen this spiritual light mend relationships, pull people out of suicidal depressions, heal physical, mental and sexual abuse, create harmonious marriages, help overcome addictions and perversions, get people out of financial disasters and take them to spiritual heights they never dreamed possible. The more these people dedicated themselves, the more the light could work for them. Some of these transformations were instantaneous, others took time, but all were realized.

Throughout the centuries, spiritual light has been depicted in scriptural writings, literature and art. In Genesis, one of the first acts of God was to bring forth light. In the New Testament, the dove of peace blesses humanity by beaming rays of light from its mouth. The Light of Christ temporarily blinded Saul while he was on the road to Damascus. Countless pictures show angels and archangels beaming light to suffering souls to heal and restore them; most benedictions show the recipient anointed with light. People who have reported near-death experiences almost always acknowledge the presence of a magnificent light. Divine Light is the backdrop to almost every heavenly scenario, and the centerpiece of every religion.

If you've studied metaphysics, you're familiar with the white light. People use it in specific situations, such as for protection, or to illuminate a condition. The image is very strong: light dispelling darkness. The white light is definitely part of your spiritual reservoir. In addition, there is a vast array of other spiritual energies at your disposal for personal and spiritual development. Just as physical light can be divided into its spectral colors, spiritual light reaches you in rays of various colors—with each ray serving a different spiritual purpose.

How does your aura fit into all this? First, your aura is energy. Everything you feel, think and do radiates a spiritual energy that comes through in definite colors and intensities. This essence is the aura. It is through the miracle of the aura that the Divine Light expresses itself in you. Your aura, then, is an individual expression of the Divine Light in action. Just as the spiritual reservoir is your divine bank account, your aura is a spiritual bank statement that registers and keeps record of how you're using that spiritual energy. When you draw in spiritual energy, you first draw that energy into your auric field before putting it to use in your life. So, by making a change in your aura, there will automatically be a corresponding change in your life. Change your aura, you change your life. That's one of the spiritual laws.

Spiritual energy may be defined as the Divine Light that propels the life force of God to all creation. In other words, there has to be a power that sends the love of God, the peace of God, the wisdom of God, and all the

attributes of God to each of us. Spiritual light is the power by which this goal is accomplished. Without this energetic conduit, we would have no means of receiving anything from God.

Spiritual light is part of the divine radiations that emanate from the very heart and mind of God. It is this energy that sustains all life and is the power behind all activities, physical and spiritual. From its purest state, light flows from the highest spheres and planes of creation down into various gradations, to fulfill many applications. If you need more love, the light will bring to you a flow of Divine Love. If you need prosperity, the light will take on a different quality and bring you the consciousness of wealth.

As the light flows from this celestial source into your aura, it generates the spiritual power necessary to create whatever it is you are focusing your attention on. To give you a personal example, when my eldest brother Philip was young, he wished to become an opera singer. He had an incredible voice, and everyone felt he was destined for greatness. When he started out, he had little training or money. His voice teacher gave him complimentary lessons because he saw his potential. In my brother's aura, I could see the spiritual power connected to creative talent—a bright electric-blue light. I also saw a deeper royal-blue energy, which showed his determination to succeed at his art. These colors were the beginnings of what would become the fulfillment of his spiritual purpose. As I watched his aura through the years of training and struggle, his auric colors gradually brightened as his talent and skill increased. At one point, I began seeing a sparkling turquoise in the energy coming into his aura, indicative of prosperity. This energy was showing itself, even though it had not yet materialized in his life. It was then that I knew good things were around the corner for him. His aura had all the earmarks of success, and sure enough, he soon became very successful in his field.

We all have the ability to change and improve ourselves. It doesn't matter where we are or what we've done with our lives; we are all here for a purpose and have been given the spiritual tools to succeed at that purpose. By working on ourselves we attract the spiritual energies that improve our lives. We go through the experiences of learning and growing, while behind this developmental activity we're also gaining in spiritual power, which is the key to manifesting the fruits of our efforts.

## **Your Spiritual Booster Shot**

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The most important act you can perform is to earn light. It's the key to all activities in life. You earn light by your every constructive thought, word, deed

# Six Steps to Change Your Aura

A unique feature about tapping into your spiritual bank account is that you're drawing energy from a spiritual source *outside* yourself, and from a greater place and dimension. This is the reason the light can be so effective. Because the Divine Light comes from such an exalted place, it has potency far beyond anything connected with physical life. The six-step technique presented in this chapter is a simple yet powerful meditation to draw the light from your spiritual reservoir into your aura. It's a technique that's been a part of the metaphysical tradition throughout the world for centuries. I have taught this technique to thousands of people, with astonishing results. It has no formal name, but I call it the Higher Self meditation.

As you explore the Higher Self meditation and the myriad ways to work with spiritual energy, keep in mind three simple keys. They represent the process you will use to employ light in any situation.

- Decide what you want the light to do for you.
- Draw the light into your aura.
- Apply the light to effect the change you desire.

## Decide What You Want the Light to Do for You

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Before meditating, it helps to have a clear idea of how you want the light to help. When you meditate with light, you meditate with a purpose. So, the clearer you are about exactly what you want the light to do for you, the more definite your results will be.

There are countless situations in which you may call on the light for spiritual assistance, from meeting daily challenges to working out deeply embedded character flaws and traumas. If you already know where you want to focus the light, then you are ready to begin the meditation. However, since you're taking the time to develop yourself, I recommend that you first step back and take personal inventory of your strengths and weaknesses. This way, you can better see where you are in your consciousness and spiritual progress. It was Socrates who said, "The unexamined life is not worth living." As part of your normal routine, you need to take time out from life's pursuits to reflect on what you're doing in order to gain a fresh perspective. The list you compile from this self-inquiry can become a reference point, not only for what you need to work on but also as a signpost of your progress.

### *Recognition Is Half the Battle*

The first step in any type of self-inquiry is recognition. We have to recognize that there are parts of us that need improvement. Despite the desire of many of us to improve our lives, there is often resistance to the whole process. It's not easy to recognize our faults or weaknesses. Many people go through the greater part of their lives unaware that they may be doing things that are hurting themselves and others. Recognition of a personal strength or weakness is a giant step in the right direction. There is tremendous liberation in the simple realization of why things are the way they are.

In some fortunate instances, recognition alone is enough to break through whatever blocks we may have. More often, though, recognition is the critical first step toward transformation. Also, our recognition doesn't have to be limited to faults. It can be an earnest desire for overall improvement. It can be the recognition of a virtue or strength that we were not fully aware of.

### *Take Responsibility*

The next step in conducting an effective self-inquiry is we have to take responsibility for our actions. We will not get far in our spiritual growth if we

constantly assign blame for our troubles to other people or outside circumstances. In my counseling work, people come to me with endless complaints, usually accompanied by self-pity. I say to them, “Do you want to be the master or the victim of your life?” We must stop projecting our own faults onto others and blaming the other guy for what’s going on in our lives. *We create our own world.* From our thoughts, desires and emotions, we have created the personal environment we’re living in. So, if something’s not going the way we want it to, rather than saying, “Why is this happening to me?” we need to say, “What did I do to create this situation?” It’s that simple. Take charge of your life and watch how things will change.

### *Listing Strengths & Weaknesses*

To begin your self-inquiry, get a notebook and assign space for six categories. Label them: Thoughts, Emotions, Personal Affairs, Relationships, Career, and Finances.

Then simply make a list off the top of your head of what you feel are your strengths and weaknesses in each category. Take inventory of the traits you’re very conscious of. After you write down your observations, check to see how honest you are with yourself. Are you being too easy, too hard, or right on target? Which trait seems to stand out the most? That’s probably the one you should focus on first.

If you’re having trouble looking at yourself objectively, conduct a weeklong self-survey. Take a week and keep a log of these six qualities in action. Don’t steer your observations in any particular direction or judge anything. Don’t change any of your daily habits. Take the week just as it comes: boring, average, exciting. Any activity is going to bring out qualities in you. Just *observe*, and keep track in your journal of what you’re doing. At the end of the week, review your entire survey. The beauty of this kind of survey is that there’s no arguing with yourself. If you got angry a lot that week, you got angry. If you were impatient, you were impatient. Things are clearly seen for what they are. Of course, not everything will come out in these preliminary exercises, but what you need to know *will* be apparent.

### Draw the Light into Your Aura

Once you know where you want to focus the light, you’re ready to meditate. The beautiful thing about taking inventory is that not only does it give you

Chapter  
6

# How to Change Mental & Emotional States

Thoughts and emotions are the most important areas in which to begin your auric transformation. You will find that the majority of problems in your life stem from some erroneous thought or emotion lurking somewhere in your consciousness. For that matter, most of the problems in the world today can be traced to wrong thinking and feeling. By working on these areas, you will be adding immeasurably to uplifting your aura and relieving yourself of much stress.

A negative mental/emotional condition is never permanent—you can change any condition you find yourself in. It doesn't matter if a thought or emotion appears overwhelming or has been with you for a long time. Because these negative states are not the spiritual reality of who you are, they can be transformed. In the same way, you are in control of your reaction to outside influences. No one can tell you how to think or feel unless you permit that to happen. Yet, this is exactly what many people do. They let others run their lives and wonder why they have problems.

Fortunately, use of the Divine Light is extremely effective in transforming mental and emotional states, and cutting loose those negative energies at

the core. If you're careful not to recreate negative conditions, you will be clear of destructive momentum altogether. The light can also help to build new, spiritual power that sustains high, positive energies at the thinking and feeling levels.

The first step in your process of transformation is to recognize that the spiritual part of you is the true guiding force behind your entire thinking and feeling. If you try to divorce thoughts and emotions from their spiritual foundation, you will be creating erroneous thinking and feeling that will take on a life of their own. This can only produce problems somewhere down the line, and you will never receive the answers that you seek. You may see the problem, but its resolution will always elude you because you are not connecting with the source that can really help you.

Thoughts and emotions have enormous power in the auric field. Together, they comprise a vital role in keeping consciousness moving harmoniously. The mental and emotional divisions are also where we see the greatest fluctuations in the aura. This is especially true of the mental division because you're always thinking about something. As you change the tendency of your thoughts, your colors change, and as you emotionally react to your thoughts, your emotional colors change as well. The thoughts of an unenlightened mind are like monkeys in a cage going all over the place. This is exactly the way it looks in the aura—chaotic and disoriented. Of course, the emotions will react accordingly.

In working with thoughts and emotions, keep in mind the following principle; it describes the fundamental operating relationship between your mental and emotional nature. This principle is always in action and by understanding it, you will possess the key to creating the mental/emotional harmony you seek. This principle can be stated simply as:

Think → Feel → Do

First you conceive something mentally, then you have an emotional response to that thought. Based on that reaction, you act. This sequence of activity is so simple, yet so many times the relationship is confused—with disastrous results.

In the spiritual context, the mental part of you is the director of your consciousness. It is the part that's meant to guide your emotions. The emotional, feeling part of you is the doer. An emotion doesn't just happen; there has to be a thought behind it. I have to first think, "I love this" or "I hate this" for me to react to that thought emotionally. From this emotional response will come action.

***Thoughts—the Kingdom Within***

In the New Testament, when confronted by the Pharisees as to when the Kingdom of God would arrive, Jesus gave them an answer they were not expecting: “The Kingdom of God cometh not with observation . . . for, behold, the Kingdom of God is within you” (Luke 17:20). This statement has come to be interpreted in different ways. For some, it means acknowledging the God presence or divine spark within. For others, it means to look within rather than to the outside for change. These are all wonderful interpretations, but in understanding thoughts, this statement is a particularly important revelation.

In metaphysics, our mental body *is* the kingdom within. It’s the KINGDOM, the dome being the head, which houses our thoughts. Our mental division is the highest part of our conscious nature. It bridges our higher Divine Self and our lower human self. The mental body is the deciding factor in our evolution as to whether we will rise up into higher, Divine Self or stay in the lower self.

How we think controls the rest of us. So, the first place to make changes in our lives is in our thinking. If we know *how* to think, we probably know how to live. Mind is the builder. We imagine, design and create everything in our life from mind first. Thoughts create the world we live in and every aspect of our nature. Even the universe was a divine idea before it was a physical reality. So by redesigning our thoughts, we can redesign any part of our life. Without mind, we’re like amoebas. This is why, above all, we must keep our thinking sharp and refuse to become slack in this area. Thoughts are far more than just little currents of electrical activity in the brain. They are living entities with energy behind them.

Thoughts are as real as our physical bodies. They are *more* real, in fact, because there is less constriction with thoughts. They create as we permit them to enter our consciousness and become part of us. As we have seen, enlightened thoughts can take the form of radiant, crown jewels of light. They shimmer with pearl luster colors and beautify the aura. Devolved thoughts can take hideous forms, choking and constricting the auric field.

The sad fact is that most of us are confused in our thinking. Even when we think we’re clear, there can be confusion or delusion. The key to dealing with negative thoughts is to remember that they are artificial in origin. They were created at some moment in time, somewhere in our experience, but they are not part of our true nature. At some point, we entertained and accepted a false perception, creating a dark thought and allowing that thought to take root.



Figure 2-5: The Mixed Aura