

Chapter 1 : Change Your Aura, Change Your Life - Spiritual Arts Institute (Los Angeles, CA) | Meetup

Praise for Change Your Aura, Change Your Life: "An informed and informative self-help guide to harnessing personal spiritual energy." --Midwest Book Review"The best how-to book on the aura that I have ever read."

Spiritual Advice Spiritual awakening inspires great changes, transforming individuals during their journey toward inner peace. While this happens, personality and perspective become altered. This naturally affects the aura. However, only certain people will notice. Consulting a psychic can lead to deeper knowledge of the spiritual world, including the changes occurring deep in oneself. What Is Spiritual Awakening? The experience of spiritual awakening is different for everyone. To describe the concept, words like "enlightenment" and "transcendence" are often used by those familiar with it. Spiritual awakening brings about an altered state of perception. An enlightened person may feel as if reality itself has changed, become more uplifting and less chaotic. That individual might even feel closer to divine sources. After their first spiritual awakening, many people find themselves with more psychic ability than before. Spiritual awakenings are quite unpleasant at first. The experience often starts with tragedy, which inspires a wake-up call in the individual. Near-death experiences, finding love and then losing it, and psychedelic drugs are just a few possible catalysts. Yoga, fasting, and stress have also caused spiritual awakenings in the past. It happens most commonly when people are pushed to their personal limits. Helplessness causes them to examine the world in a different light. They turn to a higher power, understanding the vastness of the spiritual universe, and become enlightened. Spiritual awakening can make a person feel overwhelmed, disoriented, defenseless, guilty, depressed, anxious, or frightened. These feelings are only temporary. Enlightenment can also arouse positive emotion; euphoria, promiscuity, and out-of-body experiences are not uncommon. Physical symptoms may include spasms and shaking. These are the effects of kundalini energy, which comes from the base of the spine and moves throughout the body, acting as a spiritual cleanser. Past emotions and traumas are exiting the body through what Hindus call pranic healing. The Psychic Within During a spiritual awakening, psychic power and intuition become much stronger. All of the senses are seriously affected. The individual may have strange dreams, notice auras, hear voices, and smell certain scents that no one else can perceive. This is the time psychic talents can develop or grow. Abilities like precognition, telepathy, and healing powers may surface. Stronger creative energy is also to be expected. Spiritual awakening may take just a few months, or years upon years. Timing will always depend on the individual. After a spiritual awakening, the feeling of tranquility and deep inner peace is incomparable. A Change in Aura Auras are electromagnetic energy fields that surround every living being. Factors that influence the color of an aura are physical condition, emotions, level of consciousness, thoughts, and physical surroundings. Most people have two dominant colors. Flashes of other hues may appear far from the head. These represent changing thoughts. While auras can be seen with the naked eye, at least by people with well-developed psychic abilities, other people can simply have theirs photographed. Auras can be captured on film through the Kirlian photography process. Developing Psychic Ability Psychic power is strengthened by spiritual awakening. However, one should still practice seeing auras, whether they belong to other people or oneself. All psychic abilities need to be developed over time. Look in a mirror closely for five minutes each day, concentrating only on the center of your forehead at first. This is where your third-eye chakra psychic eye is located. The energy in this area should be fairly strong. Once you can see the color of your own aura, branch out and try to see the auras of other people. Blue This color aura indicates balance, relaxation, survival instinct, and energy. A flash of color in an aura represents thought. Blue flashes point to thoughts about relaxation or survival. Brown A brown aura will look murky. People with brown auras are upset or worried and more concerned with material items than spirituality. This is one of the few negative colors. Green People with green auras are calming, with natural healing abilities. The strength of the green aura indicates the power of the healer. These individuals are meant to soothe others. Grey The grey aura looks more like smoke than glowing energy. This color indicates darkness within a person, bad intentions, or depression. Orange An orange aura represents an inspiring kind of power. People with orange auras are born leaders, with an incredible ability to control others. They have ample energy and joy. It

represents affection, purity, and balance between the spiritual and material worlds. Purple The purple aura points to strong psychic ability and mysticism. When the color purple appears as a flash or cloud in the aura, it simply represents spiritual thought. Red People with red auras tend to be down-to-earth, powerful, and passionate. They have very strong willpower. Flashes of a murky red hue indicate deep anger within. Yellow Yellow auras point to optimism and an easy-going attitude. People who have really developed their spiritual powers have a yellow halo around their head. White A white aura signifies disease, drug use, or spiritual release soon to come. The aura turns white and becomes much more intense during the hours leading up to death. Consulting a Psychic Auras are a revealing feature. They show the personality, completely free of learned habits and outward appearances. Your aura exposes who you truly are. By consulting a psychic, you can discover more about yourself from a spiritual view. Just be ready to have someone see you for who you really are.

Do good, be good-this is the simplest way to change your aura and your life. Try giving for a month-be it to charity or volunteering your time and energy to people who need them. Soon you will start receiving abundance.

Find out how embracing your aura can change your life. Barbara Martin hopes this book will inspire you to new spiritual heights; 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. 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, it becomes clear that there is far more to the unseen part of life than there is to the seen. 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 experienced through my own direct clairvoyant observations. I was born with the gift of spiritual sight. From early childhood, I could see auras, and I had countless other spiritual visions as well. These experiences have always seemed normal. As a matter of fact, when I was very young, I assumed that everyone saw what I did. 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 years old 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. I had three brothers and two sisters. 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 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 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. 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? In my teens, I learned 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 celestial beings, who instructed me in many facets of the spiritual world. This training eventually led to my becoming a teacher of metaphysics, including most of the principles imparted in this book. I also had an important spiritual teacher in the physical world who taught me and helped prepare me for the rigors of teaching.

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Barbara is the co-author of a series of award-winning books which include the international bestseller Change Your Aura, Change Your Life, Communing with the Divine, Karma and Reincarnation, The Healing Power of Your Aura (endorsed by medical luminaries C. Norman Shealy and Dr. Richard Gerber).

What is expected of me while walking the metaphysical path to God? Metaphysics requires the sincerest effort and dedication. One must apply the principles of truth diligently in the day-to-day dealings of life for those truths to take hold. Metaphysics asks us to put things in their spiritual order by putting God first. With knowledge comes responsibility, but also great rewards. Student Testimonials I love the classes and received so much on spiritual level that I did not expect. I continue to work with the Divine Light in meditation. What stood out most in the program was the wealth of information that Dimitri and Barbara provided. Dimitri is an excellent teacher—clear, concise and his knowledge is profound. Thank you for allowing me to join this temple of knowledge. Marie, Azusa, CA I had been wandering around in the ancient cultures mainly mystic and religious traditions for many years till I found Spiritual Art Institute. I felt it a navigation light beaming towards me! I found the school to study the metaphysics in non-denominational approach, the one unifying spiritual hierarchy for all humanity! This was what I really had been seeking in my life. I sincerely wish to let you know how happy and elated I am in this class of SAI. Minna, China Barbara and Dimitri present mind-boggling information. Expect to smile and laugh a lot as they share their knowledge in a down-to-earth style, intertwining personal experiences and humor to underscore key concepts. What I thought was already great has magnified in ways I never imagined. The surprises keep coming! Barbara and Dimitri are genuinely passionate and relentlessly committed to helping those who want to grow spiritually. With the help of the Holy Ones, Barbara, and Dimitri, I have overcome so many obstacles that have disrupted my life in so many ways. Cycles of addiction have been completely broken. I live in a place where this work is not prevalent and it is difficult to find people yearning to be on the path of enlightenment. With SAI and the online classes, I found a whole community of people who share the passion for developing our connection to God. I ended up taking a plethora of notes and information. I felt tremendous comfort and confidence in my some of my attitudes and dealing with issues and outlooks. My goal [in class] was to reduce the pain in my hand as it remained very stiff after my injury. I made more progress during the six short weeks in class than I had the previous several months prior! I could see how working with Light shifts consciousness and brings changes in physical matter, supporting me mentally, emotionally, physically, energetically and spiritually. Overall it was a very good experience with valuable information and practices, with an ongoing excellent mentoring support in between classes. M, Spain The powerful spiritual insights and Light Working techniques I have learned from Barbara Martin over the years have made a deeper and more profound positive change in my life than any other single experiential influence. I have had the privilege of knowing Barbara for the last thirty years. As a long-standing student and friend, I have known her to be a powerful spiritual force in the lives of those who have come into contact with her, myself included. She has dedicated her life to the healing and transformation of others while always acknowledging that she is only a channel and not the source of power. I can tell the difference in my overall mood. If I meditate before going to bed, I wake up feeling energized, clear-minded, uplifted. Things move in the right direction and more easily with regular meditation. Come to think of it, time to go meditate! Working and studying with Barbara and Dimitri has helped my life immensely. I appreciate that she helps me without judging—only with lots of love. Barbara has helped me release anger and fear from past experiences. The techniques she has taught me have helped me to forgive those who have hurt me and for me to understand this fits into my life plan. This work is very powerful. I had a mean, loud boss who yelled a lot. I was working with the light every day. There is a whole section in the aura book on getting the perfect job. We were doing a forgiveness exercise in one of the seminars, and the thought came to me to forgive my boss. But the impression was very strong to forgive him. In doing the forgiveness exercise, I actually saw the black cloud of hate I had generated towards this man. I got a new job a few days later! My journey with Barbara started thirty years ago. I was drawn to the class because of the incredibly high vibrations I experienced there.

It was as if I were lifted into a higher plane, a plane vibrating with golden light and joy. Even now, three decades later, each meeting is like a lighthouse showing me the way amidst the barrage of distractions so typical of our everyday life. It is not only Barbara, but the presence of our spirit teachers that make the classes so exciting, uplifting and immensely valuable. As my work continues, the light has grown stronger, more compelling and iridescent. I have been suffering from serious fatigue and depression suicidal for almost 10 years, I have read hundreds of book, sought spiritual readings, and have only gotten worse over the yearsâ€”I did your higher self meditation yesterday and this morning with the orange and blue rays, and I am happier than I have EVER been in my ENTIRE life. All my fears, worries, depression and anxieties just dissolved. I wish I could of met you years ago and had a reading by you. I have hope and happiness again, I am positive about life and WANT to live for the first time in years. I hope that I will be able to see auras, like you can, one day.

Chapter 4 : Change Your Aura, Change Your Life by Barbara Y. Martin, Dimitri Moraitis | blog.quintoapp.com

The aura is your spiritual blueprint. By changing the quali A new guide to the source of your spiritual energy--the aura--from renowned spiritual teachers Barbara Y. Martin and Dimitri Moraitis. Discover your source of unlimited spiritual energy!

Chapter 5 : Change Your Aura, Change Your Life by Barbara Y Martin | Spiritual Arts Institute

Everything you think, feel, and do radiates a spiritual energy that comes through in various colors and hues: This is your aura, your spiritual blueprint. By changing the quality of your aura, you can automatically change the quality of your life.

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By changing the quality of your aura, you can automatically change the quality of your life. In this groundbreaking book, renowned aura expert Barbara Martin, known as the Mozart of Metaphysics, leads you through her technique for improving the aura--a technique she has taught to thousands.

Chapter 7 : Change Your Aura, Change Your Life by Barbara Y Martin

A simple request for Andreika's aura cleansing spell could alter your aura and begin to alter your life. A word from Andreika "Upon hearing from you, I could cast my powerful Change Your Aura, Change Your Life Spell for you.

Chapter 8 : Amplify the Law of Attraction with Your Aura w/ Dmitri Moraitis

By changing the quality of your aura, you can automatically change the quality of your life. In this groundbreaking book, renowned aura expert Barbara Martin, known as the Mozart of Metaphysics, leads you through her technique for improving the aura--a technique she has taught to thousands.

Chapter 9 : Change Your Aura, Change Your Life Foundation Class | Spiritual Arts Institute

Your aura is alive and active. Find out how embracing your aura can change your life. Barbara Martin hopes this book will inspire you to new spiritual heights; a miraculous spiritual force.