

HOW BRIGHT IS YOUR AURA?

LEONARD VELLOZ STUDIES YOUR AURA AND IDENTIFIES THE PROBLEM AREA. P S BHAVANA DECIDED TO TAKE HER SPINAL PROBLEM FOR A READING

SAID the editor, "Try it. It might help your ailing back."

I agreed.

When it comes to the occult and the paranormal, curiosity, not logic, usually gets the better of my doubts. 'Something new? Give it a shot!' is my approach.

After all, isn't aura reading something way out of the normal for 'normal' people like us? Wouldn't you want to know the 'colour' that supposedly surrounds you? When most of us know nothing or very little about it.

But I had dangerously 'little knowledge' about auras, and I was proud of it (until I went for this session) and came back learning that:

An aura is an energy field around a person.

It varies from person to person and vibrates.

It reveals a person's wellbeing, mental state and personality traits.

And that Carlos Castaneda (author of books on native American shamanism) referred to auras as luminous cocoons.

The phrase 'luminous cocoons' had caught my attention then. Imagine us sub-consciously living in invisible, yet illuminated cocoons! I recollected the phrase as I walked into Leonard Velloz's 'Beyond Horizon —The Holistic Studio'. His specialisation covered a range of areas, including aura reading, Reiki, Pranic healing, Feng Shui, dream analysis, neuro linguistic programming, meditation techniques and more.

The soft-spoken Leonard welcomed me with a smile. "My

studio is being redone so I am working out of this makeshift place." Didn't he require an infrastructure to study auras? "Not really. I can see an aura with the naked eye," he said. "Moreover, the aura-scanning device is small and portable, so it doesn't require much space. After I study the aura and identify the problem area, I use a customised combination of therapies to treat the person." Now, that meant he could 'see' my aura too! "Yes, I can. In fact, anyone with a slightly intuitive mind can, as long as they practise doing it."

In a moment, he continued, "At this point in your life, you are stressed. You want to continue with your career but you also want to laze around on a beach." The statement startled me.

What exactly is an aura? He said, "An aura is an extension of the physical body. It's an electromagnetic energy field. Usually, it's big in the morning. It changes according to the situations and the emotional state of the person. But the basic aura characteristics of a person don't change.

"For instance, currently, I see that your aura is small as you are sceptical (about this study). It will change in size but not colour. I can prove the change in size by measuring it now, and a little later, again, just before you leave." Saying this, he took out a

AN AURA IS AN EXTENSION OF THE PHYSICAL BODY, AN ELECTRO-MAGNETIC ENERGY FIELD THAT CHANGES WITH YOUR EMOTIONAL STATE OF MIND

foot-long tripod ("a camera," he said) and a box-like device that had a metallic palm with mounds on it. As I placed my left palm on the contraption, he added, "Hand has the maximum number of meridians and 'chakras' (concentrated energy areas)." The device was connected to a huge flat-screened computer monitor. Soon, a stunned and dishevelled 'me' appeared on the screen. There was a purple-mingling-into-white haze around my image! Suddenly, I felt vulnerable and transparent. Could he actually read my thoughts? I wanted to head for the door.

"Your aura is violet-lavender." But what does it mean and how does it help me? "It means you are artistic, imaginative, intuitive, sensual, charismatic, magical, futuristic, idealistic, a visionary and a daydreamer. Your 'root chakra' is dissipated, which shows stress on your spine. You need to de-stress to explore your potential." Bang on! Then he went on to explain more

about each 'chakra'... "You are not very vocal about your feelings. But you are clear about your identity and sexuality. You are speculative about your present. You procrastinate. You are spiritual, but you don't want to surrender to the universe. You don't eat properly. You are strong-willed and want to achieve a lot. You love art, dance and music..."

Indeed he was quite close, but to believe or not to believe, was the question. A part of me wanted to. But another part questioned the rationale of a stranger deconstructing me, using the same machine, which has the same things to say to all purple-aura souls! How credible is that? For those willing to submit to such instant analysis, Leonard charges Rs 2,500 for the 22-page aura scan, report and consultation, and Rs 7,500 for the ten-day, an-hour-a-day customised therapeutic sessions, which he calls "meditation with a guided visualisation and working with the sub-conscious mind."

But before I stepped out, as promised, he did another scan... my aura had increased in size. With a strange calm settling in, I stepped out of the room. I realised, irrespective of the feel-good and flaw-filled report on a CD, the onus for self-improvement would always lie with me and me alone.

Not the universe or the scanner. **B**

YOUR AURA COLOUR TYPE...

AURIC FIELDS VIBRATE WITH A PLETHORA OF COLOURS, ACCORDING TO LEONARD VELLOZ. WHICH ONE'S YOURS?

* **DEEP-RED** Physical, hardworking, powerful, realistic, vital, grounded, strong

* **RED** Physical, energetic, competitive, winsome, with strong will-power, sexual, entrepreneurial

* **ORANGE** Productive, physical and creatively expressive, adventurous, business-like, enjoys life

* **ORANGE-YELLOW** Analytical, intellectual, detail oriented, logical, structured, scientific

* **YELLOW** Playful, sunny, easy going, creative, intellectual, entertaining, curious, active

* **GREEN** Natural, content, harmonious, teacher-like, communicative, quick-minded

* **DEEP-GREEN** Quick-minded, goal-oriented, materialistic, communicative, organised

* **BLUE** Caring, sensitive, loving, helpful, loyal, peaceful, believes in service to others, nurturing

* **INDIGO** Calm, clear with deep inner feelings, loving, loyal, introverted, believes in inner values, artistic

* **VIOLET** Intuitive, artistic, sensual, theorist, futuristic, visionary, charismatic and innovative

* **LAVENDER** Imaginative, mystical, soft, fragile, sensitive, often spacy, ethereal

* **WHITE** Transcendental, imaginative, peaceful, serene, quiet and spiritually inclined