

# The Seven Layers Of The Aura

Your Aura is a direct connection to your soul and higher self, which is the FULL expression of you. Understanding and working with the subtle energy systems within your Aura, by seeing, sensing, and feeling auras. Will enable you to discover what and where issues may be focused, so that you can take steps to heal yourself and others if this is what you choose to do.

CROWN

## Layer 7 Casual/Ketheric

- This layer extends far and wide
- Direct connection to Source
- Connection to our Soul Purpose

3RD  
EYE

## Layer 6 Celestial

- 1.5 meters from your body
- Subconscious mind dwells
- Accessible through meditation

THROAT

## Layer 5 Spiritual/Etheric

- 60 - 90 cms from your body
- Innery Knowing
- Emotional & Mental states

HEART

## Layer 4 Astral

- 30 cms or more from your body
- Unconditional Love
- Bridge between the spirit realm & the soul

SOLAR  
PLEXUS

## Layer 3 Mental

- 23 - 30 cms from your body
- Mind & Thinking
- The way we think & feel, thought Patterns

SACRAL

## Layer 2 Emotional

- 15 - 23 cms from your body
- Most colourful
- Depicts your emotions

BASE

## Layer 1 Etheric/Physical

- 8 - 13 cms from your body
- Connection to the physical world
- Governs Personal Feeling