

Fytopoulou, C. AURA COLOURS

Aura Colours **Chrysi Fytopoulou**

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ABSTRACT

For the last seven years I and my group have been studying aura colours, as well as indicators in the aura and chakra, using an aura imaging device: the AVS 5.1 (Biofeedback technology).

The aim of our study was to establish whether aura colours are permanent, and furthermore to discover if and how these colours and indicators are connected with the person, in terms of personality traits, health issues and so on.

We started our study by analyzing the most obvious indicators.

Our sample comprises of a total of 471 individual sessions, with 138 individuals. The sessions took place in three different cities in Greece, at medical offices where homeopathy and psychotherapy are practiced, between December 2010 and May 2017.

The questions that were tested through the statistical analyses of our sample are:

1. Does the overall aura colour in a person tend to vary between different sessions?
2. Are specific aura colours (warm/cool colours) associated with higher stress levels?
3. Is there a relation between activity level in chakra and aura colours?
4. Is there a relation between chakra activity and aura size?

According to our results:

- 30% of the auras remained the same colour, 49% changed to the adjacent colour and 21% varied significantly during the sessions.
- Warm colours tend to be associated with higher stress levels.
- There is a slight tendency in warm aura colours to have higher activity levels in lower chakra, while cool colours in upper chakra.
- The higher the activity in the chakra the larger the aura size.

Keywords: Aura Colour Consistency, Chakra Activity, Health indicators

INTRODUCTION

We are surrounded by the colours of nature and we use colour in our everyday activities.

Recent technological developments have allowed us to discover that we also emit colours. Our bio-energetic field (aura) radiates colours. Since ancient times, Eastern literature has described our energy system and chakra (dynamic concentrated energy wheels within our aura). Research into these fields, supported by technology, has recently started in the western world.

THEORY

Even though I have been working with colours and the subject of auras and chakra since 1995, it was only in 2009 that I started using technology in my work.

Already from the first sessions I had with the aura imaging device, I noticed that lots of auras were in the orange to green-blue part of the spectrum and that they varied in their brilliancy, shape, clarity and general structure.

Quite often the aura colour of the person remained the same in a series of sessions (having a minimum of three months between sessions).

I prepared a questionnaire (in 2011) about colour preferences and main personality traits (according to colour psychology). From a sample of 46 people:

- 1) For ten people, their favourite colour was their overall aura colour.

2) For four people, the colour they liked least was their aura colour.

3) For 32 people their answers matched their aura colour personality traits.

During the sessions, after the aura imaging I discussed with the person what we saw in the photos and graphs and the connection with their situation. I noticed that sometimes shadows, concavities, protuberances and irregular shapes in the aura and chakra were connected with surgery, acute pains, discomforts or psychological issues. I started to keep a notebook with those cases. Their aura record (a detailed file with their aura photos and personality colour) was emailed to them for further reading. Clients mentioned that the sessions helped them to be more self aware, to have a greater understanding of their aura and to be more observant of the colour personality traits.

The doctor in our team noticed that in cases of health improvement the aura and chakra were obviously brighter and better-aligned and that often the aura was shrinking, particularly above the head, in cases of aggravation of the disease (this is an ongoing study).

Some questions started to arise, like:

- Are the aura colours affected by climate, culture or ethnological factors?
- Are there particular aura colours in different kind of groups (athletic, study, creative etc)?
- Does the aura colour remain the same or similar during a person's whole life?
- What particular talents and skills are connected with each aura/personality colour, and how can we make use of those facts for self-awareness and self-development?
- How can it be used in healthcare, including diagnosis and treatment?

We decided to begin a more detailed study on the aura colours and indicators.

EXPERIMENTAL

The technology we used is the Aura Imaging device "Aura Video Station AVS 5.1"

(Biofeedback technology). (*)

The device measures specific physiological parameters such as the electrodermal activity (EDA), also referred as galvanic skin response (GSR) and the temperature from several points on the left palm.

EDA and temperature data are analysed by a software program and the software displays in our screen, a live representation of the client's aura and chakra system, biofeedback graphs etc.

In our analysis we made use of the following parameters: overall aura colour, aura size, stress level (relaxation state) and activity levels in chakra.

Our sample comprises 471 sessions with 138 individuals. Each individual in the sample took between two and fourteen sessions. The majority of individuals (80%) had 2-5 sessions.

Females made up the majority of the test subjects.

- 370 (78%) sessions were taken by female subjects
- 101 sessions were taken by male subjects.

The questions that were tested through the statistical analyses of our sample are the following:

1. Does the aura colour remain the same or vary in the series of sessions?
2. Are the warm colour auras (deep red to yellow-green) related to higher stress levels than the cool colours (green to white)? Are specific aura colors associated with higher stress levels?
3. Is there a relation between aura colours (warm/cool) and activity level in chakra?
4. Is there a relation between aura size and chakra activity?

RESULTS AND DISCUSSION

Most aura colors in our sample fall into the orange and yellow range, while greens and blues also occupy a significant proportion. Indigo, red, violet, lavender and white auras are much less frequently observed. (Figure 1)

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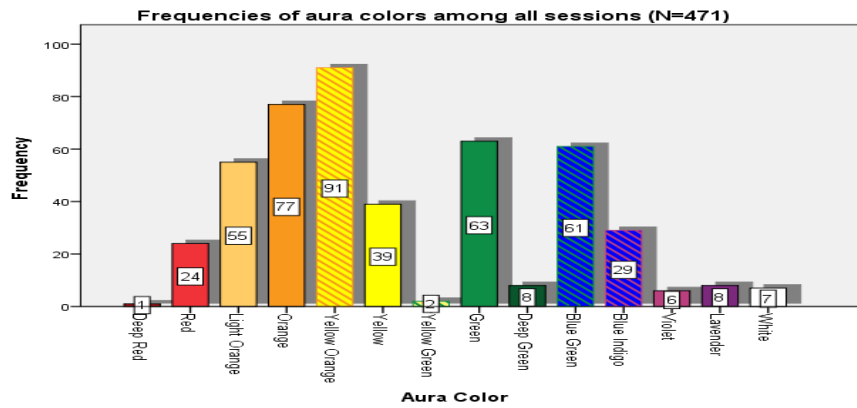


Figure 1: Most frequent aura colors

1) All individuals had at least two sessions, with a mean number of sessions per person of 3.4 and with eight out of ten individuals receiving between two and five sessions. In 25% (34 people) the aura colour remained stable during all their sessions. Five percent (7) changed slightly but stayed within the same basic colour group (e.g. from deep red to red). Forty-nine percent (68) varied between adjacent colors (e.g. from orange to yellow or red). The remaining 21% (29) demonstrated more complex variations (e.g. from green to indigo or orange). (Figure 2).

It seems from our results that most people's aura colour tends to change to adjacent colour groups, while for almost one in four the aura stays the same colour.

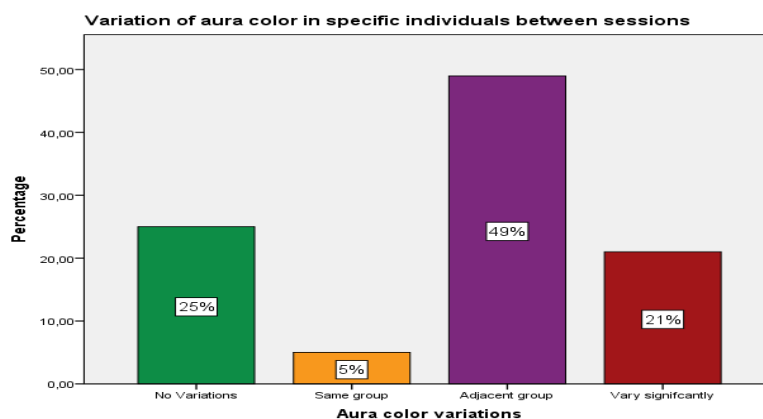


Figure 2: Changes in Aura color

2) Colours have been grouped into two categories, warm (from deep red to yellow-green) and cool colours (from green to white). The aura imaging system provides a stress level measurement, which ranges from -2 (highly stressed) to +2 (completely relaxed), step= 1. The results here are:

- warm colour auras: 289 (61%)
- cool-colour auras: 182 (39%).

The frequencies of stress levels among all sessions are presented in Figure 3.

In the histogram between the two variables (color category and stress level), a slight correlation between warm colours and higher stress levels can be observed. A Mann-Whitney test was run to examine the relation between major colour category and stress level (with $p = 0.016$ $U = 23024.500$).

Warm colours tend to be associated with higher stress levels.

We also enquired whether specific aura colors are more related to higher stress levels than others. A Kruskal-Wallis test was run (with $\chi^2(7) = 19.51$ $p = 0.007$).

Red auras are associated with higher stress levels and green and purple-lavender auras with lower ones, the remaining colours being essentially within the same rank.

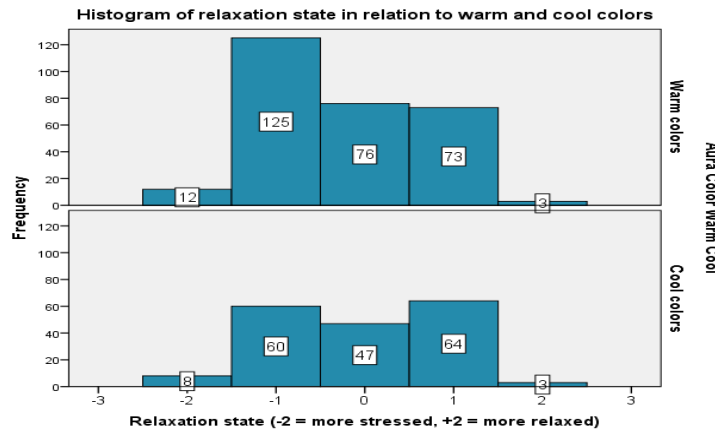


Figure 3: Warm /Cool aura color and stress level

3) Histograms have been created in order to provide an overview of any differences between warm and cool aura colours and activity levels in the chakra. It seems that there is a slight tendency in cool aura colours to have more activity in the upper chakra (5th to 7th: the upper part of the body). An independent samples T-test was run to examine possible associations. Warm colour auras have higher activity in the lower chakra and cool colours in the upper chakra. Both categories have a very active 2nd and 6th chakra. (Table 1)

Table 1: Chakra activity levels in warm and cool aura colours.

Aura Colour	Energy center: Mean	2 nd	3 rd	4 th	5 th	6 th	7 th
Warm	42,35	43,81	49,55	38,10	30,93	51,11	28,166
Cool	28,85	44,34	39,40	45,16	44,34	53,52	30,934

4) Paired samples T tests were run between aura size and chakra activity levels for each of the seven chakra. The results show that the higher the activity (in all chakra) the larger the aura size.

CONCLUSION

I am delighted to present this study to you and invite you to carry it further, not only in the field of health but also in other sectors like sociology, psychology, education or marketing. During our poster session I will introduce our study in details.

ACKNOWLEDGMENT

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