Aura Colors and Traditions Reference Card

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1. Aura color meanings in modern belief

Color	Believed meaning	Linked chakra (modern)
Red	Energy, passion, drive, or anger	Root
Orange	Creativity, warmth, enthusiasm	Sacral
Yellow	Optimism, intellect, confidence	Solar plexus
Green	Growth, harmony, compassion	Heart
Blue	Calm, communication, honesty	Throat
Indigo	Intuition, inner vision	Third eye
Violet	Spirituality, imagination	Crown
White / gold	Purity, protection, awareness	Crown

2. Where the idea came from

Ancient	Life-force ideas: prana (yoga), pneuma (Greece), ka (Egypt). The Taittiriya Upanishad's five koshas.
3rd-6th c. CE	Halos appear around Christ and saints in Christian art; halos also in Indian Buddhist art from the late 3rd c.
c. 1870	Spiritualists begin using "aura" for a subtle emanation around living beings.
1875	Helena Blavatsky founds the Theosophical Society.
1901-1902	Thought-Forms (Besant and Leadbeater) and Man Visible and Invisible (Leadbeater) popularize aura colors.
Later 1900s	New Age writers link auras to chakras, crystals and color therapy.

3. What research found

Energy-field practitioners scored 44% in a blinded test, below the 50% expected by chance (JAMA, 1998). NCCIH finds no scientific evidence the field exists. Some aura seers have synesthesia (Consciousness and Cognition, 2012). Kirlian glow is electrical discharge, changed mainly by moisture (Science, 1976).

4. Ritual safety and medical warning signs

Ritual safety
Smudge only in a ventilated room, away from children, pets and anyone with asthma. Keep small crystals from young children. Stop a salt bath if skin stings. Choose sustainably sourced palo santo.

Call emergency services if visual changes come with sudden vision loss, one-sided weakness, trouble speaking, confusion or a sudden severe headache. Get an urgent appointment if a visual aura lasts over 1 hour (NHS).

5. 7-day color-mood journal

Each evening, pick the color that best matches your mood and write one sentence about why. A reflection practice, not a reading.

Day	Color	One sentence: why this color today?
Mon		
Tue		
Wed		
Thu		
Fri		
Sat		
Sun		