A PRACTICAL DEVELOPMENT GUIDE

SEEING & SENSING AURAS

Observation • Practice • Discernment



SIX EXERCISES TO EXPLORE

Your own way of seeing and sensing

JAN MAYFIELD

BEFORE YOU BEGIN

You do not need to perform

You do not have to see a bright band of colour around someone to work with auras. Some people see. Some sense. Some simply notice that the atmosphere around a person or place seems to change.

Trying too hard can make you less observant. This guide is about becoming quieter and more familiar with your perception. Practise briefly, rest your eyes and keep a record of what actually happened.

START HERE

Notice first. Record it. Interpret afterwards. That one habit strengthens discernment.

REFLECT

What am I hoping to experience? How might that expectation affect what I notice?

THE FOUNDATION

Three separate steps

SEEING

A faint outline, haze, glow or colour may be a visual observation.

SENSING

Warmth, tingling, pressure, emotion or a change in atmosphere may be noticed in the body.

INTERPRETING

This is the meaning you decide the experience has. It comes after the observation.

If you saw blue, write that you saw blue. Deciding that it means the person is calm or healing is a separate interpretation.

REFLECT

What did I actually notice before I gave it meaning?

EXERCISE 01 / 06

Soften your gaze



THE PRACTICE

Choose an object, sit comfortably and let your breathing settle. Look towards it without staring. Allow your eyes to soften so you notice the object and the space around it. Practise briefly, then rest your eyes.

DISCERNMENT

A longer stare is not better practice. Notice whether any impression remains when you blink or look away, and whether your eyes feel comfortable.

TRY THIS

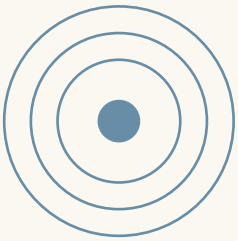
Write what appeared before you decide what it was.

REFLECT

What did I notice: outline, glow, movement, colour, nothing, or something else?

EXERCISE 02 / 06

A neutral background



THE PRACTICE

A plain white or neutral background reduces competing visual information. With another person, ask them to stand comfortably against a plain wall. Rest your gaze around the head and shoulders.

DISCERNMENT

Consent and comfort matter. Change your position or blink normally. Notice whether the effect stays the same as the visual conditions change.

TRY THIS

Repeat with an object as well as a willing person, then compare your notes.

REFLECT

Did what I saw remain constant? What changed when I blinked or moved my eyes?

EXERCISE 03 / 06

Peripheral vision



THE PRACTICE

Begin with an ordinary object against a plain wall. Focus slightly beside it and notice what appears at the softer edge of your vision. Repeat on different days.

DISCERNMENT

Peripheral vision is a way to soften attention, not a test of how long you can look. If your eyes become uncomfortable, stop.

TRY THIS

Try two brief sessions on separate days and record what repeated.

REFLECT

What appeared consistently, and what disappeared when I changed focus?

EXERCISE 04 / 06

Start with your hands



THE PRACTICE

Hold your palms facing one another without touching. Move them slowly apart and together. Notice warmth, coolness, tingling, pressure or resistance. You may notice nothing. Then soften your gaze around your fingers.

DISCERNMENT

Separate bodily sensation from visual observation. Movement, temperature and expectation can all affect what you experience.

TRY THIS

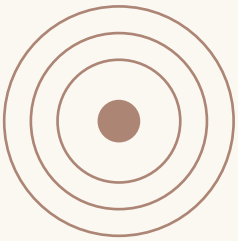
Make three headings in your notes: felt, saw, interpreted.

REFLECT

What did I feel? What did I see? What meaning did I add afterwards?

EXERCISE 05 / 06

Work with nature



THE PRACTICE

Sit quietly near a plant or tree. Let your breathing settle and observe its outline, the surrounding space and your physical response. You may also observe animals without restraining or disturbing them.

DISCERNMENT

Nature offers a subject that is not waiting for you to perform. Conditions such as light, wind and background still matter, so note them.

TRY THIS

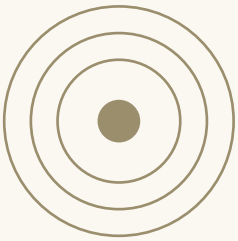
Return to the same plant on another day. Compare conditions and impressions.

REFLECT

Was my experience mainly visual, physical or intuitive?

EXERCISE 06 / 06

Explore light and colour



THE PRACTICE

Use comfortable, softer light. Repeat an exercise with different neutral backgrounds or comfortable lighting. Do not darken the room to manufacture an effect.

DISCERNMENT

The way an outline or colour changes with lighting is useful information. Notice what repeats across conditions and what changes with them.

TRY THIS

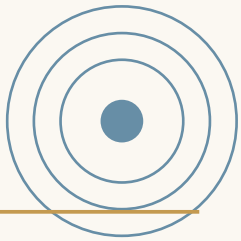
Record two lighting conditions and one observation from each without deciding what it proves.

REFLECT

What remained the same when I changed the lighting or background?

A BETTER QUESTION

Do not rush the meaning



Eyes naturally produce afterimages, edge effects and colour shifts. Knowing that does not diminish a spiritual practice. It helps you observe more carefully.

Blink. Look away. Change the background or light. Rest your eyes and return later. Record what repeats and what does not. Never diagnose someone’s physical or mental health from a colour or energetic impression.

ASK THIS INSTEAD

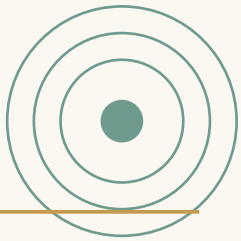
What exactly happened, and can I observe it again?

REFLECT

Which part of my experience was observation, and which part was my explanation?

BUILD YOUR AWARENESS

Know your baseline



Sensitivity develops through attention. Quiet practice can help you learn what your usual mood, energy and bodily sensations feel like. Then you have a clearer point of comparison when something changes.

Before you begin, note your mood, energy level, body sensations, lighting and environment. Afterwards, ask what changed. Measure progress by clearer observation and less rushed interpretation, not spectacular colours.

BEFORE PRACTICE

Mood. Energy. Body. Lighting. Environment. Record these before seeking a perception.

REFLECT

What conditions help me pay attention without strain?

A REPEATABLE PRACTICE

Seven days with auras

01 Soft gaze with a simple object.

02 Hands and sensation.

03 Peripheral vision against a neutral background.

04 Plant or tree observation.

05 Repeat your clearest exercise in different lighting.

06 Practise with a willing person against a plain background.

07 Repeat the exercise that gave the clearest information;

END OF WEEK

What repeated? What changed? Do I tend to see, sense or know? Where did expectation get in the way?

MAKE IT PRACTICAL

Aura practice record

Date / time / environment

Subject or object

Lighting and background

What I saw before interpreting

What I felt or sensed

MAKE IT PRACTICAL

Changes & interpretation

Colour, outline, movement or other detail

What changed when I blinked or looked away?

My interpretation, recorded separately

What could I observe again?

What I want to test next time

LOOK FOR PATTERNS

Development review

The exercise that gives me the clearest perception is...

I naturally tend to see / sense / know...

The conditions in which I work most clearly are...

I now recognise these ordinary visual effects...

A perception that has repeated is...

An assumption I have changed is...

My next development focus is...

KEEP PRACTISING

Observe without certainty

Your perception is yours to understand.

You do not need to perform or see what somebody else sees. Become familiar with your own perception and disciplined enough not to turn every impression into a certainty.

Rest your eyes, record the conditions and compare your observations over time. The quality of your attention matters more than a dramatic result.

Observe. Practise.
Record. Discern.

Jan Mayfield

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A NOTE ON INTERPRETATION

This guide presents spiritual and energetic practices for education and personal development. Interpretations of auras and subtle energy are matters of spiritual belief and personal experience. They are not a substitute for medical, psychological or other professional assessment or advice.

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Jan Mayfield • 2026