

A Touch of Light

Catherine Ann Lombard

Two years ago, I started quite unexpectedly to see clients' auras. The first time it happened I wasn't even sure what was going on. The light in the room suddenly changed, the client's face became flat, almost two-dimensional, and I felt like I was suddenly in another dimension. Then I realized that the vibrating colors I was seeing around the client's face and shoulders were her aura. What a surprise!

My Webster's dictionary states that an aura is "an energy field that is held to emanate from a living being." The word derives from the Latin for puff of air or breeze, but some say it comes from the Sanskrit root *ar* meaning the spoke of a wheel, in that the human aura radiates from the body as spokes of a wheel radiate from their axis.

Clients' auras usually appear whenever I am leading them in a guided meditation. I am not sure why this happens, perhaps because we both have slowed down and are fully present. We are in a sacred space where the Self can emerge through superconscious material. Whenever I see auras, I am in full awareness of what is happening and present to the client in a very deep way. I am wondering if anyone else has had a similar experience?

I have learned to allow for the presence of this light and not identify with it. Initially this was a challenge as auras can be a captivating spectacle. The light is wonderfully luminous. The tones are deeply rich and dense close to the person's body and more tenuous and indistinct as one looks further away. Auras appear unique in character, and usually actively shift and vibrate around the person. There are times when I am so fascinated by the appearance of a client's aura that I just want to focus on the kaleidoscope of color and movement and forget that I'm the psychosynthesis guide! It is difficult to stay grounded and not fly away.

During the past two years, I have become better at accepting this gift. I no longer become mesmerized or overwhelmed; but, I have to admit, I still struggle sometimes to watch the aura, lead the visualization, stay connected to the client and my own feelings, as well as observe, assess, interpret, and remember what the client is saying and I am experiencing. Doing all this is undoubtedly multitasking!

After a particular intense experience with a client and her aura, I decided I needed to paint what I had felt. An aura is not just what you see, but what you feel and experience about the person. Sometimes I can sense an aura without being able to see it. Here are some of those paintings along with notes taken from my journal soon after I experienced a client's aura. All the clients' names have been changed and all have granted me permission to write about our sessions.

(Continued on page 15)

(Continued from page 14)

Susan

During the visualization when Susan met her deceased grandfather, it was quite the pulsating light show! Her fourth, fifth, and sixth chakras were deep purple across her entire lower torso. Her head gleamed with a tight golden light like a corona. And the light around her shoulders and arms was red. It was really remarkable to watch.



Jim



During our second session, we explored Jim's current state of sadness in a guided visualization. Jim imagined his sadness as a lion cowering between his legs. After some encouragement from Jim, this lion stood up and ran free and wild with Jim beside him. While the lion was running, I saw Jim's aura become a wide and beautiful crimson red. This seemed to indicate that he had reached a point of vibrant virility. Jim felt very

satisfied after the visualization. In retrospect, this visualization seemed to map the journey ahead of us for the next year. Turning this cowering lion into a virile, vibrant, and free potential force would prove challenging to us both.

(Continued on page 16)

(Continued from page 15)



Laura

Laura said that her subpersonality, “The Scary Clown,” is triggered whenever she emotionally feels out of control and spontaneously expresses strong emotions like anger. Throughout the meditation, Laura’s aura was pulsating in and out from her body and only on the right side. The color was a dull red.

Maria

Maria started talking about how she used to try and look good for her estranged father, so he might love her. She used to go to sun tanning studios every week. She smoked because he smoked. “How stupid! How stupid!” she said. “And look where it got me. It got me cancer!”

At this point, I became deeply emotional and saw bright yellow light shining all around Maria. I felt so much compassion for her and asked if she might also be able to feel some compassion and mercy for the young woman inside herself who was seeking love, attention, and recognition from her Dad.



Reflection

So what does this all mean? And can I possibly use the auras to better understand my clients in the moment that this energetic light appears? I have struggled with this question for some time, and remain unsure. Some people say that the colors are significant as well as their clarity, shade, hues, and tints. For example, a clear bright red shade, similar to the color of blood, indicates health, life-force, and vigor. However, darker or duller red, like mud, can indicate anger or selfishness. Crimson means Love and the highest form of Love is a rose tint. Different color combinations also carry different meanings. The color of

(Continued on page 17)

(Continued from page 16)

greed is supposed to be a combination of dull, dark, red with a dirty ugly green. Is this all true? I honestly have no idea.

Perhaps the only thing I am certain about when the aura appears is that the Self is aligned with our work, the Transpersonal Will pulling us along in this journey towards synthesizing ourselves into authentic beings. The aura assures me that I have hit some deeply rooted crevice in the person's soul; we are exactly where we need to be. The lights may shift and leap, dance and disappear. But ultimately, we are left alone once again in the dark, groping closer towards the client's inner and outer story. The aura simply shines a heavenly "Yes!" and restrengthens my faith that we will eventually discover who we are meant to be. ◼



(Photo by Gijs van Ouwkerk)

Catherine Ann Lombard is a Psychosynthesis Psychologist and Counselor, writer and poet. Catherine has recently published her research into student sojourners' experience of culture shock and their search for meaning in **From Culture Shock to Personal Transformation, Studying Abroad and the Search for Meaning** available from lulu.com. She received her MA in Psychosynthesis Psychology from Middlesex University, and her Diploma in Psychosynthesis Counseling from the Institute of Psychosynthesis, London. To learn more about her, see catherineannlombard.com