

Venakey
energy healing and aura sight

Mohammad Babaee





From the Venakey point of view, the human consciousness is similar to a field of energy that has the ability to effect matter. According to this belief, a person's outward shape needs and abilities are determined by this field that can be compared to a mold from which human bodies are shaped and from which they take their ultimate form.

Generally speaking, ill health results when this field gets weak. By performing or conducting Venakey exercises, we can revitalize this field to the extent that by infusing this energy in other people, we are able to rejuvenate their entire being and make them healthy and happy and wholesome.



Denakey

Energy Healing and

Aura sight

Mohammad Babae

Dedicated with utmost love to my benevolent mother

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Preface

From times immemorial, humans have always been captivated by the supernatural and extraordinary powers for different reasons. Many people spent their entire life surveying and trying to understand this phenomenon. While these issues have always been mysterious and enigmatic for ordinary people they have made many people excited and vivacious.



From the time a tribal magician through the rhythmic movements of his soothing hands caused life ripples in a patient to the times of modern advanced technology sending healing waves through satellite, these questions still predominate: Do humans really have supernatural powers?

Do they possess power greater than the known abilities of a human? Can a human with these powers challenge and do extraordinary things? Can a human with this power help heal non-curable diseases?

The other question that daunts us all is whether what we read in books or watch in films is nothing but legends? If this is possible to possess, what is this type of power? Can all humans possess this ability or just some special individuals can access it?

The issues concerning human powers have always been vague and perhaps the number of people who believe in such powers are about as many as those who decline them.

But neither of them could prove their beliefs to others. Sometimes science rejects the existence of such ability since it hasn't detected it with any of its detectors. There were some people who tried to prove this power but as we look at their evidences more closely we will realize that it is not the power that we can call extraordinary or healing.

Eventually we can say that there is no scientific proof of the existence of supernatural power whose origin is human himself and that he is able to do extraordinary things. Yet many scientists and scholars

interested in working in this field never deny this power and they use their detectors for searching and investigating about this power with all the ability at their command. Others categorize this healing power as electromagnetic waves but till date they can't figure out as to how can a healer create it intentionally, whenever required.

Considering science evolution, we can see that the history has always been a witness to encountering controversy between the modern and ancient beliefs. The newer thoughts put aside the older attitudes and viewpoints and replace them. Scientific viewpoint is based on experience, trial and error. Science deals with assumptions and they are considered valid so long as there is no empirical evidence against it.

Energy healing is among the categories that the conflux of scientific, anti-scientific and pseudo-scientific can be seen clearly in it. Although it is not scientifically proved, it is not rejected either and many have seen its effects with their own eyes but never detected. Now the question arises: should we trust our own eyes or not?

An attempt has been made through the pages of this book to clarify as much as possible and present the subject scientifically so that by brushing aside ignorance about supernatural matters, we are able to distinguish truth from superstition, deception from perception and arrive at a conclusive correct answer to this baffling question.

Chapter One

Types of Energy healing

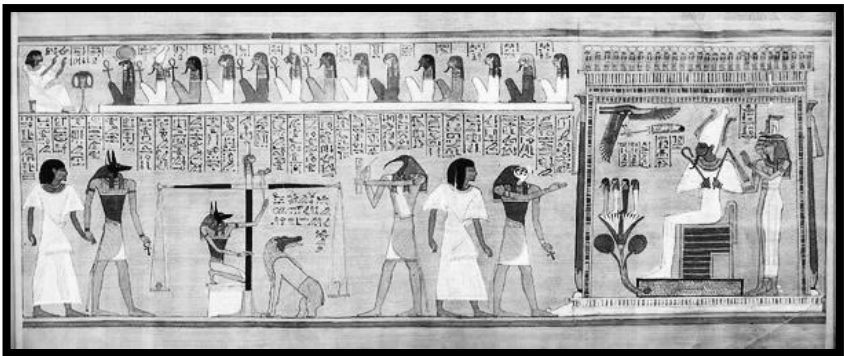
Types of energy healing

Based on a general definition, energy healing is a method whereby the healer using his hands rhythmically nearer to the disease spot heals the ailment, without using any kind of tools or medicines and just by tapping into certain invisible power that flows out of his hands. There are two types of energy healing:

Empathic energy healing and energy healing with vital and unknown power. Almost as much as 90% of what we call “energy healing” in society is empathic.

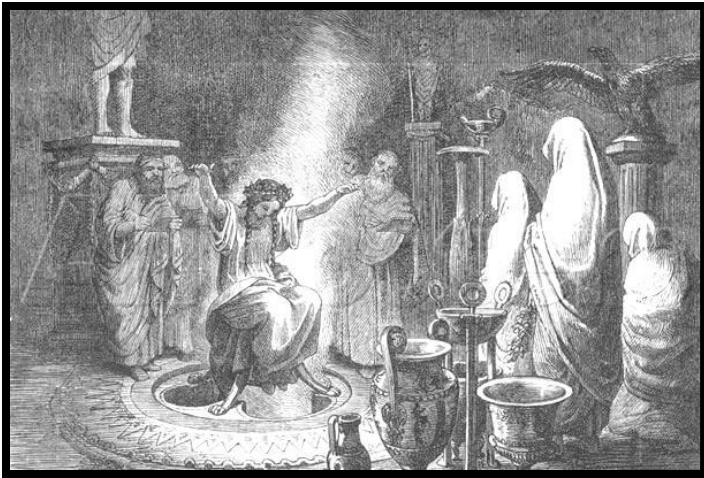
Empathic Energy Healing

In empathic energy healing since the effect of healing depends on the level of individual suggestibility, the higher is the level of suggestibility in an individual, and so is the effectiveness of the healing. But there is always the possibility of a disease to reoccur since those with higher level of suggestibility would show greater reaction to negative suggestions of environment as well. This method is more effective if used along with hypnotism. Since in hypnotism the level of suggestibility is higher than normal cases and hence the suggestions will have deeper effect on a patient.



The exact history of empathic healing is not clear, but it is inferred from historical evidence that humans

were familiar with this method since prehistoric times. Religious and healing ceremonies of preliminary nations contained some elements that put them in a hypnotic rapture. Inductions and suggestions were done by some harmonic movements along with fixing the eyes of participants. The oldest text of empathic healing has been obtained from the Egyptian Papyrus which has talked about healing methods of physicians 1500 years before Jesus's birth. Ancient Egyptians had temples named "sleeping" temples.



In these temples some healing methods had been used which were based on suggestion. The healer by using supernatural power and putting his hands on a patient's

head asked for his recovery and after taking them to hypnotic rapture suggested that the voice speaking to them was that of God who was helping cure their disease.

Empathic energy healing starts with suggestion from the beginning. The healer says to patient: “I am a healer and I possess unknown and supernatural powers, through which I am able to cure any disease. He ascertains that this energy will be transferred through his hands to the patients.

The more is the person’s suggestibility, the more he feels the energy. In case if he is not suggestible then he won’t feel it. But sometimes even if the person is not suggestible, he assumes that he feels it, but what really is happening is that he is only experiencing the heat around the healer’s hands.

No sooner the hands of the healer come closer toward a patient’s skin; the person begins to feel the temperature difference. Especially when the patient happens to be a woman since their skins are ten times more sensitive than those of men and this can be one of

the reasons as to why women are more susceptible to these methods.

In the modern age, empathic energy healers through the help of technology prefer using energy healing. By the help of this method, they transfer energy vibes via telephone, television and radio. The healer transfers energy to patients all around the world through television or charges a CD by energy and sends it to a patient. Surprisingly, they are sometimes effective. Perhaps it seems absurd but it's a kind of energy healing that if used correctly, it would be really impact able. In fact, it is not the energy of the healer that causes healing but the effective and the right use of the energy of the person himself.

Suggestion:

One of the human beings' ability is his suggestibility. We humans are suggestible and we are able to change our organisms merely by suggestions. Hypnotism is one of the significant products of this suggestibility. In fact, hypnotism is an unusual state of the brain that is created artificially and mostly associated with exaggerated suggestibility.

Different parts of brain are responsible for specific tasks and duties. In the hypnotism state, parts of a brain that are busy with other thoughts would stop working and instead would focus and concentrate on a specific thought. In this stage, suggestions would enter and the subject would accept the suggested thoughts. In this way the body would be captured by the mind and would show the effect of mind on body.

Sub-conscious mind has an extraordinary power, an endless treasure and unlimited energy that we, all humans possess. In the depth of every human soul is an ocean of intelligence, wisdom, power and knowledge that humans

can benefit from, and with the use of this amazing and magical power of suggestion and faith they can easily reach felicity, inner calmness, freshness, health, beauty and love. Sub-conscious mind has such a power that can easily solve all emotional, physical and mental problems. Whereas most of the people because of not knowing the real power of their sub-conscious mind and negative and unreasonable use of it, have unpleasant life clubbed with anxiety, stress, pain, sickness, poverty and misery.

Suggestion and hypnotism are the best tools for using the sub-conscious mind. A man can cure his eye astigmatism in a deep hypnotism sleep even if it be for a short duration. He can adjust ear sensibility to varying frequencies. Through this method he can either heal many of his diseases or make himself more ill.

Stephan Black one of the researchers in this field for investigating the effect of sub-conscious mind over conscious mind, and also its effect on human body, suggested directly to a to hypnotized group that they cannot hear sounds with frequency of 575 cycle per second.

In the next experiment this sound was played loud and in quick succession, but no physiological feedback indicating any surprise element was noted. They could not even feel the vibration of diapason with the same frequency that was fastened to their ankles¹. It was tried to suggest color blindness or whole blindness many times over. In one case it was even observed that the brain normally had no feedback to present against a shining light². This kind of sensorial illusion that does not see a particular existence of a thing or object is what is called a negative illusion.

But positive illusion also has been suggested and in the case of such suggestions, shining colors have been observed³ followed by a set of complementary colors.

In a deep hypnotism provided that the subject is very suggestible, the suggestion can encourage him to die.

What really does happen in hypnotism?

¹ BINSKI, S. R. "Report on Two Exploratory PK Series," *Journal of Parapsychology* 21: 284, 1975.

² LOOMIS, A. L., HARVEY, E. N. & HOBART, G. "Electrical Potentials of the Human Brain," *Journal of Experimental Psychology* 19: 249, 1936

³ ERIKSON, M. H. "The Induction of Color Blindness by a Technique of Hypnotic Suggestion," *Journal of General Psychology* 20: 61, 1939

Is Hypnotism something apart from believing an idea?

If believing an idea can encourage a person to death isn't it logical to come to this conclusion that human is a thought rather than a body? Human has a capability that no other creature owns and that is the dominance of thought over body. The power of thought and reflection of human makes him agile to cure his eye astigmatism or even his blood cancer.⁴

In fact, the body of human is a three dimensional representation of his beliefs, thoughts and feelings, which reside in his brain but since the shape of the body would not change macroscopically by changing thoughts and feelings; this reality would not appear significantly. In Empathic energy healing, which is the most common type of energy healing process⁵, the real energy is not of the healer but it is of the patient himself. This energy will be activated in person when an absolute belief forms in him, (accepting the suggestion). The effect of this type of healing depends on the person's suggestibility and the

⁴ "The Inner world" written by Mohammad Babae

⁵ No healer accepts that his healing method is done only by suggestion.

support of the healer and the support of a patient's family and friends. This type of healing because of its nature can be done through telephone, television and CD. Since the real energy has limited radius of function, it cannot have any effect over a long distance.

Empathic healing is mostly a kind of hypnotherapy, a hypnotism that person does not go to sleep. But suggestions will have their effect because of the patient's belief in the healing power.

Loius Welberg, a researcher in hypnotism and empathic healing states: "the history and experience of using empathic healing and hypnotherapy teaches us this method does not have any magical effect, yet if we can put aside exaggerated claims of fanatics, this healing method is a useful and important tool."

But according to the effect of consciousness on matter, if suggestion reached the level of certainty in the

person's belief⁶, it can have magical effect too. But that seems very far- fetched in modern times.

The people of the past were much more suggestible than us due to their simplicity and credulity. Magic and witchcrafts⁷ are among the products of this suggestibility.

⁶ The level of human belief and its effect " the Inner World" written by Mohammad Babae

⁷ In old age, witchery was based on hypnotism and non-informed suggestion, it means that witches who had specific expertise in suggestion without telling the people, by running a show along with suggestion and using five senses errors, put them in a hypnotic rapture and made them to see something that they didn't exist or they didn't see the things that existed. Witches sometimes provided situation for empathic healing and attributed it to supernatural and metaphysical power, which became one of the main sources of superstitions.

Denakey Non-Empathic

Healing Power

Venakey non-empathic energy healing:

In this type of energy healing if the healer does not see the patient and brings his hand close to him, the patient would feel the energy, it means that without any empathic background, this energy can be felt by anyone and any skillfulness (or the lack of it) in this regard has no bearing on it. Even if the person is asleep and the healer brings his hand close to his body, he would feel the energy and wake up. One of the features of this energy is that, it is not transmissible over telephone, television or via CD. This energy can be felt only up-close. Inner energy of human is an issue that has been proposed many years ago and there exist many fictions and legends about it. Based on Venakey legends, since earlier times, about 8000 years ago in an era popularly known as the age of power there lived, super humans who could gain or inherit extraordinary powers.



They believed that energy body of a human is a complex of contiguous mass made of thousands of rotating energy vortexes. Some of them are so tiny almost like a needle hole yet energy flows inside them freely or at times gets stuck in there. There are seven

holes of energy, which are enormous and of great importance. They are the hearts of vital powers. Each center of energy in human is a kind of energy vortex. They are like a funnel that from the viewers' standpoints rotates clock counter-wise. The great hearts of vital powers are located in seven parts of the body, which can be grouped as under-each according to its significance:

1. Four finger below navel (Authyoti)
2. Below sternum (Ater)
3. Back of heart (lighting)
4. Hole under neck
5. Between eyebrows (seeing)
6. Head crown (awareness)
7. End of backbone (stability)

It is possible that these centers get blocked or their



movement gets disturbed having a definite impact on a human and his life. There are other common opinions about energy centers in body that are very similar to these viewpoints, interpretations and beliefs that may be different in details but in general are named as energy centers with different terms.

In some schools they have six centers of energy which are named *Chakras*. *Chakra* is a Sanskrit word that means “cycle”. *Chakras* and energy centers are rotating and they are to be considered as an important part of energy body. Like physical body that has formed of important vital organs and organs of less importance, energy body has also main and secondary centers. The

main centers are like powerhouses that supply vital energy to vital and main organs. If these power-houses don't work properly, the vital organs would be weak or ill; the small parts control the less important organs of physical body and give them energy. Energy centers penetrate in to physical body and continue beyond it.

All feelings, perceptions, awareness and anything that happens to you can be divided in to seven groups.

Each group is connected to one of these energy centers. Therefore energy centers are not only the agents of body organs but they are also considered as the agents of some specific parts of the senses and perceptions. When you feel tensed, you also feel it in the energy centers connected to it and the related energy center and organ also feels the same stress as well.

Venakey exercises and techniques can activate these centers, but they need acquiring of skills over a span of few months or even years.

Scientific Basis of healing by energy

Healing by energy⁸

Electromagnetic fields in nature:

Electromagnetic fields on earth have biological effects. These fields penetrate in living bodies of creatures, especially human. The possibility of its effect is more than electrical field but the level of its danger is not accurately determined. It is believed that electromagnetic fields on the earth with flux density of 30-70 microtesla affect humans.

Magnetic fields in houses, offices, and laboratories up to 1%-2% microtesla and in transmission lines up to hundred micorttesla do also affect humans.

Electromagnetic fields are generally divided in to two main groups:

1. Natural magnetic fields :

⁸ Sources:

1. monthly magazine of biomedical engineering
2. energy medicine- the scientific basis, James Ochsman, Phd
3. Bioelectrodynamics in living organisms; Shu-Ang Zhou, Mitsuru Uesaka; International Journal of Engineering Science 44 (2006) 67–92

Natural magnetic fields have been formed from one main component related to earth (permanent magnetic) and some other small components. These components are different and related to sun activities and atmospheric phenomenon.

2. Artificial or man-made magnetic fields.

Man-made magnetic fields that are created in the form of variable or static energy generally have more intensity than the ones created by natural magnetic fields.

Human in Electromagnetic fields:

The elements of human body are not neutral. Neurons, heart and cellular pumps are the parts that always have electromagnetic and electrical fields around them. For example, neuron in static position has only bipolar electrical field (DC)⁹, but as soon as stimulation its polarity¹⁰ and its signal would change and it would transfer to variable electrical signals with different speeds up to 100 meters per second. Therefore, according to the Maxwell rule, it will produce and diffuse electromagnetic fields. Heart moves by two neural nodes. These two nodes cause the heart muscle movements and blood circulation by creating electrical fields.

Consider the body as various blocks based on different muscles. The effect of magnetic field is changing in body based on frequency, intensity and permeability of field. Magnetic fields can cause moving the electrical loads, and this movement of the electrical

⁹ Similar to static electricity

¹⁰ Like intermittent current the position of its poles would change

loads depends on the structure and formation of a body. Magnetic field unlike electrical field penetrates within all the internal body organs of a human body, and of all living creatures. Magnetic fields affect blood compound, growth, behavior, and immunity systems and neurons functions in our bodies.

The healing effects of magnetic fields:

Various clinical and laboratory observations about the effects of magnetic fields on human and animal tissues have made many researchers to analyze the functional mechanism of the pulse magnetic field on different tissues of a cell. In any kind of researched cell, the results emphasize that magnetic fields do have effects on the activity of elements and structures of cells.

Cells can feel magnetic fields created by wounds. Based on New Scientist report, diagnosing how the cells feel and react to the magnetic fields largely determine the

speed of wound recovery and its completeness of recovery.

Ionic current inside a cell membrane leads to creating small electrical fields. Tissue damage changes this magnetic field and cell which is involved in tissue recovery feels this change.

For studying this phenomenon, the researchers of Stanford University examined the fish skin cells, since these kinds of cells are normally used for studying cell movements. When these cells are put in a magnetic field for simulation of magnetic fields around a wound, all cells change their direction toward positive pole, just like when they change their direction toward a wound.

However, smaller particles of cellular materials in fish skin in this experiment changed their direction to negative pole. Particles and cells have a common point; they both have masses of protein that make them move. Researchers have concluded that these proteins have similar operations as that of a small electromagnetic

compass; they help direct the cell toward a wound and take the particles away from it.

The effects of magnetic fields and matter (body) on each other, considering the amount of energy exchanged between them is negligible. But unlike electrical field, magnetic field can go through all living structures. Magnetic and electrical fields are dependent on each other and all biological functions need electromagnetic fields. The achieved successes during recent years by the use of pulse magnetic field in the field of osteopathic and orthopedic healing have increased biological knowledge in the field of operation mechanism of these magnetic fields. Moreover, they have encouraged the clinicians of its therapeutic uses. The Magnetic fields that have been used with low frequency under 100 Hz and low intensity under gauss 100 tend to have better results in their application. Because of their specifications, these fields are known as ELF or Extremely Low Frequency fields.

Considering the results gained through experiments, the effect of magnetic energies on body and its therapeutic effects can be closely observed. But it should

be mentioned that the Magnetic energy that was effective in these healings have been produced by machines. This goes to prove that if humans can produce magnetic energy intentionally and guide this energy to affect a patient's body, he can cure diseases.

Studying scientific basis of energy healing

Neural messages that originated from the brain are connected to all the body tissues and they reach all organs and cause regulation of our bodily activities. Many of the cells contain crystals in the form of liquid. These live crystals are found sporadically in a cell's membrane, nerves myelin sheaths, and many other points.

All crystals when they are under pressure show a feedback named "Piezoelectric effects". Similarly liquid crystals inside cells are producing the convergent electrical currents continuously quite similar to the laser that produces frequencies within a determined range.

These vibrations that are similar to laser are able to spread in to surroundings as well as move easily inside the human body.

When electrical current passes through a conductor, magnetic field forms around that object. Similarly the electrical currents that move inside a human body create specific bio-magnetic fields inside and around the body.

Brain and all body organs have specific bio-magnetic fields that surround them. These fields are constantly interacting with each other. Each part of the body has its own specific frequency that is an indicator of the health status of that individual part. In a disease condition this frequency changes. Human bio-magnetic fields are affected by surrounding fields. This principle is called “Induction” in Physics. And it means that each magnetic field can cause inducing changes in the power and frequency of adjacent electrical currents. Similarly, based on Induction process bio-magnetic field of a person that has enough power, is able to affect the other person’s magnetic field mentally, spiritually and physically. The hands are also surrounded by their own

magnetic fields. Investigating magnetic field of a healer's hands during healing shows that this field is much more powerful than the field of an ordinary person's hands. In an experiment conducted with a simple magnet containing two coils of 80000 rounds when connected to an amplifier demonstrated effectively the fact that a healer's hands have a field with the power of 0.002 gauss which is 1000 times more powerful than any other magnetic field in a human body.



The frequency of this field is changeable between (0.3-30 Htz) and is fluctuating mostly within a range of 7-8

Htz. Healing energy of hands is created by Perioral system. This system covers neural strings and acts for guiding electrical currents which are under control of the brain thalamus.

Some evidences show that other forms of energy other than bio-magnetic like infra-red, macro wave, and other photonic throws have exited from hands and have had the therapeutic effects on Biologic systems. This achievement is completely correspondent to metaphysical and holistic theory that states, “First a disease is created in an energy aura or bio-magnetic field of a human, and then it emerges in a physical body.”

When a healer brings his hands close to an unhealthy organ for healing, the magnetic field that comes out of his hands is much more powerful than the field resulting from the ill functioning organ, thereby affecting cells and intracellular particles starting its therapeutic effects resulting in the healing process. Studies have shown that the healing frequencies of different body tissues are:

1. Frequency equivalent to 2 htz for neural strings.
2. Frequency equivalent to 7 htz for bones
3. Frequency equivalent to 10 htz for ligaments
4. Frequency equivalent to 15 htz for capillaries

Research studies have shown that electromagnetic energy which is emitted from hands in particular and a human body in general can have some kind of effect on other persons. Moreover electromagnetic energy that exited of a healer's hands is one thousand times more powerful than those of normal people. It shows the difference between an ordinary human and a healer. This is how a healer is able to send out this energy intentionally from his hands and by his own will resulting in therapeutic effects on a patient's organ. But what is more evident is that science with all its justifications cannot explain how this energy is created, strengthened, or how it cures diseases. From all the articles, the results of experiments, and recorded observations it is confirmed that the existence of healing energy originates from a human body. However, all these justifications are similar to some guesses that are done to justify this phenomenon.

But the history of science has always been started with guesses that proceed correctly or incorrectly under these assumptions and somehow try to reach unadulterated realities.

*Healing Energy
of Aushyosi*

Authyoti

From the point of view of Venakey, Authyoti is a power, which we all humans have. Although it is not normally active but it can be made active through practice. The position of Authyoti is four fingers below the navel which is the gravity center in humans. This physical point is a coincident to a part of aura, and is a vital field in humans, which with the help of attention and concentration can make the Authyoti power active. For activating this point, not only should the person have high mental concentration but he/she should also remain calm, kind, patient and generate goodwill.

Venakey ancient masters believed that Authyoti power is a field of energy that encompasses all humans and that material particles are like dusts that are encapsulated in this field. The shape of our body and our cells are affected by this field. Therefore, healthy human has healthy power and healthy power keeps the body healthy.

According to Venaky, there are seven attributes that are sure signs of health. Mental and spiritual health is prerequisite for the healer.

From masters' viewpoint, health means having septet attributes which are as follows:

1. Kindness and compassion
2. Happiness and calmness
3. understating (understanding and correctly perceiving others)
4. Independence
5. Power
6. Wisdom
7. Self-control

Kindness:

It is believed and rightly so, that kindness is a part of human physiology and when a person is healthy, he/ she is bound to be kind as kindness is an inherent characteristic of all human beings. Aspect of human kindness can be judged from their following behavioral attributes:

- What you want for yourself, you want it for others, too
- If someone gains something that you really desire, be happy as if you have gained it
- Help others without expecting appreciation
- Remembering other's kindness and forgetting their rudeness.
- Enjoying and gaining energy by helping others
- Neither twitting a person for a favor, and nor reminding the person about your own goodness and kindness
- Being happy for others' happiness and success without feeling envious about them.

Happiness:

From Venakey point of view, happiness is defined as not being annoyed or sad due to problems and troubles. It is believed that the events of life are affected by two forces:

1. Nature and external factors
2. Emotions and internal factors

These two forces will shape a human's life. Therefore, a healthy human by knowing that life's events are not always in accordance with his desires, and trying to alter the nature's powers is useless, can concentrate on the second part which happen to be his inner feelings.

A healthy human knows that sadness, pity for himself, fear and stress not only are counterproductive but also leads to his making wrong decisions and creating more damage to his body and soul. Hence, he tries to make the situation better by finding the right kind of solutions thereby creating adaptability. A healthy human's inner happiness is of great importance, although

sometimes he may hide it according to the situation he is in, and the circumstances he is surrounded with. For him effort and being away from laziness and disappointment is simply more important than the end result. He is careful to do his best and is happy for everything he has, and prefers not to be sad or remorseful for the things he has lost or he does not have since in his heart of hearts he knows he has done his best in a given situation.

Understanding:

Understanding others and to avoid creating any inconvenience is a sign of perpetual growth in all physical and mental aspects of a human.

When a person is healthy, he can understand others correctly by mirror neurons¹¹ . This correct understanding of others causes a healthy human who has

¹¹ Mirror neurons have been discovered by a scientific named Rizzolatti in 1996. Mirror neurons are brain cells that read the mind of others and understand their purpose and intention. These cells send feedback to the thought of others. Neurologists believe that mirror neurons cause humans to show sympathy to each other. Usually when a person sees others doing an action, just by seeing it causes the same model of mirror neurons stimulating them as if he did the action himself.

inner kindness and happiness to have minimum level of inconvenience for others.

Not having disturbance and annoyance for others, being modest, not comparing one's self with others, avoiding belittling others, not considering one's self superior or inferior, are signs of understanding. But this understanding of others does not cause a wise human to accept all unreasonable demands of others but he helps him to do the right thing without being annoyed or having expectations and never causes inconveniences for others or puts their work on other's shoulders.

Independence:

High weakness and being needy causes severe dependency. Dependence on others makes one a parasite and an intolerable person among individuals who do not care of others' annoyance. Therefore, a healthy human because of being strong does not have annoying dependency on others. It means that his dependence on

others does not cause him to impose himself on others and in this process make them tired of him.

From masters' point of view unhealthy humans, because of their dependent nature originating from their inner fears and weaknesses, resemble a spider making a web around those who love and impose their desires on them in a way that results in annoying themselves as well as others. Healthy humans are in love with their family and friends but don't make them their captives to fulfill their own desires, for this reason alone they enjoy their presence and don't feel upset because of their absence. Their help and support to each other is continual, they always remember each other but without being disturbed of their separation since annoyance causes making one captivated.

Power:

Being wisely courageous and not fearing while observing safety are the characteristics of possessing power. Power means feeling powerful and having self-confidence. A healthy human loves himself as he is and he is proud to be himself. He doesn't consider himself as superior or inferior. While he knows his weaknesses and strong points, he is not arrogant. He is a brave one who doesn't act rashly. A healthy human doesn't make himself a fictitious character hiding his real self. But an unhealthy human camouflages his weaknesses and hides his faults even from himself and mostly considers others as guilty for his own mistakes and failures. This behavioral trait of his results in him remaining imperfect and sick.

Wisdom:

Craving for knowledge is one of human being's most intrinsic features. It means that human has been created for seeking knowledge and for gaining wisdom; therefore a healthy human is fond of learning. A healthy human never gets deceived nor gets involved with

superstitions and never values the hollow beliefs, since he himself possesses wisdom and knowledge of his own.

He is never afraid of knowing even if it's contrary to his own beliefs. So he has enough courage for correcting his beliefs.

According to Venakey ancient masters, ignorance causes fear of knowing; whoever fears from knowing never corrects his false beliefs. Therefore he will live with illness and he will die of it too.

According to Venakey ancient masters, humans in this unknown, mysterious and sometimes scary world make a safe shelter within themselves through their own thoughts and beliefs just for escaping from fears of the unknown and during life they fill its defects by their own logic and selective findings. It means that for repairing their faith shelter, they've got to search logics that coincide with their demands.

Fear from collapsing of this safe haven, a shelter that they were occupying in building and repairing it for many years and feeling safe inside it, causes them to be

now prone to deceit. They even fight with any kind of knowledge, science, logic and reality which causes destruction or changes in their way of thinking and beliefs.

Self-controlling:

The ability to control feelings and inner emotions distinguishes humans from animals. Humans have been gifted with and this is based on knowledge. Therefore, naturally a healthy human being unlike an animal is able to control his instincts and his good or bad feelings in a way that no unwarranted emotion or feelings endanger his inner self.

This causes a healthy human being to act properly in his decisions and to make minimal mistakes.

One of the other things that distinguishes human from other animals is cortex. Cortex is not specific for humans and it forms only 2/3 of a human brain. Talking, Thinking, writing, predicting future, all these abilities have their roots in cortex. In fact, the most important experience of our senses namely “self-awareness” and

controlling of which is named “will” have roots in this part of the brain. For example, people who have an injury in their Cortex, show some kind of involuntary neurological behavioral patterns.

The most important capability of cortex is self-control; it means awareness of controlling one’s body, feelings and other mental states. Other creatures can not only change their own and environment structure but they are also surrounded by the determined commands of their limbic and reptilian brain. But it is the human alone who with the tool of Cortex has the ability of controlling his entire being by using a structured through process.

Human makes use of this tool unconsciously but generally speaking he uses this for wrong purposes and mostly to satisfy his animal-like instincts. In the case of animals this is not so, since animals have no self-thinking capacity nor can they act on their own accord making them creatures of their predetermined instincts.

After stimulation all sensorial data (such as seeing) makes its way to the nervous system and reaches the

reptilian brain through the nerve fibers (thalamus, which is part of the reptilian brain, is located in the center of the brain) and through neuron connections reach the self-awareness mode. In all the creatures that have the cortex, this kind of connectivity is generally one-way and emerges from the reptilian brain to the cortex except in the case of humans. Having said this it is clear that decisions are a result of predetermined planning of the reptilian brain (Genome) and are the outcome of them culminating in self-awareness. Hence we see that creatures, unlike humans are players of their behavior monitored by the commands of their own brain.



Two-way connection in a human brain

But in human brain besides these routes, there are re-enteral neuron connections from cortex to old brain, it means that human thought has this capability to control old brain and replace voluntary behaviors with instinctive behaviors. These re-enteral connections are the reason of the effect of thought on body and suggestibility of human vis-a-vis other creatures. For example, if creatures are in risk condition their limbic brain gives command of fear but a human can activate his fear system by thinking about scary subjects. For this reason, human has this capability to control himself (physically and mentally) and act against his physical demands.

Humans by using these two-way circuits can change predetermined plans by his reptilian and limbic brain and this is something we always do even without being aware of, and change presumptions of unconscious brain. But in which direction?

Human by using re-enteral connections interferes with his pain and pleasure system. This voluntary control can be beneficial and lead to decreasing dependency on environmental factors for achieving satisfaction and

calmness. In fact, human has obtained all things needed for his welfare and comfort but has been unable to heal his inner side because he has created dependency and a sort of chain for himself, it means that he associates his calmness to things that never can be reached whereas for true satisfaction they are not even required.

Venakey masters believed that a human for gaining health should reinforce two-way circuits, so that he can control himself entirely. Since only in this condition he doesn't have any convenience for others but he would be bubbling with health and happiness. Moreover Venakey masters believed that these septet attributes are human's essence and the absence of any of them is the sign of sickness and malfunction of human body. If a healer does not have these septet attributes he is unable to carry out energy healing, since his energy won't have pure health and enough power. Therefore, a healer besides practical training should make himself healthy and powerful with these septet attributes, so that he can impart to patients doses of health and healing.

In Venakey energy healing, along with inner feelings, training and practical exercises are also very important. Healing power can affect patients when this power has been strengthened. For this reason alone, specific exercises should be done regularly. One of these exercises is strengthening and activating of the Authyoti power.

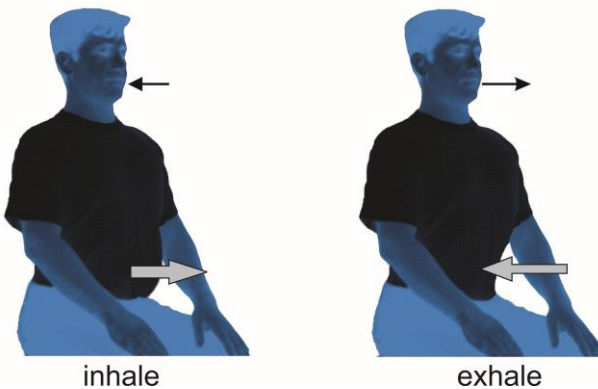
Authyoti Activation

There are different methods for Atyothi activation but in this book we teach one of the easiest and the most general techniques.

Discipline in performing programs, correctly doing the mental and physical exercises, having patience and tolerance is among the main conditions for your success. The first step is learning some techniques of breathing:

Ven ray (slow and deep breathing):

As you create the sense of calmness and freshness in yourself, take deep and slow breath through your nose in a way that the entire volume of your lungs is filled with air and then exhale slowly via your mouth. The speed of inhaling should be the same as that of smelling a flower whereas the speed of exhaling should be more than that of inhaling. Moreover during breathing, first you should fill your belly and then your chest. It means that your lungs starts filling from down as if you fill your belly. And then you exhale it rapidly through your mouth. For complete exhaling it's better to scrunch yourself and crouch your belly.



Ven ammist (deep and rapid breathing)

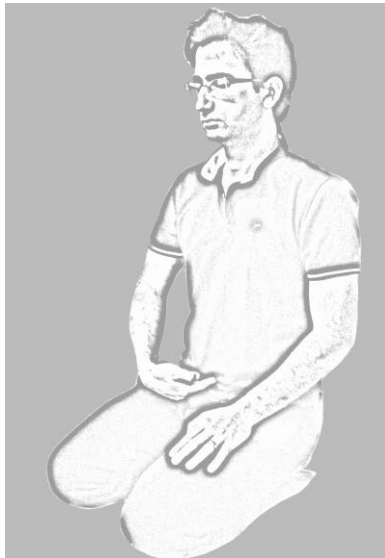
In this type of breathing both inhaling and exhaling are done through the mouth. Make your lips as a bud, like the person whose tip of the tongue has burnt and breathes very fast and blows the air to the tip of the tongue so that the air encountering the tip of the tongue becomes hot and humid and your throat won't be dry. The speed of breathing should be in a way that the entire volume of your lungs becomes first full and then completely empty.



Authyoti Activation

For starting this exercise first seat in a calm and quite place in the most comfortable way keep your eyes close, then breathe 20 times in the Ven Ammist method.

While breathing imagine that the air is entering from your Authyoti and exiting from the same point. First for easy imagination put your fingers on your Authyoti and press it, this causes to feel that point better. During breathing, you should also imagine the coolness of the air as it enters and exits from your Authyoti.



Breathe 20 times in Ven Ammist method and then without a pause breathe 2 times in Ven ray method. You should remember that there should be no pause between Ven Ammist and Ven ray breathing methods. During breathing imagine that air is entering from your Authyoti and exiting from the same point.

Do this exercise every day for half an hour and with a frequency of 20 times Ven Ammist, and 20 times Ven ray. In this exercise vivid imagination is very important and it is in fact the basis of Authyoti activation. Along with the visualizing of entering and exiting of air from Authyoti, imagine that there is a small coal on your Authyoti that becomes kindled by breathing. You should see its getting kindled with closed eyes and you should also feel its heat.



Imagine the light of flame turning purple with every second of its getting kindled, like an aura it becomes bigger and bigger, to the extent that at the end of the exercise, it encompasses your entire body.



During the exercise you should have a calm serene mind, empty of any inner dialogue¹², moreover happiness, kindness and joy should be the dominant thoughts in your inner self. You should do this exercise every day and regularly for 6-8 months to the extent that you can feel the picture above by vision and touch.

After gaining this skill, you should direct this energy to your hands, in a way that you can feel that you are

¹² Inner dialogue with one's self

seated in a room full of energy and with each breath, the energy entering your body from your Authyoti point and with each exhaling it exiting from your palms.



How to do energy healing?

Required qualifications of a healer:

According to ancient masters three main conditions are required for a healer:

1. Complete visualization of a disease location
2. Authyoti activation and gaining skill of distant object touching through Authyoti (from a few inches away)
3. Mental and spiritual health

The degree of a healer's expertise depends on his ability in the above three bases, and if someone heals without these then, certainly he is using the empathic method.

Complete visualization of disease location

One of the most fundamental conditions of energy healing is complete visualization of disease location. It means that a healer should have the extraordinary ability of mental visualization so that he can visualize anything

in his mind clearly in such a way that visualized image seems almost real.

In order to gain this extraordinary ability of visualization, first and foremost you have to learn memorizing the image. For this purpose look in the natural day light at any object, person or landscape for a few minutes and then close your eyes rapidly. You will notice when you do this the image just seen would remain in front of your eyes for a short while but would disappear soon thereafter. As the image disappears, open your eyes again, look for a few minutes and then close your eyes one more time. It's better to practice on pictures of body anatomy (that would be very helpful for healing). As you do these often, gradually, the viewed images would remain for a longer period of time in front of your eyes.

If you want to be an expert healer, it is very important to be familiar with body anatomy, since you should be able to visualize in complete detail the organ you want to cure. Therefore, it's better to line up few

pictures of body anatomy and practice on them as described above daily at least for about 20 minutes.

You can do this exercise during the day with any picture or landscape that you deal with, for increasing the ability of memorizing the picture you can also practice with newspaper. Look at one part of newspaper for few minutes then closing your eyes in rapid succession, read it in your mind. This practice is called image memorization which greatly helps improve your visualizing ability.

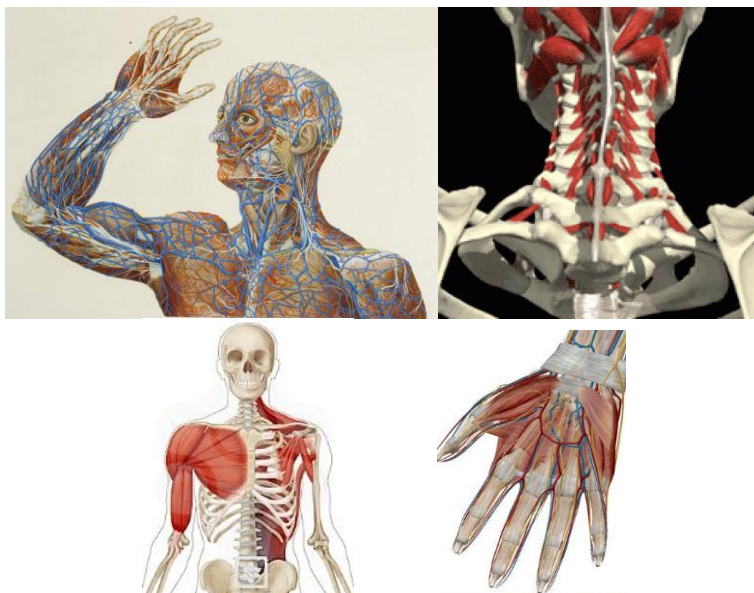
Visualization:

The difference between this practice and image memorization is that in image memorization you look at an object and then store the image in your mind but in this practice you close your eyes without looking at any object and try to visualize your internal organs like liver, stomach, etc.... in a way that you can see them completely and clearly in your mind's eye. As you have already worked on organs and joints in the case of image memorization, this visualization would be easy for you.

Attention: in this stage you should avoid visualizing the heart and the brain.

In the early stages of this exercise the visualization process may be a bit unclear and foggy but gradually it will become better and clearer. Don't forget that during the day you should practice the image memorization technique.

For the visualization technique in a seated position, you should close your eyes and breathe in 50 times Ven ray (method), then empty your mind for a few minutes and try to create in details one of your body organs within your mind. To start with, pay attention to general parts of the image being visualized but gradually as you gain more skills pay attention to details of the image as well. Given below are stages involved in the visualization process:



Ancient masters of Venakey believed that the way and the effect of a healer's energy are guided by his visualization. Therefore, visualization is of great importance in energy healing.

After you gain enough skills in creating and stabilizing clear mental images, you should start the second stage of visualization. In this model of visualization you should be able to visualize with open eyes, it means that as you look at an organ; imagine its details as if your eyes can see beneath the skin, veins,

nerves and even cellular structure or as you look at a tree or a flower you should be able to visualize in great depth all its details. This ability gives you the opportunity to see inside the organs as you look at the disease location and while transferring your healing energy imagine the disease-affected area getting cured and healed.



Final Practice- Touch Activation

The final part of the practice is the Touch Sense Activation method.

In this stage, you should do Authyoti activation for 10 minutes before transferring its energy in to your hands. Then as you imagine the details of an ill organ or an object with open eyes, try to touch the object or ill organ by the aura which Authyoti power creates around your hands without touching the organ or the object directly.

At this stage visualize the changes that you want to create in an organ or object and at the same time try to touch what you see by Authyoti power. It means that, sense your imagination by your sense of touch and try to see and touch in details as the organ is getting healthy and reshaped. This practice is similar to the Touch Imagination method.

This practice is recommended to be done regularly for 30 minutes daily for at least six months.

Practices to be performed

Authyoti Activation	20 breaths of Ven Ammist, 20 breaths of Ven ray non- continuous	20 minutes	6-8 months
Image memorization along with Authyoti Activation	20 breaths of Ven ray in the beginning and end of program. During program Ven Ammist breathing	20 minutes	2- 9 months
Visualization along with Authyoti activation	20 breaths of Ven ray in the beginning and end of program. During program Ven Ammist breathing	20 minutes	3-9 months
Touch activation along with Authyoti activation	20 breaths of Ven ray, 20 breaths of Ven Ammist	20 minutes	6 months

After you gain enough skills in visualization with open eyes and Authyoti activation you can now move on to the healing stage.

Energy healing

Energy Healing

Before starting energy healing you should have complete information of the patient you are treating and his sickness so that you can use it for visualization.

Begin by clearing your mind for 10-20 minutes, before activating your Authyoti by taking deep breathes and then as you look at a disease location with open eyes visualizing it inside out, bring your hand close to the patient's skin. It's better that the patient lie down in the

most comfortable position and takes breathes slowly as you see Authyoti power in the form of purple aura, transferring from your hands to the affected area on the patient's body, try to visualize the power entering the injured tissues similar to the exercise you have done before thus touching the sick organ by the infused energy. Then imagine your energy to be like a magnetic field that moves iron filings, affects damaged cells and tissues and revives them. You should be able to touch the organ recovery and see the entire recovery process through active visualization. Having the attributes of kindness and calmness is of great help for a healer as these traits also strengthen his faith and confidence in the process of healing.

Healing duration depends on the type of patient and his illness. It should however, be borne in mind that complete recovery is rarely achievable in one session. The time interval between sessions should not be less than a week and each session should last for at least 30 to 45 minutes.

Energy healing cannot be used for all types of diseases and illnesses. For example for acute backache, dislocation of joint, Tendon rupture, mental retardation, osteoporosis, cataracts, and severe infections, energy healing is not advisable nor it is found effective. For the above mentioned conditions other healing methods should be applied, though energy healing can be used as a secondary method in these cases as well.

Aura or

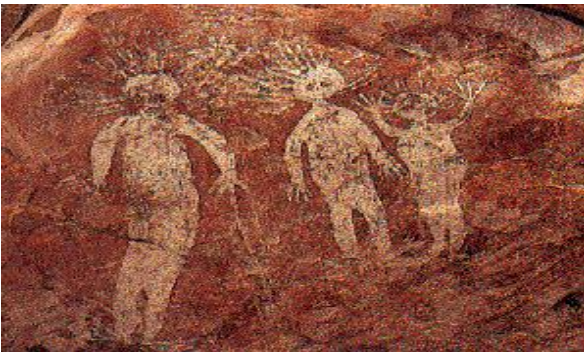
Luminous cocoon

Introduction

When we look at the ancient paintings, we see luminous auras around the head of some images that indicate the age- old human belief in the existence of aura around a human body. In most of these paintings, the aura has been drawn around the head of those who had spiritual positions including saints or those who were considered as noble and sacred.

What has been transferred to us from the history of Venakey ancient masters in the form of oral legends

implies that the lifestyle of ancient people were in a way that helped developing certain powers in them and since they were not aware of their essence, they attributed them to supernatural phenomenon ¹³. Aura sight is one of these abilities.



¹³ Whatever does not follow the natural rules of physics

In ancient times, hunters while camouflaging themselves stared silently and set motionlessly for hours to target their hunt.

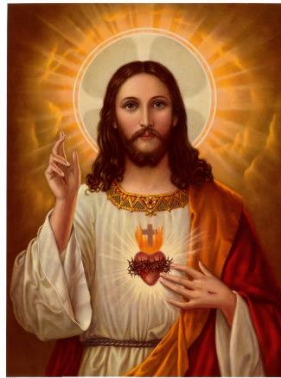


This kind of daze in sunset or at night was possible with indirect look since in this model of looking at an image is formed around the retinal which has more sensitive cells and creates more vision in poor or low lighting. This kind of viewing along with inner silence¹⁴ and with a concentrated mind caused their eyes to gain

¹⁴ Silencing the inner dialogue that always exists inside a human

the strength that helped them see the luminous masses around the body of creatures. Amazing, isn't it!

The attention of ancient men to these luminous masses caused them to notice the significant variations in color, brightness and the volume of these luminous masses in humans which were related to their physical, mental and spiritual states. It means that by changing their temperament and body physiology, it was feasible and possible to alter the aura of a person.



Investigation and research on this finding led to the development of some methods that enabled the ancient masters to diagnose the diseases, weak and strong points of a person simply by looking at his aura and this was a beginning of the ancient masters' discoveries of human

insight and the formation of different beliefs and varying faiths.

By observing the significant relationship between aura and human behaviors and feelings, these masters gained unknown information about the world's facts.

For example, they found that being has been formed consisting of some energy fields around them that are similar to energy wraps. While searching for the origin of life and consciousness, they faced a very powerful, conscious and infinite domain which was the origin of consciousness and life. They also found that only slight amount of the total energy fields of being is accessible by a human through his sub-consciousness. Therefore Venakey masters do not consider a modern human as perfect but they consider him as a creature with magic and supernatural capability, which due to wrong training and imitation from wrong and one-dimensional teaching has resulted in becoming a weak, limited, repetitive individual and a captive in his own chains putting his life in a pitiable state.

From Venakey point of view, humans can have the real perfection and happiness when they regain their inner capabilities and they begin using the maximum level of their hidden capacity thereby leading to perfection. It is only then that a human can benefit from his hidden potentials he has, but is unaware of.

According to the ancient masters, a human is a creature with the essence of energy which in addition to his material body that forms his outward life also has an energy body. These energy fields surround him in the form of luminous ball of energy which is called aura.



Aura

In spite of the opposition from scientists to these kinds of thoughts, we see that judging from the recent discoveries, science has been forced to accept or contradict some of these ancient masters viewpoint. “Aura” around the body is one of these discoveries.

In 1939 a person named Kirlian invented a method for taking photo from aura around the body and named it after his own name. Through this method of photography, He was able to capture human energy domain, other creatures and even objects. For photographing with the help of this method, a high voltage and high frequency electronic field is needed.



This aura not only exists around the body of humans but also animals and plants and the recorded pictures of them changes according to their condition and health status.



After Kirlian, numerous devices have been made in this field which were more accurate and had higher capabilities. GDV, AVS, Aura Video System are among advanced devices that were made in the same field. By using the Bio-Feedback Technology the capability of taking pictures and interpretation of luminous aura around a human provides complete information about the physical, mental and spiritual level of a person.

From Venakey point of view there are two kinds of auras: the aura that can be seen through a skilled eye, and the other is the aura that cannot be seen by an eye and for which a person should have a perfect and fault-free eye, only then he can comprehend in certain specific

perceptual mode. The first type of aura is the one where it is possible to take a photograph and this type of aura we are going to explain in this book.

Considering the origin of aura there are many discussions. Some people consider it as thermal radiations due to biological activities of the body while others consider it as a field of unknown energy that is determined by the shape of a body.



From Venakey point of view aura is a field of energy that surrounds all living creatures. Being alive and having consciousness is a product of this field. Our body is like a machine that only provides the condition for appearing consciousness in physical environment. According to this belief our physical appearance, our

abilities and our physical needs, all and all are determined by our consciousness. In fact aura is a mold from which a body has been fashioned.

The first type of aura has prisoned the material particles and has created the body, whereas the second type of aura is a shadow of the first type of aura patterns of which are created out of the physical activities a body performs. Therefore, a healthy human certainly has a healthy aura of the second type and any kind of insufficiency in the body operation makes significant changes in the aura.

The human character from physiological point of view is a kind of structure, and formation of particles that make up body. As we said these particles based on the patterns that aura has created, arrange themselves next to each other. Therefore, by the aura of each person, his character and physical-mental health can be gauged. A human eye can see the second type of aura only by practice. According to Venakey masters what we normally see with our eyes is not the whole reality but is a negligible part of the whole reality that our eye is used

to seeing. According to this belief a human can perceive the other parts of reality that cannot be seen in normal situation, by his eyes.

From scientific point of view each feeling is due to physiological and chemical changes in the body, in such a way that if we were able to take photographs from the particles which make up the body, we could define a chemical and physical pattern for any feeling in a body but from Venakey point of view feelings by their immaterial nature cause physical and chemical changes in a body, meaning that each feeling acts as a unique field of energy and in order to appear in material world it's got to make a specific pattern in a body.

Without considering the contradictions of these two viewpoints, an assumption can be made that any feeling which is dominant in us or any abnormality in our body can be determined by aura and in different physical and mental status, its color, size and brightness can also change. Therefore, with the help of aura sight, it is also possible to determine the character of a person.

Aura, Personality, Illness

Seeing colors is one of the capabilities that mind uses for distinguishing between different wavelengths of light by the label of color¹⁵. In fact colors are indication of the type, intensity and rate of energy so the color of aura for each person demonstrates the rate and intensity of his vital energy. The distribution of color in aura depends on the individual's character and spirit. Therefore, by interpreting aura color, we can find out general personality traits of a person.

¹⁵ "The Inner World" by Mohammad Babae

The colors of aura:

Any color in aura is an indication of a feeling and personality of an individual. Accordingly whether the whole aura or part of it, is colorful depict different interpretations.

Aura interpretation:

The aura color is divided to seven main colors:

Opaque white, green, white and bright, yellow, red, silver, light and dark blue

- Opaque white is indicative of curiosity, kindness and compassion one has for another person.
- Green indicates faith, obstinacy, self- confidence and self-esteem.
- Bright white is an indication of loyalty, attention drawing, forgiveness, kindness and seeking protection
- Yellow is a sign of leadership, self-proclamation, bragging, brilliance, energetic and annoyance to criticism
- Red denotes sense of humor, capriciousness, grudge and revenge

The position, rate and intensity of each color:

The color White:

In Venakey white color is combination of all colors and they believe that when all feelings in a person are in harmony, he would have white aura. This color is an indication of purity, innocence, and truth. Individuals who have white aura, for them spirituality and metaphysical thoughts have specific significance. Such individuals like singing and are appreciative of music but also have a tendency to generally remain silent or are soft spoken by nature.

Their advanced mental activities are mostly spiritual and intuitive rather than analytical. They are sensitive and fragile. They avoid harsh, crowded and uncoordinated environment as encountering and interacting with physical reality is difficult for them. Any physical, emotional and mental stresses and anxieties would damage their internal balance. Purity and inner silence give them the true connection with self and God.

They are dreamy, calm, conscious, and full of peace with themselves. But if they get weak they become distracted, anxious, confused and staggered. And they may feel lack of self- confidence and always search for confirmation from others. Their sensitivity and vulnerability make them emotional loners. They may feel that they are unstable in decision-making and prefer to be left alone by themselves. Bright white is an indication of meditational practices and spiritual discipline groomed over years.

Sometimes all parts of the aura are not necessarily of the same color but it has color variation. Hence, each color in a particular position has a specific meaning.

White color around head:

It indicates sharp mind and spirit, spiritually advanced, and deep interest in heaven and the mysteries of life and healing.

Whiteness on the left side:

If whiteness is on the left side of the head, it means that the person is logical thinker and has deep philosophical and spiritual tendencies. But if the whiteness is on the left side of the body then it is a sign of emotional arousal especially amidst spiritual surroundings.

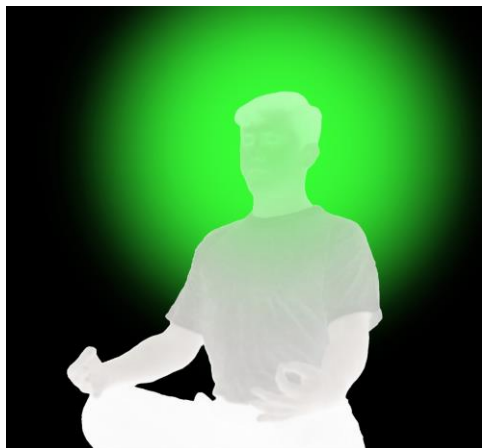
Whiteness on the right side:

Whiteness on the right side of the head is sign of emotional outburst and whiteness on the right side of body denotes an analytical view to world in general and life in particular. It also shows the person is a truth seeker.

Whiteness in heart:

whiteness in the heart area is the sign of energy aggregation, passion for compassion and existence of deep spiritual knowledge within the heart.

The color Green:



Generally if the person's aura is green it is the sign of faith, obstinacy, self-confidence and self-esteem. But it depends on different cases as listed below:

Green is the color of growth and is an indication of a loving heart, sympathetic nature and honesty for enjoying life. The bright light green shows the person's enthusiasm to help others and connection to mother nature. Smaragdine green is the sign of healing ability and love for people with sympathetic nature. The green with tendency toward yellow is the sign of meanness, and self-centeredness. It means that the person uses his thought for only gaining self-profits and meeting his needs though not always in a wrong way.

Dark green depicts that the person needs healing and has had earthy and flexible personality which in some sense denotes greed. Since dark green is similar to dark blue, and blue is an indication of trickery and so too, dark green leans toward despotism and dominance.

Green around head:

Bright and light green is a sure indication of social and affability of a person, goal-orientation and honesty. The person might be experiencing a growth or mental and spiritual transformation. Green indicates extroversion of emotional energy, anxiety, irritability and anger.

Green on the left side:

Light and bright green is indicative of calmness, harmony, and in coordination with the world and acceptability to changes (growth and perfection). Dark green is the sign of sensitivity, vulnerability and anxiety.

Green on the right side:

Light and bright green is indicative of friendly nature, energy, sympathy and kindness, healing, generosity and a

romantic mood. On the other hand, dark green signifies a closed heart, a self-promoter who likes himself more than others.

Green in the area of heart:

bright and light green is indication of a harmonious heart, peace and coordination, warmth, understanding, and comfort. Smaragdine green indicates that the center of a person's function is his heart and in this way others can feel his kindness and strong connection to celestial bodies and heaven.

Dark green is an indication of obstruction in heart and accumulation of stressful emotions in heart and a tendency of having unnatural relationships.

The color red



The person who has red color in his aura can be said to be dominating, sensual, passionate, determined, and sometimes even furious and revengeful. When the body metabolism increases, the body temperature increases too and this temperature rise is a factor for increasing chemical reactions in a body. When the body has a little nutrition, it spends what the person eats for its repair and food storage, and therefore, it sets minimum temperature limits. Or when you are relaxed, the body is in the least tension and interaction mode, therefore the body temperature decreases under these conditions. But when the person experiences emotional, instinctive, sensual

excitations or any other similar attributes or when he experiences mental involvement, the interaction inside the body would be equal to severe bodily activity that causes high temperature in the body. Extra energy in body causes increase in the sexual hormones and increasing this hormone in men and women causes aggression in them. In this state the body activity enhances and so too the body temperature increases. For this reason the color red is an indication of acute severe tendency to sensual excitation or emotions which are in line with one's instincts.

Generally we can say red is indicative of sensual energy and sever tendency to life. Such persons like to be excited physically and emotionally and they equally like to excite others. Their desires drive them. The color red therefore can be said to denote high energy, excitement and activity. And for this excitement and passion traits they can become good leaders.

They like to be the best and when everything goes well they have the will power to get the work done. They are loyal and optimist as well. But when things are not

going right they tend to become weak, angry and exhausted very soon, in this state they become militant, demanding and enraged and they want to be the center of attention. They insult others easily and without even meaning to. They are not interested in spirituality and religion and they deal with matters materialistically as they are more likely to be worldly than otherwise. They are comfortable and reckless in their relationships and due to their sense of humor and social behavior they are the center of attention but mostly they have problem in expressing their deep emotions.

Whereas dark red (with bent toward berry) is an indication of lust, opaque red is an indication of resentment and dissatisfaction. Dark and opaque red is indication of anxiety and unbalanced nervous energy that can be seen as a sign of malady.

It should be mentioned that in all colors of aura, if the color is bright and light it shows the positive point of that color and if the color is opaque and dark it indicates the negative aspects of aura color.

Considering physical diseases, red mostly indicates hyper stimulation or inflammation in that area.

Red around head

Light and bright red around head is an indication of power, positive energy, independence, and joy of life, salience of sensual emotions, ability and self-confidence. Dark red around head indicates emotional stress, lack of patience and inner calmness.

Red on the left side

Light and bright red indicates increase in physical strength, movement toward activity, high inner power, excitement and enthusiasm, strong will, determination and hard work. Dark and opaque red indicates the anxiety that lies ahead, anger, fiasco and confusion.

Red on the right side

Bright and light color indicates extrovert and eager nature, physically active and sexually powerful and

attractive. Dark and opaque red indicates emotional pressure, anxiety and malady.

Red in heart

Bright and light red in heart indicates comfortable flow of vital energy; happiness and joy, flexibility and balance being the center of safety. Dark and opaque red is an indication of weak heart energy, low safety. There is a possibility that the person suffers from physical illness, mental anxiety, sadness, worry or a broken heart.

The color pink

A combination of white and red, where the color white causes the lusts to be lighter and milder. Moreover pink is the sign of live, emotion, unity and interest in beauty. Warm pink or reddish indicates kindness and real devotion. Opaque pink is an indication of crudity, dependency and need.

The color Yellow



Pure yellow in aura is surely an indication of leadership, with traits of attention grabbing, bragging, hatred from criticism and very energetic. Pure yellow is an indication of thought and wisdom, dominance of yellow in aura implies a thoughtful person, and it also denotes an underlying desire for praise. The persons with yellow aura escape from criticism and they love to be praised. Dark and opaque yellow indicates tension with unclear thoughts. These features mostly lead to egoism and obsession. Impure yellow can be an indication of severe mental involvement and lack of thinking with a balanced mind. But it depends on which

color is a matter associated with, and it also indicates the attributes of that color, associated with yellow.

Yellow around head

It is seen around the head of people very commonly. This color is an indication of thought and wisdom, bright opinions, warm nature and sociable outlook. Dominance of yellow in aura is indication of a thoughtful person. This color can be sign of joy and vitality or happy temperament. Impure yellow can be seen as severe mental involvement and lack of thinking balance or a person with closed mind and a fanatic. Dark and opaque yellow is the sign of obsession or inflexibility in thought, thought involvement or anxiety, and it might be the sign of a headache.

Yellow on left side

Bright and light yellow that shines from left side is indication of movement toward the center of power for effective performance, powerful personality, concentrating mind, joy and convenience. Dark and opaque yellow in this area indicates disincentive

personality with perfectionist tendencies, extremist interest to rules and laws, involved mind and disturbance in sleep.

Yellow on the right side

Bright and light yellow indicates powerful personality with brightness and irradiance, positive thinking about self. Dark and opaque yellow indicates emotional and mental anxiety, suffering from physical tiredness and worry about some apparent pain in the body.

Yellow in heart

Light and bright yellow indicates the sense of sagacity and power in heart. This can be very effective in reaching united objective. But practically for a long period there is a risk that this energy blocks the heart itself and interrupts the emotional flow. Opaque and dark yellow is an indication of long-term existence of yellow frequency in heart, weak immune system, and deliberate closing of heart area due to anger, pain and misunderstanding.

Golden color in aura

This color can rarely be seen. Pure golden color shines like gold and indicates immense power. Mostly masters or people who are close to be master have this color in their aura. It indicates power, spiritual growth, devotion, inspiration and coordination (harmony). Therefore, Golden is considered to be a divine color.

The color orange



Orange is an indication of emotional and innovative energies. Orange is a combination of red and yellow. Red is the energy of mobility, whereas yellow is sagacity and clear concentration. Light orange, is the color of creativity and self-confidence, and it is an indication of powerful character that is attractive for others and has a warm and sympathetic heart. Opaque and dark orange show that the person may have emotional seclusion or obstruction in creativity and it can be the sign of arrogance and pride.

Orange around head:

Light and bright orange indicates powerful emotions, clear and inner understanding and enthusiasm. Opaque and dark orange indicates emotional illusion, suppressed creativity and anger due to difficulties in the path.

Orange on the left side:

Light orange indicates creative energy, feeling of the huge wave of energy, joy and enthusiasm. Opaque and dark orange indicates the lack of energy due to emotional exhaustion.

Orange on the right side:

Bright and light orange indicates positive emotional energy, easy expression of creativity, great delight out of very simple things, enthusiasm and high power of recognition.

Dark and opaque orange indicates anxiety, suppressed anger and feeling of hopelessness.

Orange in heart area:

Light and bright orange in the heart area indicates sending energy to others and creating the feeling of ease in others. Dark and opaque orange is an indication of sadness, fear and emotional illness.

Grey and silver color

Generally it's the sign of fear. Grey color in aura makes other colors opaque and spoils their purity. Silver is the positive aspect of this color and it is representative of deities' energies. Silver color is also the sign of optimism, intuition and spiritual awareness.

The color black

This color like golden can also be seen very rarely but if the black color can be seen in aura it is not a sign of good feelings and positive attributes. It can be the sign of fear and hatred and also of difficulties, imbalance and addictions. But shiny black is not black. It is black but it has brightness and shining which is different from pure black color. Pure and bright black indicates protection, mystery and secret or a knowledge that is wisely safeguarded.

The color blue



Blue brings a strong feeling of peace and calmness. Light and bright blue indicates sobriety and conscious nature whereas darker blue is the sign of ability to make connection and interest in conversing. This color can be seen in the aura of truth seekers. Blue color is mostly an indication of spiritual perfection. Turquoise blue indicates passionate, young, adventurer and curious person. Royal light blue indicates loyalty, honesty, and truth. Dark blue is indication of the lack energy and apprehension, sadness and depression; moreover it shows a feeling of isolation and escape from people. But although they are depressed in some situation, they have

tendency to lean toward cruelty and authoritarian dictates.

Blue around head

Bright and light blue indicates very strong connection, the ability to teach and create calmness, spiritual life, artistic sense and aesthetics. Dark blue indicates enthusiasm for offering services to others, healing, love and kindness. Opaque and dark blue indicates isolation, introspection and a feeling that others do not understand him.

Blue on the left side

Bright and light blue indicates balance, calmness, healing, attraction, loyalty, and bright thinking. Dark and opaque blue indicates lack of involvement and a feeling of loneliness.

Blue on the right side

Bright and light blue indicates inner assurance, self-confidence, and inner connection with universe, brightness in artificial personality, and the center of

calmness, hope and certainty. Bright and darker blue is the ability denoting traits of teaching and easy connectivity with ideas and opinions. Dark and opaque blue indicates insecurity, sadness, introversion, lack of energy, anxiety and pessimism.

Blue in heart

Light and bright in this area indicates self-confidence, assurance, calmness, healing, lovable and wisely aware.

Dark and opaque blue in a heart indicates sadness and a painful inner being.

The color purple



Purple in aura is a combination of active and warm red with calm and cold blue. In this condition mostly there is a lot of inner electrical energy that is associated with coldness in behavior. Light purple indicates sublime mind with spiritual and religious spirit and intuitive capacities. Light purple and reddish hues indicate powerful feelings of philanthropy. Dark purple indicates deep inner feelings and perfectionist tendencies. However here there is a love for mysteries, primary teachings and mystic tendencies that keeps purple in a strong spiritual path. Royal purple indicates the power of leadership and strong will power. Opaque purple is the sign of selfishness, arrogance and cruelty. This person

blames others for his own deficiencies and undesirable faults.

Purple around head

Bright and light purple means high intuitive reception, creativity, sensitivity, accurate healing and artistic visualization. Dark and opaque purple indicates the lack of realism, incompatibility, and limited physical strength.

Purple on the left side

Light and bright purple indicates healing energies, intuition and insight. Dark purple indicates anger, tension or even disease and isolation.

Purple in heart

Light purple indicates promising spirit and high ideals, wonderful capacity for love, healing and an open heart. Dark and opaque purple is a sign of weakness of the heart, tension and anxiety.

What we have discussed above is true for pure colors interpretation but for general interpretation of “aura” that is a combination of different colors, more experience and information is necessary.

Disease diagnosis from aura

The aura of each person can provide useful information about spiritual, mental and physical situation of person. In the state of health the color of aura spreads evenly but in the state of illness this arrangement is disorderly. In “disease” area dark and opaque spot would appear. Mostly “injury” areas have a tendency to be red. But the red color around head that can be seen evenly is the sign of lust which we have explained in describing the attributes of red color. But sometimes the same color is seen in the form of spots in aura. These red, black or grey and dark spots in aura are an indication of an underlying disease.

Aura Sight

Aura or eye error

Human is a limited and captive creature in physiology for this reason he makes many sensorial mistakes. During seeing auras the probability of optic error is high and people mostly confuse it with aura. Unfortunately, there have always been some profit seekers who abuse the sensorial errors and propagate superstitions among people and rob them of a lot of money. Therefore, to get familiar with optic errors, and to distinguish between aura and optic errors, before talking about aura sight, we explain below the optic errors for the benefit of the readers.

Optic errors during seeing aura are mostly divided in to two groups:

1. Optic errors originate from keeping the eye motionless
2. Optic errors originate from changes in the sensitivity of the retina

Optic errors originated from keeping eye motionless

This kind of error occurs in different forms. One of them is fading of the subject's surroundings and the other type is fading of the subject itself. In the first case, after staring at a fixed point, the stimuli around this point will begin to fade. When the stimuli around the point become smaller, farther and paler than the fixed point, this effect is enhanced.



The reason for this is that the eye sees an image in high contrast, whereas the opaque parts it sees in lesser contrast considering them unimportant and hence it gradually fades. This is the main reason why other

surrounding details of an image become colorless and hence they gradually fade.

But in the second case, if you stare at a point (for 20 seconds), almost everything in the field of your view (including the subject itself) will fade. Neurons in a sight system after receiving light and sending nervous signals, they lose their sensitivity to light. In normal situation (when we don't stare) the adjacent cells to first cells due to an eye movement the light reaches them, and hence the subjects is clearly visible. This neuronal adaption in sight system for perception of the stimulus is vital. In fact, this is a part of a general law in sensorial nervous system that if a stimulus is fixed it will be omitted from our consciousness very soon. For this reason eyes of humans have involuntary delicate movements (micro saccade) in order to see fixed stable objects otherwise everything around our eyes is likely to fade.

Errors originate from changes in the sensitivity of the retina's cells

Among other optic errors while seeing auras is the phenomenon of post-image effect which is divided into two: positive and negative. Positive is what happens after the image effect occurs as you close your eyes after looking at a black field. And negative image's effect happens after looking at a subject prior to looking at a white sheet.

When the photoreceptors of the eyes are excited they lose their sensitivity and naturally the eyes solve this problem by fast and tiny movements and this fluctuation is filtered by the brain resulting in we not noticing it. Stimulated photoreceptors, in comparison to receptors that are not yet stimulated, are not sensitive to receiving photons. For example, after prolonged staring at a red subject, if we were to expose to a white sheet, the medium and short wavelength (green and blue colors...) will be attracted by the photoreceptors, but the red wavelength due to the disappearance of sensitivity would not be attracted. This causes the red subject

against a white sheet to be seen as indigo blue and not red.

Now consider looking at a black subject. Since the light would not be reaching our eyes the photoreceptors still have the ability to receive light as more light reaches the photoreceptors of the eyes from the areas around the black spot, and these photoreceptors in comparison with photoreceptors related to black spot are more stimulated or deactivated. For this reason, while looking at white sheet, the area related to black spot seems to appear lighter in hue.

For example if you look at the center of a picture 21 and then look at a person who is five steps away from you, a luminous aura around his head is seen which is due to the optic error.



Aura sight

The First practice, Eye fixation

This is your first practice that provides the requirements for seeing auras. What makes you more perfect in practices is doing the exercises and observing their sequential arrangement carefully.

In this practice the goal is to control the involuntary eye movements, and disappearing optic errors.

First draw a circle in black measuring 8 inches in diameter. Color it black. Place a “white” spot measuring 2” in diameter in the center of the black circle.



Then put this circle at a distance of 150 inch right in front of you in such a way that there would be no need for shuffling your head up and down in order to see it. As you take slow deep breaths following the Ven Ammist method, stare at the “white” spot in the middle of the black circle.

During the practice, your body should be in a very calm and relaxed position, ensuring that:

1. The light is very mild.
2. Install the black circle against a plain and uniform white surrounding area.

Breathe 30 times constantly and continuously in Ven Ammist method and then as you concentrate on the point without taking a breath, bring your mind to a state of calmness, and silently counting from 1 to 20 backward and after finishing the counting breathing in 30 times in Ven Ammist method ensuring your head and shoulder do not move. Then again count from 1 to 20 in the reverse order.

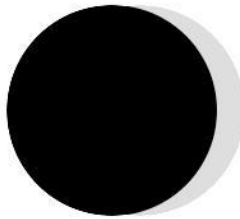
After performing the above exercise, remain motionless, close your eyes and breathe 30 times in Ven Ray method and after finishing the count breathing as your eyes remain closed counting 1 to 10 in the reverse order. And with each count relax your body and mind keeping it devoid of any thoughts. This way the optic error is obviated and the retina cells revived.

After counting backward, open your eyes once more and repeat the same exercise. In order to prevent from optic error you should observe the following:

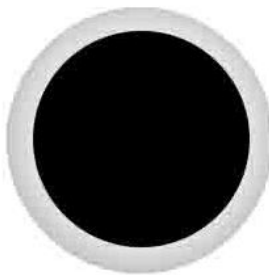
1. While breathing with eyes open, you have to remain motionless ensuring you do not move your head and shoulders.
2. You should concentrate and focus at the point placed in front of you.
3. Blinking is fine, but be careful that during the practice your concentration does not deviate to any other place and remain focused on the center of the image.

If during the practice for some reason you notice that from around the black circle the white aura is appearing, (if it has been spread from one side as shown

in the picture below), it is an indication that there has been an eye movement and an optic error, and hence you will need to concentrate again, this time with more focus on the center of the point.



If the luminous aura has been spread all round the circle evenly and equally, it is an indication of accuracy of your practice and shows your accrued skill. (As shown in the below picture).

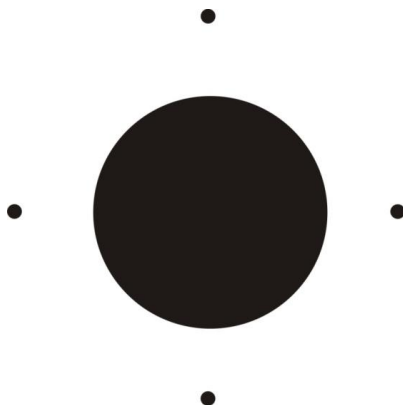


Pay attention that during the exercise you do not look at any other place and if it is necessary then close your eyes for 30 seconds to obviate the ensuring optic error.

Do this practice once a day and if you don't have enough time do it every alternate day. After about a month of practice 1, begin to do practice number 2.

The second practice: Extending concentration

On a paper with the same dimensions enumerated above, draw a large circle without any spot in the middle and four small circles on four sides of it. The distance between the spots and the circumference should be equal to half of the circle radius.

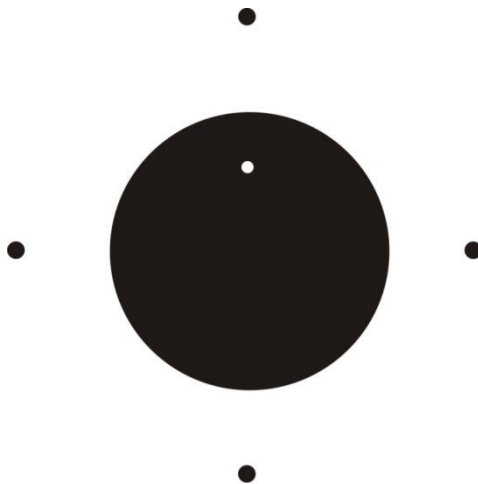


All details of practice in this stage is exactly the same as practice number 1, but instead of concentrating on the center of the circle, this time you have to concentrate on the smaller circles around the large black circle and try to fix your eyes on one of these spots but your attention should be on the opposite spot on the other side of the main circle. In this situation your attention causes your eyes to deviate from the spot you need to focus on. The sign of this deviation is making the circle aura to appear on the right side of the circle. If you observe that the aura is appearing equal from all side of the circle then it is a sign that you have mastered the skill with accuracy.

It is better to concentrate on one of the spots each time so that your eyes can develop the required skill for all directions. Do Practice number 2 once daily if possible, else do it every alternate day. Time duration for this practice is roughly 2 months.

The third practice: Eyes reinforcement

This practice is similar to practice number 2 but there is a white spot at a distance of $\frac{1}{2}$ the circle radius. You have to concentrate on white spot during the practice but your attention should be on four black spots around the circle so that all four spots can be seen clearly.

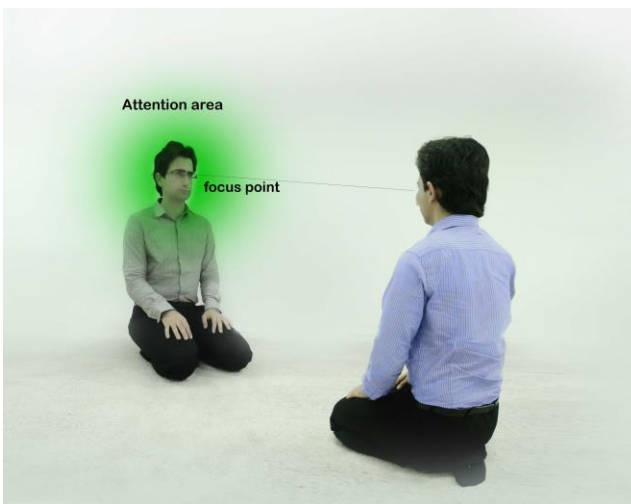


This practice can be performed exactly as the earlier practices but in practice number 3 the eyes gain a skill to look indirectly at 360 degrees and to indirectly see around a subject without the optic error. Continue to do this practice for about 2 months. And after finishing

practice number 3, you can practice the acquired skill on humans and creatures.

In order to see the aura of a human, it is better to seat closer to a wall and within a distance of one step. The wall in the background behind the person should be white and of uniform color.

As you empty your mind completely, relax your body and concentrate on the middle of the eyebrows and just like practice number 3 draw your attention 360 degree to the head of the person. Do ensure that the person does not move so that the occurrence of an optic error is minimized. (See picture below)



Due to aforementioned reasons the face of a person may change due to optic error and hence you should not pay attention to this deviation.

Do this practice in front of a mirror. Sit at a distance of one step from a smooth wall of light color and place a mirror in front of you. Be at a distance of two or three steps from the mirror and fully concentrate your look between your two eyebrows.



If you do this practice continuously for two months you can see the auras around the people without concentration. After two months you can see the auras in colors without an optic error, whatsoever. If you do this

practice more repeatedly the quality of your aura viewing would have increased substantially.

*Aura Sights and Non-organic
Creatures*

Aura Sight and Non-organic Creatures

Non-organic creatures

From the time a human lived in the caves, he has perpetually felt the existence of unseen creatures for unanswered events that happened around him. Shamans are the oldest nations who mentioned the existence of such creatures. Shamans lived about 10000 years ago and other great civilizations like Sumer and Ashore gained some insight on the subject by communicating with them.

From Venakey point of view, life is not a product of matter but living creatures are like the fields of energy that being alive is their distinctive feature. Some of these fields have the power of dominating on matter; it means that they can move the particles of matter and control them and experience the existence with glasses of matter. But this ability is not specified to all fields but a very

small part of life has this potentiality, that human is the most powerful one of them all.

Non-organic creatures due to their similarity to non-material nature of humans can affect human in empathic way.

This effect mostly appears in the form of thoughts and feelings. Depending on the type of effecting creature these thoughts and feelings can be either good or bad.

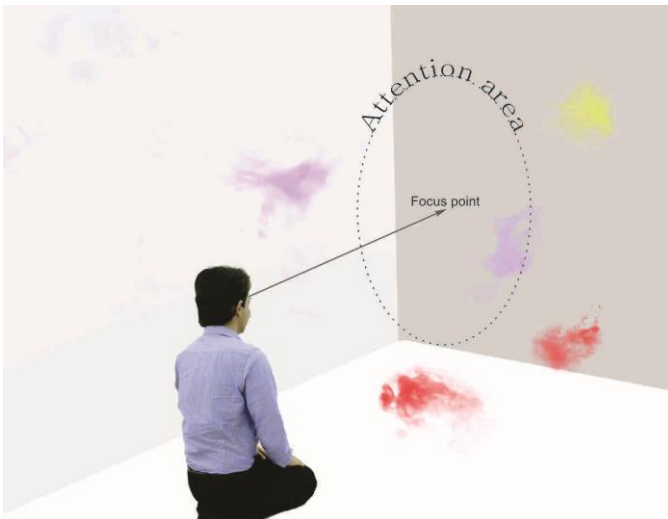
Venakey believes that these creatures like microbes cannot affect healthy humans. In most of the world religions and cultures, we find a trace of these creatures.

By improving your ability of aura sight, you can feel the existence of these creatures in the form of halation masses. This possibility can be had when you can see the auras of a human clearly and in color after you have practiced for a year or more.

Seeing energy masses:

For this practice lie down in a dark and empty room keeping eyes are closed, bend your knees and breathe 50 times in Ven ammist method and then hold your 50th breath and as you relax your entire body begin counting down from 10 to 1 and then release your breath and open your eyes.

After opening your eyes choose an imaginary point in front of yourself and fix your eyes on that point like seeing aura. Meanwhile,



your attention like a hunter should be on the environment. Surely you cannot always expect to see something because they are living creatures and they are not always in a fixed place hence seeing them is merely a matter of chance. If you do see them then they appear in the form of luminous masses that have movement and are constantly in-sight and out of sight.

For determining the type of non-organic creature that appears, you have to pay attention to its color. Mostly the creatures that have not positive effect on human are in opaque, dark and or red color. Blue, purple, green, golden or white colors have positive energy against human while others are neutral.

Venakey masters believe that many of the thoughts, feelings and mental problems have originated from the effect of non-organic creatures on weak humans, who have had weak or damaged Athyouti. Therefore, gaining health is one the most important thing that a human should try to do.

Doing exercise in the form of walking, maintaining a healthy diet, doing Venakey breathing exercises and anything which leads to health are among Venakey masters' prime instructions. Non-organic creatures by effecting humans' thoughts and feelings capture their bodies and cause turbulence, negative illusions and unpleasant feelings. A healthy human by having knowledge of these effects can control his totality by the power of his will and in this way reinforce the Authyoti energy within himself so that he can experience the minimum effect from these creatures.

Aura sight and determining the result of actions

One of the other applications of aura sight is determining the effect of actions, behavior and thoughts on aura. If you look at someone's aura in different spiritual and physical state, you can see significant changes in the color, brightness and dimension of an aura in a way that you will be able to determine the effect of each behavior and physical, spiritual and mental states on an Authyoti structure.

This is the same thing that was done thousands of years ago by the ancient masters who invented the Venakey exercises based on it. They invented some methods by paying attention to detailed changes in aura in different states. Moreover, by considering the changes in luminous aura, they found the actions that had negative effect on Authyoti and prohibited their disciples from those actions and behaviors. In this way not only

did their Authyoti not become weak but on the contrary it became healthy and more powerful.

They even invented some methods by which they were able to capture non-organic creatures through reinforcement of Authyoti and using these techniques in alignment with their goals. One of the aspects of these capturing was making the negative creatures get away from humans. They used this method for making the non-organic creatures get away and help in the obviating of negative thoughts and feelings which are the direct outcome of their induction. By gradually completing their methods, and contemplating recognition of human and living creatures, Venakey masters gained the skill that not only controls the effect of negative creatures on humans but through which they were also able to use the creatures with positive energy.

Published books:

- The Inner World
- The mystery of consciousness growth
- Venakey energy healing and aura sight training

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Books to be published:

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