



## CONCEPTS OF PSYCHIC PROCESSES AND PSYCHIC AURA IN HUMANS.

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### ABSTRACT

*The concept of aura has been present in human culture for centuries. It is a non-scientific concept that refers to the energy field around individuals that reflects their emotions, thoughts, and overall well-being. This article explores the history and significance of aura in human life and how it can be perceived and interpreted.*

### Introduction:

It is one of the issues that have the ability to build an excellent level of education in our country with rich spiritual opportunities and universal human values, as well as the latest achievements of modern culture, science, techniques and techniques and technologies.

In order to implement this problem, the IX session of the Oliy Majlis of the Republic of Uzbekistan on August 29, 1997 "Education" Law on" and "National Personnel Training Program" were adopted near This law is personal in the program and its association to pay great attention, that is, the main part of the personal "Uzbek model". as the main subject and object of the model, education as a consumer and executor of storage it is emphasized.

It is known that personal is the object of a number of sciences. Secret psychology is a science that directly and indirectly studies the personality science is also included. and all higher educational institutions for this purpose The science of psychology is a danger to all, and it is jurisprudence Specialization for students about.

Humans have long been fascinated by the concept of aura. It is believed that each individual has an energetic field around them that reflects their emotions, thoughts, and overall well-being. Despite being a non-scientific concept, the belief in aura has been around for centuries and remains popular today. This article seeks to explore the phenomenon of aura and its significance in human life.

### What is Aura?

The aura is an electromagnetic field that surrounds a person's body. It is invisible to the naked eye, but some people claim to see it as a halo of light or colors around the person. The aura is believed to be made up of several layers, each with its own color and vibration.

The first layer, closest to the body, is the etheric aura. It represents the physical body and its organs, and its color is usually white or grey.

The second layer is the emotional aura. It represents the person's emotions and feelings and is usually seen as a bright, vibrant color. For example, a person who is happy may have a yellow or pink aura, while someone who is angry may have a red or orange aura.

The third layer is the mental aura. It represents the person's thoughts and intellectual abilities and is usually seen as a blue or purple color.

The fourth layer is the spiritual aura. It represents the person's connection to the divine and is usually seen as a white or gold color.

### **How can Aura be seen?**

Some people claim to be able to see the aura with their naked eyes, while others use special tools such as cameras or sensing devices. Those who can see the aura usually describe it as a field of energy that surrounds the person.

One method to see the aura is by staring at a person's forehead for an extended period while having a soft gaze. By doing this, the person's aura might become visible as a kind of light or mist around them.

Another method is through Kirlian photography. This technique uses high voltage to take pictures of the aura that surrounds a person's body. Still, it is unconventional, and there is little scientific evidence supporting the images' legitimacy.

### **What is the significance of aura?**

The aura is believed to provide insights into a person's physical, emotional, and spiritual well-being. For example, the color and intensity of a person's aura can reveal much about their current mood and emotions. Additionally, the aura is believed to act as a protective shield against negative energy and psychic attacks.

### **What Damages Your Aura?**

There are many factors that can damage the aura, but in a nutshell, it's negative energy that does the harm. Explanation:

Thoughts are energy. When people get angry, negative energy forms, and intensifies inside their minds. When this tightly packed energy is directed towards you, whether it's from words, a sharp look, or even from the thoughts inside a person's mind, it's like he or she is throwing a direct punch at you.

The aura also carries information about our spiritual and karmic development. It is believed that the colors and patterns within our auras change depending on our spiritual journey and the lessons we are learning in this lifetime.

#### **I. Purpose of the Article:**

The purpose of this article is to examine the concept of aura and its significance in human life. The article will explore the history of aura, how it is perceived and interpreted, and its relevance in contemporary society. The article will also highlight the different techniques used to detect and interpret aura.

#### **II. Background of Study:**

The aura concept can be traced back to ancient civilizations such as India, China, and Egypt. In India, the concept of aura is known as prana, which refers to the vital energy that sustains all living beings. In Chinese medicine, aura is referred to as 'chi' or 'qi,' which represents the vital energy flowing through the body. The belief in aura has also been present in Western culture, among theosophists and spiritualists. While aura is still not fully understood scientifically, it remains a popular topic of discussion and interest to many.

### **III. Materials and Methods:**

This article will be a literature review that explores various sources on aura, including historical literature, spiritual literature, scientific articles, and blogs. The methods used in conducting this review include extensive research and analysis of existing literature on aura. The article will also reference different approaches to interpreting aura, including the use of colors, chakras, and energy fields.

Throughout history, people of various cultures, origins, and religions have described the phenomena of the aura, from the Buddha's luminous halo to Persian descriptions of Mitra or occult symbolism.

### **IV. Research and discussion**

When I was 17, there were a lot troubles in my life. For this reason, I figured that my outfit became gloomy. Even, when I looked to mirror, I could not see myself as 17-years-old person, instead I used to see old person who had troubles and difficulties. That old man was so bored from the life troubles, he may cry in any time. I thought "Is it me?". In that time, I comprehended what is people's aura and decided to change my negative aura to another positive one. To realize that, I need new outlook and motives. Those following methods were very helpful:

- I began living by idea that I may die in every day or even every second. That idea taught me to suck up the life. In result, I opened new energized aura to me.
- I considered that life may have bad days as good days, also person should take everything with its existence. That slightly helped to me create aura of wise man.
- I learned how to say "no" to some who wants something from me. It showed to me aura of confident person.

After some time, I felt alterations in my personality, of course, they were in positive way. In same period of time, I was working in a café as waiter whom communicates with various people. There I met lot individuals with different kinds of aura. I thought about learning their auras or at least in minimum to know about their auras.

In my workplace, there was my friend who had good physical condition. So, I decided to be like him. I began work on physic by exercising on daily basis. Additionally, I was used to having diet which lead me opening confidence. Also, I satisfy from my physical condition.

In that period of time, I deciphered differences between rich and real rich, poor and real poor, normal people and middle class people.

- Rich people may have cunning auras, also their auras are difficult to know by only looking at them. However, others have ordinary, polite and positive auras and it depends on their family atmosphere.

Poor people usually have old clothes and they may seem common ones, but real poor is who thinks s/he can not do anything and became dependent.

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