



# AURA ILLUMINATION LEVEL

Your aura is a luminous energy field reflecting your physical, emotional, mental, and spiritual states. Composed of seven layers (koshas), it reveals your well-being and potential.

1. **Annamaya Kosha (Physical Body):** Reflects health. Brightness indicates vitality; dimness suggests fatigue.
2. **Pranamaya Kosha (Energy Body):** Tied to life force (prana). Vibrant hues denote emotional balance; stagnation reveals blockages.
3. **Manomaya Kosha (Mental Body):** Mirrors thoughts. Clarity signals focus; muddiness shows negativity.
4. **Vijnanamaya Kosha (Wisdom Body):** Connects intuition. Luminosity reflects insight; contraction implies disconnection.
5. **Anandamaya Kosha (Bliss Body):** Embodies joy. Radiance signifies inner peace; dullness hints at sadness.
6. **Amritamaya Kosha (Nectar Body):** Represents resilience. Golden hues mark spiritual growth; weakness suggests depletion.
7. **Shivamaya Kosha (Divine Body):** The outermost layer, radiating unity. Pure white or gold light signifies enlightenment.

**Harmonizing Your Aura:** Meditation, energy healing, and nature immersion cleanse and balance your aura. A harmonized aura fosters vitality, emotional clarity, and spiritual connection, helping you radiate your highest self.

## Aura Illumination

