

Imprint

Saage Media GmbH
c/o SpinLab – The HHL Accelerator
Spinnereistraße 7
04179 Leipzig, Germany
E-Mail: contact@SaageMedia.com
Web: www.SaageMedia.com
Commercial Register: Local Court Leipzig, HRB 42755 (Handelsregister: Amtsgericht Leipzig, HRB 42755)
Managing Director: Rico Saage (Geschäftsführer)
VAT ID Number: DE369527893 (USt-IdNr.)

Publisher: Saage Media GmbH
Publication: 02.2025
Cover Design: Saage Media GmbH
ISBN Softcover (en): 978-3-384-51765-4
ISBN Ebook (en): 978-3-384-51766-1

Legal / Notices

All rights reserved. No part of this book may be reproduced, stored, or transmitted without written permission from the publisher.

The external links and source references listed in this book were checked at the time of publication. The author has no influence on the current and future designs and contents of the linked pages. The provider of the linked website alone is liable for illegal, incorrect or incomplete contents as well as for damages arising from the use or non-use of the information, not the person who refers to the respective publication via links. All external sources used are listed in the bibliography. Despite careful content control, we assume no liability for the contents of external sources. The operators of the quoted sources are solely responsible for their content. Images and sources from third parties are marked as such. The reproduction, processing, distribution and any kind of exploitation outside the limits of copyright require the written consent of the respective author or creator.

This book has been translated from German. Deviations from the original or translation errors cannot be completely ruled out. All sources linked in the book are available in English. We assume no liability for any content inaccuracies or misunderstandings that may have arisen through translation.

The data in the diagrams that are not explicitly marked with a source are not based on studies but are non-binding assumptions for better visualization.

This book was created using Artificial Intelligence (AI) and other tools. Among other things, tools were used for research, writing/editing, and generating decorative illustrations. Despite careful checking, errors cannot be completely ruled out. We would like to emphasize that the use of AI serves as a supporting tool to provide our readers with a high-quality and inspiring reading experience.

The references and quotations contained in this book have been carefully researched and reproduced in meaning. The interpretation and presentation of the quoted content reflects the author's understanding and does not necessarily correspond with the intention or opinion of the original authors. For paraphrased quotations, the core statements of the original sources have been incorporated into the context of this work to the best of knowledge and belief, but may deviate from the original wording and nuances of meaning due to transfer and simplification. All sources used are fully listed in the bibliography and can be read there in the original. The responsibility for the interpretation and contextual embedding of the quoted content lies with the author of this book. For scientific questions and detailed information, it is recommended to consult the original sources. The author has endeavored to present complex scientific matters in a generally understandable way. Simplifications and generalizations cannot be excluded. No guarantee can be given for the technical accuracy and completeness of the simplified presentations. The paraphrased reproduction of quotations and scientific findings is done conscientiously in compliance with citation law according to § 51 UrhG and all relevant copyright provisions of other countries. When simplifying, transferring, and possibly translating scientific content into generally understandable language, nuances of meaning and technical details may be lost. The author makes no claim to the rights of the quoted works and respects all copyrights of the original authors. Should unauthorized use be detected, the author requests notification to take appropriate measures. For academic purposes and when used as scientific reference, it is expressly recommended to refer to the original sources. The simplified presentation serves exclusively for popular science information.

The methods and techniques for seeing auras presented in this book are based on spiritual experiences and traditional knowledge. They are not scientifically proven and do not replace any medical, psychological, or therapeutic diagnosis or treatment. The exercises and practices described serve personal spiritual development. No liability is assumed for any physical or psychological impairments that may arise from the application of the presented techniques. The interpretation of auras and energetic fields is subjective and may vary from person to person. The interpretations and possibilities presented do not claim to be exhaustive or absolutely correct. In case of health complaints or psychological issues, please always consult appropriate specialists or qualified therapists first. Working with auras and energy fields should not replace conventional medical treatment but may best complement it. All exercises, meditation techniques, and visualization methods contained in this work have been carefully researched and are based on traditional spiritual practices. However, insights and assessments may change over time. The terms used for energetic phenomena, chakras, and layers of the aura correspond to the traditional spiritual understanding of various cultures and may be protected by copyright. Relevant source references can be found in the bibliography.

Bendis Saage

**Seeing Auras:
A Complete Guide to Aura
Reading and Light Perception
Learn to Read Auras Through Natural
Sensitivity Training, Chakra Harmonization,
and Advanced Energy Field Techniques**

41 Sources

42 Diagrams

28 Images

7 Illustrations

© 2025 Saage Media GmbH

All rights reserved

Dear readers,

We sincerely thank you for choosing this book. With your choice, you have not only given us your trust but also a part of your valuable time. We truly appreciate that.

The aura - the subtle energy field that surrounds every person - is more than just an esoteric concept. It is a fascinating key to a deeper understanding of ourselves and our fellow human beings. Many people intuitively sense the energy of others but cannot consciously perceive or interpret it. This practical book systematically demonstrates how natural aura sensitivity can be developed step by step - from the energetic foundations to refined perception. Through precise instructions for activating the pineal gland, harmonizing the chakras, and refining visual ability, new dimensions of perception are opened. The detailed interpretative aids for colors, shapes, and movement patterns of the aura enable a deeper understanding of energetic processes. This book offers a structured path to developing aura sight - from the initial perception exercises to practical application in everyday life. Discover the hidden world of auras and expand your understanding of the subtle dimensions of life.

This guide provides you with easy-to-understand and practical information on a complex topic. Thanks to self-developed digital tools that also use neural networks, we were able to conduct extensive research. The content has been optimally structured and developed up to the final version to provide you with a well-founded and easily accessible overview. The result: You get a comprehensive insight and benefit from clear explanations and illustrative examples. The visual design has also been optimized through this advanced method so that you can quickly grasp and use the information.

We strive for the highest accuracy but are grateful for any indication of possible errors. Visit our website to find the latest corrections and additions to this book. These will also be incorporated in future editions.

We hope you enjoy reading and discover new things! If you have any suggestions, criticism or questions, we look forward to your feedback. Only through active exchange with you, the readers, can future editions and works become even better. Stay curious!

Bendis Saage

Saage Media GmbH - Team

- www.SaageBooks.com/
- support@saagemedia.com
- Spinnereistraße 7 - c/o SpinLab – The HHL Accelerator, 04179 Leipzig, Germany

Quick access to knowledge

To ensure an optimal reading experience, we would like to familiarize you with the key features of this book:

- **Modular Structure:** Each chapter is self-contained and can be read independently of the others.
- **Thorough Research:** All chapters are based on thorough research and are supported by scientific references. The data shown in the diagrams serves for better visualization and is based on assumptions, not on the data provided in the sources. A comprehensive list of sources and image credits can be found in the appendix.
- **Clear Terminology:** Underlined technical terms are explained in the glossary.
- **Chapter Summaries:** At the end of each chapter, you'll find concise summaries that give you an overview of the key points.
- **Concrete Recommendations:** Each subchapter concludes with a list of specific advice to help you put what you've learned into practice.

Additional bonus materials on our website

We plan to provide the following exclusive materials on our website:

- Bonus content and additional chapters
- A compact overall summary
- An audio drama version. (In planning)

The website is currently under construction.



www.SaageBooks.com/see_aura-bonus-1BEX2M

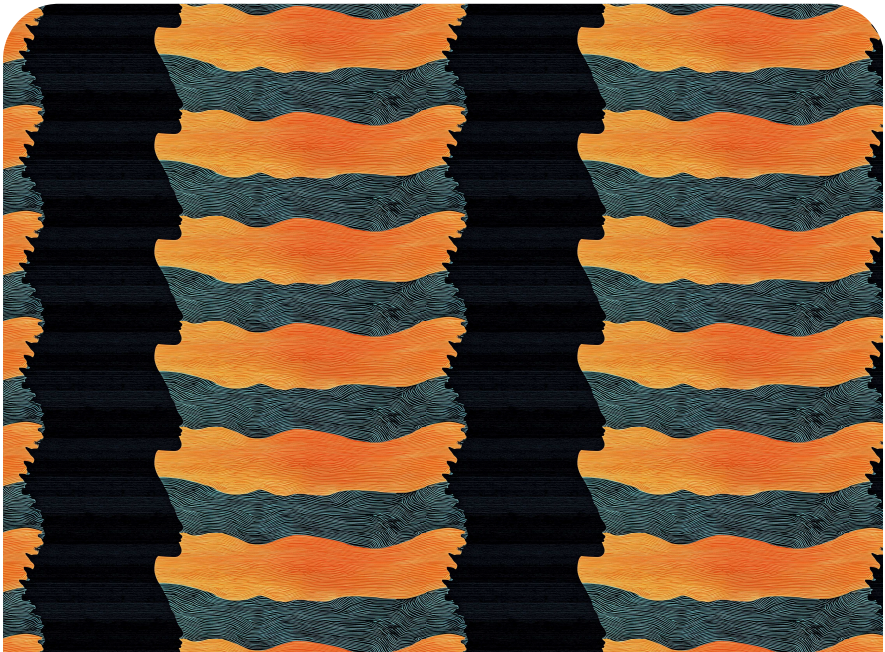


Table of Contents

- 1. Fundamentals of Aura Perception
 - 1. 1 Natural Aura Sensitivity
 - Development of Subtlety
 - Activation of the Pineal Gland
 - Sensitization of Perception
 - 1. 2 Energetic Prerequisites
 - Harmonization of the Chakras
 - Stabilization of the Energy Field
 - 1. 3 Physical Preparation
 - Physical Relaxation Techniques
 - Breath Optimization
 - Posture Correction

- 2. Techniques of Aura Seeing
 - 2. 1 Peripheral Perception
 - Soft Gaze
 - Light Perception
 - Shadow Observation
 - 2. 2 Energetic Perspectives
 - Halo Perception
 - Recognizing Color Spectrums
 - Distinguishing Aura Light
 - 2. 3 Refinement of Vision
 - Focusing Exercises
 - Distance Training
 - Contrast Perception

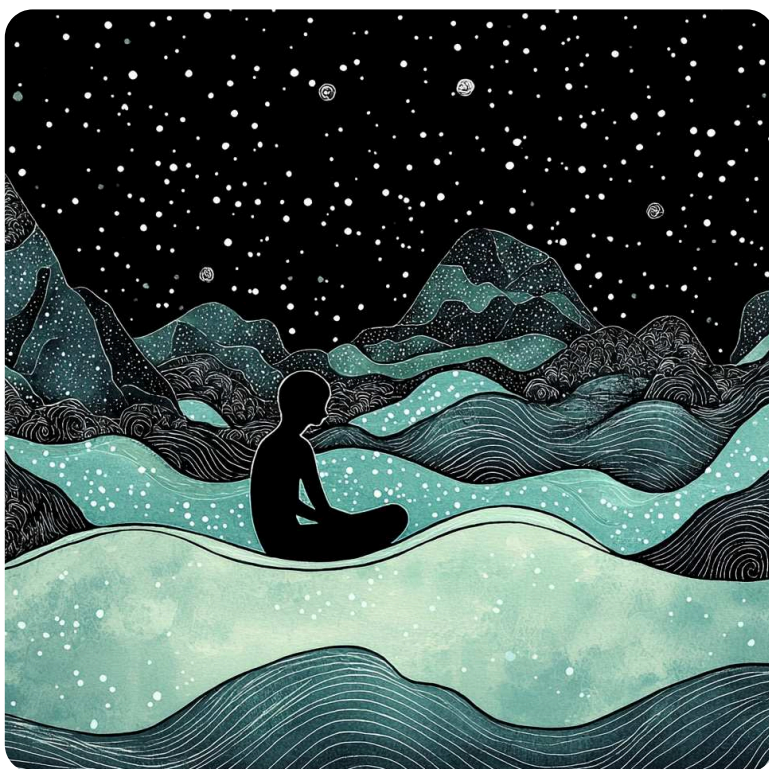
- 3. Interpretation of Aura Phenomena
 - 3.1 Color Interpretation
 - Understanding Basic Colors
 - Interpreting Color Combinations
 - Classifying Intensity Levels
 - 3.2 Shape Analysis
 - Geometric Patterns
 - Energy Vortices
 - Aura Layers
 - 3.3 Movement Patterns
 - Observing Energy Flow
 - Vibration Frequencies
 - Dynamic Changes

- 4. Practical Application
 - 4. 1 Self-Analysis
 - Recognizing Energy Blockages
 - Self-Healing Processes
 - 4. 2 Interaction
 - Understanding Energy Exchange
 - Resonance Phenomena
 - Harmonization Techniques
 - 4. 3 Energy Work
 - Aura Smoothing
 - Energetic Cleansing

- 5. Deepening Aspects
 - 5. 1 Spiritual Dimension
 - Levels of Consciousness
 - Soul Development
 - Spiritual Guidance
 - 5. 2 Energetic Hygiene
 - Protective Measures
 - Energy Balance
 - Regeneration
 - 5. 3 Mastery
 - Precision Refinement
 - Intuitive Development
 - Holistic Integration
- Sources
- Image Sources

1. Fundamentals of Aura Perception

Have you ever wondered why some people can immediately sense the mood in a room, even before a word is spoken? The ability to perceive auras is not a mystical gift, but a natural sensitivity that lies dormant in every individual. The key is to create the right conditions and systematically train one's perception. Like any craft, it requires a solid foundational education and regular practice. In this chapter, you will discover the first steps on the path to conscious aura perception—and you may be surprised by how much you can already perceive.



1. 1 Natural Aura Sensitivity



atural aura sensitivity is a dormant potential present in every individual. The perception of subtle energies, such as the aura, can be enhanced through targeted training of the senses and the activation of latent abilities. This process presents both opportunities and challenges, ranging from the expansion of one's perception to the differentiation of actual sensations from mere imagination. The development of this sensitivity is a personal journey that requires time, patience, and practice. Success does not come overnight, but through continuous training and an open approach. Discover the fascinating world of the aura and expand your perception – begin your journey now!

The development of aura sensitivity is not about learning new skills, but rather about activating dormant senses, akin to an athlete who enhances their abilities through training.

Development of Subtlety



he development of subtlety, or the ability to perceive subtle energies and phenomena, is a process of training and expanding one's sensory perception. It is not about learning a new skill, but rather about activating and refining already existing, yet often dormant potentials. An important aspect is the conscious awareness of one's bodily sensations. Pay attention to subtle changes such as temperature differences, a tingling sensation on the skin, or a feeling of lightness or heaviness. These bodily signals can be indicators of subtle influences and help to enhance one's sensitivity. Research shows that the perception of phenomena such as colored halos around individuals is associated with the activation of certain brain areas. Through regular practice and conscious focusing, the perception of these subtle sensations can be sharpened. Another aspect is the training of visual perception. Focus your gaze on a point in the room and try to include the peripheral field of vision without moving your gaze. Practice extending your attention to the entire space and consciously perceiving seemingly empty areas. Over time, you may be able to recognize changes in light intensity or subtle color nuances that indicate subtle energies. This exercise can also be performed with closed eyes to promote inner perception. The development of subtlety is an individual process that requires time and patience. There are no fixed rules or guarantees of success, as the



perception of subtle energies is influenced by various factors, including one's constitution, the environment, and the current state. However, through regular practice and an open, curious attitude, you can expand your perceptual abilities and discover the world of subtle energies for yourself.

The connection between colors and emotions, as described in research, can serve as an example of the individual manifestation of subtle perception. By consciously engaging with your own sensations and developing an inner taxonomy, you can refine your ability to perceive

subtle energies and interpret them individually. The connection between visual perception and emotions, as observed in the perception of halos, underscores the complex nature of subtlety and the interaction between different levels of perception. By directing your attention to the subtle signals of your body and visual perception, you can develop your own subtlety and gain a deeper understanding of the subtle dimensions of reality. The conscious perception of bodily sensations and visual impressions, combined with an open and curious attitude, forms the foundation for the development of subtlety and enables you to sharpen your perception and experience subtle energies more consciously.

Good to know

Halo

In relation to auras, halos are described as colored light phenomena around individuals or objects that can be interpreted as expressions of their subtle energy.

Subtlety

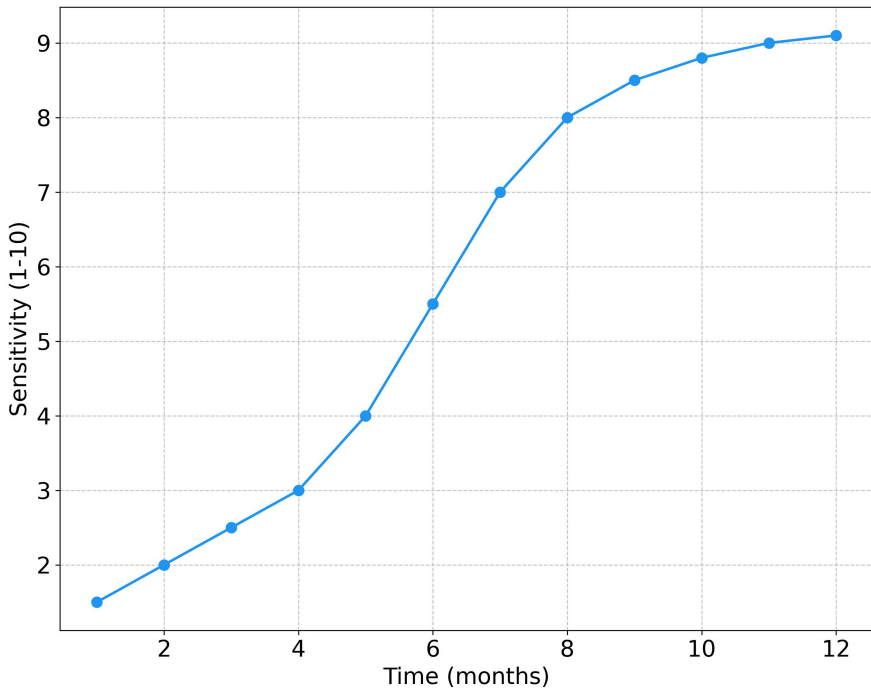
Refers to the ability to perceive subtle energies such as auras, which cannot be directly grasped by the physical senses. It requires an expansion of perception and can be trained through practice.

Taxonomy

In the context of aura reading, taxonomy refers to the development of a personal system for classifying and interpreting the perceived colors, shapes, and patterns of the aura.

Aura Sensitivity Development

Typical progression of aura perception ability over time.



This chart illustrates a common pattern in aura sensitivity development. Initial progress can be slow, followed by a period of accelerated growth as perception sharpens. The rate of improvement then tends to plateau, indicating a mature level of sensitivity. Further development is still possible, but typically occurs at a slower pace, requiring dedicated practice and refinement of technique.