



BOOK EXTRACT

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CHAPTER SIXTEEN

FOCUSING THE POWERS OF THE MIND

Most people live out their daily lives completely unaware of the powers that lie within them. A working person often experiences the day's routine almost mechanically, having gone through the same things day in, day out, for years. Regardless of whether they are more or less content or completely dissatisfied with their lives, the majority of people are ignorant of the fact that there are powers within their minds that, if channelled and released, could transform both themselves and their lives completely.

The poor man only dreams of being wealthy, thinking that riches are far beyond his reach; the weak and sickly person wishes for good health and strength; and the unhappy person hopes and prays for happiness. Most people live lives of hopes, wishes and dreams without possessing the knowledge that they could be in control of an inner power that is far greater than all these things.

It is easy to understand why anyone would find it difficult to think in a positive way when they encounter one problem after another, pushing them further and further into a state of despair. It is all very well to be told, "Be positive", but when you lack confidence you are consequently unable to think positively about your life. A person lacking in confidence and motivation has most probably spent a lifetime creating the fragile foundations on which his or her life is built. Thus, being able to transform a life that is uncertain and weak into one that is positive and strong seems a near impossibility.

Once a person's negative habits have been allowed to crystallise internally, they will gradually solidify in external situations and circumstances. Changing the habits of a lifetime is extremely difficult, but certainly not impossible.

The aura of a person who has spent a lifetime thinking negatively about his or her life will send out negative signals to all those with whom they come into contact. A successful person does not become successful by being weak or negative. On the contrary, success is achieved through determination, right thinking and a positive attitude. Learning to focus the mind encourages the aura to send out positive signals, thus attracting opportunity and success.

When you are worried or anxious about something that is generally impairing the quality of your life, you probably find some comfort in sitting and relaxing for a few moments, quietly turning the problem over in your mind and exploring all the ways in which your predicament might be resolved. But, more often than not, somewhere along the line the imagination takes control, creating emotions that eventually convince you that things are definitely going to get worse. There is far more truth in the old saying 'You will worry yourself into an early grave' than you might imagine. It therefore makes sense that if it is possible to worry yourself into the grave the same principles must conversely apply to thinking your way to good health, happiness and success.

Although somewhat clichéd, ‘thoughts are living things’, and we are pulled along by the thoughts and desires that we have previously set in motion. However, when struggling in the mire of self-created despair and panic, the only way to free yourself from such negative conditions is to develop the self-realisation that these dark emotions have no real connection with your problems other than the connection you yourself make with them.

Worrying about situations and events that have not yet happened quite often hastens their approach and makes the thinker vulnerable and more susceptible to other, similar situations and events.

The way forward is to create new images in the imagination and to set these free, rather like large, helium-filled balloons floating off into space. You must create more than one image, however - don't forget that you have probably taken a lifetime to flood your life with worry and despair, so the first move forward must be with the positive realisation that within you there exists the power that can now set you free.

Those of you who have made a study of meditation and explored the possibilities of mind power will know that the electrical impulses produced by the brain change somewhat when certain meditative states are reached. These electrical impulses can be measured by connecting the meditator to an electroencephalograph (EEG), which measures and records the cyclic changes of electricity that occur in the brain during meditation. This offers conclusive evidence that meditation is capable of producing measurable changes in the brain.

A deep meditative state is often referred to as the ‘alpha state’, the designated term for the brainwave patterns produced by meditation. This state also has a much wider effect on the physiological make-up of the person.

The alpha state is also reached during sleep - when totally relaxed, or even when daydreaming. However, as there are often different levels to one's sleep patterns, the electrical energies produced by the brain also vary, and move from alpha to theta and to delta. Being fully awake and getting on with life's daily chores is performed while the brain is in the beta state, in which numerous different feelings are experienced depending entirely on how the day is going for us.

The positive transformation of one's life must first of all begin with the certain knowledge that you do possess the power to transform it. Such a transformation involves the process of burning out the negative images of wrong thinking and the creation of new and more positive images, giving them enough energy to sustain them.

The cultivation of a much healthier and more vibrant aura may be achieved through the mental process of right thinking. In fact, I referred to it earlier as auric sculpturing - the mental process of creating a new personal atmosphere. The image-making faculty of the brain is an incredibly powerful tool, which can be used to create a new and more dynamic positive personality. Although the following exercise takes some time to grasp, once it is fully mastered there are many benefits.