

# AURA & KARSH

— SILLOO MEHTA

## Development of Human Aura and the Technique of "Karsh" drawing for psychic defence. What is "Aura"?

In simple scientific terms, aura is the electro-magnetic field surrounding the human body. It is the spiritual part that will always remain attached to our body during our lifetime.

From the religious textual point of view, human aura has its source in Ahura Mazda Himself Who is described as "Radiant" (Raevato) and "Glorious" (Khvarenanghuhato). Incidentally, the only other Spiritual Being to whose name these appellations are attached is Teshtar Tir Yazad, as for example, in Khurshed-Meher Niyashes. And as an infinitesimal part of our Creator, Ahura Mazda, we also possess a rudiment of His Splendour (Rae) and Glory (Halo) (Khvarenangh or Khoreh) which seem to be the two distinct stages of aura development. It is, as a matter of fact, the "divine light" (= Ahura, aura) that each soul sheds around itself. This can be shown in two ways. In the Scheme of Spiritual Development embedded in our religious calendar, "Rae" appears as the very first step on the second stage beginning with Dae-pa-Adar Dadar, viz. Rae-vakhshan (Adar Yazad), i.e. development of "rae", i.e. aura; whereas "Khoreh" halo or glory, i.e. perfectly developed aura, appears as a boon granted to aspirants at the second step on the last, fourth stage : Khoreh anduzi Mino Ashishvangh.

This differentiation also appears in the very first blessing we pray for in Ahmai Raeshcha, viz. Rae and Khoreh, aura and divine glory. However, in common parlance, when we say "aura" we often mean both "Rae" and "Khoreh". As a matter of fact, the word "Khoreh" is derived from the Avestan word "Hvare" i.e. the Sun.

A physical view of what an aura looks like can be compared with the shadow formed on an out-of-focus TV screen, e.g. the double line

composing the outer line of the heads of persons appearing on such screens.

It was Asho Zarathushtra Saheb who bestowed on humanity for the first time facts about the existence of human aura, its development through Tarikats of Ashoi, its various types, etc. Modern science is now rediscovering this ancient teaching. The modern miracle of Kirlian Aura Photography shows that changes in our mood or state of health can be recorded on a photographic plate as changes in our external electromagnetic field, and disease will appear in the picture weeks before its physical symptoms come on the surface.

Aura can be easily seen by means of gadgets now manufactured in various countries. It can also be seen by persons who have developed their psychic faculties.

Impressions received from the aura range from information regarding one's health, education and potential abilities to past and future lives.

Khorehs are of many kinds; e.g. Khoreh or Halo of Great Divine Beings and of Asho Zarathushtra; Khoreh of an Initiate (Far-rae yazadi), Kayan Khoreh and Khoreh of a race of people.

Aura appears full of colours in all spiritually advanced healthy persons whose Chakhras are open and vibrant with the Vital Life Force emanating from the Sun (Mithra); hence Mithra is called the Bestower of Khoreh.

On the other hand, the aura of low types of persons is generally very unclean. Sometimes when we sit on a chair just vacated by someone, we often feel uncomfortable. This is due to the filthy aura of that person. It is indeed for this reason that **we are enjoined to mentally recite one Yatha before sitting on a chair previously occupied by someone else.** Again, it is for this very reason that

aspirants are asked not to get mixed up in crowds, to avoid food cooked by others, not to shake hands with strangers, and not to come in contact with women in menses whose aura can be so filthy as to affect the aura of even a Prophet like Lord Jesus Christ. This incident is recorded in the Holy Bible. See, further, discussion on the drawing of "Karsh".

During sexual embrace the auras of both the parties coalesce for the time being and the planets at birth of one party affect the other - whether the couple is married or not. Due to this reason the institution of marriage came into existence and adultery became a deadly sin.

Your aura is unique; it expresses a moment-by-moment energy reflection of what you are, no more, no less. It is made up of waves of dynamic energy that have beauty of colour, movement and flow. Every thought, feeling or emotion that you have is recorded in an ever-changing pattern that surrounds you. It is so powerful that people react to it.

There are different tiers of aura; e.g. (1)

health aura. If spots or breaks appear in it, indicates that there is something wrong with the organ below which the spots or breaks appear; (2) vital aura; (3) the aura of spiritual nature which can only be seen by persons possessing advanced psychic abilities; and (4) Karmic aura indicating events of past lives.

Indications from aura colours. - (1) **White** is very rare. It usually denotes a pure spirit. (Compare "**Spitama**", i.e. the Whitest, an appellation of Asho Zarathushtra.)

(2) **Grey**: Fear, depression, lack of courage.

(3) **Blue** .: Religious feelings.

(4) **Green** : Sympathy, kindness.

(5) **Yellow** : Intellect.

(6) **Red** : Strong feelings, health, emotions, anger, etc. If rose-tinted : love that is selfless.

(7) **Black** : Malice, hatred or revenge. Stay away from such persons. Absence of any colour in the aura indicates approaching death.

**How can your aura be revitalized?**

Recite Khurshed-Meher Niyashes standing before the Sun during Havan Geh and will that your Ushta-tanu may become recharged with solar energy as you come to the **Manthra Vohu ukhshya Managha khashathra Ashacha Ushta-Tanoom, and again during Rapithwin Geh, desire strongly to attune** your self with the glorious light of the Sun as you come to the Manthra **Ima raochao barezishtem barezemanam**. These are two great disciplines of **Iranian Yoga** calculated to recharge and revitalize our aura. In addition, various religious Tarikats should be faithfully observed, of course, as far as possible in these evil times.

**"Karsha" - A unique Zarathushtrian technique of protection from psychic pollution and attacks**

Drawing of "Karsha" is the very foundation of all our rituals. In Khordad Yasht a question is asked as to how the paths of the holy and wicked persons differ. Ahura Mazda replies that "holy persons chant My Manthras and draw Karshas and thereby protect their bodies". These Karshas are generally drawn on the ground, as during the Sachkar ceremony. During the consecration of a **"Rististan"** (Dokhma), Karshas are drawn around the place by tying cotton threads on several big iron nails around the place where foundation is to be laid.

During the marriage ceremony the officiating priests bring into existence 7 Karshas around the bridal couple by winding cotton threads while reciting 7 **Yathas**, so that their union symbolized by the clasping of each other's hands may ever remain intact.

"Karshas" are also drawn -

- (i) around oneself before taking **"Nahan"** (sacred bath) ;
- (ii) in the course of the **Yazashne** ceremony;
- (iii) on the ground during the profound **Bareshnoom** ritual in a bid to protect the boundary of human consciousness; and
- (iv) around one's body (a) before starting prayers, (b) while performing attunement (yasna)

with Holy Yazatas and other high Spiritual Beings and (c) while practising **"amal"** (occult experiment) of any Nirang as clearly hinted at in Khordad Yasht.]

It is said that Ahura Mazda Himself drew a very big Karsha ('Vourukasha') as if demarcating the space to be occupied by His Creations.

When we tie Kashti we also draw around us three Karshas (**Karsha-thri**) as a protective shield.

The sole object of this technique is to being into existence a ring-pass-not within which no evil psychic influence can enter, or from which no evil influence ((Druja) can go out as in **Sachkar**.

On a very lofty spiritual level. Abed Sahebs draw a number of Karshas around themselves, as mentioned in Khordad Yasht, as a protection against psychic attacks from outside. They are mostly 3- Karsha, 6-Karsha or 9-Karsha Nar Ashavans according to the spiritual stage attained by them.

Dinkard aptly describes this wonderful technique as "building a fortress around the body" ("**Nafay Bavra**"). And such drawing of Karshas coupled with Manthra recital protects our body as we affirm daily while reciting Sarosh Baj : **Ahunem Vairim tanoom paiti**. This subject is further discussed in Chapter 8, III, section 28.

Modern science now confirms the age-old Zarathushtrian teachings regarding our Rae and Khoreh and the necessity of taking steps against evil psychic influences and attacks from outside as appears from an instructive article on this subject which appeared in the January 1981 issue of **Prediction** summarized below.

"In 1965 Cleve Backster dramatically demonstrated his power to transmit thought influences in his experiments with a dracaena plant. The plant was wired to an ordinary lie detector which showed instant reaction the moment Backster 'thought' about destroying

the plant. Thence followed a whole series of experiments which showed on interaction between the plant and the experimenter, sometimes over considerable distance, simply by projecting thoughts and emotions.

"Recent telepathic experiments carried out in Russia between two sensitive subjects, Kamensky and Niklosiev, were also highly successful. In these experiments thoughts were transmitted over distances in excess of 3,000 kilometers. The tests showed that not only was the thought transmission received within fraction of a second, but that no known electromagnetic or physical barrier impeded that reception.

Each of us is thus proved to be rater like a two-way radio, transmitting and receiving messages all the time. The received messages are normally filtered out before they impinge on the conscious mind so that people are rarely aware of this phenomenon. Yet many of us have had the experience of thinking of someone just prior to that person telephoning us, which perhaps demonstrates the communicating undercurrent.

"The basis of protection is that each person has his own natural protective barrier, the aura which surrounds the individual and extends out about 18 inches from the body. People with weak auric barrier can find it extremely disturbing in crowded places because they are being continually upset by all the influences around them. Such people are more susceptible to illness and mental instability than those with a strong auric barrier.

"Few people give much thought to this natural protective barrier, yet it can be considerably strengthened by one's thoughts. All that is necessary is to find a quiet moment, sit in a chair with a straight back, then completely relax. Try to imagine this protective auric barrier completely surrounding oneself and sealing out all negative or harmful energies.

"An aid to this visualization is to imagine this aura as of one particular colour. The colours I would suggest are gold, blue or white,

each of which carries a protective influence. With practice it becomes possible to visualize this barrier instantly, whatever the situation or place, and more often this exercise is carried out the greater will be its effect. Simple auric control on this level will go further than any other method in protecting one from negative influences.

"The system can be extended further by visualizing protective symbols. Symbols act as keys to the archetypal forces, thus allowing additional power to be drawn into the auric barrier....

"To add the symbol of your auric protection, simply visualize it over the top of your head or, alternatively imagine that you are standing in the centre of the symbol."

(Emphasis supplied by this author.)

As a protective symbol, devout Zarathushtrians can use "Farohar" for visualization. It can also be worn as an amulet.

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