

AURA READING

What colour is your aura?

An aura reading will show you a picture of your energy field. It is a kind of spiritual x-ray, and in that sense it can offer deep insight into your character and way of being. **Megan Reynolds** was sceptical at first

WHEN Leyton aura reader Joy Elaine Watkins invited me to her shop at Liverpool Street Station, I was not sure what to expect.

I glanced at the books about spirituality, world religions and alternative medicine displayed in boxes outside the crystal-crammed shop near the Hammersmith and City Line entrance.

A £45 aura imaging service was advertised on posters in the windows of Joyasha: Elements for Enhanced Living.

I was intrigued.

An aura reading was not something I would normally consider.

Logically, a metaphysical ambiguous photograph would only add to the list of non-essential spending destroying my budget - then I had it done.

The value of the experience is way beyond the realms of budget.

Joy's shop reflects her personality, warm and welcoming for the city workers strolling in one after the other, taking time out to connect with the deeper mysteries of life.

Watching the university qualified life-coach, I notice Joy's gift for connecting with everyone who steps into her grotto.

They find solace in her space, and leave feeling slightly different, elated by the spiritual powerhouse.

And, after I dropped the cool, critical attitude of a sceptical journalist, I was not exempt.

Joy explained: "There is an electrical energy field around your body we call the aura, and it is part scientific and part metaphysical."

We discussed how the concept of the aura is understood in several ancient mythologies and belief systems around the world, and modern science has come to prove the electrical pulses generated by colour can be picked up on physical level.

Experiments show how the blind can actually see colour through the sensa-

tion of colour vibration, and Joy's £5,000 aura imaging system plays a similar role.

A sensor reads the energy waves around your hand and measures the electrical pulse of your energy field as the areas of the hand correspond to every part of the body.

The computer system then produces an image of the aura as it would appear around the body, in both size and colour.

"You're an orange-red," Joy said.

I opened my eyes and took my hand off the left hand sensor linked to Joy's laptop. Around a picture of my face on the screen was a circular orange mist with overlapping red edges.

Joy explains: "It is the length of the wave that determines the colour. The waves can show where the colours are bright, dark or fuzzy and the computer translates that information and shows it around you. This gives you a picture to work with, something tangible."

The energy hangs around the body like a cloud, loosely dispersed around some, and uptight, more dense, around others. Mine, according to

the cross-section diagram, is loose around the body and is thicker in the outer rim where energy gathers to form a wall.

Joy suggests I have subconsciously manipulated this energy to protect myself from the world, and it makes sense to me.

"Orange-reds are creative; they're in your face; they live in the present and they put their whole being into everything they do," she said. "Sorry, but you don't seem like that to me."

A closer look at my chakras, seven energy centres situated along the spine from the tail bone to the top of the head, shows why I am not comfortable exhibiting my natural exuberance.

Aura colours cross the spectrum of the rainbow and correspond to the colours of the chakras each generating a different aspect of human energy.

The heart chakra for example is green, located in the centre of the chest, and stimulates love and emotional connection.

Joy works with the colours and believes wearing certain colours, or surrounding yourself with them, has an effect on the chakras and



CONNECTED: Aura reader Joy Watkins surrounded by gems and crystals in Joyasha

personal growth.

The chakras are deeply rooted in ancient Indian philosophy, and cultivated in the practice of yoga and meditation.

My orange chakra, the artistic, creative energy, has been a little neglected, Joy said.

If I had not already been interested in self-examina-

tion I might have been more surprised, but it was still a shock. A slap around the face. A wake-up call. Seeing your true nature just solidifies your inkling.

The image is instant, and shocking, but Joy won't leave you alone with it.

I spent nearly four hours talking to her, about the changes I can make to set me on the right path.

She moved to London from America eight years ago after falling in love with a British man, and knows what it is to take risks.

She said: "Really the New Age is about being more responsible, and introspective, really looking at how things are working."

"When I had a shop in the States it was picketed by religious people who thought I was a witch and they called me a satan worshipper. My own mother does not agree with my path, but it was the only thing I could do."

"You have got to be true to yourself. You can pretend all you want but at the end of the day that energy field must be manifested or you are never going to get that satisfaction in your life."

"I never tell people any-

thing they do not already know. I give people some information about themselves and try to be the voice they have been hearing but not paying attention to, and I tell them, look, you can do it! Take these little steps."

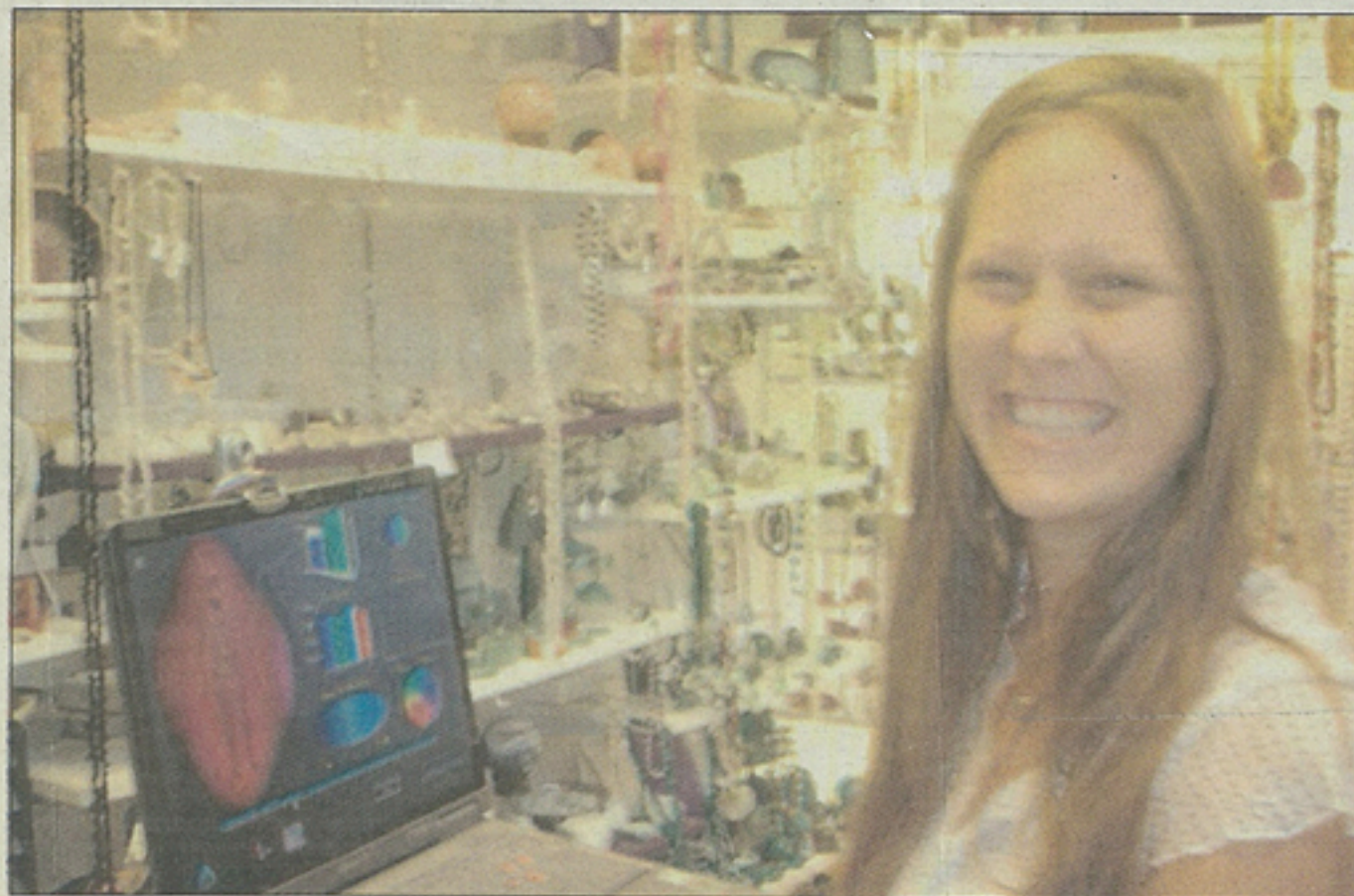
Joy hopes to expand her shop and hold group life coaching sessions, to encourage people to help each other out by sharing the wisdom of their experiences.

She said: "I don't want to tell people what to do, I want to empower people, and help them get them on the right path where they can continue to empower themselves."

I have an image of my aura to keep, and a 23-page report drawn up by the computer system including analysis of my chakra activity, bio data and aura colours.

Joy will give personal aura readings for £60 from her home in Bloxhall Road, Leyton, or she will visit your home. She also gives readings for groups at parties, charging around £25 per person.

To arrange a reading call Joy Watkins at Joyasha on 7623 3993 or log on to www.joyasha.com for more information.



UNDERSTANDING: Megan Reynolds looks at her energy field on the aura imaging system in Joyasha