

# How To Use Aura Goggles

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Aura goggles are any of various products that can train people with ordinary vision to see auras. These goggles are very optically dense, passing only a little light at the extremes of the red and blue bands of the visual spectrum. They have a deep violet color.

Some antique aura goggles (such as Harry Boddington's Kilnascrene) pass an excessive amount of dangerous ultraviolet light. The inventor of this technology, Walter Kilner, and some subsequent workers in the field believed that aura goggles work by training the eyes to see ultraviolet light at wavelengths just beyond the normal range of human vision.

This is not true. Aura goggles work through an unknown mechanism which is stimulated by visible red and blue light. Ultraviolet light is not necessary and indeed harmful for aura training. The aura training performance of goggles like Kilnascrene is not impaired by adding filters which block ultraviolet light.

In recent years, there have been marketed products claiming to be useful for aura training, but lacking key features to be effective. Very important is cutting off all light that does not pass through the filters. Even a small amount of leakage that bypasses the filters will ruin aura training effectiveness.

This set of instructions has six parts:

1. Safety Rules For Aura Goggles
2. Setting For Aura Training
3. Procedure For Aura Training
4. Things You Can Expect To See
5. Developing Your Ability
6. Caring For Aura Goggles

## Part 1: Safety Rules For Aura Goggles

If you have any disease of the retina or a family history of such a disease, including but not limited to glaucoma, macular degeneration, and retinitis pigmentosa, do not use aura goggles.

Color blindness is not a safety issue for using aura goggles, but they may not be effective if you have it.

To avoid eyestrain, you must follow these rules:

- Exposures must be limited to 30–45 seconds each. Longer exposures are not more effective than these short exposures.
- Only one exposure per day. Most people do not see auras until after their third exposure. Three exposures on the same day might be safe, but this cannot be claimed as true at this time. If multiple exposures on the same day are used, they must be separated by at least 1 1/2 hours, otherwise they will not be any more effective than a single exposure.
- Do not look at bright sources of light, such as the reflection of the disc of the Sun.

## Part 2: Setting For Aura Training

Before getting started, students must be instructed to turn off their cellphones. It is important that once training begins it is not interrupted. Cellphone displays usually emit light which ruins the aura training effect, so even looking at a cellphone to turn it off may render an aura training session worthless.

The best setting for an exposure is an open window overlooking a sunny variegated scene with lots of foliage. When viewed through the aura goggles, the scene should be rich in both red and blue surfaces and textures.

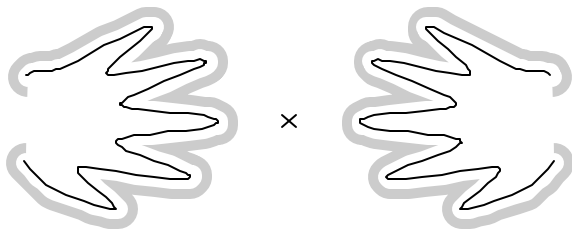
After the training exposure with the goggles, it must be possible to retire to a dimly lit room for the actual aura viewing or to cover the window to

substantially reduce the amount of light in the room. Auras cannot be seen in total darkness or very dim conditions. The lighting in the aura viewing area should be subdued, like in a movie theater before the curtains are opened.

The goggles must not be removed until entering the aura viewing area, because even the smallest crack of unfiltered light could ruin the effect. Because of the darkness of the goggles, this presents a risk of stumbling on something while proceeding from the exposure area to the aura viewing area. Trip hazards, valuable objects, and beloved pets should be kept out of this path. When training several people at a time, guides should be available to lead the students while they wear the goggles.

### Part 3: Procedure For Aura Training

1. Put on the goggles and immediately go to the exposure area. There must be no leaks of unfiltered light while wearing the goggles. A modest amount of dark adaptation is helpful.
2. Count off 30–45 seconds while scanning the scene horizontally back-and-forth. Keep your eyes moving.
3. Proceed toward the aura viewing area or cover the window, without removing the goggles. Be careful not to stumble.
4. When you arrive at the aura viewing area, remove the goggles and look at the back of your hands with the fingers pointed at each other and spread. This must be done against a black or very dark background. The subdued light should illuminate the fingers.



The aura cannot be seen in the center of your field of vision (the fovea). The clearest viewing is in the peripheral vision, by focussing on a point away from your fingers, such as X in the figure above.

### Part 4: Things You Can Expect To See

There are certain phenomena that everybody sees, and there are other phenomena which are only seen at high levels of aura training ability. It is a subject of dispute whether or not these higher level phenomena are dictated by expectations.

When you first see auras, they will look like a white mist surrounding your fingers, especially at the fingertips. There will be a void space between your fingers and the inner edge of the aura. The aura will be densest near the fingers, becoming less dense with increasing distance. With more training, the visible aura will become larger and it will have an increasingly complex structure.

### Part 5: Developing Your Ability

If you don't have your own pair of aura goggles, you can continue to develop your ability without goggles. If you frequently practice seeing auras, your ability will improve. However, if you stop practicing, your ability will decline. In this case, aura goggles are useful for regaining the ability.

Even if you practice every day, an occasional session with the goggles will be helpful in advancing your ability.

If you do have your own aura goggles, there are no known adverse effects from practicing with goggles every day. However, heavy use of aura goggles has not been tested for safety. Do not exceed the safety rules in Part 1.

### Part 6: Caring For Aura Goggles

Aura goggles based on organic dyes (such as used in optical plastic filters) are bleached by exposure to sunlight. These goggles should be kept in their box when they are not being used.

Pure glass filters darken when exposed to sunlight, but this is a very slow process and it is unlikely you would ever notice it. Some goggles contain a combination of glass and plastic filters. These goggles should be treated the same as goggles based on organic dyes.