

## 1.8 Aura and the parallel attention

Our organs work completely independently from us. We don't even feel them. For example, just now you are not feeling your kidney. But it is where it is supposed to be and working without your influence. Our system is working perfectly without "us" and is protected from our influence. The system of organs works autonomously and consciousness does not make up even one percent of the entire biological system called human being. Which is of course a big plus for us because in our daily lives we don't have to lift a finger and yet everything is still working in perfect condition, like a mechanism. With this next exercise you will try to feel a person of your choice.

Exercise 1: put your palm at 5 cm distance from a body of any person. Pay attention to your feeling in your hand; follow how feelings change when you move your hand above different parts of the body. Check this person's back, shoulders, head, legs and stomach.

It is certain you will have different feelings above different parts of the body. Some parts will be cold and some will be warm, for example. Every human being, every body, vibrates in a certain way – it emits frequencies in the space around it. As already being said, organs are working inside you, certain processes occur constantly – like water boiling in a kettle. Those frequencies can be seen and this is what we call aura.

Exercise 2: choose a person with whom you will be doing this exercise. Sit comfortably across this person so that their chair is in front of a wall or smooth surface. Pick one dot at 10 – 20 cm distance above and behind the head of this person, on a wall or surface. Look at this dot. After a while you will see how the light of a certain width envelops this person. This light can be of different colors. And this light around the body is called aura.

And now, you will do one interesting exercise for achieving precision in your work. You will see how your attention could work in parallel manner.

Exercise 3: lean your forearms to your thighs and cross your fingers, but leave your index fingers straight. There is around 4 cm distance between your index fingers. Look in between index fingers at the floor until a third finger appears between index fingers, and index fingers disappear. Exercise lasts around 1 minute.

*Homework: practice exercises 1 and 2 with different objects, persons, plants and animals a few times a day. Practice exercise 3 once a day for the next seven days. Also, read about the human reproductive system and endocrine system.*