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Date and time of Aura Photography

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Predominant colors of your your external Aura is-

Green

Green color in your outer aura indicates that you are an amazing solution finder. People around you could be frequently seeking you out to find answers to their intriguing questions, solutions to their problems and suggestions which works for them in a very beautiful way. You could do very well in any profession where the consultation and solution finding is needed. For example- In healing, medical guidance, legal guidance, technical guidance, repair, etc. You could be inherently having a need to be needed. Ensure that you do not create others' dependency on you. If you keep going out of the way to help others, you may disempower people around you and may feel 'taken advantage of' when they start leaning on you too much. The solution here is to ensure that you help others by empowering them to help themselves.



FC1

Do you recall ever losing faith on one or more factors of your life? Perhaps the time has come for rebuilding and restoring your shaken up faith. Align yourself to the higher consciousness and know that, you and all around you are taken care of. Explore the possibility of operating from faith and operate from faith. Do not let minor setbacks inhibit you. This can become easier when you align yourself to your higher plan and trust your inner guidance. It would be a good idea if you start to have faith in higher wisdom and do not let minor setbacks hold you back.

FC2

No Response

FR3

Has it ever happened that you felt trapped, confined, restricted or limited by your environmental factors? Is it possible that you have a need for liberation and freedom? Are the external circumstances really trapping you OR is it your inability to effectively address them, preventing you from truly liberating yourself? Think about it. You certainly do have the freedom to free yourself. Simply recognise what is restricting, limiting, confining or trapping you and constructively address them by bringing in an inner shift in your thoughts, perceptions and emotional responses to the world around you.

FL4

You are invited to examine the possible manner in which you could be trapping or limiting yourself? Recognise and appropriately address your beliefs, fears, concerns and adverse effects of past experiences which prevent you from sanctioning an experience of liberation for yourself and for others in your space. You deserve to liberate yourself. You deserve to enjoy your freedom and everyone around you deserves to experience this freedom in alignment with their life plan. You

deserve to discover and expand parameters for claiming your liberation in alignment with your life plan.



FR5

It feels nice when you get approval from all around you, however your dependency on others' approval could inhibit you. Is it possible that you are getting a conscious or a subconscious impression that others do not approve of you or certain aspects related to you for some reason? Would you like to know a secret? As and when you start approving your own self and approve of everything that you previously disapproved of within you, others will reciprocate in the same manner. Actually others are somewhere mirroring you.

FL6

It's all right to dislike / disapprove. And you have a right to disapprove. However, it would be a good idea to trace the reason behind your disapproval. It would also be a good idea to know that your disapproval is simply energising what you have been disapproving so far. When you will be in total approval of all that you are and all your attributes, you will start liking and approving all that you perceive in others or in your outer world. Because the world around you is your reflection.

FR7

Clarity is important for personal and professional effectiveness. When you do not have hundred percent clarity you may stagnate or slow down in life. It's time to make up your mind and take care of your or other's conflict, confusion and difficulties in deciding between various options. Examine and address your reluctance to accept certain opportunities as they may not be suiting your beliefs, conditionings and moral upbringing. It is possible that others around you are projecting this conflict and confusions too... Remaining in a confused state of mind, could be an excuse for not moving forward well in your life. Recognise and address your emotional charge arising out of fear of possible consequences and the clarity shall emerge.

FL8

Clarity is important for personal and professional effectiveness. When you do not have hundred percent clarity you may stagnate or slowdown in life. You may not be able to act or contribute in a correct manner. Don't you feel that it's time to make up your mind and take care of this confusion and difficulties in deciding between various action plans? Examine and address your reluctance to do, discharge, deliver or perform by embracing certain opportunities as they may not be suiting your beliefs, conditionings and moral upbringing. Remaining in a confused state of mind could be an excuse for not contributing, imparting, delivering, giving or sharing as per the guidance from your own conscience.



FR9

It's good to be aware. However, you need to ensure that you assimilate, consolidate and apply that outer awareness (Awareness brought in by gurus, scriptures, books and preaching etc.) and integrate it with your higher consciousness to bring in a positive shift in your life.

FL10

It's amazing to have an awareness about yourself and inner realm through meditative and self-introspective practices. And it's still more amazing to be able to assimilate, integrate and apply that knowledge to bring about a positive shift in your life.

FR11

It's nice to be sensitive to others. However ensure that you aren't unduly perturbed by other's need to raise their eyebrows. (to object, question, argue, show surprise simply frown) People around you may need a space where they can express to you without disturbing you in any way. How about graciously welcoming others to express their overt expressions, surprise, questioning, objections etc?

FL12

It could be quite stressful to be 'nice' to others all the time. Does it sometimes happen that you are not assertive about your need to object or ask questions to others to find out more? What would it take for you to be more assertive and expressive? For sure you are capable of asking questions and asserting to others to find out more. And no one can inhibit you from doing that except your own fears and inhibitory beliefs based on your past experiences based on social and cultural influences. Recognise and address those beliefs so that you can rediscover the freedom to assert, in a constructive manner.



FR13

By ignoring the unpleasantness, you could be overlooking the possibility of bringing in a positive shift through them. Sometimes you may have a desire to close your eyes to certain unpleasant aspects of your outer environment. Not all that is happening in your environment may be pleasing and appealing to you. However closing your eyes will not take care of the situation. You are reminded to open your eyes and be a detached observer to all that is happening in your outer space so that eventually all inconsistencies can be recognised and addressed in an appropriate manner.

FL14

Look within and recognise what you have been ignoring so far. Occasionally you may have a need or wish to close your eyes to certain aspects of your own personality. Not all that is happening in your inner space may be acceptable and appealing to you. However closing your eyes will not take care of the situation. You are reminded to open your eyes and be a detached observer of all that is happening in your inner space so that eventually all inconsistencies could be recognised and addressed in an appropriate manner.

FR15

You deserve to enjoy loyalty, fidelity and commitment from everyone in your life. However sometimes do you feel as if you have been cheated or betrayed or let down by the people around and/or your environment? It may be a normal response to hold on to those feelings. Think of exploring the possibilities of letting go of unhappy and undesirable effects of past betrayal or cheating. It's really safe. When you hold on to the emotions of being cheated or betrayed, you are inadvertently affirming to yourself and others that you are 'betrayable' or 'cheatable'. Let go of what has happened in the past and simply open yourself to invite integrity, honesty and consistent commitment from people.

FL16

Courageously be your true self. When you are not being your true self, you may feel as if you are cheating, betraying or letting down yourself or someone in your environment. This could be as trivial as laughing or joking when you are actually grieving. Recognise your true feelings and aspirations while remaining in integrity with yourself at all levels of your being. Explore the possibility of being in total integrity with your being and you will be able to live life in alliance with your true self and be who you are.

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FR17

Do you sometimes feel adversely sensitive to what you perceive in your outer environment? What is disturbing you could be your perception n not the truth, because the truth may be different from your perception. Would you address your sensitivity to what you are perceiving in your environment while working towards a neutral perception? Mastering the art of being a neutral observer will assist you in differentiating between the perception and the truth.

FR 20

It is possible that at times you may not like what you perceive in the deepest unpleasant aspects of your personality? What you perceive in your personality is after all, a part of you. Disliking them and being uncomfortable with them will not bring in any transformation in what you can see from the corner of your eyes. You may choose to remain a neutral observer to what you can see or perceive in the shadow aspect of your personality or your shadow self.

FR27

There is a possibility that you may have stored rage due to being subjected to rage from the external world or being a witness to rage in your physical or metaphysical environment. Perhaps due to social conditionings or due to fair consideration for others, you have not been able to react to your conscious or subconscious perception of others stored rage so far. It would be a good idea for you to master the art of neutral observation and address your responses to the stored rage in others

FR21

There is a possibility that you have not been able to shed tears in a recent or distant past and complete your grieving experience due to overt sense of responsibility for others. It's time now for you to come to terms with your past / your reserved grief caused by environmental setbacks, loss,

shocking situations etc. Acknowledge and express that which has remained suppressed so far. Let there be an emotional catharsis. Allow yourself to shed the unshed tears.



FC24

How about exploring the possibility of conveying all that you would like to express, in a more diplomatic manner. Being diplomatic does not mean that you keep quiet and withhold your expression and communication. In fact speak or express yourself in a manner which is received well by the recipient. Diplomacy is an art. You can get better and better with time, little practice and awareness before you express yourself. You must convey what you wish to convey but in a diplomatic manner.

FR25

You deserve to be valued and appreciated for who you are and all that you have done. However you may not be receiving appreciation in proportion to your expectations. Here is a tip for you - start appreciating yourself. If you value yourself, it will not matter to you if others really value you or not. On the contrary, others may not value you if you do not value yourself. So when would be a good time to start valuing yourself so that you start attracting appreciation from others?

FR27

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FC39

You are a spiritual being, here for an earth bound existence. Being born as a human, all ground level experiences are a part of your ground reality and acknowledging as well as aligning to them correctly will assist you in being at peace with all that is around you. You were probably finding it difficult to accept, acknowledge and integrate with all that is happening on the earth plane until now. However re-examine your responses, refine them and develop a constructive attitude. It would be a good idea now for you to accept your earth bound existence.

FR40

You are perhaps swallowing feelings and after effects of emotional, physical, professional, sexual and/or financial abuse. Any experience where you feel you are being taken advantage of in an unfair manner by others, would be abusive in nature. This can be social, economical, political, financial, physical or sexual in nature. Several times you may not be able to do anything to the abuser, and simply swallow the experience. However re-look at the possibility of intending and inviting fair behaviour from one and all. Forgive yourself if you have any guilt of abusing anyone in the past and set a strong intent of inviting fairness, cooperation and gentleness from one and all.



FL41

When would be a good time to start being fair to yourself and others? You are perhaps swallowing the desire to abuse yourself or others. You could be having a past tendency to abuse (in a manner such as socially, emotionally, physically sexually, financially or health wise,) your own self or others. It's time to be fair with yourself and be fair with all around you. How about reassessing and refining your approach towards others by being gentle to yourself and others?

NL8

It's good to be humble but you do not have to necessarily underperform in order to ensure that you remain humble. You dislike being rude, rough or arrogant under all circumstances. In order to ensure that you remain humble and polite, you could be manifesting a sabotage of opportunities which could give you a resounding success or an enviable position in life. How about creating a space where you thrive in all aspects of life in a very humble and polite manner?

NL10

You are reminded to remain sensitive towards others' sensitivity to rejection in general. Rejection can be very painful at times. As you cherish the experience of being accepted by others the way you are, others around you may be expecting the same in a subtle way. Please ensure that you are not rejecting any part of your being, including your body, attributes, personality etc. Accept yourself and others and expect the magic of positive transformation. Cherish yourself. Cherish all that you have. Cherish all opportunities and cherish the wonderful opportunity called Life.

NR11

Is it possible that your circumstances and the people around you make you feel burdened? Perhaps somewhere consciously or subconsciously you are agreeing to take those burdens or you have chosen to feel burdened. Unfold your charm to communicate your denial in a polite manner and make an active choice to take it easy. Be fine with the consequences of refusing to be burdened. Know that you deserve the best and you will get the best. And you do not have to feel burdened in order to get what you wish to get.

NL12

You are being reminded today to be confident about your capability to deliver or discharge, all that you wish to deliver, discharge, contribute or impart. Choose to be easy on yourself. You do not have to burden yourself while doing what you have decided to do. Ask yourself "Whom am I trying to please?" Perhaps the answer can help you understand better. Are you trying to prove something to someone or to your own self? If yes, then why? Only when you take it easy, you will find a creative way to fulfil yourself and others eventually. So let go of your burdens, let go of your burdened feeling. Make up your mind and resolve to be easy on yourself and yet contribute in the best possible manner.

We all need attention. At times, you may have negative attention seeking attitude - for e.g.- Arguing, objecting, asking unnecessary questions etc. Recognise your need for attention and use it in a constructive way where you as well as others as benefit.

HL4

Reminder to pay attention. Perhaps certain issues, people around you or your own health / body cells need your attention. Are you willing to give attention proactively or are you going to pay attention when you are left with no other choice? Think about it? You can always constructively and proactively prioritise and pay your due attention wherever needed.



FLR3

It is possible to open up to an individual / people / place / situation / experience or material object of any kind in a detached manner. Do you think it is a wise idea to curtail oneself from opening up based on subconscious fear of getting attached? How about today you let go of your fear of attachment and open up in a detached manner?

FLL4

Why would you refrain from remaining open to an individual / people / place / situation / experience or material object of any kind? Are you concerned about getting attached or resultant pain of getting attached? Are you feel that remaining open could lead to attachment? When you remain open, you also remain open to the awareness of the transientness of all that is. You are here for certain experiences. If you curtail yourself, you are being unfair to yourself and others who consented to contribute to your experiences. Withdrawal and curtailing yourself will block the flow of energy. So continue remaining open in an aware and detached manner.

FLR9

Ego / pride / righteousness are essentially defences you could possibly be using to mask your shortcomings, weaknesses, a "Not OK" feeling or feeling of being wronged. Let the layers of defences not curtail you from putting your best foot forward. The best way to deal with those defences is to embrace your shortcomings and inadequacies. After all we are born as humans with a choice to experience boundaries and limitedness of human life. In short, when you accept and embrace the unacceptable part of you, you save a lot of time and energy to mask / defend the unacceptable part of your personality

FLL10

If you are lacking persistence or if you are thinking of withdrawing, please ensure that you are not withdrawing due to your ego / pride / righteousness. Your ego, pride and/or righteousness could be masking your shortcomings, inadequacies or feeling of being wronged in the past. Embrace that part of you which is not easily acceptable to you. It is ok to feel inadequate; it is alright to feel incompetent; it is alright to be wrong at times. All these experiences are the matter of the past. By defending that part of you, overcompensating that part of you, you could be inhibiting yourself from moving on and moving forward in life. Continue to embrace all that you are, so that you continue to put your best foot forward by being who you are.



FLL12

If you are experiencing any difficulty in your emotional, physical, social or professional intimate relationships, please make sure that your ego / pride / righteousness are not coming in the way of ongoing intimacy. It is not the time to withdraw or allow any disturbances. Continue putting your best forward by accepting and embracing your shortcomings and weaknesses rather than using ego /pride / righteousness as a defence which often inhibits the experience of intimacy or makes you withdraw or create a distance in an intimate relationship. Even if you feel that it is not you, but others in relationship who have ego, pride or righteousness issues, you need to shift from within in order to facilitate their inner shift.

FLL20

Why won't you continue remaining open to various people, places, potentials and possibilities by putting your best foot forward with adaptability and flexibility? Is there anything inhibiting you in an adverse manner? In short, remain open to various possibilities by embracing ongoing changes

FLR23

Enjoy the intimacy as you surrender in full faith with inner strength. Surrendering with full faith in the Divine will assist you in putting your best foot forward to enhance intimacy in some of the relationships or to attract right intimate relationships. (Here the relationship may imply relationship with self, fellow beings, pets, nature, residence, objects, money, organisation etc.)

FLL24

Going through a little rough patch in an intimate relationship? For sure, surrendering with full faith in the Divine will assist you in continuing to put your best foot forward to enhance intimacy in a relationship or continue to make the best out of your existing intimate relationships. (Here the relationship may imply relationship with self, fellow beings, pets, nature, residence, objects, money, organisation etc.)

FLR 25

Surrendering to the Divine can enable you to put your best foot forward and open up to either an individual / people / place / situation / experience or material object of any kind.

FLL26

If you find it difficult to remain open and if you have tried your best; look at the possibility of surrendering to the Divine. Your faith and surrender will enable you to continue putting your best foot forward and remain open to either an individual / people / place / situation / experience or material object of any kind.

FLL30

Are you thinking of holding yourself back in an intimate relationship due to stored emotional hurts? How about looking at the possibility of releasing all stored emotional hurts and continue allowing emotional, physical or social intimacy? Remember that getting hurt is quite common in human relationships as not all expectations are met as per your wish. However, holding on to hurts could interfere with intimacy or an intimate relationship. You have a gentle reminder to let go of stored emotional hurts and continue to put your best foot forward to grant yourself the permission to enjoy intimacy and / or intimate relationships.

FLR31

No Response

FLL32

It's not yet time to curtail yourself from remaining open to various places, people and possibilities. If stored emotions are hurting you, then address these emotions and give your best shot to continue remaining open to various possibilities, people or places.

TR1

How about discovering and focusing on your core strength? You are much more than what you think you are. Count on your strengths and put your best foot forward.

TL2

You have been putting your best foot forward so far. However somewhere you need to be in touch with your true strength so that you continue and pursue putting your best foot forward in your chosen direction. Have you been thinking of withdrawing due to perceived possibility of weakness or shortcoming? How about discovering and focusing on your core strength? You are much more than what you think you are. Count on your strengths and continue to put your best foot forward.

TR 3

If you have experienced a sense of weakness or shortcoming in your intimate relationships in the past, you might refrain from putting your best foot forward to allow intimacy in your life. Discover your true strength and let that strength guide you to put your best foot forward to enjoy intimacy in your relationships. Look at the possibility of strengthening your relationship and discovering a true strength in your existing close relationship.

TL4

Even if you begin a relationship in the best possible manner, it is essential that you continue putting your best foot forward to make the best and give the best to your intimate relationships through your core strength. Let the perception or association of weakness or shortcoming with the intimacy not inhibit you from being persistent. Refrain from withdrawing at this juncture. It would be a good

idea for you to think of constructive ways to continue enjoying intimacy in your intimate relationships through your core strength.

TR5

You are capable of opening up to a certain situation, experience or personality by putting your best foot forward through your inner strength. Let go of your concern of feeling weak or experiencing shortcomings. Let them not inhibit you from putting your best foot forward. Instead, open up to explore and enjoy your core strength.

TL6

You have been putting your best foot forward to remain open to certain situations, people or experiences. However, you are reminded to remain persistent. It's not the time to give up due to perceived possibilities of weakness or shortcomings. Let your inner strength inspire you to continue remaining open and continue putting your best foot forward as you operate from your inner strength.

TR7

Perhaps you have a need to be needed. Find out if you are encouraging and allowing others to step on your toes and take advantage of you in a manner which benefits none. Help others in a manner which empowers them and does not create dependency as well as a feeling of exploitation.

Summary

Dear Jane,

Your outer aura is quite well balanced. We observe a fine mix of Blue Green and purple in your auric field. Your curious and seeker mind-set will help you seek answers to unanswered questions and at the same time, your helpful nature will naturally attract people seeking help and assistance from you which they will easily get and experience a deep sense of fulfillment.

Address your tendency to get worried, be clear in your decision, make up your mind and ensure that you implement all your dreams ideas and visions with full faith.

Let the possibility of rejection not undermine your enthusiasm. Remain diplomatic, prepared to embrace popularity and fame. Have gratitude towards grounding factors as they are helping you fly high, eventually.

Make your vulnerability your true strength. Be flexible. However, do not allow any one to exploit your kindness. Make sure you create a win win situation for all.

With little more determination and focus, you can make a wonderful and positive difference in your and others' life around you.

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