VIEWING THE HUMAN AURA WITH THE NAKED EYE

Luciano Pederzoli
EVANLAB
Taken from the book: THE MEGALITH BUILDERS (http://www.evanlab.org/public/wp-content/uploads/2015/12/THE-MEGALITH-BUILDERS-Psychic-archaeology-and-the-Nuragic-civilization.pdf)

The following is the most probable physiological explanation for the human ability to perceive auras.

HOW TO SEE IT

In order to see the human aura with the naked eye it is necessary to place the person being viewed a few metres away, in front of a neutral background (for example grey or beige), in uniform weak light which may be sunlight (it doesn't matter whether sunny or overcast), however artificial light will also work.
Now gradually begin to look for a softening of the bluish-grey and lighter shades of colour, then look through the person as if he/she were transparent and you were looking at something far behind them, gradually moving the line of sight further up and to the side.
Furthermore it helps to have the person being viewed slowly rock from side to side, because the slow movement of the subject assists in the perception of fainter shades by making them move against a fixed and homogenous background.
Most people who use this technique are able to see the aura fairly quickly, at least the part of it closest to the body (the aura extends up to approximately one metre all around the body in decreasing intensity). Those more endowed with particular abilities can immediately see all the colours.
It's advisable to blink occasionally in order to avoid persistence of the image upon the retina.
Animals and plants also have auras; even inanimate objects have them, but its presence is very subtle and uniform, whereas in living things, and especially humans and animals, the colours and shape of the aura can change continuously.
The aura seems to entail a slight change in the refractive index of the space around a person (in fact it doesn't just involve air because the aura strictly follows the body's motion and its shape remains unchanged when a strong gust of air moves across the body).

WHY IT CAN BE SEEN

The retina, which is the image sensor at the back of the eye, does not function uniformly throughout its surface, and contains two types of light-sensitive cells: cones, which are of three types to distinguish between colours, and rods, of which there is one type because they are sensitive only to the intensity of light.
Cones give us colour vision under good light conditions, whereas rods help us see in black and white when light intensity is low.
Cones are concentrated in a part of the retina called the "macula lutea", alongside the rods, except for a small area called the "fovea centralis", in which there are only cones.

Outside the edge of the fovea centralis the number of cones decreases rapidly whilst the number of rods increases equally rapidly, until the edge of the macula lutea. From there outwards the rods decrease in number up to the edge of the retina.
When we look at something and focus on it, the part of the image which interests us is in line with the small pit called the “fovea centralis”, which requires good light but allows us to see in great detail due to the high density of cones. Within the “macula lutea”, but outside the “fovea centralis”, the image quality is still good and, because of the rods, is still more than sufficient even in conditions of low light. Outside the macula lutea there are only rods, these being concentrated in its vicinity.
To summarize, the fovea centralis allows us to see, in full detail and colours, very small but well-lit objects. Moving outside it but still within the “macula lutea”, we can still see small objects, although not extremely small, even in conditions of low light, clearly perceiving shades of colour as well as being able to perfectly distinguish shades of grey. The outside part of the macula lutea allows us to only see things of medium size and in black and white – that is, we perceive only shades of grey, however this is possible even under low light conditions. When there is virtually no light, the cones cease working and only the rods remain active; this is why, when walking at night in the dark, we tend to use peripheral vision to view our surrounds, that is, the part of the retina containing only rods, outside the macula lutea.

In the technique described in HOW TO SEE IT the person is viewed out of focus and this entails the involvement of both rods and cones outside the “fovea centralis” but inside the “macula lutea”, such that we have a fairly detailed colour image coupled with a perception of subtle variations of light intensity.