



**Aura Video Station**

Digital Deluxe 5.1

**AURA**  
**VIDEO**  
**SYSTEMS**  
*TRAINING PROGRAM*

**FOR INNERACTIVE AURA VIDEO SYSTEMS**  
**DATE 08/12/2004**

*including*  
**Aura Chakra Color Analysis Guide Book (in English)**  
**Interactive Training Program on 2 CDs (in English)**



# Aura Video Station

Digital Deluxe 5.1

The NEW Inneractive

## AURA VIDEO STATION DIGITAL

Interactive Training Program on CD

VOLUME # 1 + 2

### INITIAL SETUP

Before you can view the Training Program, you need to install **Powerpoint Viewer** and the **Camtasia TSCC video driver**. Please insert the AVS51train1 CD into your CD drive.

- Click START - RUN and type: D:\PPTviewer\PPview97.exe (D: or your CD drive letter).
- Click OK and follow onscreen instructions until fully installed.
- Click START - RUN and type: D:\CamtasiaRecorder\TSCC.exe (D: or your CD drive letter).
- Click OK and follow onscreen instructions until fully installed.

Now your initial setup has been completed and you can proceed with the Training Program.

### START THE AVS 5.1 TRAINING PROGRAM - VOLUME # 1

- Please insert the AVS51train1 CD into your CD drive.
- Click START - RUN and type: D:\AVS51train1.pps (D: or your CD drive letter). Click OK.
- The presentation will start automatically, Please follow onscreen instructions.

### START THE AVS 5.1 TRAINING PROGRAM - VOLUME # 2

- Remove CD # 1 and insert the AVS51train2 CD into your CD drive.
- Click START - RUN and type: D:\AVS51train2.pps (D: or your CD drive letter). Click OK.
- The presentation will start automatically. Please follow onscreen instructions.

\*\*\*\*\*

For additional information, please visit our website:

**[www.aura.net/education](http://www.aura.net/education)**



**Aura Video Station**

Digital Deluxe 5.1

**AURA  
CHAKRA  
COLOR  
ANALYSIS  
GUIDE BOOK**

**FOR INNERACTIVE  
AURA VIDEO SYSTEMS**

**DATE 08/12/2004**



***THIS AURA CHAKRA ANALYSIS GUIDE BOOK  
INCLUDES THE FOLLOWING CHAPTERS***

---

**BASIC AURA COLOR INTERPRETATION  
AURA COLOR ANALYSIS OVERVIEW  
AREAS OF ANALYSIS  
CHAKRA ANALYSIS OVERVIEW  
CHAKRA COLORS REFERENCE CHART  
AURA GRAPHS OVERVIEW  
CHAKRA GRAPHS ANALYSIS  
BIODATA GRAPHS ANALYSIS  
AURA COLOR ANALYSIS OVERVIEW  
AURA REPORT TEXT  
AURA COLOR PERSONALITY TYPE**

***PLEASE READ ALSO THE BOOKS***

---

**AURA MASTERY  
AURA IMAGING PHOTOGRAPHY  
MAGICAL AURAS**

***EDUCATION ONLINE***

---

**PLEASE VISIT OUR WEBSITE FOR MORE  
EDUCATIONAL INFORMATION, ARTICLES INCLUDE  
SCIENTIFIC BACKGROUND OF BIOFEEDBACK, COLOR  
THERAPY, HISTORY OF AURA IMAGING,  
NEWSLETTERS AND MORE.**

---

<http://www.aura.net/education>



# Aura Video Station Digital 5.1 Programs

The **AURA VIDEO STATION** integrates 6 **PROGRAMS** in 1 **SOFTWARE PACKAGE**.

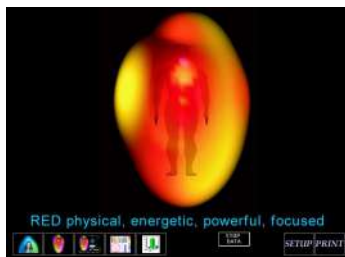


Programs #1 #2 #3 #4 #5 #6

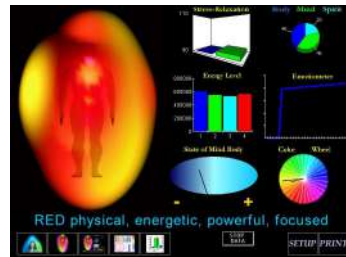
*Program # 1*  
**Aura Video Camera**



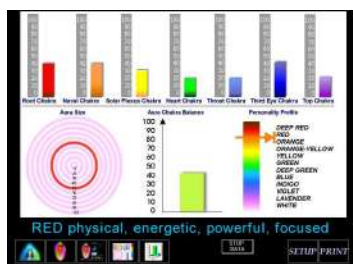
*Program # 2*  
**Aura Chakra Viewer**



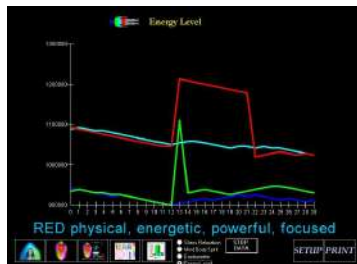
*Program # 3*  
**Aura-In-Motion**



*Program # 4*  
**Aura Chakra Graphs**



*Program # 5*  
**BioData Therapy Graphs**



*Program # 6*  
**Aura Report Printer**





## Basic Aura Colors Interpretation

---

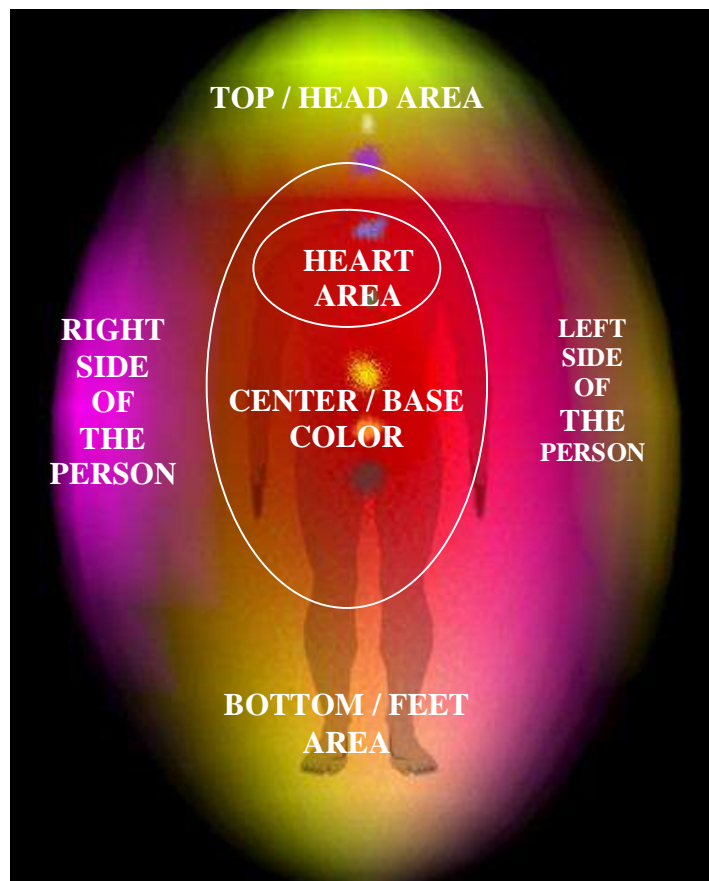
<b>Deep Red:</b>	Realistic, Grounded, Active, Strong Will-Power, Survival-oriented
<b>Red:</b>	Active, Powerful, Energetic, Vitality, Competitive, Winner, Sexual, Passionate, Relates to physical Body
<b>Orange-Red:</b>	Confidence, Creative Power
<b>Orange:</b>	Creative, Productive, Adventurous, Courageous, Relates to Emotions
<b>Orange-Yellow:</b>	Analytical Thinker, Creative, Intelligent, Scientific, Detail Oriented, Perfectionist
<b>Yellow:</b>	Creative, Intelligent, Playful, Lightness, Optimistic, Easy-going, Relates to Life Energy
<b>Yellow-Green:</b>	Communicative, Creative with Heart
<b>Deep-Green:</b>	Quick minded, goal-oriented, social, material, communicative, organizer.
<b>Green:</b>	Teacher, Social, Communicator, Love People, Animals, Nature
<b>Blue-Green:</b>	Healer, Therapist, Sensitive, Peace, Tranquility, Compassionate
<b>Blue:</b>	Caring, Sensitive, Loving, Helpful, Intuition, Love to Help Others
<b>Indigo:</b>	Intuitive, Sensitive, Loyal, Deep Feelings, Relates to the Third Eye, Visual
<b>Violet:</b>	Intuitive, Artistic, Magical, Futuristic, Idealistic, Relates to Crown
<b>Lavender:</b>	Imagination, Visionary, Daydreamer, Ethereal
<b>White:</b>	Spiritual, Transcendent, Higher Dimensions, Ethereal and Non-physical qualities



# Aura Color Analysis Overview

---

You can use a variety of unique areas in each Aura Chakra Image for your analysis and evaluation. Analyze the Color Quality of the following main areas in each Aura Chakra Image:





# Aura Color Analysis Overview

---

## ***Aura Base Color / Aura Color Personality Type***

Most people vibrate within a certain range, which represents a person's AURA TYPE or PERSONALITY COLOR. Knowing the meaning of each Aura Color Personality Type is the first essential step in each evaluation. If you would only know your clients base aura color, would give you an in-depth look into your client's core beliefs, physical, emotional, mental and spiritual behavior and patterns.

## ***Shape of the Aura***

Ideally the Aura should have a harmonious, round and balanced shape. All areas should radiate in about the same brightness and intensity. Look for areas and spots that are more intense in color, larger in shape or unique in color. If you see dark spots, holes or other stressed areas in the Aura Chakra Image, correlate the Aura Color Meaning to the function of the area. Like if you see tense yellow-brown spots around the shoulders, then your client might have shoulder, throat problems.

## ***Size of the Aura***

A large Aura extending almost to the edge of the Aura Chakra Image shows a large, high energy field. You might experience a strong radiance and others notice you. Your energy is expanded and wide. A small aura shows a more introverted and internalized energy. Life Energy is probably low, plus other stresses might be present.

## ***Brightness/Intensity of the Aura***

The lightness, brightness and intensity of the aura and all aura colors present is important. Usually bright, radiant aura colors reflect the positive, harmonious meaning for each color. Dark, muddy aura colors usually reflect the disharmonious aspects of each color. For example: Bright red is related to will-power, high energy, action. Dark muddy Red is connected to physical, emotional and mental stress.

## ***Aura Mastery***

Everyone has the ability to change their aura colors. The changes are due to mental and emotional inner shifts or external environmental influences. Each color represents a range of meanings so we look at the combinations and the rate of color change in each section to evaluate the energy. There are no "good" or "bad" auras, just different ones. Even if the Aura looks dark and stressed, tell your client that he/she can change their patterns by refocusing his mind and his intentions and creating a different, higher state of mind, body and energy.

This AURA MASTERY process is very important while working with the AURA VIDEO STATION. You as the user can visually show your customer what the current situation is. Support your customers and give them advice how they can change and balance their energy.





## Aura Image - Areas of Analysis

---

**“What you see is what you get!”**

We tried to make the Aura Chakra Analysis as easy as possible for you. Basically what you see is what it means. Creating an intuitive analysis logic was an important goal for us. For example: If a chakra is small it means low energy. If the chakra is large, it reflects high energy. Or if the aura color around the head is dark, it shows low, stressed energy around the head.

Please review the following areas on your Aura-Chakra Photo and correlate the Aura Color present to the function and meaning of the area:

### ***Center (Base Aura Color)***

The color in the center of the Aura Image (around the physical body) represents a person's BASE AURA COLOR. Most people have one dominant Aura Color most the time. This color represents a deeper level or personality of the user. It shows who you really are and what your deep inner feelings, goals, desires are.

### ***Left Side (Female-Yin)***

The left side of the body (as seen on the right side of the screen) represents the feminine, passive, introverted pole. You receive and absorb these energies. These colors represent the frequency that flows into your field therefore giving a connection with your future or situation to come. Deep inside many people feel the color quality of the left side of the body.

### ***Right Side (Male-Yang)***

The right side of the body (as seen on the left side of the screen) represents the masculine, active, extroverted pole. Colors here represent the qualities you express and project to others. It is how others perceive you.

Check on your AURA VIDEO IMAGE if the left and right are different. Often feel physically a difference in their male and female body-energies.

### ***Heart (Feelings, Emotions)***

The colors of the heart represent your ability to give and receive love. They show how you experience and express your deepest feelings.

### ***Above Head (Thoughts-Beliefs)***

The colors around the head represent the mind and the mental activity that you express. How do you think? What kind of thought patterns is in your head? It also shows your inspirations and goals, things you want to achieve in life.

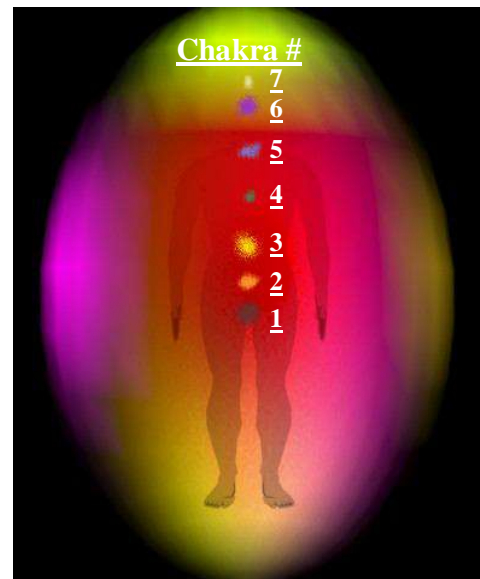


# Chakra Analysis Overview

The 7 main Chakras or Energy Centers are displayed in the center of the Aura Chakra Image along the spine. The shape, size and intensity of the color of each Chakra reflects various physical, emotional, mental and spiritual states within your aura.

Round, circular Chakras show a balanced Energy Center or System. Non-circular, blurred Chakras show an imbalance in your Energy Centers. Also look at the color and brightness of each Chakra for a more detailed analysis.

It is recommended to read additional books about the Chakras to understand the function of each chakra, relationship between the chakras and physical symptoms, emotional behavior and aspects of the psyche.



## CHAKRA SIZE/SHAPE OVERVIEW

Look for the following variations of each Chakra:



**ROUND** balanced, harmonious chakra activity

**OVAL** slightly unbalanced chakra

**LARGE** overactive, high energy activity

**SMALL** under-active low energy activity

**BRIGHT** balanced, high energy, positive qualities of chakra

**DARK** low energy, unbalanced, stressed chakra activity

# Chakra Colors Reference Chart

	1	2	3	4	5	6	7
CHAKRA NAME	<b>Root / Base Chakra</b>	<b>Naval Chakra</b>	<b>Solar Plexus Chakra</b>	<b>Heart Chakra</b>	<b>Throat Chakra</b>	<b>3rd Eye Chakra</b>	<b>CROWN CHAKRA</b>
COLOR OF CHAKRA	Red	Orange	Yellow	Green	Blue	Violet	WHITE
Elements	<b>EARTH</b>	<b>WATER</b>	<b>FIRE</b>	<b>AIR</b>	---	<b>ETHERS</b>	---
Harmonious Qualities of Chakra	Vitality, activity, sexuality, stability, physical power strength	Satisfaction, clear emotions and feelings, sensuality, sexuality	Self-esteem, personal power, active intellect, independence, happiness,	Love, Generosity, Selflessness, Healing, devotion, care	Good Communication and expression, creativity, inspiration	Intuition, vision, creativity, high ethics, clarity of thoughts and emotions	Spirituality, integrated life, light energy, higher consciousness knowledge
Disharmonious, unbalanced qualities	Anxiety, survival, sexual disorders, lower back, high blood pressure	Jealousy, loneliness, emotional stress, kidney, bladder, Circulation	Dependency, arrogance, anxiety, indigestion, liver, skin and eye problems, mental stress	Anxiety, indecision, heart and lung problems, asthma, allergies	Poor communication, infections, bronchial problems, cold hand and feet	Obsession, manipulative, dependence, imbalance, eyes, face, nervousness,	Unconsciousness, brain, head issues, no contact to physical body, confusion
Crystal / Mineral	Agate, Garnet, Ruby Hematite, Pyrite	Fire Opal, Sunbathe-stone, Coral, Moonstone	Amber, Golden Topaz, Tiger's Eye, Citrine	Emerald, Jade, Rose-quartz, Fluorite	Aquamarine, Turquoise, Sapphire, Larimar	Sapphire, Lapis Lazuli, Fluorite, Clear Quartz	Amethyst, Mountain-Crystal, Diamond, Alexandrine
Essential Oils	Patchouli, Oakmoss, Vetiver	Jasmine, Cinnamon, Tangerine	Lemon, Ginger, Pepper-mint	Rose, Ylang, Bergamot, Lemon-grass	Rosemary, Geranium	Lavender, Pine, Sage	Sandal-wood, Myrrh

# Chakra Graphs Overview

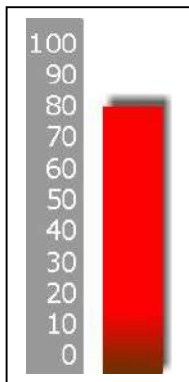
---

## YOUR CHAKRA ACTIVITY

Knowing about your Energy Centers or Chakras will help you determine the correct product or treatment to create more balance and higher energy in your life.

### 1. BASE CHAKRA

This Chakra is located at the end of the spine and corresponds to Life Energy, Physical Activity, Emotional Strength, Will Power, Sexuality. Related Body Areas and Organs are Joints, Muscles, Heart, Blood and Nervous System.



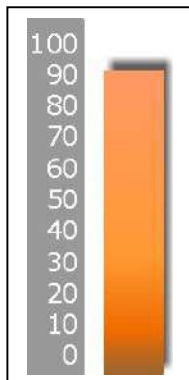
High Life Energy, Radiant, Sensual and Passionate Qualities.

Medium Life Energy, Active Life Style.

Low Life Energy, Survival, Accidents, Stress Qualities.  
You need to recharge your Body Energies and Vitality.

### 2. NAVAL CHAKRA

This Chakra is located below the navel and corresponds to Creative, Productive and Emotional Expression of Life Energy. Related Body Areas and Organs are Intestines, Spleen, Digestive Track.



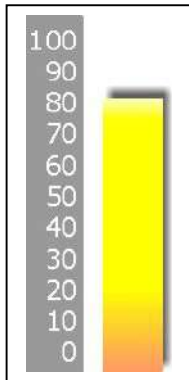
High Productivity, Strong Emotional Expression

Medium Productivity and Emotional Creativity

Low Productivity and Creativity, limited Emotional Expression.  
Increase your Creative Qualities and Abilities.

### 3. SOLAR PLEXUS CHAKRA

This Chakra is located at the Solar Plexus and corresponds to Personal Power, Creative and Intellectual Thoughts. Related Body Areas and Organs are Stomach, Solar Plexus, Liver.



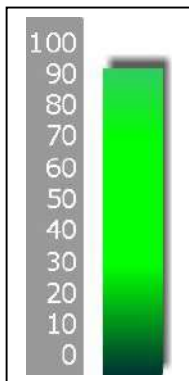
High Creativity, Intellectual and Analytical Thinking, Playful Qualities

Medium Creativity, Intellectual and Analytical Thinking, Playful Qualities

Low Creativity, Intellectual and Analytical Thinking or Playful Qualities  
Have more Fun and Joy in your Life, increase your Creativity

### 4. HEART CHAKRA

This Chakra is located around the Heart and corresponds to unconditional love, self-love and forgiveness. It relates to the balance between Body, Mind and Spirit. Related body areas and organs are heart, lungs, chest, circulation, arms and hands.



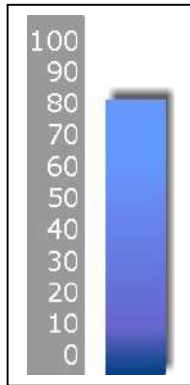
Very heartfelt, loving and sensitive qualities.

Average loving and sensitive qualities.

Low heart energy and expressive qualities.  
Need to open heart and feel thoughts and emotions more deeply.

## 5. THROAT CHAKRA

This Chakra is located around the Throat and relates to Communication, Speech, Social Abilities Verbal and Emotional Expression. Related Body Areas and Organs are Lungs, Throat, Bronchial and Voice.



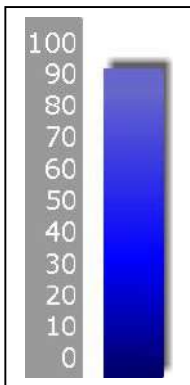
Strong Expression of Thought and Emotions, communicative Qualities

Average Sensitivity, Loving and Communicative Qualities

Unbalanced Throat Chakra, limited Emotional and Verbal Expression  
Find new ways to express your Thoughts and Emotions

## 6. THIRD EYE CHAKRA

This Chakra is located between the Eyes and corresponds to Intuition, Vision, Artistic and Creative Thoughts. The related Body Areas and Organs are the Eyes, Nervous System, Brain and Forehead.



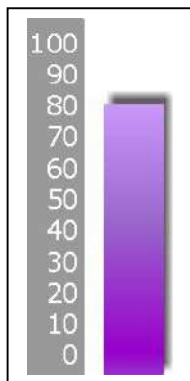
High Intuitive Energy, Strong Artistic and Intuitive Qualities

Medium Intuitive Energy, Average Artistic and Intuitive Qualities

Low Intuitive Energy, Artistic and Intuitive Qualities  
Need to increase Intuition and Creative and Artistic Thoughts

## 7. CROWN CHAKRA

This Chakra is located on Top of the Head and corresponds to Intuition, Spirituality and Enlightenment. Related Body Areas and Organs are Brain, Nervous System and Top of Head.



High Intuitive Energy, Radiant, Sensitive & Spiritual Qualities

Medium Intuitive Energy, Radiant, Sensitive & Spiritual Qualities

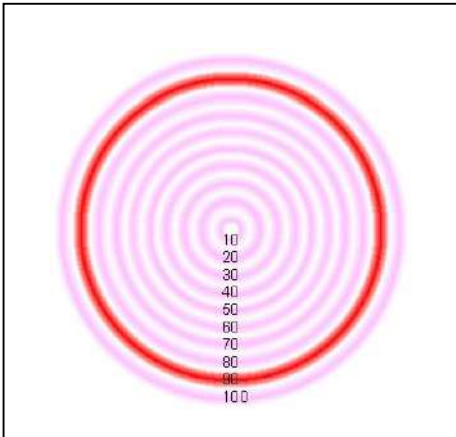
Low Intuitive Sensitive and Intuitive Energy  
Need to find new Direction and Vision in your Life

# Aura Graphs Overview

---

## YOUR AURA SIZE

The red circle indicates the **SIZE OF YOUR AURA** and is an important indicator of how much energy you radiate around you.



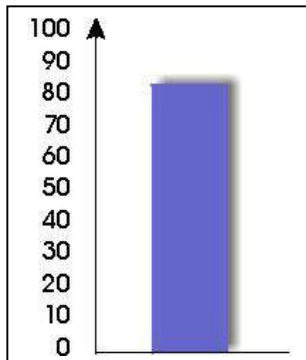
**LARGE, WIDE AURA** (75-100) indicating strong and powerful radiance, other people can feel your strong aura. Use your charisma and aura power to achieve your goals and dreams

**MIDDLE, AVERAGE AURA** (40-75) you have a strong presence and radiant energy. Achieve your goals by increasing your Aura even more and focusing on your goals

**SMALL AURA** (0-40) with low energy, others might perceive you as introverted or with low physical energy. Try to create a stronger radiance around you, increase your Aura Power.

## YOUR AURA CHAKRA BALANCE

This Graphs indicated your **OVERALL** Aura Chakra Balance.



Very balanced. Aura and chakras are in harmony.

Average balance. Aura and chakras are not fully balanced.

Very unbalanced. Aura and chakras are stressed with low energy. Improve your aura and chakras conditions. More harmony needed.

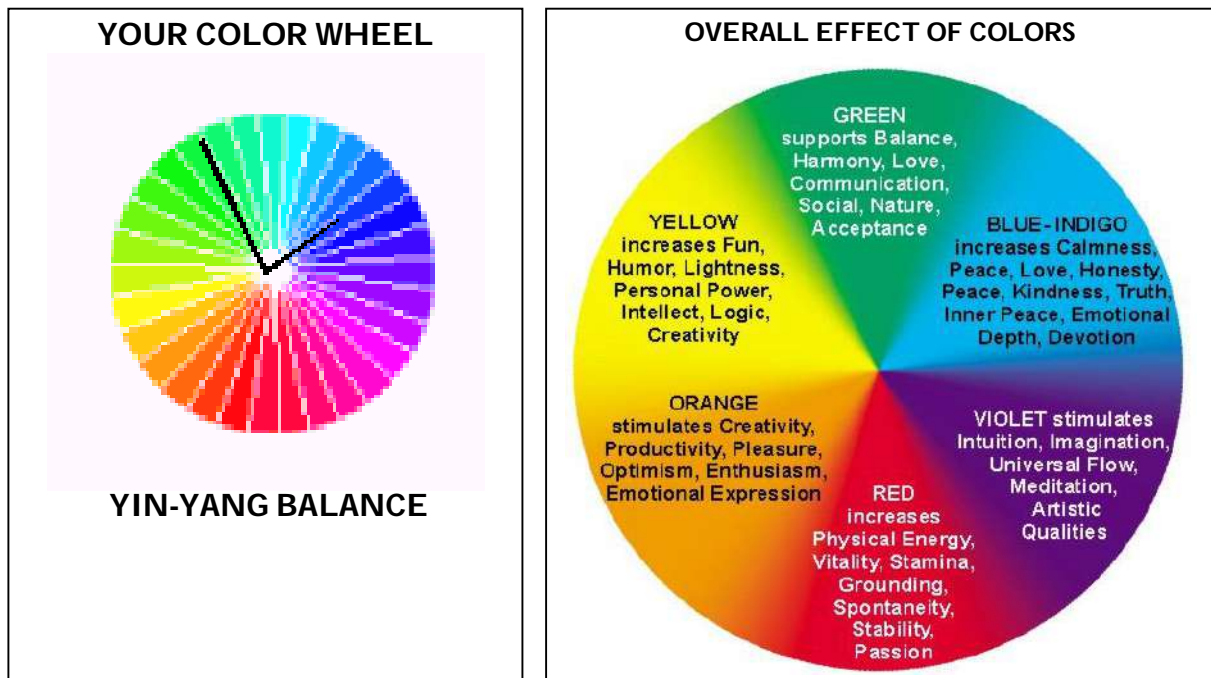


# Bio Data Graphs Analysis

The following Bio Data Graphs and Meters reflect important parts of your energetic body system. They are displayed onscreen and printed out in the Aura Chakra Report.

## COLOR WHEEL / YIN-YANG

The **COLOR WHEEL** gives you an overview of the complete aura color range. It is recommended to use YOUR AURA COLOR or the COMPLEMENTARY-OPPOSITE COLOR to relax and balance yourself.

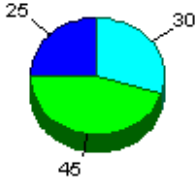


This graph also indicates your **YIN-YANG BALANCE**. The short needle reflects the YIN-female-left qualities, the long needle the YANG-male-right qualities of your energy system.

- ⚡ YIN-YANG balance (needles are close together) male-female energies seem to be in harmony
- ⚡ unbalanced, disharmonious energy system, left-female and right-male energies need balancing
- ✓ very unbalanced, one body side might feel tense or stressed, energy balancing recommended

## YOUR MIND-BODY-SPIRIT GRAPH

This **MIND-BODY-SPIRIT GRAPH** gives you an overview of how your energies are distributed between Body, Mind and Spirit.



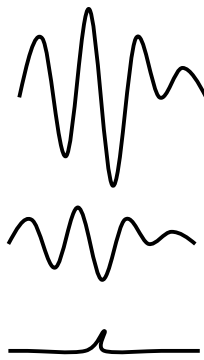
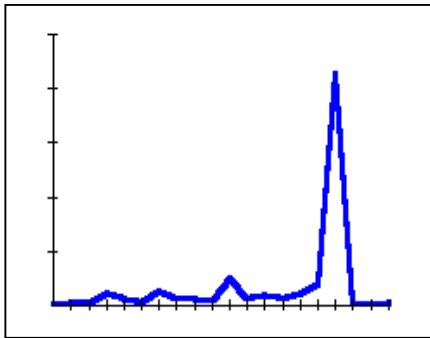
**SPIRIT:** your focus is on personal development, feelings, intuition, spirituality and inner qualities

**MIND:** you focus is mainly on creativity, mental and emotional expression, communication

**BODY:** your focus is on physical reality and results, body related activities

## YOUR EMOTIOMETER

The **EMOTIOMETER** shows your emotional reactions and true thoughts and inner feelings. Real-time graphic indicators display immediate response of true feelings and thoughts.



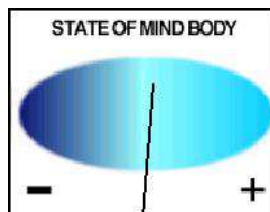
highly emotional stressed, agitated, high excitement, nervousness or sensitivity

very emotional and sensitive, expresses emotions freely

centered, stable, unemotional, passive, does not express emotions easily, keeps emotions inside

## YOUR STATE OF MIND-BODY GRAPH

The **STATE OF MIND-BODY GRAPH** displays your overall mind/body condition and is based on your body temperature.



### STRESSED

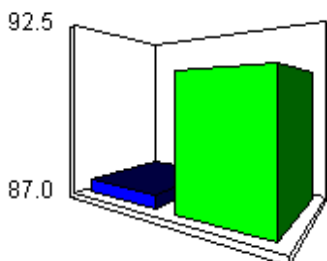
A tense, stressed condition will register when the needle towards the left side.

### RELAXED

If you are in a relaxed harmonious state, the needle will be more towards the right side of the graph.

## YOUR STRESS/RELAXATION GRAPH

The **RELAXATION GRAPH** shows your physical relaxation or stress level and is mainly based on your body temperature. The left blue bar is used as a baseline (environment). The **green bar** and left top value show your **client's physical relaxation level**.

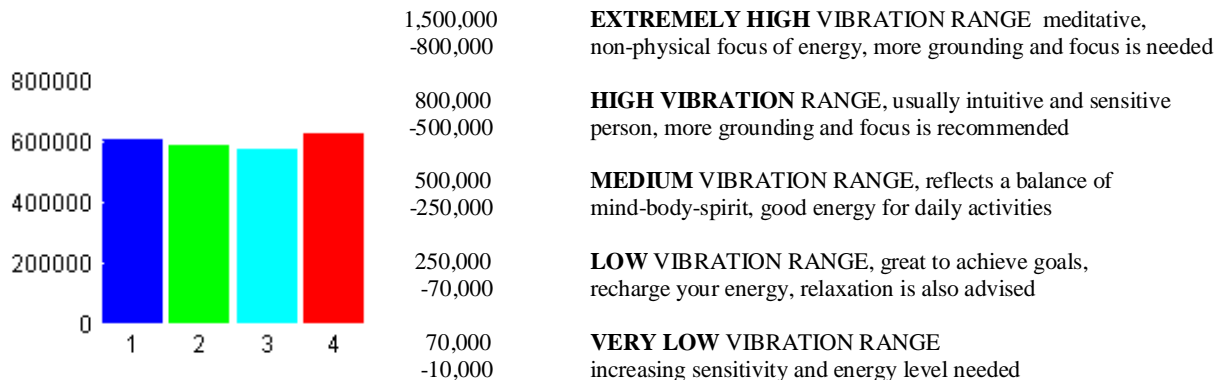


### GREEN BAR = YOUR RELAXATION LEVEL

- 110+ high relaxation, very balanced and high energy
- 100
- 95 average daily physical activity or relaxation level
- 90
- 80- high physical stress, low circulation, low physical energy

*It is very important to operate the AVS in a regular, standard room environment. If your room for example is very cold or very hot (reflected by BLUE BAR VALUES of below 85 or above 100), then the accuracy of this and other displays might be reduced.*

The **ENERGY LEVEL GRAPH** shows the different energy channels that are measured and is based mostly on your electro-dermal activity. The **Indigo Channel (1)** represents your **Intuitive** energy. The **Green Channel (2)** represents your **Mental** energy. The **Light Blue Channel (3)** represents your **Emotional** energy. The **Red Channel (4)** represents your **Physical** energy.



Even bars indicate that the different energy channels are flowing in harmony and each part of your system is vibrating at the same frequency. Uneven bars show that there is disharmony in your energy flow and part of your system may be out of balance.

The values indicate your **vibrational rate**, starting with low values from 10,000 to high values up to 1,500,000.

Correlate the data with the color coded body area, e.g. the Red Bar is connected to physical, lower body activities and the Green Bar to the chest, shoulders area.

Similar to Brain Waves (Theta State = deeply relaxed, Alpha = Day to Day Activity, etc.) the ENERGY LEVEL graph shows you the "Energetic Levels" of your clients.



# Aura Report Text Overview

---

The following Aura Color Report Text is for your review and it also used in the reports printed out.

## **LEFT DOMINANT**

Your female, left side of your body seems to be more active than your right active masculine side. Answer these questions for yourself:

Do you feel a slight physical imbalance between your left and right body side?

Is your left side more sensitive? Are there feelings that need to be expressed?

Are you very active in your life but often don't listen to your inner feelings?

## **RIGHT DOMINANT**

Your male right active body side seems to have a higher energy level than your left female passive side. Answer these questions for yourself:

Do you experience strong inner feelings and emotions?

Do you find it difficult to express your emotions, thoughts or your creativity?

Are you experiencing physical ailments on your right side?

## **HEAD DOMINANT**

Your head area seems to have a higher vibration than the rest of your body. Answer these questions for yourself:

Do you generally think a lot or do you have a lot on your mind at this particular time?

How can you create peace of mind within yourself?

Do you believe your thinking is separate from your feelings?

### **HEART DOMINANT**

Your heart energies seem to be very active right now. Answer these questions for yourself:

Do you have friends or family you can share your feelings with?

Do you feel strong and intense emotions in your heart at the moment?

What feelings are waiting to be expressed and shared?

### **HARMONIOUS / HIGH ENERGY**

You seem to have lots of energy right now. Your current bio data and aura indicate that your vitality is high and that you have strong and powerful energy available to achieve whatever you desire. Define your goals very clearly utilizing this harmonious and balanced state of mind / body. Remember to enjoy your success after each project and to relax daily.

### **STRESSED / LOW ENERGY**

Is it a very stressful time for you right now? Are you going through a lot of changes or are you working on too many projects at once? Your Aura shows that you are not very energized. You might be very active but in reality you are using up your internal battery. Your adrenals may be running high. It might be time for you to relax your mind and body on a regular basis. Why not go to the beach or mountains to unwind and recharge your inner batteries. And check with your consultant for products to help you to be more creative, balanced and relaxed.

# Your Individual Aura Color Analysis

## **Deep Red in the Aura**

Deep Red represents the primal vital life energy. Living in our physical reality with both feet on the ground is essential to you. You explore life with all your senses, expressing your intense physical energy.

Clear Deep Red indicates a dynamic physical energy and vitality. If you focus on your goals, you can achieve anything you desire. Dark muddy Deep Reds may be confronted with survival issues, emotional challenges and physical stress. Deep Red is the color associated with the first or Root Chakra, legs, skeletal structure, circulation and heart. Ask yourself the following questions:

Do you have positive and meaningful goals in your life?

Do you work out to release your physical energy on a regular basis?

Is it a challenge for you to express your feelings?

Do you eat healthy food and take care of your physical body?

Do you communicate, sharing your thoughts and feelings with your close friends or partner?

## **Deep Red Around the Head**

Clear Deep Red shows that your thinking is very grounded and realistic. You believe mainly in what you can see and touch. Staying focused, while relaxing your body and mind is essential in achieving your goals. Muddy or dark Deep Red around the head indicates heavy mental stress, confusion and a lack of focus. You may need a vacation and might benefit from some form of active relaxation like yoga, jogging or a physical workout.

## **Deep Red on the Left Side**

Clear Deep Red shows that you are developing dynamic energy and the drive to take action. Your inner strength and power is available, ready to be activated and expressed. Focus on the positive goals in your life and then express your inner passion. Muddy or dark Deep Red indicates incoming stress that may drain you, resulting in frustration and anger. You may feel as if an overactive internal motor is constantly driving you. It is important for you to find some peaceful time for introspection on what is important in your life.

### **Deep Red on the Right Side**

Clear Deep Red indicates your strong physical and realistic nature. You are active, full of vital energy. Dark muddy Deep Red shows overtaxed resources, emotional or mental compulsion. You are stressed out and may be experiencing "dis-ease" or depression. Finding a new meaningful goal in your life, while recharging your physical and emotional batteries is the first step to empower yourself again.

### **Deep Red in the Heart Area**

Clear Deep Red in the heart shows strong emotional energy. You might feel passionate, powerful and active. Connecting with your heart and inner feelings will help you live a more fulfilled and happy life. Muddy or dark Deep Red indicates stressed and weak heart energies and low immunity. You could be suffering physical or mental stress from sadness, worry or a "broken heart."

## **Your Individual Aura Color Analysis**

### **Red in the Aura**

Red represents the primal vital energy of life. Taking dynamic action makes you feel good. Clear bright Reds are physical, showing strength and vitality. Strong will power and a competitive edge are yours. With this color you can expect to get concrete results from your projects. Dark muddy reds indicate stress or unbalanced nervous energy and can be symbolic of "dis-ease." Red is the color associated with the first or Root Chakra, sexual organs, legs, skeletal structure, circulation and heart. Ask yourself the following questions:

Do you have highly positive goals in your life?

Do you have a healthy and happy sex life?

Is it a challenge for you to express your feelings?

Do you spend time for sports, exercise or active relaxation?

Do you take care of your physical body?

Are you keeping your heart open?

Do you know that you can achieve anything if you focus on it?

### **Red Around the Head**

Clear bright red shows that you are strong and radiate positive energy. You can handle whatever comes with poised self-confidence. You are spontaneous and enjoy life. Dark muddy red around the head indicates heavy emotional stress, impatience and a lack of inner peace. You may need a vacation and might benefit from some form of active relaxation or meditation.

### **Red on the Left Side**

Clear bright red shows that you are developing physical strength and the drive to take action. Your inner power is strong and you demonstrate excitement and passion. You go for what you want with determination and you seem to work harder and longer than anyone. Dark muddy red indicates incoming stress that may drain you, resulting in frustration and anger. You may feel as if an overactive internal motor is constantly driving you.

### **Red on the Right Side**

Clear bright red indicates your outgoing and passionate nature. You are physically active, intense, sexually attractive and dynamic. Dark muddy red shows overtaxed resources and emotional compulsion. You are stressed out and may be experiencing "dis-ease" or depression.

### **Red in the Heart Area**

Clear bright red in the heart shows an easy flow of life energy. You radiate joy and happiness. You are resilient and your immune center is well balanced. Dark muddy red indicates weak heart energy and low immunity. You could be suffering from a physical illness or mental stress from sadness, worry or a "broken heart."

## **Your Individual Aura Color Analysis**

### **Orange in the Aura**

Orange represents emotional and creative energies. Remember, orange is a mixture of red and yellow. Red is dynamic energy and action, while yellow is intellect and clear focus. Clear and bright orange is a creative color and radiates self-confidence and a strong personality. You are attractive to others and have a warm and sympathetic heart. Dark and muddy orange means you may be emotionally withdrawn or creatively blocked. Orange is the color associated with the second or Sexual Chakra, the reproduction organs, intestines, adrenals, spleen and kidneys.

Do you express yourself in a creative way?

Do you take care of your physical and emotional needs?



Do you always feel a need to be in control?

Are you sometimes too pushy and too hard on yourself and others?

Do you spend enough time enjoying the pleasures of life?

Do you need help digesting food?

Is it difficult to deal with your emotions or your thoughts?

### **Orange Around the Head**

Clear bright orange in this area indicates an enthusiastic personality literally bursting with ideas that can light fires in others. You are driven by strong emotions and inner clarity knowing exactly what you want. You are willing to go the necessary distance. Dark muddy orange indicates emotional confusion and frustrated creativity. You may have difficulties following through and finishing projects, leading to more anxiety.

### **Orange on the Left Side**

Clear bright orange indicates the incoming of creative energy. As it is absorbed into your field, you may suddenly find yourself able to complete a creative project that you've been working on for a while. Or you may begin to feel a burst of great enthusiastic energy enabling you to start a brand new avenue of creativity with much pleasure and enjoyment. Dark and muddy orange shows a lack of energy that may result in emotional exhaustion. You may want to conserve your resources and avoid taking on added responsibility.

### **Orange on the Right Side**

Clear bright orange indicates positive emotional energy with easy expression of your creativity. You take great pleasure in some of the simplest things in life and your excitement leads you on to new adventures, success and recognition. Dark and muddied orange shows that you are stressed and perhaps internalizing anger or feelings of disappointment. It may be difficult for you to comfortably interact with others, especially when you need something from them.

### **Orange in the Heart Area**

Clear bright orange in the heart area shows that you send energy to others that they receive as joy of life - sunny, warm and strong. You have the ability to make others feel comfortable when they are with you and this will assist you in gaining recognition and appreciation for your efforts. Dark and muddy orange can indicate great unhappiness, fear, or emotionally based illness. You may be blocked in your creative self-expression and your relationships may be strained.

# Your Individual Aura Color Analysis

## Orange-Yellow in the Aura

Orange-Yellow represents emotional and creative mental energies. Remember, Orange-Yellow is a mixture of Red and Yellow. Red is dynamic energy in action, while yellow is intellect and mental focus. Clear and bright Orange-Yellow indicates an intelligent, logical and detailed-oriented personality. It is the color of an analytical, methodical and focused mind.

Muddy or dark Orange-Yellow means you may be emotionally withdrawn or creatively blocked. You might focus only on your mind and your mental, analytical activities without trusting your heart and your intuition. Orange-Yellow is the color associated with the second and third Chakra, the reproduction organs, intestines, adrenals, solar plexus, spleen and kidneys.

Do you express yourself in a creative way?

Do you take care of your physical and emotional needs?

Do you always feel a need to be in control?

Are you sometimes too analytical and intellectual?

Are you in touch with your intuition and your spiritual nature?

Do you spend enough time enjoying the pleasures of life?

Do you need help digesting and processing food?

Is it difficult to deal with your emotions and true inner feeling?

## Orange-Yellow Around the Head

Clear bright Orange-Yellow in this area indicates powerful mental activity. You are an excellent, detail-oriented and clear thinker. Your mind is always active, busy and full of new ideas and projects. Dark muddy Orange-Yellow indicates mental confusion and frustrated creativity. You may have difficulties following through, finishing projects, or may be thinking about too many ideas and projects at the same time.

### **Orange-Yellow on the Left Side**

Clear bright Orange-Yellow indicates the incoming of creative energy. As it is absorbed into your field, you may suddenly find yourself able to complete a creative project that you've been working on for a while. Or you may begin to feel a burst of great enthusiastic energy enabling you to start a brand new avenue of creativity with much pleasure and enjoyment. Dark and muddy Orange-Yellow shows a lack of energy that may result in mental exhaustion and stress. You may want to conserve your resources, relax your mind and connect with your intuition. Avoid taking on added responsibility.

### **Orange-Yellow on the Right Side**

Clear bright Orange-Yellow indicates positive mental energy with easy expression of your creativity, thoughts and ideas. You take great pleasure in some of the simplest things in life and your excitement leads you on to new adventures, success and recognition. Dark and muddy Orange-Yellow shows that you are stressed and perhaps internalizing anger or feelings of disappointment. You might focus too much on your thinking, neglecting your feelings. It may be difficult for you to emotionally interact with others.

### **Orange-Yellow in the Heart Area**

Clear bright Orange-Yellow in the heart area shows that you send warm, strong and reliable energy to others. You have the ability to make others feel comfortable when they are with you, easily gaining their trust, recognition and appreciation for your efforts. Muddy or dark Orange-Yellow can indicate unhappiness, fear or emotionally/mentally based problems. You may be blocked in your creative expression and your relationships may be strained.

## **Your Individual Aura Color Analysis**

### **Yellow in the Aura**

Yellow is the color of sunlight and an easy-going disposition. Clear bright yellow shows intellect and self-awareness. It is the color of logical understanding and scientific thinking. Dark and muddy yellow indicates a nervous temperament with unclear thinking. These qualities can lead to loneliness and egoism or an obsession with power or career. Yellow is the color associated with the third, Solar Plexus Chakra, stomach, liver, small intestines and digestion.

Do you have enough fun, pleasure and happiness in your life?

Do you have addictive tendencies?

Is it a challenge for you to deal with intense feelings?

Is your mind and heart balanced?

Do you focus too much on a certain belief system or pattern?

Do you have enough body movement, exercise or dance?

Do you have satisfying intellectual conversations?

Are you working on creative projects that interest you and give you pleasure?

### **Yellow Around the Head**

Clear bright yellow in this area is a sign of a thinker. You have many bright ideas and can easily share them with others through your warm and outgoing manner. Dark and muddy yellow can be the sign of blocked or rigid thinking. It may be difficult to make decisions when there is too much thought and worry. You may suffer from headaches.

### **Yellow on the Left Side**

Clear bright yellow flowing in from the left shows that you are moving more fully into your power center. You can combine your strong personality with plenty of focus and concentration for effective, practical action. You enjoy a party and can be the center of attention easily. Dark and muddy yellows flowing into this area show a more restrictive personality with perfectionist tendencies and over-concern with rules and regulations. There are too many thoughts on your mind and you may find it difficult to switch off at night. Your sleeping patterns can be interrupted.

### **Yellow on the Right Side**

Clear bright yellow indicates that you possess a powerful personality with a strong radiance. You think in positive terms and can inspire others. You are fun to be with and your enthusiasm is contagious. Dark and muddy yellow shows that you are emotionally and mentally stressed. You may be starting to feel physical exhaustion. You might have a tendency to worry so much that your body is manifesting pain.

### **Yellow in the Heart Area**

Clear bright yellow shows that you are radiating intellect and a strong sense of ego from your heart. This can be very effective to accomplish a single purpose, but is not recommended as a long-term practice. There is danger that this ego energy may close off your heart, cutting emotional flow. Dark and muddy yellow shows that you have had the yellow frequency in your heart too long. Your immune system is low and needs to be pumped up. You may have deliberately closed down because of anxiety, pain or misunderstanding. A meditation practice sending pink and green energy to your heart may help, as well as spending time with harmonious happy people.

# Your Individual Aura Color Analysis

## Green in the Aura

Green is the color of growth and reflects a loving heart, a sympathetic nature and a strong affirmation for living a life with joy. Clear bright green shows a willingness to help and a connection with Mother Nature. Rich emerald tones show healing abilities and a love of people combined with a compassionate nature. Dark muddy green shows a need for healing and an earthbound, inflexible personality. Green is the color associated with the fourth or Heart Chakra, lungs, immune system, lymphatic and respiratory systems.

Are your relationships with your family and friends fulfilling?

Do you have someone close to share your thoughts and feelings with?

Do you trust yourself?

Are you open to change in your life?

Are you in contact with nature, people, children or animals?

Are security, balance and harmony present in your life?

Are you expressing your emotions in a positive healthy way?

## Green Around the Head

Clear, bright and rich greens indicate that you are an outgoing and social person. You make a great friend. You are goal-oriented and conscientious in your dealings with others. You may be in the middle of an intense growth crisis, processing personal changes and balancing body, mind and spirit. Dark and muddy green shows stressed out emotional energy and an irritable, angry nature.

## Green on the Left Side

Clear bright and rich green shows that you are inwardly peaceful and harmonious. You are in tune with your world and ready for something new. The energies of change, growth and perception are flowing into your aura. Dark muddy green indicates extreme sensibility and easily hurt feelings. You may be withdrawn and depressed. Intense emotional energies are flowing into your aura. Cultivate a meditative practice and find a compassionate friend to share your feelings with.

### **Green on the Right Side**

Clear bright rich green indicates an openhearted friendly nature and loving attitude. You get along well with almost everyone and you radiate a pure, gentle healing energy, attracting positive experiences like a powerful magnet. You love to teach and communicate your ideas. You speak the truth from a place of compassion and non-judgment. Dark muddy green shows a closed-hearted nature with more concern with self than with others. You may have difficulty setting limits and may often feel imposed upon. Your immune system might be under attack from the effects of internalized stress and there may be a need for healing on all levels.

### **Green in the Heart Area**

Clear bright green shows that you are balanced in your heart, radiating peace and harmony. You emanate warmth and understanding, and others feel comfortable being around you. A rich emerald green indicates that you operate from your heart center, so that everyone can feel your love and your strong inner connection to the Divine. Dark and muddy green shows a blocked heart center and a need for personal healing. Intense emotions may have accumulated in your heart and relationships might be strained.

## **Your Individual Aura Color Analysis**

### **Deep Green in the Aura**

Deep Green is the color of growth, communication and expression. It reflects a strong connection with nature and the material world. You are quick minded, well spoken and are capable of living a balanced and harmonious life. Clear bright Deep Green shows a willingness to help others.

You have a strong connection with Mother Nature. Rich emerald tones show healing abilities, a love of people and a compassionate nature. Muddy or dark Deep Green shows a need for healing and an earthbound, inflexible personality. Deep Green is the color associated with the fourth or Heart Chakra, lungs, lymphatic and respiratory systems.

Do you often have high expectations of your self and those around you?

Are you impatient?

Are your relationships with your family and friends fulfilling?

Do you love yourself and do you feel accepted and loved by others?

Are you open to change in your life?

Are you in contact with nature, people, children or animals?

Are security, balance and harmony present in your life?

Are you expressing your deep inner feelings in a positive healthy way?

### **Deep Green Around the Head**

Clear and rich Deep Greens indicate that you are an outgoing and social person. You love to communicate and share your thoughts and emotions and make a great friend. You are goal-oriented and very quick minded in your dealings with others. It might be a good time to organize your life, finding more structure and security. Dark and muddy Deep Green may show intense emotional and mental energy and a possible irritable, angry nature. You may be in the middle of an intense personal growth crisis, processing many changes. You may be balancing your body, mind, heart and spirit. Being patient. Trusting your feelings and intuition is most important.

### **Deep Green on the Left Side**

Clear Deep Green shows that you are inwardly peaceful and balanced. You are in tune with your world and full of life and radiance. Life is easy and full of abundance right now. The energies of change, growth and perception are flowing into your aura. Dark muddy Deep Green indicates extreme sensibility and easily hurt feelings. You may be insecure, emotionally withdrawn and depressed. Intense emotional energies are flowing into your aura. Cultivate a meditative practice and find a compassionate friend to share your feelings with.

### **Deep Green on the Right Side**

Clear bright Deep Green indicates an openhearted, communicative and expressive nature. You get along well with almost everyone and you radiate a loving energy, attracting positive experiences like a powerful magnet. You love to teach and communicate your ideas, speaking your truth from a place of compassion and non judgment. Dark muddy Deep Green shows a closed-hearted nature, concerned more with self than with others. You may have difficulty setting limits and may often feel imposed upon. Your immune system might be under attack from the effects of internalized stress and there may be a need for healing on all levels.

### **Deep Green in the Heart Area**

Clear bright Deep Green shows that you are balanced in your heart, radiating peace and harmony. You emanate warmth and understanding, and others feel comfortable being around you. A rich emerald Deep Green indicates that you operate from your heart center, so that everyone can feel your love and your strong inner connection to the Divine. Dark and muddy Deep Green shows a blocked heart center and a need for personal healing. Intense emotions may have accumulated in your heart and relationships might be strained.

# Your Individual Aura Color Analysis

## Blue in the Aura

Blue indicates a strong sense of peace and calmness. Clear bright blue shows gentleness and a sensitive nature, while deeper blue shows communication ability and a love of conversation. Dark blue that is muddy shows a lack of energy and reveals emotions of loneliness, depression and melancholy. There can be isolation and a sense of being abandoned. Blue is the color associated with the fifth or Throat Chakra, neck, ears, sinus and respiratory system.

Are you more concerned about others than yourself?

Is it difficult for you to set your boundaries and to say NO?

Do you thrive in a healthy, loving and caring relationship?

Do you express your deepest emotions and feelings to others?

Do you have enough time to relax and recharge yourself?

## Blue Around the Head

Clear bright blue indicates that you are a powerful communicator who has abilities as a teacher and peacemaker. Your inner spiritual life is important and you have artistic and aesthetic sensibility. Clear deep blue shows your desire to be of service. You may be drawn to a humanitarian job or healing profession. Your love and compassion goes to everyone who needs it. Dark and muddy blue shows a withdrawal of personality. You may be introverted, feeling misunderstood, not wanting to deal with the world. You may need to escape through dreams and fantasies.

## Blue on the Left Side

Clear bright blue flowing into your aura shows harmony and peace coming into your life. You can communicate well, attracting others who understand your perception of life and benefit from your healing presence. Your sense of loyalty is strong and your thinking clear. Dark muddy blue indicates inhibited thinking and a need to withdraw and heal. You may feel misunderstood and trapped.

## Blue on the Right Side

Clear bright blue shows inner certainty, self-confidence and an internal connection with the Divine, manifesting in your outward personality. You are a calm focal point in any company, radiating peace, faith and hope. Deeper clear blue indicates your teaching ability and shows that you are able to communicate ideas and concepts easily. Muddy dark blue shows insecurity and unhappiness. Your



energy may be low and you may be too introverted. You may be depressed and feel that nothing seems to go right.

### **Blue in the Heart Area**

Clear, deep and bright blues in this area indicate that you speak from the heart with inner self-confidence and security. Your words are peaceful and healing. You are caring, sensitive and loving. Dark muddy blue in the heart shows that you have internalized unhappiness and pain.

## **Your Individual Aura Color Analysis**

### **Indigo in the Aura**

Indigo indicates a strong sense of inner sensitivity, peace and calmness. Clear bright Indigo shows deep inner feelings with powerful intuition. Your communication will be clear and precise with a loving touch. Dark muddy Indigo shows a lack of physical energy and reveals emotions of depression and melancholy. Your introverted nature can make you feel isolated, lonely or create a sense of being abandoned. Indigo is the color associated with the Third Eye Chakra, ears, eyes, nose, sinus and pituitary brain.

Are you more concerned about others than yourself?

Is it difficult for you to set your boundaries and to say NO?

Do you thrive in a healthy, loving and caring relationship?

Do you express your deepest emotions and feelings to others?

Do you have enough time to relax and recharge yourself?

Are you listening to and following your intuition?

Are you grounded and in touch with your physical reality?

### **Indigo Around the Head**

Bright Indigo indicates that you are a clear and precise thinker and communicator with powerful intuition. You express yourself carefully after you feel safe and understood. You have excellent abilities as a teacher and peacemaker. Your inner spiritual life is important and you have artistic and aesthetic sensibility. Clear deep Indigo shows your desire to be of service. You may be drawn to a humanitarian or healing profession. Dark and muddy Indigo shows a withdrawal of personality and energies. You may be introverted, feeling misunderstood, not wanting to deal with the world. You may need to escape through dreams and fantasies.

### **Indigo on the Left Side**

Clear bright Indigo flowing into your aura shows harmony and peace coming into your life. You have deep inner feelings that need to be expressed and communicated. Try to surround yourself with others who understand your perception of life and benefit from your healing presence. Your sense of loyalty is strong, your thinking clear and your intuition powerful. Dark muddy Indigo indicates inhibited thinking and a need to withdraw to replenish your energy. You may protect your deep inner feelings by being overly cautious and introverted. You may feel misunderstood and trapped.

### **Indigo on the Right Side**

Bright Indigo shows inner peace, calmness and a powerful connection with the Divine manifesting in a loving outward personality. Your intuition is strong. You are a centered focal point in any company, radiating peace, faith and hope. Deeper clear Indigo indicates your need to help others and shows that you are able to communicate your love and feelings. Muddy dark Indigo shows insecurity and unhappiness. You may be too introverted. Your physical energy might be low, your emotions and heart confused. Depression and insecurity can be overcome by expressing your feelings.

### **Indigo in the Heart Area**

Bright Indigo indicates that you speak from the heart and express your inner feelings with love and passion. Your words and emotions are centered, and your presence is peaceful and healing. You are caring, sensitive and loving. Dark muddy Indigo in the heart shows that you have internalized sadness and pain. You may need to open up and express your true feelings towards others. You have so much to give. Start now, by honoring and loving your self first.

## **Your Individual Aura Color Analysis**

### **Violet in the Aura**

Violet combines fiery dynamic red with cool peaceful blue. Often there is a great deal of electrifying power inwardly with a cool outward exterior. Bright violet shows a high mental level with spiritual knowledge and intuitive capacities. Clear bright violet and magenta shows a strong selfless love of humanity. Dark violet indicates deep inner feelings and perfectionist tendencies. There is a love of the secret mysteries, the initiate teachings and a mystical inclination that keeps Violets on a powerful spiritual path. Violet is the color associated with the seventh Crown Chakra, autonomous nervous system and the pineal brain.

Have you found your vision and fulfilled your destiny in this life yet?

What kind of meditation do you use to connect with your universal life energy?

Are you ever scattered or involved in too many projects at once?

Are you in contact with your intuition and inner guidance?

How do you express your physical and passionate energies?

Are you grounded and in touch with your physical reality?

### **Violet Around the Head**

Clear bright violet means that your capacity for intuitive perception is extremely high. You are very creative and your sensitivity enhances your subtle and artistic imagination. Your ability to channel divine energy could make you a healer. Dark and muddy violet suggests that you are not always very practical or clear in your expression. You may be inconsistent and incomprehensible. Your physical strength is probably limited and you may not be very grounded.

### **Violet on the Left Side**

Clear bright violet flowing into your aura brings you spiritual healing powers. You are a visionary and understand things intuitively. Dark violet flowing into your aura can indicate nervousness, tension or even illness. It can bring a time of withdrawal to initiate a search into the deep mysteries of life.

### **Violet on the Right Side**

Clear bright violet shows that you have great spiritual insight and your devotion has a healing effect on others. Many can sense the power emanating from you. You have strong intuitive ability, receiving impressions and visions, often without trying. You are idealistic and visionary, with psychic abilities. Dark and muddy violet can mean that you are physically tired and may have difficulty keeping your feet on the ground. You may have trouble meeting the demands of daily life and may need to rest often and ground yourself.

### **Violet in the Heart Area**

Clear bright violet indicates that you are a very spiritual soul who is dedicated to the highest ideals. You possess a strong capacity for impersonal love. People enjoy the healing vibrations emanating from your open heart. Dark and muddy violet is a sign that you have weakened your heart Chakra. Your intuitions may not be accurate and your ability to interact with others might be strained. There may be tension in your heart center and you might need healing.

# Your Individual Aura Color Analysis

## Lavender in the Aura

Lavender combines artistic visionary violet with the etheric and spiritual white. Lavender indicates strong intuition and imagination. You may be in a sensitive, transcendent state of mind and body right now, filled with radiant spirituality.

Clear bright Lavender shows a strong selfless love of humanity and a powerful connection with the Divine. Dark muddy Lavender indicates deep inner feelings and an imaginative mind that often has difficulty connecting to this harsh world. Your biggest challenge may be to bring your ideas and visions in the physical reality. Often others might see you as ungrounded, scattered or confused. Lavender is the color associated with the seventh Crown Chakra, autonomous nervous system and the pineal brain.

Have you realized your vision and are you fulfilling your destiny in this life?

What kind of meditation do you use to connect with your universal life energy?

Are you ever scattered or involved in too many projects at once?

Do you take care of your physical body and ground yourself?

Are you able to express your ideas and create physical results?

Are you giving away your energies to those around you?

Are you connected with your emotions and do you communicate them?

## Lavender Around the Head

Clear bright Lavender means that your capacity for intuitive perception is extremely high. You are very creative and your sensitivity enhances your subtle and artistic imagination. Your ability to channel divine energy could make you a healer, visionary artist or inspirational spiritual teacher. Dark muddy Lavender suggests that you are not always very practical or clear in your expression. You may be inconsistent and incomprehensible. Your physical strength might be limited and you may not be very grounded.

## Lavender on the Left Side

Clear bright Lavender flowing into your aura brings you spiritual healing powers. You are an imaginative visionary, processing a deep understanding of spirituality with powerful intuition. Dark muddy Lavender flowing into your aura can indicate nervousness, tension or even dis-ease. It may be a time of withdrawal to initiate a search into the deep mysteries of life. Reconnecting with your physical body and your emotions might be essential in your path of healing and self empowerment.

### Lavender on the Right Side

Clear bright Lavender shows that you have great spiritual and intuitive insight, and your energy has a healing effect on others. Many can sense the power emanating from you. You may be receiving impressions and visions, often without trying. You are idealistic and futuristic, with psychic abilities. Dark and muddy Lavender can mean that you are physically tired and may have difficulty staying grounded. You might have trouble meeting the demands of daily life, needing to rest often. Ground yourself and recharge to allow your powerful spiritual energies to flow harmoniously.

### Lavender in the Heart Area

Clear Lavender indicates that you are a very spiritual soul who is dedicated to the highest ideals. You possess a strong capacity for impersonal and unconditional love. People enjoy the powerful healing vibrations emanating from your open heart. Dark muddy Lavender is a sign that you have a weakened heart and reconnecting with your true inner feelings is essential. Your intuitions may not be accurate and your ability to interact with others might be strained. Your heart center may be open too much and you might be giving too much energy to those around you.

## Your Individual Aura Color Analysis

### White in the Aura

White contains all the colors in perfect harmony and balance. It shows a transcendent, spiritual and higher dimensional existence. White indicates an enlightened state connected with divine energy. White is sometimes too heavenly and spiritual and therefore can indicate someone who is not really anchored into the physical body. Clear white shows meditative practice and spiritual discipline that has been followed for many years. White is the color associated with the seventh or Crown Chakra, pineal gland, head, central nervous system and spirituality.

How do you take care of your sensitive physical body?

Do you have fulfilling relationships with friends and family?

Are you connected to nature?

What do you do to stay in a healing, transcendent state of mind?

Is it a challenge for you to focus or concentrate?

Are you grounded and connected to the physical world?

How do you express your healing energies and spirituality?

### **White Around the Head**

White shows that your mind and spirit are engaged in an expansion of consciousness. It can be meditating, spiritual art, channeling or healing work. You are aware of these higher energies and are interested in the Divine and the inner mysteries of life.

### **White on the Left**

White flowing into your aura indicates a high frequency of energy for you to embrace. It can be an indication that you are allowing divine energy into your life through meditation or channeling. Intense white spots may show energy blockages and a need to deal with hidden or denied emotional issues.

### **White on the Right**

White indicates an abundance of energy that is available. This energy is of a very high level and can be directed wherever it is needed. You have a deep connection to this Divine energy and a commitment to spiritual practice. This is the aura of meditation and enlightenment. White spots may show energy blocks and pain. You might need to reach out to healers or medical professionals to help you resolve issues.

### **White in the Heart Area**

White in the heart area indicates that you have accumulated incredible energy. It can also mean you may open your heart too widely and therefore may need to protect your self from the demands of others. If white is harmonious with the aura there is great spiritual knowledge in your heart.



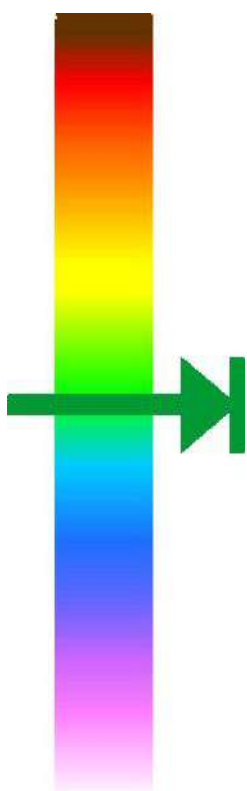
## AURA COLOR PERSONALITY TYPES

---

### YOUR AURA COLOR TYPE

The Aura Color in the Center of the Aura Chakra Image is reflecting your Personality Type or Traits. It is important to know the meaning of each personality aura color type. Most people vibrate in the same color range most the time. This base color range is connected to the personality type.

Here is a quick overview of the Aura Color Personality Types:



**DEEP-RED** physical, hardworking, power, realistic, vital, grounded, strength, stamina

**RED** excitement, physical, energetic, competitive, winner, will-power, sexual, entrepreneur

**ORANGE** productive, physical and creative expression, adventurer, business, enjoyment

**ORANGE-YELLOW** analytical, intellectual, detail oriented, logical, structured, scientific

**YELLOW** playful, sunny, easy going, creative, intellectual, entertaining, curious, active

**GREEN** social, natural, content, harmony, teacher, communicative, quick minded

**DEEP-GREEN** quick minded, goal-oriented, social, material, communicative, organizer

**BLUE** caring, sensitive, loving, helpful, loyal, peaceful, desire to be of service, nurturing

**INDIGO** clarity, calm, deep inner feelings, loving, loyal, introverted, inner values, artistic

**VIOLET** intuitive, artistic, sensual, theorist, futuristic, visionary, charismatic, innovative

**LAVENDER** imaginative, mystical, fantasy, soft, fragile, sensitive, often spacy, etheric

**WHITE** transcendent, transformation, imaginative, quiet, higher dimensions, spiritual

Please continue studying the detailed Aura Color Personality Texts below.

## DEEP-RED PERSONALITIES

The following are the qualities and action words associated with DEEP RED personalities:

Area	Description
<i>Physical</i>	Hardworking, physical, realistic, grounded, practical, expression of vital energy, overworked, stressed.
<i>Emotional</i>	Intensely physical, repressed, loyal, strong, honest, prone to anger, rage.
<i>Mental</i>	Linear, realistic, physical orientation, will power, forceful, thinking.
<i>Spiritual</i>	Physical ideals, God is a physical entity, not a top priority.
<i>Motivation</i>	Survival, physical expression, physical appetite and exploration.
<i>Mission/Vision</i>	Explore physical reality without fear, find creative expressions.
<i>Growth</i>	Slow, but sometimes explosive, linear, simple.
<i>Exercise</i>	Powerful, physical activities, like boxing, bodybuilding, football.
<i>Recharge battery</i>	Harmonious physical and emotional expression, focus on positive beliefs and creative projects, confront fears and feelings of survival.
<i>Communication</i>	Slow but strong, deep voice, simple language.
<i>Interaction</i>	Love to work and physically help others, overpowering, intense.
<i>Relationships</i>	Loners, partner provides basic needs for living, security.
<i>Social, Friends</i>	Conservative, conventional, hang out with friends in clubs.
<i>Sex, Intimacy</i>	Emotionally open only to close friends, physical pleasure, emotional release.
<i>Money</i>	Security, survival, often need to work hard for their money.
<i>Success</i>	Express themselves and explore physical reality, hard work, struggles or resistance to achieve results.
<i>Occupation</i>	Enjoy all physical work and activities.
<i>Career</i>	Keep others going, powerful helpers and support people.



## **MIND/BODY**

Deep-Red personalities are grounded, living a powerful and intense life, interacting with physical reality, as they know it. They experience life on a physical level and love to explore all possibilities, which this world has to offer. They believe mostly in what they can perceive through their five senses.

The motivation in life for Deep-Red personalities is to experience material reality with courage, strength and fullness. They have to go beyond feelings and thoughts of survival, resistance and fear to live their full potential. Deep-Reds are powerful individuals who know the importance of physical reality and its wonders.

Deep-Reds normally have strong material constitutions and love to express themselves through their bodies. They are easily recognized by their well-developed physiques. They also need to express their powerful energy to stay balanced and centered. Because of their strength, hard physical work and sports are satisfying activities for them. Physical motion is essential for their powerful life energy to be expressed and released. Participating in sports like boxing, football, basketball or other activities, which need impulsive physical energy are good ways for Deep-Reds to express and release energy.

In harmony, Deep-Reds exhibit courage, trustworthiness, perseverance and honesty. They are hard working personalities with an intense desire to survive. Their life purpose is to explore and experience the physical world with joy and vitality. It is essential for them to confront their obstacles, going beyond their fears. Deep-Reds in balance express themselves physically and emotionally, experiencing a joyful and positive outlook towards life.

Deep-Red personalities are practical and down-to-earth. They are conservative thinkers and perceive life through their physical, practical mind. Their thinking is not abstract or complex. Reality is very tangible for them. A fact is fact. They believe in what they can see, hear, feel and smell.

Abstract or philosophical concepts and thoughts make them uneasy or impatient. They don't have the time or the patience to think about what appears to them to be unrealistic ideas. Deep-Reds love to explore, but usually stay on the physical reality looking at all its complexities and possibilities.

Because Deep-Reds are not very interested in unorthodox or unfamiliar ideas, they may often accept society's way of living and go along with mass consciousness. They are loyal to their families, governments and society in general. Living within the rules of society gives Deep-Reds a certain security and knowledge that they are doing things the right way.

Deep-Reds are sincere and honest. In harmony, they know how to express their intense emotional and physical energies. They have learned to control their energy and to direct their powerful vital force into positive, creative endeavors.

Deep-Reds are practical, hardheaded and hard working. They love to achieve and to have immediate results. As a result of enjoying such an active, intense physical life, they may be overworked, overactive and stressed. It may be a challenge for them to relax.

In an unbalanced life, being overworked and overactive is a common state for a Deep-Red. They cannot be encouraged to be calm or to relax. Their powerful energy drives them forward and gives them enough stamina and strength to do the work of two people. They may always be physically

active and busy. They may be constantly on the run with one activity after the other, having more than one job at the same time. One of their main challenges is to relax their body and mind.

They try to provide a good physical life for themselves and their family. Their biggest fears are of death and poverty. Subsequently, they are constantly confronted with challenges of survival in their lives. Deep-Reds are sensitive and easily hurt, although they have a tendency of not showing it. Rather, they often cover up emotions with powerful physical behavior. Deep-Reds may often project their anger and frustrations onto others because they are impulsive and explosive.

Deep-Reds have a great need to express their intense physical and emotional energy. And they have to express their feelings through their physical bodies.

Deep-Reds have a challenge communicating their innermost feelings. The test is to learn to talk about or share their thoughts and emotions with those close to them. Being sensitive and clear about their feelings is an essential step towards a free healthy expression of themselves.

If Deep-Red personalities are out of harmony they may exhibit an impulsive, explosive or violent temper. If things don't go their way they may be annoyed and frustrated. Out of power, their rage is often released through their physical bodies.

They may unconsciously let go of any intense blocked energy through aggressive actions, such as physical fighting and even destroying or damaging physical property.

Deep-Reds have to understand that they need to express this powerful energy, which is inside of them through their physical body. It's not a matter of thinking about it or solving problems emotionally or mentally. They need to find a physical outlet. Once they find positive channels of expression, Deep-Reds will be productive, creative and happy individuals.

Deep-Reds can be stubborn. Once they have decided on a direction, it is difficult for them to stop or even change. They want things their way. Openness for new situations and flexibility are important qualities to understand and learn.

Deep-Reds may often experience an emotional overload. Not expressing their feelings is the worst thing that can happen to them. They will feel depressed, powerless, overloaded and find no reason to live. Unexpressed emotions will accumulate inside and create many challenges and obstacles in their life. Therefore, Deep-Reds need to be sensitive towards their inner feelings and emotions, finding positive creative outlets for their powerful energies.

It is not easy for Deep-Reds to open up toward others. They may hide their innermost feelings and thoughts, often seen as insensitive, loud and intense beings. They need to understand that being sensitive doesn't mean they aren't powerful and strong. Developing physical and emotional sensitivity is an important step toward success and self empowerment.

## **SOCIAL LIFE**

Deep-Reds are conservative, easily accepting the rules and norms of society. Actually, it gives them a sense of security and belonging. Deep-Reds are found in all areas of society. They are wonderful helpers and support their families and communities to the best of their abilities.

Deep-Reds love to just hang out with their friends, drink a beer, and watch football, soccer or boxing. This is relaxing for them and they may often be seen more in their favorite bar with friends, then at home. They need other people in their life. A sense of community allows them to forget their fear of being alone.

Verbal communication is not the favorite activity of Deep-Reds. They may not be very articulate. They prefer simple gatherings much more than sophisticated, intellectual conversations. Even if Deep-Reds do enjoy parties, they are careful with whom they get involved. They will open up only for their long-time friends or people they know they can trust.

Deep-Reds like people who are on their own level of understanding. Experiencing, sharing and talking about their world of action, sports, achievements and sex, is enjoyable for them.

Although spirituality or religion may not be important issues in their lives, they might go to church to enjoy the social aspects. Deep-Reds like the gatherings around the church but in reality may not be very concerned with religion. Physical reality and nature are reflections of God that inspire them to understand and experience all that material reality has to offer.

## **RELATIONSHIPS AND INTIMACY**

It is a challenge for a Deep-Red personality to live in a sensitive, long-lasting relationship that is emotionally open. Although they love to go out with friends, it is a challenge to allow themselves to have deeper connections which require sensitivity and real intimacy. But once they have committed to a partner, Deep-Reds are very loyal and devoted, taking pride in caring for their mate.

In power, Deep-Reds have a healthy attitude towards their sexuality. To them, sex is an essential and an integral part of making them feel more alive. It is a natural expression of love and power. Orgasm may be one of the ways Deep-Reds can reach an ecstatic state of mind. Sex may not involve love and commitment, but is a physical pleasure to be enjoyed and experienced. Expressing themselves through their physical body, while enjoying sex is a natural state of being.

Deep-Reds need time for themselves. Their partners must allow them enough physical freedom and independence to explore their own world at their own pace.

Deep-Reds are usually compatible with Orange-Yellow or other Deep-Red personalities. They are most likely to understand each other, sharing a similar sense of stability, reliability, physical attitude and behavior.

Deep-Reds like to be around peaceful Blue or relaxed Green personalities. However, they may have a challenge understanding their sensitivity, deep feelings and their need to communicate verbally and emotionally. Even so, they can both still learn a lot from each other. Intelligent Yellows usually have interesting experiences with intense and physical Deep-Reds.

Deep-Reds seem to have more challenges in relating with Lavender and White personalities. These personality types are at the opposite end of the color spectrum and therefore experience life very differently. Compassion, understanding and sensitivity on both parts will help these personality types to relate to each other.

Deep-Reds may have challenges with the ambitions and mental power of Deep-Greens. And it is possible that Violets or Indigos will be too spiritual or visionary for the materialistic perceptions of a Deep-Red.

Deep-Red personalities need to have enough physical space for themselves in all their relationships. Their greatest challenge is to not only create relationships on a physical level, but real, intimate relationships on an emotional, mental and spiritual level.

## **CAREER AND FINANCES**

Deep-Reds are hard working always integrating perseverance and stamina. They shine whenever strong physical power and strength are needed. They are excellent in finishing projects because they have tremendous endurance and are willing to push themselves to the limit when many others don't have the same drive.

Deep-Reds want to "see" what they do. They need to achieve immediate and concrete results and also need to control the outcome of their hard work. They enjoy clearly defined concepts or activities.

If Deep-Reds are in harmony they can be powerful workers and team players. Through their courage and strength, they are able to play an important part in a work environment. As long as they are able to balance their emotions and their physical power they will be accepted and appreciated by their colleagues.

Deep-Reds can handle their challenges most effectively if they maintain a positive attitude. They possess enough physical stamina and energy to achieve virtually anything. Their physical bodies are considerably stronger than those of most other people. One key is to remain optimistic, generating their intense energy in worth while endeavors. What they need to attempt to do above all else is to keep an open mind balanced with emotional clarity.

For Deep-Reds to achieve harmony and fulfillment in their lives, they must go beyond their basic survival mechanisms and physical activities, converting those drives into personal responsibility and creativity with a positive view of life.

Money translates into security, which in turn creates the means and ability to explore the physical reality. Otherwise, money has very little meaning to Deep-Reds. As long as they have the ability to make a substantial living they will be happy and content.

Out of power, Deep-Reds are often confronted with intense challenges for survival. Although they live a basic life style, they may sometimes have challenges making enough money. Their fear of survival and also their fear of death are the most dangerous blocks and difficulties for them to overcome. A positive perspective toward life and an awareness of their strong physical life energy will give them the balance they need to be successful.

Some Deep-Red occupations are: mechanic, farmer, truck-driver, bartender, furniture mover, construction worker, bodyguard, policeman, firefighter, boxer or surgeon.

## **HEALTH, WELL-BEING AND GROWTH**

To remain in harmony Deep-Red personalities must live and express their full potential. They need to find creative and practical ways of using their strength and physical power. Sports, building a house, fixing a car, working in the garden or other physical activities will help Deep- Reds to tap into their creative power.

Because of their powerful physical energy, many Deep-Reds have a challenge relaxing or being calm. Finding a harmonious expression for their intense power is key. They must find positive, healthy and safe ways to express their intense physical and emotional energy. These outlets may be found in sports or exercise, therapy and various forms of physical creativity. Their test is to live their power in a creative way, releasing their physical/emotional energy without hurting themselves or others. Not relaxing and not being in touch with their feelings for long periods of time will deplete their life energy.

Deep-Reds also need to find and establish positive beliefs. Mental openness combined with courage, will assist them greatly in achieving their goals and desires. Positive thinking is most important and will help Deep-Red personalities to master their own life.

If Deep-Reds are able to share their inner feelings and open up for deeper communication, they will find a harmonious world of sensitivity and treasures. Remaining aware of their own true feelings and finding creative outlets of expression are valuable and important steps to free the powerful life energy of a Deep-Red.

The moment a Deep-Red honestly decides to channel their energy into personal growth and expansion, their life will experience a tremendous shift towards success and happiness. Their challenge is to know that there is more to life than the mere physical. When they realize that everyone has to shape their own destiny, and when they have enough positivity and understanding, they will come to terms with their power and will be able to make necessary changes in their life in a healthy way.

Deep-Reds need to move their body. Not only watching sports, but participating actively on a regular basis will help them tune into their creative, emotional power. All physical activities and sports combined with awareness and sensitivity are good and beneficial for Deep-Red personalities.

Practical applications and changes for a Deep-Red personality need to start with the physical body. For Deep-Reds a rich and well-balanced nutritional diet is the basis for a healthy body/mind. Eating food that is light, low fat and rich in nutrients will not only release additional physical energy, but also free toxins in the body.

The essential step for Deep-Reds is to take responsibility for their own life. The moment they make the conscious decision to change their outer focus of basic survival to an inner sense of responsibility for their action, thoughts and feelings, they will experience incredible growth and self power beyond anything they could ever have expected.

## **RED PERSONALITIES**

The following are the qualities and action words associated with RED personalities:

<b>Area</b>	<b>Description</b>
<i>Physical</i>	Physical vitality, energetic, powerful action, leader, practical, stamina, sexual, vital force, over activity.
<i>Emotional</i>	Excitement, passion, sensual, driven by their desire, confident, impulsive stimulation, explosive temper, anger.
<i>Mental</i>	Will power, competitive, will to win, excitement, direct..
<i>Spiritual</i>	God is physical reality and is reflected in every positive action.
<i>Motivation</i>	Success, winner, full and intense life.
<i>Mission/Vision</i>	Experience and enjoy life in the Here and Now.
<i>Growth</i>	Explosive, expansion with strength and persistence
<i>Exercise</i>	Body building, football, soccer, running, all competitive and professional sports, aerobics, jogging, dancing,
<i>Recharge battery</i>	Integrate will power with love, balance their physical and emotional expression, social, candid behavior
<i>Communication</i>	Intense, loud voice, forceful, fast communicators, straight forward.
<i>Interaction</i>	Impulsive, electric, explosive, powerful, exciting, direct.
<i>Relationships</i>	Enjoyment, stimulation, generally short-lasting partnerships.
<i>Social, Friends</i>	Center of attention, very active, straightforward.
<i>Sex, Intimacy</i>	Eroticism, stimulation, excitement, passionate lovers.
<i>Money</i>	Security, sign of success, physical influence & power, impulsive spenders.
<i>Success</i>	Do everything to be successful and win, success is power.
<i>Occupation</i>	Active, stimulating jobs with possibility to succeed and win, need change.
<i>Career</i>	Leader, sales, enterprising, productivity, entrepreneurs.

## MIND/BODY

Red personalities find great pleasure in expressing themselves through their sexuality and their physical body. They live life in the Here and Now with strength, courage and confidence. Reality is tangible for them because they see, hear, feel and smell it. These personalities have a remarkably strong will power and they enjoy all physical aspects of life. Reds are powerful, energetic and are often found in cooperative enterprises or leadership positions.

Reds perceive life through physical reality and through action. Their primary motivation is to feel alive and strong. They are constantly looking for excitement, judging their environment and success by how powerful and competitive they are. Reds strive to be successful and are born winners. They are passionate about life. They represent the fire element: physical love, passion, heat and desire. The more excitement they experience, the more alive they will feel.

Reds are practical, action-oriented, loving to achieve results. They have an insatiable urge to win and create something valuable and important in their life. Their strong will power and intense, almost unlimited physical energy, allows them to be extremely active, persistent and successful in virtually anything they do.

Other people might sometimes experience the power of a Red as overwhelming. Their exciting physical and emotional energy may just be, "too much" for them.

Reds love to live in an exciting and stimulating atmosphere at work or in their private lives, which other people might consider to be stressful and tense. They have a tendency of pushing and forcing themselves to the maximum. They need to prove, mostly to themselves, that they can do anything and everything they want.

Reds are truly social people. They enjoy just hanging out with their friends and buddies. A typical idea of having a good time might include dancing all night, celebrating virtually anything with friends or spending a passionate night with their lover.

While Reds may be open and communicative, they are not very effective when it comes to talking about their deep inner feelings. They may not have learned to talk about or share their intimate thoughts and feelings. Being sensitive and clear is an essential step towards a free expression of their inner self. Reds experience their emotions and feelings through their physical body. In this way, they are very sensual beings.

In harmony Reds are energetic, optimistic, honest and loyal. They outwardly radiate strength and persistence with an intensive desire to live life to its fullest. For Reds, the purpose in life is to completely experience the physical world with joy, courage and energy. Reds can truly show humanity the power, strength and vitality of a human being.

A Red needs a high degree of independence and physical freedom. They love to explore all facets of physical reality. They also enjoy the power and the thrill of exploration and adventure. Reds can be completely unique and individual. They are capable of generating so much passion through unconventional ways of expressing themselves, that they sometimes will not fit into society's stereotyped picture of a normal citizen. However, Red personalities are used to this uniqueness and in fact, thrive on it. Strangely enough, they have a tendency of being loners who just happen to have lots of friends.

Reds are curious, insistent and intrusive. They are passionately interested in all aspects of life. If you desire a life filled with excitement and action, join forces with a Red personality. They have difficulty with exercising patience or waiting for projects to develop. They want everything immediately and are not afraid to insist that their ideas and goals are the most important right now. Reds not only know how to get attention, but also how to get what they want. Their powerful, physical-emotional energies combined with strong will power, gives them the right tools and the drive to be successful in their competitive, materialistic world.

Reds can become impatient and frustrated easily if things do not go their way. They feel more comfortable in taking physical action on a given situation rather than exploring vague, mental concepts. Learning by actually doing is a concept they are much more familiar with. It is easier for Reds to learn how to dance, to dismantle a car or to sell life insurance, if they can physically do it themselves. Classroom learning is not tangible for them. Structured instruction and most book learning situations require mental concepts that are not real or physically touchable without intense concentration.

Because powerful, physical and emotional energies are constantly running through the body of a Red, it is difficult for them to sit still and be calm. The only way to achieve balance and harmony is to move the physical body and find ways of balancing this power inside. If Reds find positive outlets for their physical-emotional energy, they will become very powerful and will be able to manifest their dreams. Sports, which require physical stamina and strength, are wonderful outlets for their powerful, impulsive energies.

If Red personalities are out of harmony they might feel emotionally or physically exhausted. They can become frustrated, depressed or physically / emotionally explosive. Out of power, their strong emotional and physical energies may be released through a physical fight, an intense sexual encounter or emotional burn out and exhaustion.

It is difficult to be around an out-of-power Red because they can be demanding, intense, explosive and have a constant need to be the center of attention.

Unbalanced Reds can exhibit an intense, pushy and controlling personality. However, they may not be aware of it because their constant, fast action and their need to win and achieve, has a tendency of clouding their perceptions. They are unaware that others might not want to go along with that particular speed and intensity. Out of power Reds, without giving any thought to it, easily disrespect the feelings and boundaries of those around them.



Reds will listen to spiritual or mystical subjects, but they may be much too grounded in their own realism to be open to these thoughts. On the other hand, Reds might occasionally see the excitement and power of spirituality and decide to find out what it is really all about.

Because of their passionate energy, their will power and their urge to be in the front seat, Reds can become powerful leaders. The spirituality of a Red is tangible. They might perceive God as a powerful human being who is in control and knows how to guide human life. But Reds may be too eccentric and unorthodox to be caught in organized religion.

## **SOCIAL LIFE**

Reds are social personalities. They love to be around people. Socializing and just hanging out with their friends, buddies, or partners is a favorite activity of Reds. They will easily find friends and people to talk to wherever they go. They have a tendency of radiating an aura of attraction and excitement around themselves. At parties Reds are usually the center of attention. They enjoy being surrounded by beautiful men or women.

Their vibrant, energetic and stimulating personality, combined with power and vitality, makes them fun to be with. Reds love to interact with others, always interested in hearing their opinions and sharing their own ideas.

Reds can be eccentric and unique. Because of their strong individuality and their powerful sense of originality, they may have difficulty in conforming with the norms of society. Their unusual and rather distinctive behavior and dress can occasionally be shocking to a more conservative person.

Reds may sometimes be sensitive and easily hurt, although they many not want to show their sensitivity. They may also be very emotional. They need to express their feelings and emotions to experience peace and harmony. Similar to Greens, Red personalities usually express their emotions and feelings naturally. They need to release their impulsive, intense energy. And, they usually have to express these feelings through their physical bodies.

Being powerful communicators, they prefer social or business meetings to sophisticated, intellectual conversations. Reds enjoy parties and large gatherings, although they are careful with whom they get involved. They usually only open up to their long-time friends or people they know they can trust. Reds feel most comfortable with people who understand their desires and goals.

## **RELATIONSHIPS AND INTIMACY**

Reds are sexual beings and have a strong appetite for life. They love to be physically and emotionally aroused and love to stimulate others just as much. They are driven by their desires. They also love to confront and shock, just to see reactions and emotional responses. Sex means life to Reds. It is the essential force in their universe.

Sex for these realists is a desire-filled, sensual and passionate experience. Life in a physical body is to be fully enjoyed in every aspect.

It is a challenge for a Red personality to live in a sensitive, long-lasting and emotionally open relationship. They may focus on short-term, exciting relationships and encounters. Reds have a lot of friends, but only a few are close and intimate. They may prefer the romantic feeling of an initial attraction and the excitement of meeting a new partner. They love to play with fire.

Because of their sexual drive, Reds may not be monogamous. Their sexual power attracts many good-looking women or men. A Red will feel sexual orgasm as the highest of experiences. For them it is almost the same as spiritual enlightenment.

Reds love to go out with their friends, dance all night or hang out in bars or clubs. If they have the courage to engage themselves in a close relationship, they will most likely need some physical freedom from their partners occasionally. If passion, sex and excitement are present in their relationship, Reds make very honest and loyal partners.

Reds are often attracted to Color Personalities in their own color range (Deep-Red, Red & Orange). Reds like the excitement and stimulation of love, attracting many partners. But intimacy and deeper understanding may be a challenge for them.

A Red interacting with another Red is often like an explosion or a fiery competition. However, they seem to be very good mirrors for each other. Yellows add to the sexual and physical power of Reds by being playful and fun.

The Orange adventurer and the Red winner both need a lot of time to themselves. These close relationships may need a lot of space with deep understanding for each other. For healthy productive relationships or for successful interactions with Blues, Indigos, Lavenders and Whites, Reds must understand their sensitivity and need for inner peace.

Reds seem to be attracted to Green and Deep-Green personalities because of their mental quickness, elegance and inner power. And, because of their visionary and innovative traits, Violets match well with Reds, though a lot of sensitivity on both parts is necessary. The divine vision of a Violet and the passionate physical nature of a Red can create miracles on earth.

In general, Red personalities may need to understand that others are not as physically dynamic and as ambitious as they are. Sensitivity and awareness toward others will create fulfilling relationships.

## **CAREER AND FINANCE**

It is virtually impossible to stop a Red when they have decided to achieve a certain goal. They have tremendous drive to finish projects. They lead others with their invincible will power. For a Red, "No" is not an acceptable answer. They will insist on success, encouraging maximum effort of those on their team.

Reds do not lead with strategy or vision, but with courage and strength. Reds can best solve their challenges if they stay active with positive expectations and ideas. They do not like sitting around discussing theories. Reds come up with creative, but sometimes unorthodox ideas. They want to be physically involved in solving the challenges at hand. If things don't go their way, Reds may become impatient, angry or frustrated with themselves, close friends or associates. This intense tendency creates frictions in a group environment.

However, if they stay emotionally and mentally open, they can be very creative and powerful problem solvers. Wherever stamina, courage and strength are required, Reds are welcome team players.

Once they have firmly decided on a direction, the challenge of a Red is to learn to accept other options and solutions. The more open and flexible they are, the better they understand where to change directions and push various projects to successful completion.

Money is an important issue to Reds mainly because it represents power in our society. They know how to make a good income. Reds often own their own businesses or are found in leadership positions. Their motivation is the money they make while actively participating in exciting challenging projects.

Reds are independent and self reliant. They do not like to be told what to do, when to do it or what to believe in. They often choose occupations, which allow them to be their own boss and express their own ideas as individuals. They want to control and be the master of their own life. Many Reds enjoy being alone and focusing on their work. They thrive if they have the freedom to find the best and most efficient way to achieve goals. Their challenge is to learn to cooperate effectively in team situations.

Some Red personalities prefer physical work, which allows them the opportunity to release some of their dynamic energy through their bodies. They have a deep seeded desire to be the best and will do "whatever it takes" to accomplish their goals. They have a need to be in control of their work and their life. Competitive, exciting, interesting jobs are attractive to Reds. Because of their will to achieve and to finish projects, Reds can be vitally important in any work environment.

Some Red occupations include: entrepreneur, sports professional, sales person, marketing executive, manager, surgeon, leader in any field, athlete, dancer, and model.

## **HEALTH, WELL-BEING AND GROWTH**

Reds have tremendous physical and emotional energies. If they learn how to find positive outlets for this dynamic force, channeling their life energy into creative projects and positive actions, they will be very successful and happy individuals.

To remain in harmony Red personalities must live and express their full potential. They must find positive activities to express their powerful, explosive and intensive energy, such as sports, exercise, work or creativity. They must also learn to live their power in a creative way and release their intense physical and emotional energies without hurting themselves or others.

When Reds learn to be sensitive enough to be in touch with their own feelings as well as others, they will experience more love and acceptance in their lives. The challenge for Reds is to relax, be calm or to just do nothing. They have so much vital energy. A good way for Reds to let go and relax is to engage in a type of "centered awareness in action," where there is a relaxed activity for them to positively and safely release their energy. So physical activities and sports are wonderful ways to express this vital force. Jogging, swimming and dancing will help them to relax. Reds often experience this relaxation much like it was a "high." Reds can also relax and unwind by watching sports on television.

Reds eventually need to understand that winning is not everything in life. They will often feel a certain emptiness after they have achieved their goals, wondering what is next. Finding highly positive and humanitarian goals will enable them to feel good about their achievements and to enjoy living in the present.

Reds recharge their life energy batteries by finding creative ways of expressing physical activities. When they can effectively express their feelings staying sensitive and open, they will experience a deeper and more fulfilling sense of their purpose -- which is ultimately what they really crave. Reds don't need to recharge themselves in a conventional sense. Reds represent fire, vital energy, will power and passion. Developing a positive outlook with positive expectations that benefit themselves and their fellow man, will guide Reds toward a personally meaningful existence with abundance on all levels. Thus, they will be in their true power.

## **ORANGE PERSONALITIES**

The following are the qualities and action words associated with ORANGE personalities:

<b>Area</b>	<b>Description</b>
<i><b>Physical</b></i>	Adventurous, physical, creative, thrill seeker, love to form shape and challenge physical reality, exciting.
<i><b>Emotional</b></i>	Happiness, pleasure, positivity, strength, sympathetic, enjoyment of physical reality, self confidence, curiosity, emotional stress.
<i><b>Mental</b></i>	Creative, planner, analyzer, productive, ambitious, challenged, controlling, need for action, conviction, tension.
<i><b>Spiritual</b></i>	Experience peace and bliss in their adventures or creative projects.
<i><b>Motivation</b></i>	Adventurer, thrill of experience, striving to complete projects, excitement or adrenaline rush.
<i><b>Mission/Vision</b></i>	To live their creative potential with pleasure and enjoyment.
<i><b>Growth</b></i>	Step-by-step, planned, powerful, strong, connected to the earth.
<i><b>Exercise</b></i>	Adventurous, outdoor activities, mountain climbing, racing, surfing.
<i><b>Recharge battery</b></i>	Relaxation of mind and body, harmonious creative expression, enjoy life.
<i><b>Communication</b></i>	Forceful, direct and forthright.
<i><b>Interaction</b></i>	Strong and powerful, goal oriented, controlling and manipulative.
<i><b>Relationships</b></i>	Companionship, independent individuals, appear self-centered.
<i><b>Social, Friends</b></i>	Physical and mentally attractive characters, few close friends.
<i><b>Sex, Intimacy</b></i>	Fun and pleasure, physical exercise and release, non-commitment.
<i><b>Money</b></i>	Needed for adventures and creative projects.
<i><b>Success</b></i>	Level of pleasure and creativity, achieve their own goals.
<i><b>Occupation</b></i>	Free-lance, need physical freedom and independence.
<i><b>Career</b></i>	Found in business, marketing, sales, manager, organizer, entrepreneur.

## **MIND/BODY**

Orange personalities are the creative adventurers in the color spectrum. They have an inner urge to be creative and active, enjoying life to its fullest. They are individual and independent while integrating physical, mental and emotional qualities. They enjoy the challenge and excitement of forming and shaping physical reality. Orange personalities love to imagine and plan strategies for their next adventure or project and then put those plans into action. They need to be involved in the actual working process. They have difficulty sitting back and letting other people do things for them. They are always busy analyzing, organizing and building.

The motivation in life of an Orange is based on how much pleasure and satisfaction they get out of their own adventures, challenges and creative projects. They want to live out their own ideas.

They plan and orchestrate their creative projects extremely well showing themselves and others that they can achieve the results they are aiming for.

Conquering and overcoming the obstacles of the impossible, either within their own mind or within physical reality, is primarily what they are seeking. They also need to convince others of their abilities to be in control of their own success. For these creative adventurers, life is real, concrete and tangible.

Oranges have a need to be in charge of their own physical and mental reality. Their challenge is to integrate this with their emotional body. Sometimes letting go for an Orange means to lose control. Relaxation is key for the balance of these physically or mentally active personalities. The outlet for their adventurous energy is physical or mental creativity with a clear sense of their own emotions.

Physical Orange personalities thrive on excitement, adventure, thrill and danger. They enjoy challenging and conquering all facets of physical, mental and emotional reality. They love to discover their own limitations on all levels and then expand upon them.

Some Orange personalities create unusual, risky and dangerous situations for the purpose of feeling more alive. They love the rush of adrenaline. The prospect of having a family may sound too conservative to these adventurers. Philosophies and concepts of spirituality may not be a focus for them. When Oranges focus that powerful mind energy they have on getting in touch with their feelings, they will open themselves tremendously to new avenues of personal awareness and fulfillment.

Many Orange personalities were found in the past, especially in the pages of history where physical adventure and courage were needed for survival, and when traveling into new territories, discovering new lands and conquering nature or other nations was the way of living.

In today's civilized society these qualities are not needed as much as they were back then. This would explain why most Orange personalities channel their energies into physically creative projects and adventures.

A large percentage of Orange personalities channel their stimulating energies into mental and creative activities versus physical. They are active with their minds and more open to their emotions, executing ideas into physical manifestation. They enjoy working on new, daring enterprises and projects, which promise to be challenging, exiting and adventurous. These courageous people love to do business, create companies, sell and market products, plan and generate strategies and organize and close deals. They are not afraid of details, desiring to personally stimulate and energize their ideas and projects. It is important for them to be actively involved, to get things going, and to keep them going until they are complete.

If they are in harmony and their personality is balanced, Oranges can be filled with a deep personal feeling of confidence and success, finding positive and healthy ways to express their creativity.

Orange personalities are the best analyzers and researchers. They can easily figure out the patterns, risks and advantages involved in any project. They have the capacity to mentally tune into other people, giving them greater command in any situation. This ability to understand what is on the minds of others is widely used in the areas of sales and marketing. It may be used to further projects that assist mankind or strongly misused for self power and profit.

It may be a challenge for Oranges to stop their thinking or planning process. Their physical and mental energies are very powerful and their urge to express and create sometimes creates a lot of stress.

Many Oranges integrate physical and mental creativity. They love to plan, organize and develop new devices or ideas. Then they want to form and shape those ideas until the stage where they can bring them into physical reality. They have a need to be involved in the active creation of their ideas.

Oranges love physical activities, which are thrilling and exiting. They enjoy sports such as surfing, parachuting, hand gliding, mountain climbing, sports car racing or bungee jumping. They thrive on the excitement, pleasure and fulfillment provided by physical movement and adventure.

They prefer individual competition to organized team sports. Oranges often feel uncomfortable if they can't freely move their bodies or find themselves engaged in the wrong type of activity for them.

If an Orange personality is out of balance they can be egotistical, jealous and self centered. They may be only interested in their own actions and ideas, no matter what effects this might have on others. Then they show no affection, caring or compassion and can be distant, cold and aloof.

If an Orange is not connected to their creative power, they try to control and overpower others. On occasion they may try to find a manipulative way of achieving results and success. They use their energy compensating for their disconnection from themselves -- their feelings and their creativity.

Orange personalities must be aware of the responsibility to relax both physically and mentally long enough to get to know themselves. They have a challenge in recognizing who they are emotionally, mentally and spiritually.

The primary mission for Orange personalities is to accept their truly most exciting path - the adventure of self-discovery. This challenge needs more courage than all other outside physical activities combined.

Oranges believe that spirituality and religion are concepts, which need to be expressed in the physical world. In addition they may have a physical perception of God, seeing that Source or Spirit manifest in nature and in our man made world. They believe that their God given gift is to form and shape their own reality as well as the physical reality on planet earth.

Adventurous Oranges love to enjoy life, have fun and be creative. Their primary goal is to get in touch with their emotions, to bring their heart into their creations and to trust their intuition. Integrating and balancing their physical, mental and emotional aspects is essential for personal happiness and fulfillment on all levels. Then, Oranges will be fully in the "here and now," and they will have a spiritual and enlightening glimpse of reality.

## **SOCIAL LIFE**

Orange personalities may prefer to live in their own world of adventure, thrill and excitement and to lose themselves in their own creative projects. They don't particularly care what others or society in general think about them. Nor do they take judgments personally if they are considered to be egotistical, self-absorbed or self-centered. They simply want to do their own thing.

Oranges don't necessarily follow all of the rules of society. They are the ones who constantly challenge societies, personal expectations, limitations and restrictions. Their bodies and minds are designed to conquer all physical limitations and boundaries. It is important for Orange personalities to find adequate and positive outlets of expression for their powerful aspirations.

Oranges possess the capacity to clearly and effectively explain their ideas, and with plenty of fire and courage. Their lesson in life is to express their emotions and communicate through their inner feelings, otherwise they may feel insecure and remain unavailable with a sense of loneliness.

## **RELATIONSHIPS AND INTIMACY**

Orange personalities need a lot of time and space for themselves. Many feel most alive and happy if they have succeeded in a tremendous project or if they are involved in an exhilarating adventure. Close relationships with friends or partners are not essential in their lives. The test of an Orange is to be in touch with their sensitivity, compassion and gentleness. Only then can they form bonding relationships and learn to express their emotions.

Because many Oranges are physically fit, attractive and good looking, they have no difficulty in finding partners and lovers. Some Oranges are not interested in solid, long-lasting partnerships or relationships, being more interested in their projects and adventures than in family and marriage. The challenge, excitement and pleasure of meeting new people may be more thrilling than simply being together with old friends.



It is a challenge for Orange personalities to become emotionally involved and take on the responsibilities of a relationship. If they can feel enough freedom and independence they might be willing to commit to a partner for a longer period of time.

Interacting with other Oranges or Reds often creates an intense and high-energy relationship. Friction and ego based conflicts are not unusual. Deep-Reds and Oranges seem to have similar interests and are very compatible. Orange personalities like the playfulness of Yellows. Both are very creative and productive, therefore have a great deal in common.

Because Blues need closeness and are so sensitive, they may not be attracted romantically. Both Orange and Indigo personalities may have strong inner feelings and creativity, yet they live in a completely different world. Greens and Deep-Greens love to talk about everything for hours, while Oranges need a lot of time to themselves.

Understanding the sensitivity and spiritual nature of Lavender and White personalities is a strong challenge for most Oranges. The practicality of Oranges and the theoretical visions of Violets seem to support each other. On the other hand, Violets may be too spiritual for Oranges.

In reality the biggest challenge for an Orange personality is to create relationships that are ruled by sensitivity, understanding and emotional freedom. To open their own heart is a wonder not to be missed.

## **CAREER AND FINANCES**

Oranges are independent and self-sufficient individuals. They may prefer to have their own business or company and like short term or freelance jobs, rather than long-term commitments.

Because their needs are practical and they have the power to be creative and active, they have the abilities to create their own income. If they have the chance, Oranges love to live an adventurous and thrilling life while finding a way to make money with it.

Oranges generously spend their money for unusual projects or hobbies. They may not desire luxury, but they are more than willing to spend anything and in some cases everything they have, to make their ideas a reality.

Oranges can be strong leaders, but it usually isn't the purpose for why they achieve their innovative goals. They prefer going their own way, fulfilling their own dreams. They can be powerful and creative leaders if they see the necessity of working with other team members. They perform best in an environment, which provides them a certain degree of freedom and independence. Oranges lead by physical example and by their unbridled enthusiasm. Their adventurous and pioneering way of living their life may create admirers and even followers.

Orange personalities are creative problem solvers. They are able to recognize and analyze all factors, calculate the risks involved, go through all possibilities intelligently, making sure they have all the resources they need, and then take action. They prefer physical or mental challenges and are often found in jobs, which guarantee them a degree of freedom in making choices and using their creative energy. Oranges are often found in business, sales, marketing or any other occupation, which allows them to experience personal leverage.

They love to express their powerful creative life energy and are hard working, willing to go the extra mile. Whenever a strong, fearless individual with courage, enthusiasm and determination is needed, look for an Orange.

Some Orange occupations are: stunt men, mountain climbers, businessmen, sales persons, designers, developers, architects, explorers and private investigators.

## **HEALTH, WELL-BEING AND GROWTH**

To take the journey into their inner reality, explore this unknown land and to expand their consciousness is the biggest challenge Oranges will face. And yet, it will be the most gratifying on all levels.

Orange persons reach harmony if they recognize that their life needs balance between body, mind and spirit. To explore the outer as well as the inner world enables them to experience life on more than one level. The moment they connect with their inner creative energy, they will empower themselves with a force unimagined.

Inner knowledge and wisdom can be achieved if the creative energies flow freely and are expressed to help and support humanity. Connecting with their own feelings and staying open and caring toward humanity are vitally important aspects for Oranges.

Orange personalities automatically recharge their batteries if they live their creative capacity in a harmonious way. They must understand that creating dangerous exhilarating experiences leads to unhealthy situations. By using their power to create and help others, and to experience their inner world of sensitivity, feelings and personal growth, they will find positive and harmonious ways of expressing and recharging themselves.

The life purpose of an Orange is to connect with their creative potential and be in touch with their emotional body while experiencing a physical existence. Further, it is to have the freedom to create new pathways and ideas, expanding and surpassing limitations of reality, as others perceive them.

Orange personalities need to be especially aware of their physical and emotional states. Healthy high-energy nutrition is important. An environment in which they can express themselves emotionally and communicate freely with friends and family is crucial.

Sports such as surfing, mountain climbing, horseback riding and motorcycle riding easily and adventurously recharge Orange personalities. The biggest challenge for them is to discover their limits, bringing adventure and independence into highly positive creative expressions in their lives. This will bring them self realization and self fulfillment on levels even they have not dreamed of.

## ORANGE-YELLOW PERSONALITIES

The following are the qualities associated with ORANGE-YELLOW personalities:

Area	Description
<b>Physical</b>	Grounded, focused on own reality, physical stamina, determination, endurance, form and shape physical reality, creative.
<b>Emotional</b>	Strength, stability, patience, mental playfulness, emotional suppression, conservative, controlling, withdrawn.
<b>Mental</b>	Logical, analytical, intellectual, detail oriented, patterns, order, structure, stability, stubborn, single-minded.
<b>Spiritual</b>	Study of higher wisdom, spiritual laws and order, God is thought.
<b>Motivation</b>	Mental stimulation and creativity, detailed work and result oriented.
<b>Mission/Vision</b>	Experience life in details, emotional openness, sensitivity, integrate heart.
<b>Growth</b>	Detailed, step-by-step, precise, slow.
<b>Exercise</b>	Jogging, bicycling, swimming.
<b>Recharge battery</b>	Mental relaxation, focus, connect with their intuition, trust inner feelings and guidance.
<b>Communication</b>	Articulate, intellectual, detailed communication, think first, then talk.
<b>Interaction</b>	Cautious, prefers safe environment and life, love intellectual discussions.
<b>Relationships</b>	Roots, home, family security, companionship, care taking.
<b>Social, Friends</b>	Community service, close to family, friends, deep commitments.
<b>Sex, Intimacy</b>	Loyal, secure, stable partners, monogamous, conservative.
<b>Money</b>	Security conscious, plan in great detail, sense of control.
<b>Success</b>	Precise, detailed, perfectionist, perform intelligently.
<b>Occupation</b>	Precise in work and expression, conservative, conventional, scientific.
<b>Career</b>	Bring visions into reality, middle management, precise problem solving.

## MIND/BODY

Orange-Yellows are logical, analytical, detail oriented and creative personalities. They are sequential thinkers, carefully processing every step they take. Their basic need is to understand and analyze each individual step along the way before continuing on to the next level.

Orange-Yellows strongest qualities are their clear intellectual and analytical properties. They like to create a solid foundation, which gives them security, and then build stone by stone until they eventually achieve their goals. Virtually everything they do contains logic and methodology. They are constantly planning, trying to figure out how to reach the requirements of their goal.

Their basic motivation is to analytically and intellectually understand life while interacting with other people. Often they see life like a computer -- you get out of it what you program into it.

Orange-Yellows mainly process life through their minds. They don't use their body and emotions nearly as much as most other color personalities. They perceive nature or physical reality first through their analytical mind and then they act.

Physical activities are not important to them. They may only move their body if they find a good reason and are convinced about the benefits involved.

If Orange-Yellow personalities are in harmony, they radiate stability, security and responsibility towards their fellow beings. They are the most dependable people in the world who fulfill all tasks to the smallest detail with extreme efficiency. Through their rational and practical abilities they can realize visionary ideas of other personality types and bring them into reality. Orange-Yellows have a soothing and stabilizing effect on people and they are trustworthy and reliable. They are also grounded and are considered to be realistic.

Orange-Yellows are known to examine the details of everything they do. When they work on a project, they need to see and understand all of its components before they feel safe and secure enough to participate. Sometimes Orange-Yellows may not be able to see the whole picture because they are too intensely involved with the details. But for them that doesn't matter. Their unbelievable patience and tolerance allows them to spend hours on the same idea or project.

Orange-Yellows love to play and tinker with electronic gadgets, cars, motorcycles, etc. If they become involved with a project, they go into every detail and in most cases become experts in their field. Through patience, obstinacy and their love for detail, Orange-Yellows have developed computers, radios and other technical appliances.

In both expression and communication, Orange-Yellows are methodical and deliberate. They will divide and describe every situation in its most minute detail. Orange-Yellows are also careful with whom they express their deepest feelings and emotions. They will only open up and share their innermost feelings with a select few, after they are convinced no one will hurt them or use the information against them.

Orange-Yellows love to study and to learn. They make perfect students because they are willing to spend the time, effort and energy to understand each detail, each aspect and each component. Their challenge is to transcend an orderly, structured and rigid existence to the necessary openness to expand themselves, exploring the territories of their heart and their intuition.

Orange-Yellow personalities may not like things that are unusual, extra-ordinary, abnormal or irregular. They can easily become accustomed to old and repeated family or life patterns. Their normal day is very routine with regular patterns and situations.

It is often a challenge for them to go new ways, to accept new ideas or patterns or to encounter the unexpected. Their secure lifestyle is attractive and their solid qualities and characteristics are appreciated and sought after in the business world, as well as society.

Out-of-power Orange-Yellows can be stubborn, stuck, narrow-minded and extremely skeptical. They can be overly analytical with a need to understand everything and to mentally be in control. Whatever they can't prove or don't know may represent insecurity and instability, which may be hard for them to handle. Their skepticism may not allow different opinions or points of view. Sometimes, even when proof stares them in the face they can be obstinate and totally unwilling to change or alter their position or belief.

Orange-Yellows who are unbalanced mainly think about or talk about their feelings. However, they may hardly ever feel them in the real sense. Even trained experts such as psychologists or therapists that understand emotional concepts mentally, may have difficulty in living out their own emotions and feelings. Orange-Yellows withdraw emotionally in stressful situations and then try to mentally analyze the situation.

Their primary challenge is to get in touch with their own emotions and feelings. They must learn to feel something, which cannot be analyzed and figured out. Some Orange-Yellows don't want to face their emotions and feelings because they think that everything must be reduced to mind, logic and intellect. Therefore they may solve most of their challenges with known, safe and tried methods. They will feel safe with these established solutions.

Because they may not know how to handle their emotions, Orange-Yellow personalities often suppress them as if they don't exist. They may actually try to create ways to eliminate emotion from their lives, becoming uninvolved, withdrawn and cold toward others. If Orange-Yellows hold their rage, anger or sadness inside, they will become discouraged and depressed. Their lesson is to express their feelings.

Orange-Yellow personalities must learn to relax. For them, letting go and stopping all the thoughts in their mind is a challenge. They perceive themselves as mind and thought, and fear that if the mind ceases to function, they won't exist anymore.

When Orange-Yellows understand that emotions and feelings are important parts of a human system, they will shift into a new center of power. Without emotions, feelings, intuition, beliefs and spiritual ideas, humans would only be matter -- or at best, a computer. Adopting a state of mind that integrates emotion and intuition is the first step for Orange-Yellows to grow and expand their possibilities.

Spirituality to them means grasping and understanding the higher laws and concepts of life. They have the capacity to comprehend spiritual knowledge and wisdom as a result of their skilled, analytical and precise mind. For Orange-Yellows, the universe works within certain laws and orders, all of which can be logically explained and understood. They will only accept magical, mystical ideas, or psychic and spiritual phenomena after they have carefully examined them and they are convinced of

their validity. For them, beliefs are based upon hands-on proof and the concept of, "seeing is believing."

Orange-Yellows prefer spiritual practices, which offer specific laws, rules and regulations that carry a sense of security and safety. For them, spirituality is related to high ethical values, justice, principles and perfection. God remains a mental concept -- the ultimate thought. They can understand what God or Spirituality actually is, but their challenge is to feel it. The major test for Orange-Yellows is to allow their emotions to be felt and their intuitions to be integrated into their mental concepts of life.

## **SOCIAL LIFE**

In today's society Orange-Yellow personalities are highly respected and appreciated. They are reliable, trustworthy, always on time and share a common understanding with society and mankind. Their behavior and beliefs are within the range of what is considered normality and generally have a conservative approach. Orange-Yellows are social because they enjoy being together with friends or interesting people. Often, they need to see a particular reason behind various social activities or gatherings.

At social groups, business groups or meetings they can find friends and partners to discuss and mentalize their work and/or ideas. However, these groups seldom focus on intimate, emotional or personal levels. Therefore, they may provide themselves with safe environments if they have not made the choice to deal with their emotions.

Whenever Orange-Yellows feel the need to confront themselves with an inner, personal situation, they usually prefer to withdraw in silence.

Orange-Yellow personalities are social in the sense that they love to share and support communities and other groups. They see the need to give something back because they feel a sense of security and peace within the confines and structure of society. Orange-Yellow people are often found as managers, officers or accountants of various organizations.

## **RELATIONSHIPS AND INTIMACY**

Orange-Yellows fully commit to their partners while taking complete responsibility for their own, every day life. They mate primarily for the purpose of creating a safe and secure home where they can take care of their family and in turn their partner takes care of them. They view love as a need to help and support, not as an emotional or passionate act.

Many find themselves drawn to Orange-Yellow personalities. Their stability and reliability are the foundations for long-lasting, cohesive, secure relationships, which many are seeking. Passion, romance and excitement may not be a focus for Orange-Yellows.

Contrary to the sense of involvement and personal responsibility they assume, it is a challenge for Orange-Yellows to become emotionally or spiritually involved. They prefer quiet moments in which they can read, learn, think or focus on their own ideas or projects. Out-of-power Orange-Yellows often feel unappreciated, especially during conversations when they feel they are not getting

the attention they deserve. Or they may be afraid to join a discussion in fear that they might not be able to contribute on that specific level. As a result they have learned to internalize their ideas or only share them with people who are on their own level of mental understanding.

Those seeking intellectual conversations, quiet rational thoughts and relationships based on stability and financial security, will find great comfort in being with a Orange-Yellow.

Orange-Yellows usually like to be around Deep-Red and Deep-Green people. They have a lot in common and share a conservative and intellectual approach towards life. Orange-Yellows surely understand and relate easily with their own personality type. However, in this case they may need to be careful not to set up situations that may ultimately prove too confining for them, thus keeping them from dealing with their obstacles.

Orange-Yellow people are often attracted to the happiness and lightness of a Yellow and the adventurous and powerful expression of both a Red and an Orange. Blues and Indigos may be too emotional to be compatible with Orange-Yellows. But, because they are like energetic counterparts they can learn tremendously from each other. As long as Orange-Yellows stay open for new and innovative ideas they are a good match with Violet personalities.

Orange-Yellows need to understand and accept a spiritual way of life in which Lavender and White personalities dwell comfortably. If they are really open, this relationship can take each one of them into a new level of awareness and understanding.

## **CAREER AND FINANCES**

Orange-Yellows prefer safe and secure jobs. They do not want to worry about their monthly or weekly income. If they don't have this sense of security they will feel uncomfortable and uneasy. It is quite common for them to pursue occupations or positions with large, established companies or organizations who can provide this kind of security with great benefits and a substantial income.

Orange-Yellows will be the right choice in any situation in which precise, detailed and analytical thinking is required. They can be extremely successful when they use their full capacity.

Their openness and willingness to discuss and analyze work situations, allows them to work well with other people. They lead by their competence, their ability to listen and unify, and their ingenuity in finding the best solution in virtually any situation.

Orange-Yellows solve challenges through logical and analytical procedures. However, when it comes to developing innovations or new ideas, making broad plans, or creating strategies, which incorporate complex or intuitive ideas or concepts, they will align themselves with the appropriate team players. Then they can effectively and practically assist in pulling the whole project together in their efficient and detailed manner.

Some Orange-Yellow occupations are: architects, bookkeepers, computer experts, software programmers, bankers, technicians, researchers, scientists, doctors, office clerks, library employees, officials, electricians and engineers.

## HEALTH, WELL-BEING AND GROWTH

One of the first steps for Orange-Yellow personalities to achieve balance in their life, is to open up emotionally -- to tune into both their own and others emotions. It calls for a great deal of courage to go deep within oneself and allow these emotions to emerge. This emotional openness and sensitivity will allow them to utilize and come from their true power.

After Orange-Yellows understand the primary need of getting in contact with their emotions and feelings, they will begin to see that intuition is an essential aspect of life. Intuition means making more decisions based on their "gut" feeling and living with an open mind looking at new, innovative ideas without skepticism. It also calls for having the willingness to explore their potentials. To gain harmony Orange-Yellows must recognize that their skepticism originates from insecurity and fear of change. They must learn to advance into new areas and be open for changes without always having data, statistics and facts available. They must also remain flexible and be willing to take risks.

Nearly all inventions and innovations have been created and developed by people with open minds and intuitive abilities. Orange-Yellows can be extremely successful and play an important part in society as long as they stay emotionally and intuitively open. Orange-Yellows will go beyond their fear of insecurity if they understand that their mind is only a part of them. Their challenge is to clearly comprehend that their mind is not in control. Rather, they are in control of their own mind. With this understanding they will begin to relax their mental processes enough to more deeply explore their own personal identity through their feelings.

The first step for Orange-Yellows to grow and expand their power is to be open to slow yet profound changes in their life. They need to understand that the only constant in the universe is change. Making changes doesn't mean being out-of-control. It may simply indicate the necessity of accepting real responsibility. When Orange-Yellow personalities let go of their fear and connect with their inner guidance, intuition and their real feelings, they will expand their life energy, incorporate their heart and become the powerful, spiritual beings they really are.

The mission of a Orange-Yellow is to be aware of their life energy. They have to understand that as human beings we have several internal systems, which are all equally important. These systems include but are not limited to: physical, electrical-energetic, emotional, mental-analytical, intuitive-feeling, and spiritual. Orange-Yellows often hold back most of their real inner power as a result of fear and insecurity. They recharge their batteries best if they stay mentally and emotionally open. Expressing their feelings and emotions clearly and freely will release tremendous powers from within.

Artistic and creative activities such as painting or singing are wonderful techniques to open up their emotional and spiritual energies. Meditations that calm and mantras that focus the mind can help them to go beyond thinking towards a universe of unlimited possibilities.



## YELLOW PERSONALITIES

The following are the qualities and action words associated with YELLOW personalities:

Area	Description
<b><i>Physical</i></b>	Sunny, playful, creative, fun, easy going, physically active, curious, strong body awareness, sensitive, energetic, restless.
<b><i>Emotional</i></b>	Humorous, cheerful, bright, radiant, happy, pleasant, enjoyable, spontaneous, sympathetic, addictive.
<b><i>Mental</i></b>	Creative, intelligent, focused, quick to learn, need to be active, inquisitive, egotistic, superficial, expansive, never want to grow up.
<b><i>Spiritual</i></b>	Mental philosophies & concepts, reflected in personal love, joy, laughter.
<b><i>Motivation</i></b>	Give and experience joy, happiness, playfulness, creativity.
<b><i>Mission/Vision</i></b>	Enjoy life, be creative, stay light & bright, reflect sunlight & integrate heart.
<b><i>Growth</i></b>	Spontaneous, through commitment, focused, disciplined.
<b><i>Exercise</i></b>	Outdoors, all fun activities, swimming, surfing.
<b><i>Recharge battery</i></b>	Natural high through meditation & prayer, balanced physical and mental exercise, mental body is guiding antenna.
<b><i>Communication</i></b>	Playful, light, creative, overwhelming, overflowing, may talk fast.
<b><i>Interaction</i></b>	Physical and mental active, easy life style, no deep emotional commitments.
<b><i>Relationships</i></b>	Companionship, independent individuals, self-centered.
<b><i>Social, Friends</i></b>	Very social and attractive, many acquaintances, but few close friends.
<b><i>Sex, Intimacy</i></b>	Fun and pleasure, non-commitment, sexual.
<b><i>Money</i></b>	Necessity, security, power, earn & spend easily.
<b><i>Success</i></b>	Level of pleasure and creativity, achieve their own goals.
<b><i>Occupation</i></b>	Free-lance, need physical freedom and independence, enjoyment.
<b><i>Career</i></b>	Business, marketing, design, sports, artist, computers, healers, therapists.

## **MIND/BODY**

Yellows are the brightest, happiest and most childlike personalities in the color-spectrum. These easy going souls have a wonderful sense of humor. They love to laugh and are capable of intimately enjoying life on many different levels. Although they may have a challenge stilling all those thoughts in their mind, they realize the benefits of relaxation, the pure joy of life and living spontaneously. They are the ones reminding us not to take life too seriously and to always look on the bright side. Optimism is key for them to be in their power and it can easily be contagious around them.

Yellows enjoy all forms of entertainment and creativity, always loving to express their intelligence. They measure life by how happy and content they are and how good they feel and they enjoy a balance of both life and work.

Yellows are intelligent and radiant. They learn easily, processing information without needing to know about the deeper connections or reasons behind it. They love to work with their minds and often occupy themselves with philosophies, mental ideas and psychological concepts. They enjoy discussing all aspects of life, from politics to spirituality.

Yellows can be spontaneous and overflowing with artistic and creative ideas. However, their focus is much more on enjoying than it is on accomplishing. They create because it is fun and brings enjoyment, not because they want to achieve anything or reach any lofty goals. Yellows are kinesthetic and learn by doing.

They have an abundance of energy, which is easily recognized by their physical and mental activity. It is difficult for them to sit still for a long period of time and they have a constant need to be moving their hands. You may find them unconsciously playing with a object or making funny gestures. It is important for Yellows to stay fit. If they become frustrated or annoyed, they need to release their overflowing energies through their physical body or their alert and energetic mind.

In harmony Yellows are very creative. They love to work with their hands and enjoy writing, painting, repairing things or sculpting. They know how to channel their amazing energy through mental and physical reality with all its variations.

In balance Yellows are happy and content. They inherently know how to accept whatever is happening in their lives. Yellows are the most playful personalities in the color spectrum and they never want to grow up. As a result, they generally look younger than they actually are. They love to travel, to see the world, to relax on a wonderful beach or to have fun dancing all night long.

Yellow bodies are extremely sensitive. They are like antennas, sensing what other people feel or what vibrations are emanating in a room. Their body and mind may be overly sensitive and receptive to the volumes of information being generated by our high-tech society. As a result they have a tendency to overload themselves very quickly. They often don't understand why their body reacts so strongly to outside influences. Their built-in physical bio-system senses the stimuli and then tries to interpret what is happening. Their challenge is to recognize these so called signals or messages, integrating them in a way that will guide them in expressing themselves positively and creatively.

You will immediately know when a Yellow is happy, sad or uneasy, because they exhibit unusually strong body language. A Yellow body never lies. It always shows the truth. They are

sensitive and intuitive through their physical bodies and also through their touch. Therefore, Yellows are often found in occupations such as healing or massage. They love to be around people and they enjoy helping others. They have healing hands and a healing, light attitude towards life. All these qualities make Yellows excellent doctors, therapists or practitioners of any kind.

If Yellows are not connected to their overflowing, inner energy or if they haven't learned how to channel this energy into positive creativity, they have no motivation and may lean toward various addictions. Out of power Yellows tend to be lazy and unmotivated, having no energy to live, create or enjoy life. They remain immature, constantly avoiding responsibility.

Yellow personalities may have a fear of relationships, commitments and obligations, running away from them, simply ignoring the situation. They may constantly make excuses for themselves and become lethargic, moving from one location to another. Some Yellows are late on a regular basis.

Yellows do not like pain or even the thought of having to experience it. They will do nearly anything to avoid any form of discomfort.

Yellows like to experience a physical "high" or a euphoric state of mind. If they focus on positive activities they remain energetic, joyful and creative. They receive an enlightened feeling by participating in activities such as lying on the beach, sun tanning, jogging, bicycling, creating art, writing poetry or making love. Yellows enjoy movement created by sex, sports and creativity.

Out-of-power Yellows will be drawn to negative dependencies such as drugs, alcohol, cigarettes, caffeine, food, sex, unrealistic philosophies or fanatical organizations. At first they will feel a sense of release. After some time, depression, lethargy, apathy and confusion will set in. To be happy, they will need to change their focus from negative addictions to positive healthy activities and thoughts. Because their bodies are so sensitive, they will notice the effects of an addiction for a long time.

Yellows have a physical and mental sense of spirituality. They see God in everything. Their challenge is to integrate their intellectual impressions of God with their heart. This will lead to their deepest spiritual experience, where they can enjoy life to its fullest. Happiness and love are signs of a living connection with their Higher Power. Yellow personalities enjoy thinking about philosophies, spiritual beliefs and concepts. They love to learn and be mentally stimulated. They desire to understand God in Its totality, but seldom commit to a specific path or belief system for long terms.

## **SOCIAL LIFE**

Yellow personalities are social creatures. They often have many friends and are constantly looking forward to meeting new ones. They enjoy a variety of gatherings. Yellows are welcome at any party because of their joyful, easy going and often funny attitude toward life, as well as their intellectual brilliance. They love to be in groups, whether in organized situations or simply with their friends. They are typically the center of attention and seem to be surrounded by friends all the time. However, having many people around does not necessarily mean they are close or intimate with any of them. Until they can feel totally comfortable with themselves and who they are, they will be challenged by unsettled feelings when in a group of people.

Yellows enjoy a sense of sharing and communion through their constant physical and mental activity. Many of them dislike being on their own because of their intense fear of loneliness. They may

end up learning that being surrounded by friends does not indicate that this inner loneliness and emptiness will go away.

Yellows need time by themselves to find their true inner self. By doing this will they find peace, security, and the deep feeling of being home, which they crave. Only then will they have a true sense of being connected.

A Yellow person can be easily recognized by their spontaneity, humor, and need to always be active and on the run. They are good friends, communicate openly with others and love to bring people together. For them, talking is just another way of creative expression and is something to be greatly enjoyed. You will find Yellows wherever fun and enjoyment are happening.

## **RELATIONSHIPS AND INTIMACY**

Yellows have a need for relationships and can be sensitive and caring with their partners. They prefer mates who can laugh with them, support and take care of them, and will not challenge or take away their freedom.

Many Yellow personalities have a deep seeded fear of commitment. They want to be independent and free to enjoy everything life has to offer. As a result, many Yellows live as singles with incompatible partners or in semi-committed relationships. On one hand they want intimacy. On the other they fear that committing to one partner might diminish their options, taking away their freedom.

Yellows love to flirt and are emotionally charged by the excitement of meeting new romantic interests. For many the opposite sex is a way of connecting with life and also compensating for their own deficiencies. They need to see and understand the difference between being independent, loving and committed, and using a relationship as a substitute for their own short comings.

Yellows are very sexual. Their foreplay can be considerate, playful and sensitive. Sexuality is as much an enjoyment as it is physical relaxation and is felt as a whole body experience. Sexual sensation and orgasm create a sense of satisfaction, which cannot be compared with anything else.

Once they have experienced this feeling, which they view as a "sexual high," they may want more and more. They need to make sure their relationships are balanced with both sexual and emotional intimacy. Sex for the purpose of creating this high will not make them happy in the long run.

Since Yellows enjoy an active sex life, they love to be around physical Reds, Oranges and other Yellows. Violets can add tremendous vision to the creativity of Yellows. Blues are emotional and require commitment for a happy relationship. Lavenders and Whites usually enjoy being around Yellows, since both of them love to discuss spirituality and philosophy. Deep-Reds and Deep-Greens may be too intense in their approach towards life for most Yellows who prefer being in a light, playful, relationship without a commitment.

## **CAREER AND FINANCES**

Yellows have great initiative. They are the perfect selection for jump starting new projects. Money is not a primary issue for them. They can make money easily because they are not afraid to work hard. However, their money often goes out as quickly as it comes in.

Yellow personalities are resourceful problem solvers. They have the ability to create new, practical yet innovative solutions.

They may also have difficulties in finishing projects. They are good at starting things and keeping others enthusiastic. If they decide to take action, Yellows will find inventive solutions. However, they may not want to do the work, which is needed to accomplish or finish a project.

Yellows are good team members and lead others by example. They enjoy demonstrating and showing others how things work or how things could be done. They utilize their strong qualities of motivation. Yellows are the most likely of all the different personalities to have fun in their work.

Some Yellow occupations are: athlete, comedian, musician, painter, artist, student, philosopher, psychologist, businessman, computer specialist, scientist, doctor, massage therapist, health practitioner, waiter, mechanic, cook, stewardess or travel guide.

## **HEALTH, WELL-BEING AND GROWTH**

Yellows know exactly what the Mind/Body connection means. Their challenge is to realize how emotions are interconnected with their physical and mental aspects. Yellows will be considerably healthier if they learn to listen to their heart.

Yellows need to understand that commitments in relationships can help them reach deeper levels of intimacy and self-awareness. This same understanding will bring real freedom on all levels into their lives. Their obstacles will not simply disappear just by avoidance or running away from them. They can create successful solutions by confronting all aspects of life openly and with their easy going positive attitude.

Activities like bicycling, tennis, dancing and jogging are fun for Yellows keeping them feeling fresh and alive and in touch with their bodies.

Dynamic meditation and active disciplines like Qui-Gong or Tai Chi have positive effects because they focus the mind and connect the physical body with the universal energy flow.

To achieve harmony in their life, Yellows need to find creative and playful ways of expression. Actively expressing their physical, mental and emotional energies will allow them to live a balanced, happy and joyful life. Physical exercise, healthy playful sex, and meditation with prayer are essential. Tuning into their intuition and inner guidance will enable Yellows to go to their deepest and most fulfilling level of awareness. Integrating body, mind, heart and spirit is the key to self empowerment.

## GREEN PERSONALITIES

The following are the qualities and action words associated with GREEN personalities:

Area	Description
<i>Physical</i>	Mind/body/spirit balance, awareness, need to move their body, healthy, physically active individuals.
<i>Emotional</i>	Contentment, harmony, balance, open, friendly, natural expression of heart, strong roots, security conscious.
<i>Mental</i>	Quick, detail oriented, verbal, high ideals & expectations, expression of thoughts, easily bored, conservative.
<i>Spiritual</i>	Nature is God, harmony and balance.
<i>Motivation</i>	Create balance, peace, harmony, need to teach and communicate.
<i>Mission/Vision</i>	To enjoy life in harmony and balance, express themselves.
<i>Growth</i>	Natural process of growth, personal evolution, finding goals and mission.
<i>Exercise</i>	Swimming, dancing, yoga, walking the dog, horseback riding.
<i>Recharge battery</i>	Need nature to recharge, walk in park or forest, play with animals, dancing, being lazy, lots of talking.
<i>Communication</i>	Fast, easy going, teachers, love to share their thoughts and feelings.
<i>Interaction</i>	Easy going, open, light and superstitious.
<i>Relationships</i>	Family oriented, need few but close friends.
<i>Social, Friends</i>	Very social, need to communicate, interact.
<i>Sex, Intimacy</i>	Natural expression, feeling alive, expression of love, affection.
<i>Money</i>	Luxury, clothing, gifts, vacations, spend money easily, security.
<i>Success</i>	Harmony, expression and interaction more important than being ambitious.
<i>Occupation</i>	Need people to interact with, born teachers and communicators.
<i>Career</i>	Teacher, counselor, doctor, psychologist, all animal & nature professions.

## **MIND/BODY**

Greens are harmonious, and peaceful personalities. They desire their life to flow and prefer to live in a natural environment. They are the most balanced people in the color spectrum. They also have a powerful connection with nature. Living in the country next to a forest or close to a lake or ocean is important for these heartfelt personalities. Greens are open, expressive, friendly and communicative. They strive to balance body, mind and spirit and are often in this state of personal involvement.

Greens perceive life through their heart. Their primary motivations are contentment and harmony. They judge their happiness by how close they are to their friends or nature. Greens are basically content. If they are in power they may need very little materially to be really happy. Their inner happiness is most important to them and is fulfilled without much expectation. Some Greens may not need to be first in competitions, wear the most expensive or beautiful clothing or have ambitious careers, while others love the pleasures and advantages of luxury, which comes as a direct result of success.

Greens crave happiness and contentment in their lives. They understand clearly that the higher they set their goals the more challenging it will be to achieve them. They have an inner understanding of the natural cycles and laws of life. They believe that to live as a human being is life's most wonderful gift.

Green personalities are very talkative and communicative. They usually say exactly, what they think or feel. They can talk for hours about almost any subject, often without saying very much. A good "chat" is therapeutic and allows them to release and express their deep feelings and concerns.

Greens have a need to talk about themselves and their challenges so they can understand them more clearly and hence, feel better. If they are unhappy or frustrated they will discharge their anxiety verbally. It is difficult for Greens to hold back or contain their thoughts and feelings, which just seem to come out naturally. Others might be offended or surprised at how direct and straightforward Greens are, or they may wonder sometimes if a Green will ever stop talking.

Greens are kinesthetic and have a strong connection with their physical bodies. For them, mind and body are really one unit. Therefore thoughts and emotions may be expressed physically. Expression is key for them. If they do not freely express their emotions they will feel uneasy, uncomfortable and in some cases become sick.

They have natural ways of expressing their emotions and feelings. Like animals, they are in contact with nature, all emotional energies are expressed without reservation or holding back. If Greens are angry they proclaim it. If they are sad, tears may come. If they are jealous, you will see the reaction immediately. Most Greens don't think about their feelings, they just live them.

Greens teach us that if we express our feelings and emotions naturally, we will create harmony and balance. If we hold back a feeling, it becomes unexpressed emotional energy staying in our bodies and lowering our life energy.

Feeling powerless or low energy can come from fears of naturally expressing emotion. We communicate to the environment around us with our feelings and emotions. Greens understand this and live in natural harmony with mind and body.

Greens have a strong connection with both nature and their physical bodies. They have a need to express themselves and be physically active. Spending time in nature, gardening or working with animals creates a feeling of being connected to the Earth. Animals, especially horses, cats and dogs feel the openness and natural understanding of Greens and are drawn to them.

Greens have a balanced attitude toward the material world, luxury and prosperity. They often feel that every human being should live in an abundant environment. There is no need to suffer or live in poverty. They are usually good at managing their own material possessions.

Because Greens have a strong connection with mother earth, they easily change, adapting themselves to different environments. They clearly understand the concept of flexibility and the need for constant change in our world, a process that occurs effortlessly in nature every day. Greens have a tendency of taking life easy and have the capacity to enjoy most life situations. But they do need to feel secure and safe in their environment and within.

Green personalities are quick, abstract and analytical thinkers jumping from one step to another without being concerned about the steps in between. They have the ability to see the big picture. They prefer to develop and express their ideas, and then to organize and delegate work. They are efficient planners, having a need to understand everything they do. They process data quickly through their minds with their heart in control, usually making maximum use of this ability in all aspects of their life.

Greens are able to quickly recognize patterns and solutions to challenges facing them. They enjoy setting goals, which they want to achieve as soon as possible. However, sometimes they don't have enough power or ambition to see those same goals to fruition. They often prefer organizing, structuring, planning and communicating their projects, to the actual work.

Greens have high expectations and specific beliefs about life. This is especially prevalent in their relationships with other people and their financial situation. They expect life to go their way. They usually prefer a natural and easy going life, rather than one which is hectic and filled with stress based primarily on earning money and achieving goals.

They need to be independent in the sense that they have their own agenda and way of life. Greens need to feel that they are their own boss and are free to express, explore and change any situation.

Out of power Greens can be lethargic, irresponsible, stuck and resistant to change. Growth and personal evolution, which they inwardly crave, may mean too much action and effort are required. With this attitude they may be unable to discover their true fulfillment and may go through life without any real direction or goals. And thus, life will have no meaning for them. They may eventually adjust to the status quo and adapt to their environment. Finding goals then will be difficult because they have no strong ambitions. They may ultimately end up questioning their purpose in life without finding answers or solutions.

Out of balance Greens often overly project their need to communicate and their love towards nature and animals. They prefer to be with their animals or alone with nature to experience a feeling of balance and communion. They often behave this way because they are afraid to confront themselves with an even greater adventure: to love, to communicate and to interact with other human beings with all their positive and negative tendencies. Personal growth, evolution and natural change are difficult to perceive for Greens who are out-of-power.



Greens can become passive and disoriented at times. They express similarities to cats, enjoying doing nothing at all for long periods of time. They just stretch out and relax, which allows them to create harmony and balance and to recharge their life energy batteries.

Unbalanced Greens may be afraid to confront situations or challenges, preferring to stay on the outside. This makes them appear superficial or shallow. Then they are afraid to open their hearts and truly experience the power of love and affection. Their challenge is to understand that learning only takes place by confronting and dealing with life situations and challenges. If they are afraid to leave their comfort zone or take any chances in life, growth and change will not be possible.

Greens need to connect with their overwhelming unconditional love towards life. When they do they will discover goals for themselves, which make life worth living. Also, when this occurs, they will take the necessary actions to make their own changes or allow the natural changes to take place by themselves.

In power Greens know that life, by itself, is enough. They are constantly growing, processing and integrating body, mind and spirit. Spirituality means balance and harmony to Greens. Being in contact with fellow human beings and nature is being connected to God. Friendship, love and understanding are important aspects to a Green. Oneness is a concept that is second nature to them.

## **SOCIAL LIFE**

Greens are social and love to be with their family and friends. This is their form of security. To feel understood and accepted is very important.

They need harmony and prefer a relaxed, balanced, peaceful environment. Being around people allows them to communicate and express their deepest feelings. And of course, having contact with animals and nature is extremely fulfilling to these loving personalities.

Greens can talk for hours. It is therapeutic for them. They tend to talk about their own experiences much more than about other subjects. It helps them to share their experiences in their quest to balance body, mind, heart and soul.

They often have no fear of communicating with strangers and make friends easily. These expressive personalities are often found in social groups or organizations. Community work and sharing life with their family and close friends is very rewarding to them.

This interaction tells them they are alive and gives them the feeling of being needed and being part of the whole. Because of their ability to share, heal and communicate, Greens are often found in teaching or therapeutic professions, such as doctors, chiropractors, massage therapists, holistic healers, or spiritual physiologists. All areas where they can express their innate understanding of true love, brotherhood and self empowerment are welcome avenues of expression for these devoted beings.

## **RELATIONSHIPS AND INTIMACY**

To be Green is to be in relationships and interact with humans, animals and nature. These relationships are their primary way of perceiving life. They view their world in terms of communication

and personal interaction. They like to relate to the world around them. They need people to talk with and to share their thoughts and feelings. Green personalities naturally interact with others.

They will talk with almost anyone without holding back their most intimate thoughts and feelings. They are open and forthcoming to the point where some people perceive them as insensitive, overwhelming or intense.

Sometimes it may be difficult for them to develop intimate relationships. Casual conversation and a general sense of openness does not necessarily guarantee a deep interpersonal connection or meaningful friendship. Emotional intimacy may be risky for some, but it will be the most fulfilling and they will crave this in any long lasting relationship. Their open mind and heart allows them to relate with almost every personality type. Greens love to be together with their family or close friends.

Greens enjoy being sexually active. For them sex means making love. It gives them a real sense of being alive. They are affectionate creatures and love to touch. In power Greens have a natural attitude towards sex because they understand the concepts of unconditional love and healthy partnerships. Greens match easily with Deep-Greens, visionary Violets and all physical colors. The secure and grounded Deep-Red is sought after, and the power of a Red adds to the mental and expressive abilities of a Green. Yellow personalities have a lightness, which Greens love.

Greens have a challenge to understand the loving and emotional ways of Blues. Lavenders and Greens can talk about every subject for hours. As long as Greens can communicate and express themselves with their partners and they feel accepted and recognized, harmonious relationships are easy to create.

## **CAREER AND FINANCES**

Greens have similar personality traits as Deep-Greens. Their financial attention is not on making money or achieving goals, but on having money and living an abundant life. Greens are not fond of working hard whether physically or mentally. They may not be completely responsible when it comes to earning money for themselves. They often find it easier to have someone else support them, or just decide to slow down and only earn enough money for their own basic needs. On the other hand, some Greens are security conscious. They need to live in a safe and balanced environment where challenges with money don't exist. Fighting for survival causes tension – something, which bothers Greens very much.

Greens are friendly and helpful. Because they know how to communicate what they want or need, they constantly receive help from others. They seem to understand the concept of nature's support system. If you ask, you will receive. Their challenge is to recognize when they need to initiate action to make things happen.

Greens solve their challenges not only because they have friends or know the right people in the right places, but also because they have good analytical and organizational abilities. Their strong mind/body connection and their willingness to take action allow them to handle challenges efficiently and quickly.

Greens come up with detailed and clever ideas. They possess a natural intuition, which allows them to be quick-minded and innovative. But some Greens do not act on their ideas for themselves, preferring to devote their incredible energy into supporting others. They often accept the visions of

others assisting them in their creation. In these cases they do not have the ambition or stamina to create and complete their own projects, because they do not honor themselves enough or trust that their ideas are important. Their challenge is to take action to make their own ideas and plans happen -- for themselves.

Greens love to work with nature, animals or other people. They have an inner need to communicate in any form with their environment. They also need a friendly and balanced place in which to work. As a result of not being tremendously goal driven, their interests are more focused on nature and humanitarian, interpersonal issues.

Some "green" occupations include: gardener, environmental researcher, farmer, social worker, veterinarian, mother, teacher, therapist, counselor, secretary.

## **HEALTH, WELL-BEING AND GROWTH**

The way for Greens to find harmony is to accept full responsibility for themselves and to live their own life to the best of their abilities. They need to get in contact with their body, mind, heart and spirit, feeling the natural flow of growth and love within them. When they know what they want and have defined their goals clearly, they will be supported by nature with unlimited energy.

Greens are natural healers and communicators with a need to understand their purpose in life, constantly growing emotionally and spiritually. They can bridge and unify body, mind and soul, showing humanity that friendship, sympathy, openness, communication and a strong sense of heart are important aspects and qualities of human life. When Greens express themselves naturally, they recharge their batteries automatically. In power Greens are healthy individuals. Their body/mind/heart connection guides them in every situation.

Living in a balanced harmonious environment close to nature, is therapeutic to them. To stay well and centered, Greens need to talk, expressing their feelings and thoughts, as they process the many changes they experience on their path of personal growth. They will be unhappy if they suppress their feelings and emotions. The greatest gift Greens can give themselves is to be natural, pure and simple human beings. This is also the most significant lesson they can teach and offer humanity.

Greens need a lot of time for themselves. Relaxing at a peaceful lake, in a wonderful garden or in their own home is very recharging for them. Green love to just be with close friends, talk about old times, take it easy, relax and enjoy life.

Greens usually like to be physically active. They prefer skiing, swimming, jogging with their dog, dancing and other activities, which naturally put them in contact with themselves.

As long as Greens have no fear of changing, Mother Nature will support them in unlimited abundance. For a Green, personal transformation is key -- bringing together body, mind, heart and soul. Growth is the most natural thing on earth and to embrace it, is to evolve into the self empowered, magnificent beings they are.

## DEEP-GREEN PERSONALITIES

The following are the qualities and action words associated with DEEP-GREEN personalities:

Area	Description
<i>Physical</i>	Material, physical, wealth, luxury, firmness, clarity of presentation and communication, structured, domineering, resistance to change.
<i>Emotional</i>	Self-esteem, assertive, consistent, perseverance, tenacity, self-control, proud, superiority, ideal.
<i>Mental</i>	Quick minded, organized, communicative, ambitious, intelligent, accurate memory, high expectations, perfectionist.
<i>Spiritual</i>	Mental concept and understanding of God.
<i>Motivation</i>	Achieving goals, being accepted and important, making money.
<i>Mission/Vision</i>	Intellectual growth, to learn, express and teach others.
<i>Growth</i>	Acceptance, take responsibility for themselves, organize life.
<i>Exercise</i>	Walking, gym, aerobics, professional sports.
<i>Recharge battery</i>	Nature, aerobics, sports, communication, mental and emotional balance.
<i>Communication</i>	Fast, direct, personal, precise, ideal communicators and teachers.
<i>Interaction</i>	Powerful, direct, verbal, intelligent, constant mental stimulation.
<i>Relationships</i>	High expectations, goal oriented, look for acceptance and understanding.
<i>Social, Friends</i>	Aristocratic, expensive life style, business friends, social events.
<i>Sex, Intimacy</i>	Attractive, need acceptance and security emotionally, careful.
<i>Money</i>	Means luxury, wealth, superior powers, independence from others.
<i>Success</i>	Amount of money they earn, being accepted, achieving goals.
<i>Occupation</i>	Workaholics organizers, planners, independent, financial careers, management.
<i>Career</i>	Bankers, entrepreneurs, lawyers, real estate or stock market broker, financial consultants, producers.

## MIND/BODY

Deep-Green personalities are bright, intelligent and energetic. They are communicative, organized, ambitious and love to surround themselves with people, nature and material wealth and luxury. They express the belief that every human being should live in prosperity and abundance. Their balance and harmony with nature is reflected in their ability to organize life. Greens love to experience life to its fullest, balancing mind, body and spirit.

Deep-Greens integrate almost all the qualities of Green personalities. The primary difference is they are more intense and direct in everything they do. Deep-Greens are communicators like Greens but do so with more power and intensity. All Green personalities are mental and quick-minded, but Deep-Greens are extremely fast in their thinking, more detailed and more dynamic.

They possess the ambition to achieve their goals. Focusing on business and other social events helps them in their growth. Deep-Greens love to be around people because they need constant interaction and stimulation. Talking with friends, business associates and sharing ideas and thoughts is extremely refreshing and recharging for them. They crave human interaction, always knowing how to express themselves because they are excellent communicators.

Deep-Greens love to give advice and to tell other people what to do. They think they know everything better and this may even often be the case. They are the perfect teachers. Their powerful precise communication allows them to express their ideas with strength and clarity. Most of the time they say exactly what they think.

Deep-Greens have the ability to quickly make a point in a conversation. While other life colors might need ten minutes or more to explain a situation or concept, Deep-Greens can say it in a few sentences. On the other hand, if they are unhappy or frustrated they will verbally let go of their frustration. These verbal attacks can often cut deeply into the hearts of others. It is difficult to win an argument against a Deep-Green personality.

Deep-Greens need to constantly stimulate themselves or be stimulated by others. They are easily bored. It is difficult for them to perceive a moment of mental relaxation or emptiness of mind. Their mind works too fast and is too active to let go easily and relax. They love communicating with others, talking, watching movies or reading an exciting book as a means of relaxation and recharging their batteries.

Deep-Greens are ambitious and want to achieve their goals. They perceive life through their quick and competitive minds, adding their strong sense of emotion. The greatest goals they can set for themselves are how productive and perfect they can be in their work and life. After they achieve their goals they feel wonderful. For them, life can be viewed as a large "to do" list. Having these specific goals and ambitions makes their life very special to them. On the other hand, after they achieve their goals they sometimes feel a certain sense of emptiness.

Deep-Greens exhibit perseverance, tenacity, firmness and consistency. These strong and self-assertive personalities may sometimes be afraid of change because they have such precise and specific viewpoints and opinions.

Because they have extremely strong will power, they are independent, preferring to go their own way. They don't like taking orders from other people because they feel they can do it better. Some Deep-Greens are so confident that they have a superior feeling towards others.

Deep-Green personalities are perfectionists. They have great expectations of themselves and others. They set the highest goals and until they are achieved, will not be satisfied. Sometimes the high expectations they place on their friends or co-workers can create a considerable amount of pressure. Their incredible ideals may make it extremely challenging for those around them. If they are accomplished, they may still think it could have been done better.

Deep-Greens need to understand those unusually high expectations can sometimes be the cause of unhappiness and frustration -- not only for those around them, but for themselves. Setting goals is important for Deep-Greens, but their challenge is to find the balance between accomplishment and doing their best. Surrendering to a Greater Plan and to their Higher Power will ultimately lead to a true sense of fulfillment in their lives on all levels.

Deep-Green personalities are quick, abstract, analytical thinkers and can easily jump from one step to the next. They don't like to deal with details, preferring to develop ideas, organize plans and delegate work to others for execution.

They recognize patterns and solutions to challenges quickly, setting goals which they can achieve within a short period of time. Deep-Greens are ambitious, competitive and enjoy the challenges connected with specific tasks at hand. They like to spend their time on the mental processes and then pay others to do the physical work.

Out of power Deep-Greens are afraid of personal failure and the lack of recognition. They try to compensate for this fear by seeming to be in control of every aspect of their life, exhibiting a superior and proud attitude. Their domineering way and need to impress may really be a reflection of their low self-esteem.

Deep-Greens have a need to be mentally in control of their own life. If they find themselves in a situation in which they are not in control they may become frustrated, fearful and stressed. Their challenge is to accept their strong emotional body, to let go and to understand that not every aspect of life can be controlled by human efforts. A big lesson for them is to enjoy the process of life itself and have fun with what they do.

If they want something, they want it immediately. When it doesn't happen as fast as they would like, they may become aggressive, impatient and judgmental with those around them. Their tendency of being rigid in their objections and goals, can easily result in others feeling insulted and hurt. These perfectionists sometimes project their high expectations, blaming others for their own short comings and disappointments.

The life purpose of Deep-Green personalities is to enjoy and experience life with an open heart, to grow intellectually, to integrate their emotions and to learn to live as an example for others.

Spirituality is not an unfamiliar concept for Deep-Greens. Because they are quick at processing concepts, they are able to understand and even teach what God or religion is all about. Their challenge is to actually experience the connection with their Inner Power, God, and to live it. When they open their heart, this will inevitably and effortlessly take place.

## **SOCIAL LIFE**

In our society, Deep-Green is associated with money, wealth and luxury. The aristocratic Deep-Greens usually live an expensive life style with an excess of money around them. Money and an exclusive life style are important. Material wealth shows their high social status and gives them security. They usually have conservative beliefs and social behavior.

It is not uncommon for Deep-Greens to have strikingly attractive features. They pay a great deal of attention to their physical appearance and prefer wearing fashionable, expensive and/or sexy clothes.

Sometimes Deep-Greens have difficulty in accepting all human beings as equal. They can have an attitude of superiority, only mixing with people of their own status. Learning to understand and accept the many diverse lifestyles of others is a major task for them.

Deep-Greens are powerful communicators. They are social personalities who know exactly what they want and are not afraid to express themselves.

## **RELATIONSHIPS AND INTIMACY**

One of the greatest challenges facing Deep-Green personalities is relationships. They may have unusually high expectations toward others, most of which cannot be fulfilled. They want close, intimate and loving relationships, filled with acceptance, warmth and support. They usually look to others for qualities they are missing and ultimately find that no one can deliver those qualities except themselves.

So Deep-Green personalities may experience difficulties in finding a partner they can completely accept. They may find something wrong or not quite adequate. If their partner is not equally ambitious and goal-oriented, living up to their expectations, they will become easily bored, growing out of the relationship.

Communicating is essential for Deep-Greens. Discussing ideas and projects they are working on is an important part of interacting with their partners.

Deep-Greens are usually both physically and mentally attractive. Their regal behavior opens many doors for them, privately as well as in business.

Sex is not a primary issue for Deep-Greens. It can be a deep, intimate physical and emotional experience, or it can be sex with no involvement or strong feelings. They can easily choose between close intimacy and pure physical enjoyment.

Deep-Greens are impressed by the visionary ideas and charismatic power of Violets. Reds stimulate them through their physical power. Orange personalities need a lot more space.

Blues and Indigos may be too emotional and introverted to create a good match. The way of thinking of Deep-Reds and Orange-Yellows is appealing to Deep-Greens. Greens and Deep-Greens have a lot in common, yet they must share the same ambition to achieve goals. Deep-Greens need to understand the playfulness of Yellows to create harmonious relationships.

Deep-Greens need strong, equally intelligent and ambitious partners whom they can accept and appreciate. When they finally open up to their emotions, they can become very close to their partners.

Once the reason for marriage may have been because it guaranteed financial security and a high social status. When a Deep-Green balances the heart and mind, and connects with intuition and their Higher Power, the real meaning of soul mates will unfold and the only reason for love will be for love itself.

## **CAREER AND FINANCES**

Deep-Greens are great at organizing projects and coordinating teams. They often own their own businesses or can be found in high levels within various companies. Their openness, strong mental capacities and communication skills enhance their ability to achieve leadership positions, creating a feeling of importance and recognition. These career conscious personalities and successful entrepreneurs may be textbook examples of typical workaholics.

Deep-Greens come up with solutions to challenges quickly and effectively. This is a result of their clear, quick mind, allowing them to constantly see new options. Deep-Greens are adept at planning and developing, and know how to clearly communicate their ideas and concepts. This gives them the tremendous advantage of being able to solve their own as well as the problems of others. They can be extremely ambitious and goal oriented. Finding the fastest and best solution, gives Deep-Greens great satisfaction.

Deep-Green personalities are generous with tips and especially with advice. They have the ability and capacity to help others, taking pleasure in it. However, they can become frustrated and quickly disinterested if their advice is not followed.

For Deep-Greens to live up to their full potential in the world of business, they prefer being independent, self-employed, or being in responsible top positions. They like to delegate authority. They can be found in many areas as long as their job is well paying, stimulating and highly respected. Deep-Greens love money and what it can do for them. They are drawn to occupations, which have to do with money, guaranteeing them high income.

To be truly successful on all levels, their challenge is to incorporate their heart into the matter of their career and finances. Otherwise their amazing achievements will never be truly satisfying on any level except materially. Their life could either be a series of successes with no real meaning, or a fulfilling personal evolution on all levels.

Some Deep-Green occupations are: bankers, entrepreneurs, lawyers, marketing experts, real estate or stock market brokers, sales persons for expensive items, executives, producers and financial consultants



## HEALTH, WELL-BEING AND GROWTH

The best way for Deep-Greens to find harmony is to stay emotionally, mentally and spiritually centered, taking full responsibility for their own life. By recognizing what they truly want to achieve both in their inner and outer world, and by taking active steps, they can express their full dynamic power.

Deep-Greens need to channel their strong mental energies and high expectations into positive meaningful directions. The more Deep-Greens feel and connect with their heart, the more content and successful they will be.

Deep-Greens are not very interested in purely physical activities. To exercise or be involved in any sport for fun makes little or no sense to them. They will become active if they establish a good reason to stay physically fit. These would include health, a strong physique or overall attractiveness. Physical exercise may also be more than just for health or recharging. It might provide an opportunity for calming the mind from its constant need for stimulation and activity.

Mental relaxation tapes, visualization and dream journeys, as well as brain enhancing and balancing machines are proven methods to achieve a deeper and more relaxed state of mind. Once the mind is calm, Deep-Greens will open up their hearts, moving into higher dimensions of relaxation, creativity and meditation. Deep-Greens must learn to recharge their life energy batteries on a regular basis. Once they are able to calm their mind and let go of their high expectations, they will find enough inner peace to allow relaxation and recharging to occur.

Even if Deep-Greens appear to be strong willed and independent, deep inside they harbor the fear of not being accepted or recognized. Life is change, growth and expansion. Insecurity is one of the challenges life has to offer. Integrating heart and intuition with a powerful mind, will help Deep-Greens to relinquish their intense need to control their lives. Surrendering control to their Higher Power will alleviate the pressure they feel to succeed. Putting their life in God's Hand, actively following their heart and their intuition, will bring Deep-Greens true self empowerment on all levels.

## **BLUE PERSONALITIES**

The following are the qualities and action words associated with BLUE personalities:

<b>Area</b>	<b>Description</b>
<i>Physical</i>	Helpful, caring, peaceful, relaxed, tranquil, calm physically active, tired.
<i>Emotional</i>	Heartfelt, sensitive, caring, calm, deep feelings, peaceful, appreciative, tender, devotion, empathy, trust, surrender, easily hurt, self-pity.
<i>Mental</i>	Clarity, calm, peaceful, balanced thinking, contentment, quiet.
<i>Spiritual</i>	God is love & compassion, relationships and spirituality are most important.
<i>Motivation</i>	Peace and harmony they experience, how much support & love they can give.
<i>Mission/Vision</i>	To serve mankind, give and receive love and compassion.
<i>Growth</i>	Change victim/helpless state of mind into responsibility, taking care of themselves, stay clear.
<i>Exercise</i>	Walking, bicycling, picnicking, all water activities, beach, swimming.
<i>Recharge battery</i>	Meditation, soft music, walking in nature, living in a nurturing environment.
<i>Communication</i>	Soft voices, feelings are expressed, personal and intimate.
<i>Interaction</i>	Conservative, family oriented, careful, supportive.
<i>Relationships</i>	Harmonious, peaceful, loving, caring.
<i>Social, Friends</i>	Very social, do anything for family and friends.
<i>Sex, Intimacy</i>	Sensitivity and love, need intimacy more than sex.
<i>Money</i>	Security, safety, satisfy needs.
<i>Success</i>	How much love they give and how much they are loved by others.
<i>Occupation</i>	All caring, humanitarian, supportive occupations, wherever help is needed.
<i>Career</i>	Nurse, caretaker, priest, housewife, child care, social worker, teacher, therapist, consultant, healer, secretary, accountant.

## MIND/BODY

Blues are the most caring, nurturing and protective personalities. They live from their hearts and their emotions. Their life purpose is to serve, help and love others. They teach humanity that without love, nothing else matters. Blues are on this planet to serve mankind.

The honest Blue personality expresses surrender, devotion, dedication to humanity, and high values. Blues are friendly and loving with open hearts, needing a lot of time for themselves to maintain this center of peace.

Their motivation is to serve and help others, expressing love and affection. They process ideas and concepts based on feelings and intuition rather than from a mental point of view. As a result, Blues may not feel in their element when highly intellectual subjects are being discussed.

Intuition and emotional behavior may not be as readily accepted as intellectual thinking or scientific facts. But for Blues, there are no real facts except that which comes from their heart and soul.

Blues have a natural inner knowledge and wisdom. They feel and know things without needing facts or data for substantiation. The moment they become still inside, they will tune into an inner voice that will guide them. They are very empathic, feeling the emotions and thoughts of others. Their challenge is to protect themselves so they do not take on the feelings of those around them.

Blues are the most emotional of all the color personalities and need to constantly clear and center themselves. Helpful activities for Blues are talking with friends about their inner path, writing in a journal or just being quiet so their intense emotions can subside.

Some Blues are more concerned about others than themselves. They are born caretakers and mothers. They remember birthdays, care for those who are sick and always have a shoulder for others to cry on. They are born advisers, counselors, and practitioners. Many people enjoy being with Blues because they express so much love, acceptance and forgiveness.

Blues cry easily, releasing powerful emotions of joy, sorrow, compassion and humility. The other color personalities often have a challenge understanding the intense emotional body of a Blue. However, this emotional depth gives them the ability to be warm, compassionate and protective towards others.

The major gifts of Blues are their ability to express unconditional love, their powerful intuition, and their "inner knowledge." No matter what happens, Blues will always forgive. They might be seen as "too nice" and may therefore be taken advantage of. Therefore, they must stand up for themselves in all situations, not allowing any abuse against them.

Blues usually accept the authority of others without offering any resistance. Non violence is their motto. Their challenge is to discern carefully, staying in their power and to actually say "No," when appropriate. To honor themselves first, is essential. Otherwise they will allow themselves to be used and taken advantage of, feeling frustrated, depressed and hopeless.

Some Blues are also primarily focused on the concerns of others. They enjoy listening to their challenges, having the capacity to understand and not judge what they are going through. Because they spend so much time involved with the interests of others, they sometimes forget to look at their own.

The most important issue for Blues is to spend more time working on their own personal growth than helping those around them.

Some Blues have a basic fear that others might push them away, reject them or no longer love them, if they make it clear that their life must come first. The fear of hurting others is a reflection of their own fears of being hurt. They need to recognize the tremendous benefits of Self-Love and to understand that "no" does not mean the same as, " I don't love you." They need to define their boundaries with other people because they have a tendency of allowing friends and even strangers to come into their energy field without having adequate protection.

Sometimes Blues take on the energies and qualities of others. This can especially happen while they are helping and nurturing others in the capacity of caretakers. This can occur to the point where they actually take on their sicknesses or issues.

The challenge of Blues is to recognize and accept that they are loved. Because of their sensitivity, they can easily become hurt. They want to feel accepted and may do anything to receive a small amount of attention or affection.

Blues are precise and clear in their thinking. From a mental standpoint they are usually in a peaceful and calm state of mind. They focus more on their feelings and emotions than on their thoughts. It is a task for them to formulate their perceptions into detailed analytical communication.

Blues usually do not like physical activity or work. For these sensitive beings the physical world often seems loud, brutal and harsh. They prefer to reside in their own emotional and spiritual world. They enjoy casual sports or activities they can practice with friends and family. These would include walking, swimming and simple games. Because they are not very physically active and because Blue is the color of expansion, they may easily gain weight.

If Blues are not living in harmony, they can be dramatic and consuming, constantly looking for someone or some thing to love. They may see themselves as victims being manipulated and they will be filled with self-pity. Sometimes they may feel that they have to love in order to feel worthy, and then be loved in return, putting conditions on their love.

An unbalanced Blue lacks self-confidence and may experience feelings of worthlessness, questioning if they are truly worthy. If they are told they are loved a hundred times and criticized for something one time, they will remember the criticism. They may consider themselves responsible for mistakes that did not involve them, taking matters personally and excusing themselves a thousand times.

Blues are very spiritual beings. They believe in God, a Higher Power in the universe. God, prayer and religion play an important role in their life. They could not exist without spirituality and a belief that their purpose in life is aligned with it. For them, Spirituality means living day to day, connected to their inner guidance and intuition. This is their truth and this is how they are capable of such great love and compassion. They have tremendous faith and trust in God. In challenging and intense times they are able to connect with their powerful inner source so they can continue to help and support others.

## **SOCIAL LIFE**

Blues enjoy being around people. They are very social, always concerned about the needs of others. Blues are found in all areas of society where service and support is needed. For them, nothing seems like too much if it is enjoyed and appreciated. It's their outlet for their powerful love and compassion.

Blues have life long friends. Even if they don't often have close physical contact, they are powerfully connected to those they love. They communicate their love and appreciation on all levels, including the more conventional ones like writing and talking on the phone.

Blues express the feminine or nurturing Mother Nature. They balance the active masculine aspect, helping us to integrate both energies in our society and within each of us.

## **RELATIONSHIPS AND INTIMACY**

Living in healthy, harmonious relationships is essential for Blues. They want to love and to be loved. Blues make wonderful mates because they love to take care of and support their loved ones. They create a happy and harmonious life style with their family at the heart. They may expect their partner to return their love as powerfully and freely, and to be as supportive and caring. Their challenge may be to understand that other personalities might not understand the strong emotional depth they possess and have different emotional and mental behaviors.

Blues want to be married and to live in solid family relationships. Love and affection is more important to them than sex and passion. Kissing, cuddling and feeling the affection and emotional love of their partner may be more important than sexual excitement and stimulation. Sex is a deep, emotional and spiritual experience and creates a powerful bond with their partners, whom they often consider to be soul mates.

Blues are loyal and monogamous. Their test is to be aware that if they are too emotionally demanding with their partner, they might push them away. In disharmonious relationships they have challenges letting go, and remaining independent. Relationships may provide great challenges for Blues to let go.

Blues love the strength of Deep-Reds, the security of Orange-Yellows and the independence of Deep-Greens. They must insure that they are not being used and that their relationships are based on sensitivity and love.

Oranges and Blues are the opposite side of the spectrum and therefore can learn tremendously from each other. Blues relating with Blues can be too emotional where neither one has the power to lead and inspire. Blues love the passion and spirituality of Violets and Lavenders. Whites and Blues have God and spirituality as a basis for incredible relationships.

It is important for a Blue to create a spirituality balanced life with a loving sensitive partner. Then they will live a peaceful, happy and contented life.

## CAREER AND FINANCES

Emotional and spiritual values are far more important to Blues than money, and they play a much larger role in their life than financial issues. Blues are careful with money and have a rather conservative approach to it. They need to make sure to cover all their expenses and needs and normally do not take any financial risks.

Blues make excellent counselors and therapists. They are great listeners and can easily tune into the feelings and thoughts of others. They love to be of service to others and especially on a one to one basis. If Blues choose an occupation, which does not offer opportunities that provide avenues to express these powerful qualities they possess, they will not be happy.

In the past Blues may have been found predominately in private or social occupations or in their homes as mothers or housewives. In the last few decades more opportunities have become available and many Blues have expanded their horizons, going into business careers. They are loyal, supportive and team oriented. They lead with a strong team spirit and by their example. They show others that working together and creating a supportive environment allows a team to thrive, achieving amazing and powerful results.

Blues solve their challenges by staying calm and going within. They learn to listen to and trust their intuition, dealing with the situation from a place of self empowerment. Because of their strong inner knowledge, Blues usually know what they should do. Their challenge is to take action and make changes. Letting go of old habits and patterns and openly embracing new situations is their test.

Blues usually need time to make choices. But with their intuition they are able to make powerful decisions which are not only valuable for themselves, but to society in general. When Blues listen to their intuition and take action, they make tremendous growth and will expand their personal goal of self love and self nurturing to serve mankind.

Some Blue occupations are: practitioner, caretaker, priest, nun, housewife, mother, child care worker, service personal, social-worker, counselor, teacher, therapist, consultant, healer, secretary, accountant, personal manager and volunteer.

## **HEALTH, WELL-BEING AND GROWTH**

To become truly centered, the challenge of Blues is to love themselves unconditionally. When they overcome their greatest fear of being alone and not being loved, they will express their powerful feelings freely, living a meaningful and fulfilling life.

It is important for Blues to set boundaries and make clear decisions. They must learn to express their feelings, say, "No," when it is appropriate and when they need to honor themselves. Connecting with their personal power and then using it allows them to achieve goals and express even more love.

Blues need to create a peaceful and harmonious environment. They need to make willful decisions as to who they want to have as friends and what work environments are acceptable to their well being. They must learn to protect themselves.

Blues need a lot of time for themselves. They like being in a quiet atmosphere, listening to harmonious music or just sitting in a peaceful room. Being alone is empowering and allows them to go within. They love to visit churches or other spiritual power spots to recharge their inner battery and to give them the energy they need to find their purpose in life. Meditation and prayer are the most important and effective tools they can use to achieve inner peace and happiness. Being around like-minded spiritual people is essential.

Blues need to constantly be aware of their sensitive emotional body. Understanding their Mind/Body/Spirit relationship will help them to stay healthy and strong. Their mission is to first empower themselves through self love, and then to set a compelling example to all.

# INDIGO PERSONALITIES

The following are the qualities and action words associated with INDIGO personalities:

Area	Description
<i>Physical</i>	Deep body feelings, sensitive physical body, meditative, androgynous.
<i>Emotional</i>	Universal love, sensitivity, depth of feelings, inner communion, trust, loyalty, honesty, surrender, devotion, innocence.
<i>Mental</i>	Aware, bright, artistic, clarity, creative, independent, intuition, inner knowing, higher mind, dedication.
<i>Spiritual</i>	Higher knowledge, truth, spiritual, universal love, awareness and consciousness, experience inner planes of existence.
<i>Motivation</i>	Follow their higher truth, unconditional love and inner guidance.
<i>Mission/Vision</i>	Spiritual growth, love and service, express inner knowing, self realization.
<i>Growth</i>	Inner awareness, intuitive changes, guided by their heart.
<i>Exercise</i>	Walking, dancing, swimming, meditation, spiritual exercises & techniques.
<i>Recharge battery</i>	Meditation, music, create own space, connect with God-Inner Self, spiritual workshops, journeys to sacred places.
<i>Communication</i>	Soft voice, intuitive, inner communication with connection to feminine aspect.
<i>Interaction</i>	Considerate, careful, sensitive and divine actions, compassionate.
<i>Relationships</i>	Caring, depth, heartfelt, soul-to-soul, spiritual connections.
<i>Social, Friends</i>	Follow inner guidance, one on one, few close friends.
<i>Sex, Intimacy</i>	Deep, divine experience, careful, open up only to close partners, mystical.
<i>Money</i>	Clear concept, not primary concern, follow higher values and truth.
<i>Success</i>	Connection to God and Higher Self, live love and spirituality on earth.
<i>Occupation</i>	Serving others, live in harmony with their higher beliefs and truth.
<i>Career</i>	Spiritual healer, teacher, musician, artist, social worker, writer



## MIND/BODY

Indigo personalities experience life through their deep inner feelings and intuition. These calm and deeply sensitive individuals are connected with their inner self. Their life long search for higher truth and consciousness allows them to radiate an originality and clarity, which is not found in other color personalities.

Indigos have a strong desire to express their spirituality. They are considered to be very deep in their feelings and perceptions of life. An Indigo is born with a powerfully high consciousness and even as children know who they are and how to be. Indigos cannot be told what to do, think, feel or what the truth is. They know. Their inner guidance gives them all the information they need.

The purpose of Indigos is to experience life as a divine universal being with compassion and unconditional love. To them, life is like an endless ocean, filled with divine love and energy, full of unbelievable treasures, and grand adventures. Indigos are content if they can express their feelings of spirituality and love, knowing that the world around them is acknowledging the divine message.

Indigos have a high sense of honor and their own personal values and belief system. They do not adopt the ideas, beliefs, standards or concepts of others. Their inner strength and power comes from their connection with God or Love. To them, universal Love is the connecting force in the universe.

Indigos know that all humans are divine beings. We are not only physical, emotional or mental beings, but are connected with a Higher Power, which we call God, Spirit or Source. Indigos also know that everything in the universe is interconnected. There is no separation. We are One. This knowledge makes it a great challenge for them to understand and accept some of the ways humans treat themselves and their mother earth. Their challenge is to stay out of confusion, sadness and anger when they see what is going on in the world.

Indigos are seen as the new leaders for the coming times. They seem to have an inherent understanding and awareness of human life and universal implications. They don't need facts, statistics or data to be convinced that our planet is in need of major shifts. They also don't need a reason to help humanity to grow spiritually. They show us that we are powerful spiritual beings waking up to the truth of who we are. And they do this, by simply being themselves.

Centered Indigos have the energy and power to guide humanity into an age of enlightenment and self empowerment. In the past, Indigos were often found in religious groups or organizations. This was their only method of practicing spirituality and discovering God within. Now Indigo personalities have the freedom to live their inner feelings and their need to communicate with God with more openness in a world that is truly waking up to the truth.

Indigos can appear soft, sensitive and sometimes androgynous. They integrate both masculine and feminine aspects within themselves. Because of their sometimes unusual appearance and their advanced spirituality, others may see them as introverted or eccentric.

In power Indigos are aware, bright, creative and independent individuals with deep feelings and strong intuitions. They follow their inner guidance and abide by higher truths, knowing that life is filled with integrity, compassion and love. They understand spiritual concepts far more easily than physical

ones. Indigos are more concerned with higher principles than social beliefs or limited physical realities. No social pressures will force them to compromise or follow rules they do not agree with.

Indigos integrate their intelligence with a higher understanding and awareness. They have clear perceptions of humanity and are guided by their intuition. They are born with an awareness of who they are and what their purpose in life is. Their insight and wisdom comes from a different source than common, limited, intellectual knowledge.

Indigos have no need to understand mental concepts. They don't process life through their intellect or their rational minds. They are clear and bright thinkers but perceive life more through intuition and feelings. They often come up with unorthodox concepts that might prove to be extraordinary to others.

Indigos have sensitive, physical bodies. For most of them, intense physical activity is much too harsh and disturbing. They prefer soft and balanced physical activities to intense exercise or competitive sports. Their favorite activities would include, taking a walk, jogging or meditative exercises and techniques. They may have a need to express their creativity through dancing, painting, writing or other artistic endeavors.

Because Indigos have a highly developed system, they are uncommonly sensitive. They are able to sense energies, emotions and feelings or even spirits, auras and other dimensions. Their high vibration allows them to move into other dimensions of existence. Indigos are so close to God, that at times they are able to express divine energy by their mere presence.

In their innocence, Indigos are extremely truthful. They must live their life in accordance with the highest of principles. They know we are all divine beings within a greater plan. Life has meaning and we as humans are creating our own reality. While they are honest and independent, they are also very compassionate and accepting.

Indigos need a peaceful and harmonious environment whether at work or at home. Because of their sensitivity they need to have serene surroundings to keep them balanced.

If Indigos do not follow their path they will become anxious and self-destructive. They can also become emotionally closed and introverted, withdrawing from friends and society. Conservative, rigid thinking and the inability to express their deep feelings and their inner truth will cause them to feel depressed and isolated. Out of power Indigos can become frightened and disoriented, turning to drugs and alcohol to escape from their confusion and to quiet their inner voices. The current state of the planet is not what they envision or understand. They wonder how humanity can be so insensitive and unspiritual?

The challenge of Indigos is to trust their inner voice, staying in their power. They must actively live that connection to God and the Universe, a truth, which they came here knowing in their hearts. They can help us to understand life's larger plan, of which we are all a part.

## **SOCIAL LIFE**

In power Indigos do not follow the rules or demands of society. They have an inner knowing which they have to live. Indigos function with truth and spirituality, easily seeing through false ideals or

political ambitions based on egotistical gain. They may have a tendency of withdrawing from society because they are often misunderstood with such high principles.

In power Indigos have learned to live and function in society within their own protected space. They find ways to express their inner desires into creative endeavors which influence and lead people toward creating a better world. Indigos have few close friends, knowing whom they can trust. They know immediately when they meet an old, ancient friend or soul mate.

Out of power Indigos might concede to society, suppressing their inner knowing and truth. They may become introverted, hiding behind a conservative, stiff and rigid attitude. Often Indigos live out their spirituality in fanatical religious groups or organizations.

Indigos need to create opportunities to be with God, while expressing their inner meaning and purpose for living.

Indigos may not be what is termed social. They are very sensitive, feeling the pains and challenges of others so much that they have to be careful in their interactions. They prefer to meet with people on a basis of spirituality and love.

## **RELATIONSHIPS AND INTIMACY**

Indigos need mates who will be nurturing, dedicated and understanding, allowing them their independence. They are careful in their selection of partners but once they have decided on their soul mate they will be loyal, faithful and monogamous.

Indigos need to be with partners who can understand their advanced, spiritual way of thinking. They are gentle and committed partners who are best friends and companions. Indigos usually have balanced both their male and female energies. They have a strong sense of their own sexuality.

They are great lovers. Once they feel safe with a compatible soul, they are passionate and full of deep love. Sex is a powerful spiritual experience where two beings of energy merge into cosmic oneness. Most in power Indigos do not have inhibitions. Sexuality is not a male or female expression or a physical act, but a spiritual union of two divine beings.

Indigos love to be with Lavender, Violet or White personalities. They are inspired and assured that other spiritual oriented souls thrive on this planet.

Physical personality types, such as Red and Orange may be a big challenge for Indigos for a healthy loving relationship, since their view of life is so different. Yellows and Indigos love to play and have fun together. The Green personalities can deal with the bright and clear mental abilities of Indigos.

Orange-Yellows and Deep-Reds also have a conservative approach toward life. But they may not understand the depth and love Indigos feel inside.

As long as Indigos feel a deep inner connection with their partners they will be very loving and passionate mates.

## **CAREER AND FINANCES**

Indigos are intellectual, but they also incorporate inner awareness and emotional sensitivity. Because they are so compassionate, they are often willing to support and work with others. Indigo personalities are loyal. They never lie, cheat or steal. Friends or employers can always count on them. Their honesty and friendly attitude can lead to many opportunities creatively and in business.

Indigos solve their challenges when they trust their inner senses. They will always receive the correct answer if they look inside themselves. They are happiest when they are able to live their lives in harmony with their beliefs and when they are able to help other souls on the planet. They feel successful when they know they are connected to their intuition and living the highest truth of which they are capable.

Indigos are often found in service, social or artistic occupations, helping and supporting society. When they are in harmony and in power, they always know a higher task is waiting for them.

Indigos prefer occupations, which allow them the freedom to connect with life in its diverse forms. They love to bring together body, mind, heart and spirit. The work they do must be in balance with their spiritual beliefs and perceptions of life. They have a need to love their work. They enjoy all jobs, which enable them to support others. Because they are closely connected to God and the Universal Life Energy, Indigos can be powerful spiritual healers, counselors and teachers.

Some Indigo occupations are: spiritual healer, teacher, musician, artist, nurse, mother, social worker, child caretaker, musician, writer, artist and designer.

## **HEALTH, WELL-BEING AND GROWTH**

To stay in power, Indigos have to feel and trust their intuition. When they express their inner beliefs and feelings they can create an environment, which radiates peace, love and understanding.

Their bodies may be delicate, since they are sensitive to the unbalanced and stressful environment, which dominates our planet. Their androgynous appearance, personality and beliefs challenge society's concepts of male / female and what is considered right and wrong. As a result, they have a test to adjust and to actually fit in.

Indigos need to create an environment which allows them to stay centered, peaceful and in contact with their inner guidance. The world around them may appear loud and insensitive.

If Indigos are in harmony they recharge easily. They know that they are a part of this vast system of universal consciousness and energy. When they still their mind and body, they will connect with the universal energy flow. Indigos have the ability to recharge and heal themselves from the inside.

Indigos need to get in contact with their mission and their personal vision in life. They understand that life has a meaning and that they are part of a much larger entity called God. Meditation and prayer are important tools for Indigos to gain harmony, balance and strength. They will receive all

the answers to all their questions if they simply ask their Higher Power for guidance. They will create harmony by living their lives with awareness, expressing their beliefs in love and understanding.

The challenge of an Indigo is to step into the real world with a powerful sense of their body, mind, heart and soul. They are the examples of this perfect balanced way of living. Maybe the most challenging and yet most rewarding task they can undertake, is standing up for their convictions and beliefs, and then living them, accepting that others need to do the same in their own way. Then, they empower themselves and the world.

## VIOLET PERSONALITIES

The following are the qualities and action words associated with VIOLET personalities:

Area	Description
<i>Physical</i>	Charismatic, fascinating, sensitive, physically active, making ideas into reality, innovative, futuristic, fusing of subject and object.
<i>Emotional</i>	Sensitive, mystical union, intimacy, passionate fascination, visual, guilty, aloof, freedom seeker, unconventional, independent.
<i>Mental</i>	Visionary, magical, theoretical, intuitive, creative, innovative, visualizes trends, futuristic thinking, professional, scientific nature.
<i>Spiritual</i>	Magical and mystical union, divine transformation, cosmic flow, universal perception of God, unity of earth and spirit.
<i>Motivation</i>	Live their vision, fulfill their divine destiny, need to reach large audience.
<i>Mission/Vision</i>	Lead and inspire humanity, realize and express visionary ideas.
<i>Growth</i>	Magical, mystical and divine transformation, expansion.
<i>Exercise</i>	Activities combining physical and mental skills, like tennis.
<i>Recharge battery</i>	Music, meditation, mind/body technique, feminine/masculine integration.
<i>Communication</i>	Universal, impersonal, charismatic, magnetic, passionate, direct.
<i>Interaction</i>	Passionate, direct, theoretical, mystical.
<i>Relationships</i>	Committed, demanding, focused, share vision, travel and inspiration.
<i>Social, Friends</i>	Anti-social, humanitarians, universal, inspire and motivate society.
<i>Sex, Intimacy</i>	Passionate, strong sexual drive, mystical, tantric union.
<i>Money</i>	Power, influence, unlimited possibilities, new projects, fulfill creative ideas.
<i>Success</i>	Live vision, how many people they reach, teach and transform.
<i>Occupation</i>	Creative, innovative and independent, express visionary ideas.
<i>Career</i>	Actor, artist, lecturer, producer, psychologist, teacher, healer, inventor.

## MIND/BODY

Violets are dynamic, charismatic, visionary and powerful personalities. Their mission in life is to lead and inspire mankind and guide them into a new age of oneness with abundance and wholeness. Most Violets have an inner and driving urge to do something important with their life.

Violets possess both wisdom and powerful intuition. They also have the physical power and the resources necessary to make changes in their own or other lives. Violets combine Blue and Red qualities creating a new level of existence and vibration.

Violets are visionary, futuristic and have high ideals and hopes for the future. They can usually see and recognize the "bigger picture" of any situation without being bogged down with details. They can often see the future.

They mainly perceive life through their Third Eye or inner vision. Because they have the ability to visualize trends and future events they are often considered to be ahead of their time. Violets don't need to know details, facts and data to achieve or reach a goal.

They are more concerned with the bigger picture and the driving force behind it. Their unorthodox inventive ideas and uncanny perceptions often seem unrealistic and impractical to others.

On the other hand, Violets are theoreticians. It is important to them that their ideas and projects work and make sense. Their vision allows them to see the cause or structure behind a technology, situation or event. Violets easily find the underlying laws and causes and intuitively know what steps to take.

Their motivation is to express and live their vision through artistic and innovative creativity. The more they are able to fulfill their inner vision, the more content and happy they will be. The flexible Violet personality experiences life as magic and loves to be in a constant state of transformation and change, adapting quickly and easily.

Because Violet personalities integrate Blue and Red qualities it is important for them to accept and live various aspects of both. That dynamic new aspect blends traits of sensitivity, intuition, caring, unconditional love and the compassion of Blue with physical activity, power, passion and the strength of Red. Violets often have a strong physical body with excessive energy. They need to release their physical power through sports or other exercises. Because they also have a strong mind, active relaxation is often a good outlet for releasing pent up energy on all levels.

Violets have a charismatic and magnetic radiance. They possess an extremely emotional depth and exert a certain fascination over others. They know how to turn dreams into reality. Their mind is a magical place where wishes come true, where there is a mystical union of subject and object. Some Violets live mostly in the future. They can extend their intuitive minds and sense what the future might hold or what trends might be successful. Violets are able to tune into an energy flow and intuitively sense where we are headed. Not only that, they have the ability to hold and create positive, consciously uplifting visions that can truly assist mankind in its transition to a more enlightened age of peace and self empowerment.

Violets love music. They feel the power and the vibration of music, preferring energizing, quiet and harmonious melodies. Music that is negative and destructive can irritate and frustrate a Violet,

leaving them feeling uncomfortable. For Violets, music is the universal language, which connects humans with each other and with our universe.

Violets are independent and need a lot of space for themselves. They need large homes with lots of open areas. Sometimes a castle is even too small for the expansive energy field of a Violet. They need intellectual and emotional space as well as physical. They may become impatient if they find themselves in a small city or community when in fact they wish to express their visions on a worldwide basis.

Violets may seem cold, aloof or unapproachable from the outside, but inside they are emotional, sensitive and filled with passion. They are careful with their emotions because they possess the sensitivity and depth of feelings of a Blue and the passion and energy of a Red. They are easily hurt and as a result may use a cold exterior as a protective tactic. Giving others the impression of having self-esteem, strength and confidence does not necessarily mean they honestly feel that way. Violets often have doubts coupled with feelings of insecurity.

The greatest challenge for a Violet is to trust their intuition and their inner vision. Their strong tendency toward self-criticism and perfection often leaves them with feelings of guilt and unworthiness. Part of the mind of a Violet may think they can do virtually anything better, faster and more efficiently. Even after completing a successful project they may find small mistakes or details, which they weren't able to see. This may create feelings of remorse.

Unbalanced Violets often ask themselves why they have such a strong feeling to do something important with their life. Some wonder why they can't be like most other people without this burning urge to create something special. Sometimes they feel unworthy or not good enough for the task. Successful and famous personalities, people who fulfill their goals and visions, are often confronted with these insecurities along the way.

Out-of-power Violets can be arrogant, pompous and narcissistic. They think they are better than other people. An egotistical Violet can develop dictatorial attributes, basking in self adoration and glory. Many out-of-power Violets do not trust their visions and ideas. They see too many possibilities, becoming scattered, bewildered and confused. A common challenge for out-of-power Violets is taking on too many projects at once and then trying to achieve the impossible. Being unrealistic and "too far out there" can cause Violets to become overwhelmed, frustrated and powerless.

If Violets have not found their vision and are not connected with their intuition, they often use their charismatic powers to achieve material wealth or high social status. They may have a tendency of compensating their missing spiritual connection with power, success and wealth.

Spirituality is essential for Violets. They see God in everything that exists, including themselves. Their viewpoint of spirituality is a universal or cosmic consciousness that is directly related to them, within them. Violets understand that God is within all and we as human beings are co-creators of our own reality. We are powerful divine beings. Fulfilling their destiny means living a spiritual life. They are content living in this magical state of mind, where the universe takes care of them and provides them with everything they need.



## **SOCIAL LIFE**

Violets may sometimes appear to be anti-social. They are far more interested in deep meaningful conversations or important projects and ideas than just hanging out with friends and talking about common trivial subjects. Social interactions are boring and not necessary for them unless they find meaningful reasons for being there.

Violets are primarily involved in realizing their own visions and focusing on the manifestation of these ideas. This may sometimes create a distance between themselves and other people, including their own partners and friends. It is important for Violets to come out of their "cave" once and a while, to have some fun, to enjoy the beauty life has to offer. Their challenge is to not become obsessed with their vision.

Violets have a strong, inner urge to support their community, their nation or the entire planet. They need to be in service in order to bring forth changes and improvements for mankind. Their challenge is patience -- to be aware that the change they are trying to bring forth may take a while, inevitably occurring in Divine Time, not their time.

Violets can inspire and motivate society to seek new ways of creating a future, which is in harmony, where humans can live without war, where the planet earth is understood as one living organism, where we are the creators of our own life and the masters of our own destiny. Violets teach humanity, that the universe will take care of us no matter what religion, belief or society we belong to or were born into. If we connect with the universal power, understand the flow of life energy, the "stuff" we are all made of, and if we align ourselves with the universe, we will be supported endlessly and without limits.

## **RELATIONSHIPS AND INTIMACY**

While partnerships are important, they may not be the first priority for some Violets. They need partners who can understand their visions, travel in similar directions and provide inspiration.

Violets love sexual excitement and are very passionate. They prefer mystical sex, where union and orgasm is seen as a pathway to enlightenment, a feminine/masculine fusion, where duality ceases to exist. The sexual union represents a cosmic experience in which two beings of energy merge into one.

Violets need sensual excitement and stimulation in their relationships. They are sensitive to their partners, feeling their emotions and knowing their thoughts.

Violets can be both demanding and possessive in a relationship when they focus all their emotional attention on their mates. Because they merge so easily and completely with their partners, they need to be aware of their own individuality, not getting lost in the relationship. Violets have a tendency of being so totally consumed with their partners that they forget to maintain other friendships, even life long ones. Out of power, they can be smothering.

If a partner does not respond with equal passion and sensual intimacy, challenges with sex can arise and frustration will certainly follow. Therefore, they must create a balanced and satisfying love life. They usually think of their partners as soul mates with very special purposes to be in their lives.

Violets love the passion and power of Reds. You can feel the fire between them. If Violets accept and appreciate a Deep-Green they may be a good match for a successful and prosperous relationship. Violets need to understand that Orange personalities also need freedom and independence.

Orange-Yellows and Violets are good partners. They are very different yet support each other as a team, each bringing to the other opposite qualities. Violets with their dedication, drive and vision are attracted to the easy going and playful attitude of Yellows. Blues love to be around Violets and they can be loving and supportive partners.

Because Violets want to be the leader and are usually dominant in their relationships, their challenge is to make sure to pay enough attention to their partner. In general, Violets need partners who will support their vision and create a stimulating and passionate life with them.

## **CAREER AND FINANCES**

Violets have a need to be creative and express their visionary and innovative ideas. No matter what field of activity they are in, they will find new solutions that will work more effectively.

Violets don't need much money for their private use. They enjoy the luxury it provides, perceiving money as representing power and influence. It gives them the ability to manifest and create their dreams and visions. Money gives them the freedom and power to make profound changes on this planet. Violets understand that in our society you need to have money to be influential. Violets are careful with money and a few are considered to be selfish and miserly.

Violets are born leaders. If they use their charismatic leadership abilities for the betterment of mankind and for humanitarian projects rather than egotistical purposes, other people will accept their powerful, direct style. It is difficult to resist the charisma and mystical power of a Violet.

When in power, the universe seems to open all doors, supporting Violets in a magical and effortless manner. They have an inner knowledge and wisdom about the natural laws of life. They teach us to trust our inner flow and that the universe will take care of us each and every moment. If we are connected to our Universal Life Energy, life manifests itself with no limits.

Violets are highly intelligent and sensitive, having the ability to look deeply into situations often seeing the under laying tones. They are always looking for laws or patterns and through their analytical thinking are able to find the cause and effect behind things. As a result of their ability to examine most situations mentally and emotionally, and their intuitive and creative expression, they are powerful, innovative problem solvers.

Violets tend to choose occupations, which allow them independence or creative freedom. They believe strongly in a higher purpose in any activity they are involved in. Violets are often drawn to the entertainment industry, the media or the field of communications because of their magnetic charisma and personality. They know how to use existing tools to make valuable and important changes on this planet and to get their message across.

Other areas in which Violets are often involved include, philosophy, religion, ecology, music, literature, art, humanitarian organizations, and futuristic technologies, projects and developments.

Some Violet occupations are: actor, musician, artist, author, lecturer, designer, producer, director, photographer, psychologist, social-worker, spiritual teacher, politician, business owner and inventor.

## **HEALTH, WELL-BEING AND GROWTH**

If Violet personalities learn to focus their energy, believe and trust in their vision, and stay grounded in reality, they can achieve anything. Living out their visions with passion in their heart will always guide them in their search to fulfill their purpose.

Violets cannot confine their visions. However, it is important for them to concentrate on a few projects at a time. Making clear concise plans, organizing each day, will help them reach their goals and manifest their vision.

Violets feel a powerful inner force, which drives them to fulfill their innermost visions. They will not be happy if they resist this inner urge to live out their mission and their dreams.

The challenge of a Violet is to confront themselves with any doubt and any sense of unworthiness. If they understand their vision and are connected to the universe, they will be able to clearly focus on their wonderful and promising future.

It is important for Violets to have time for themselves to focus and meditate. This helps them to be aware of their inner visions.

Deep meditations, which connect them to the universal life energy flow, tartaric yoga and listening to harmonious, energizing music are important tools for Violets to remain centered. Wearing or surrounding themselves with the color violet can help them to become more centered and powerful. In their love life, finding a passionate, loving and supportive partner is essential.

Violets have a tremendous passion for life. If the flow of life energy is intact, they will be in power. Their mission is to remember that the universe is made of energy and once they connect to it, unlimited abundance is theirs.

When Violets find their place in the universe, understand the role they have to play in this great cosmic production, and feel this inner connection with the universal power, they will be supported infinitely. Their success is the outward manifestation of their harmony with the universe. For a Violet, life is magic, mystical and always a grand adventure on the road to self empowerment.

## LAVENDER PERSONALITIES

The following are the qualities and action words associated with LAVENDER personalities:

Area	Description
<i>Physical</i>	Sensitive physical body, pale skin, may be ungrounded or unrealistic often appear like angels or fairies.
<i>Emotional</i>	Sensitive, enchanting, insecure, aloof, live in their own dream world, don't like confrontations and harsh reality.
<i>Mental</i>	Imaginative, artistic, creative thinkers, visionary, idealistic, ideals and intuitions, fantasy, dreams, visualization.
<i>Spiritual</i>	Mystical, higher dimensions, meditative state, angels, fairies.
<i>Motivation</i>	Experiencing dreams and fantasies, mentally and spiritually creative.
<i>Mission/Vision</i>	Imagination, manifesting their dreams into physical reality.
<i>Growth</i>	Imaginative, from inside out make dreams a reality, bring them into world.
<i>Exercise</i>	Grounding exercises, meditation, prayer, Qui-Gong, gardening, walking.
<i>Recharge battery</i>	Connect with spiritual energy, creative and artistic expressions.
<i>Communication</i>	Focus on inner connection, soft but artistic.
<i>Interaction</i>	Unpredictable, follow their inner guidance, unstructured, spontaneous.
<i>Relationships</i>	Need some solitude, freedom, mainly relationship with inner world, social.
<i>Social, Friends</i>	Unconventional, few close friends, many imaginative relationships.
<i>Sex, Intimacy</i>	Creative, light, experimental, transcendent.
<i>Money</i>	Security, unreal concept, challenging and difficult to handle finances.
<i>Success</i>	To be creative, imaginative and bring dreams into this world.
<i>Occupation</i>	Be alone, all artistic and imaginative areas, quiet and peaceful environment.
<i>Career</i>	Designer, artist, writer, poet, healer, spiritual teacher, consultant.

## MIND/BODY

Lavenders prefer living in their own fantasy dream world. Enchantment, myths, inner "higher" dimensions of existence, angels and fairies are all concepts, which fill the mind and heart of a Lavender. They spend a lot of time in a world of imagination.

Lavenders are mentally and emotionally free to explore new possibilities, concepts and realities. They can function without any limitations. Whatever they can imagine is possible and real. This unique ability allows them to produce new, creative and often cutting edge ideas. Lavenders believe dreams come true.

Lavenders can perceive energies through their unique and powerful inner senses. Many Lavenders have the ability to see or sense other worlds and experience different realities. In communication within higher dimensions they are able to perceive ideas and concepts that go far beyond most understanding. They have access to spiritual and enteric energies, which they may use for healing. These fantasy-oriented personalities enjoy soft, meditative music, wind chimes, candles, incense, meditation and the rhythmic sounds of chanting. They enjoy any sound, color or environment, which can inspire their imagination. They love to leave their bodies in meditation on their quest for self realization.

Lavenders can be entertaining teachers. With their colorful imagination and amazing perception they can guide us into a land of fantasy and enchantment. In power Lavenders are wonderful storytellers, writers and artists. They have the talent to visualize and to describe magical mystical worlds where spirits and fairies reside.

Lavenders can take us beyond our limited, harsh reality into a world filled with incredible possibilities. They need to be free without physical, emotional or mental limitations. They need to fly with the wind, changing direction at their own will. They feel compelled to experience these inner dimensions, with their intuition or Guardian Angel guiding them all the way. Lavenders see life as a magical world full of adventure. They are here to stimulate the imagination of others, to inspire a sense of wonder and keep the idea of magic alive.

As a result of living more in their inner world than on the physical plane, they may dislike being confronted with reality. Physical reality, as most people perceive it, might seem cold, harsh and even brutal to a Lavender. Therefore they seek environments or situations where life is light, easy, pretty and enchanting. To them, their imagination is a real plane of existence where dreams come true. They know that beliefs and thoughts play a vital role in creating our physical world. Lavender personalities are able to use their imagination and thoughts to create and change realities.

When in power, Lavenders can use their creative talents to show people the unlimited possibilities of other realms. They have the ability to transform their visions into works of art, which can enhance the lives of their fellow beings. They need to be with visionary people who can see the potential in their ideas and are capable of taking action to help them manifest their dreams. Lavenders are able to inspire and stimulate others to create and produce new futuristic products and concepts.

Lavenders live by their feelings and intuition, rather than by their intellect. They have a very intuitive and creative way of thinking. They have difficulty processing analytical, rigid and structured concepts or beliefs. They want to be free to explore their imaginations and experience new realities. Their physical bodies are often sensitive and sometimes fragile. They may have small bones and a slight build. They might have little interest in physical activities, sports or exercise.

Lavenders are ultra sensitive beings with high sensory perception, causing their nervous system to become easily overloaded. Creating an environment filled with peace and harmony is essential. When Lavenders stay grounded in physical reality connected to their body, they are powerful spiritual beings using the art of imagination and visualization to enlighten mankind.

Lavenders who are out of power daydream to escape reality. They have a hard time differentiating between fantasy and reality. They may spend far too much time living in another world, making it difficult for them to express their imagination and share their experiences. Unbalanced Lavenders are forgetful and scattered. Their visions and ideas seem unrealistic, illusionary and impossible to bring forth into the material world.

Most out-of-power Lavenders have a major challenge functioning in the three dimensional world. They don't like dealing with day-to-day business activities such as paying their bills, shopping or interacting with others. Their task is to find the balance between physical reality, which functions through rigid scientific laws that seemingly cannot be changed by imagination, and the world of fantasy where these same laws can be transcended opening up unlimited possibilities.

The imagination of most Lavenders is so vast that they can visualize what God might look like. They have access to higher dimensions where reality takes on many different forms. If they learn to stay grounded and focused, they will experience union with God in the physical world. They have the capacity to bridge Heaven and Earth.

Lavenders are excellent teachers, able to support others in their personal spiritual growth. When Lavenders realize their true power, they can become extraordinary psychic counselors and therapists. Lavenders are free spirits, forever enticing us to discover the world of imagination.

## **SOCIAL LIFE**

Lavenders are usually fun to be around because they are stimulating, creative and extremely charming. They have a magical quality about them that makes them irresistible. Unbalanced Lavenders may be irresponsible, unreliable and difficult. They are often forgetful, changing plans with no regard for prior commitments.

Lavenders can sometimes be scattered. It's not uncommon for them to get up from their chair, go into another room and then forget why. Or they may drive their car for ten minutes without noticing where they are going. Their friends, partners and associates may have a challenge dealing with them. Some Lavenders may feel guilty or inadequate because of their unorthodox behavior.

Most out of power Lavenders try to adjust to society's rules and regulations. But they must understand that by accepting what they consider to be illusion, and not following their inner guidance, feelings of unhappiness and sadness will haunt them. They rarely wish to be involved in any rigid, spiritual or religious organization. Their mind is free and cannot be trapped in limited reality.

## RELATIONSHIPS AND INTIMACY

Lavenders need sensitive yet strong understanding partners. Because they have a challenge with reality and being grounded, their partner will have to bring material stability to their relationship. When treated with gentleness, kindness and respect, they will in turn be appreciative and devoted mates, graciously sharing the magical enchanting side of themselves.

Lavenders do not necessarily need the closeness of others. Nor do they desire emotional or social nurturing from friends or family. They need enough space around them, without restrictions or obligations, to give them the freedom to live in their own world. Relationships are not a primary issue because living in their dream and fantasy world is quite fulfilling.

Lavenders are experimental and creative in lovemaking and like to fantasize during sex. They often leave their bodies and drift into other dimensions. Making love can be a very spiritual experience for them. If their partner is sensitive, caring and playful, they will enjoy sex creating a mystical experience full of unimagined pleasure for both.

Because of their fragile physical and emotional system, Lavenders choose their partners with the utmost care. Sex for them is a very intense and powerful experience and can easily create emotional traumas with a mate who is not sensitive to their vibrational frequency. A healthy sex life allows them to feel their physical body while still being connected with their inner dream world. Relationships provide an insightful mirror for Lavenders. The challenge of a Lavender is to stay centered and grounded, and a compatible relationship will assist them in balancing their emotional / spiritual side with their physical body.

Lavenders may be attracted to all physical color types but in reality they will have quite a challenge in creating lasting relationships. Reds, Deep-Reds, Orange and Yellow personalities are much more physically active and creative, whereas Lavenders may feel more comfortable exploring ideas in their mind. Orange-Yellows may be too realistic and mental for the imaginative and artistic Lavender.

Lavenders love the playfulness of Yellow personalities. Greens and Deep-Greens enjoy communicating with Lavenders and are stimulated by their mental activity and vivid creativity. Blues and Lavenders are usually good matches, but may lack the direction and strength to make a relationship work. Violets and Whites have a lot in common with the imaginative and spiritually oriented Lavender and their test will be to help ground each other.

If Lavenders find enough freedom and support in a relationship they will be loving and devoted, opening doors to an incredible world of magic and fantasy.

## CAREER AND FINANCES

Lavenders will be found wherever imagination, fantasy and visionary thinking is needed. Many are in artistic professions or performing arts where they may have very fulfilling careers. As writers, actors or artists they are free to explore their creativity, manifesting their dreams into reality. Through their visual and imaginative style, they have the unique ability to take people into a fantasy world, which is alive with feelings, sensations and magic. In healing and therapy, Lavenders are able to use their psychic ability and spiritual experiences combined with their knowledge of the inner worlds, to help and support others.

Lavenders overcome their obstacles by being creative and inventive. Because they are imaginatively resourceful, they can come up with unorthodox and what may appear to be unrealistic solutions. They are perfect in finding creative solutions but are often too etheric to do the physical work required to complete projects. They must gather a powerful technical team around them to manifest their visions.

When Lavenders are out of power they don't want to confront their obstacles. They escape into their fantasy world, simply wishing not to be bothered. Lavenders are creative and intuitive problem solvers but too much mental work, thinking and analyzing can easily overload their sensitive system.

Lavenders have difficulty in dealing with the physical reality of money. Earning money is a challenge and they are capable of spending it very quickly. They like to be supported by others but must still confront themselves with the day-to-day reality of making a living, paying bills and creating prosperity. One of the tasks of Lavenders is to learn to bring their imagination and focus into their financial situations.

Lavenders may not be attracted to positions of leadership or occupations, which involve demanding stressful work. They are sensitive and friendly, working best in low stress, quiet environments. They do not prefer regular office jobs or analytical, mental occupations. They should find activities where they can integrate their creative imagination and fantasies.

Some Lavender occupations are: storyteller, artist, writer, mime, actor, dancer, designer, decorator, teacher, spiritual teacher or healer.



## HEALTH, WELL-BEING AND GROWTH

To stay in power, Lavenders need to understand the importance of physical reality. Their challenge is to remember that we were born on this planet to experience all aspects of life and that we live in a three dimensional, physical world. As long as they are courageous enough to face the real world and to stay in touch with their bodies, they will live a joyous and fulfilled life. They have a need to explore other worlds and live out their fantasies and imagination. Their test is to express their visions in the physical world.

Lavenders need to escape into their dream world for the same reason most people require sleep. They often need to deeply relax or meditate. Creating a peaceful environment where they have lots of time to think, imagine and create new dream worlds is essential for Lavenders. They must constantly unwind and recuperate from the stress of the physical world.

Meditation and visualization are familiar concepts to them. Their test is to connect to their personal power in the lower Chakras -- their survival on the material plane, their relationships and emotional body, sexuality, ego and personality. This will ensure their success in dealing with life and expressing their creativity and inner strength. The more Lavenders are able to ground themselves, the more they will make their ideas and dreams a reality.

Lavenders are not very attached to their physical bodies. They may be fragile and may often have small bones. Because they have a challenge to be grounded, they need to take care of their physical body on a regular basis. Exercise, such as walking, gardening, swimming and other gentle forms of physical activity, will help Lavenders stay connected to their body.

Imagination is a powerful tool for Lavenders to heal both themselves and others. To create balance, their challenge is to live consciously in their inner worlds while maintaining connection to their bodies and the reality of the physical plane.

Lavenders love creating sacred spaces with incense, aromatherapy, candles, lights, color, plants and music, to support their magical experience of inspirational and spiritual journeys.

As long as Lavenders use their ability to connect with other worlds, inspiring imaginative thinking to create new ideas, concepts and forms, they will be happy and content and will have an empowering influence on themselves and on our planet.

## WHITE PERSONALITIES

The following are the qualities and action words associated with WHITE personalities:

Area	Description
<b><i>Physical</i></b>	Delicate, sensitive, fragile, need lots of physical, private space, radiate lightness, brightness, transcendence.
<b><i>Emotional</i></b>	Sensitive, emotional chameleons, difficult to set boundaries, overwhelming and over powering emotions, healing and light.
<b><i>Mental</i></b>	Intuitive, bright, conservative, adjust to their environment.
<b><i>Spiritual</i></b>	Transcendental, cosmic, healing power, higher dimensions of existence, meditation, high vibration, healing state of mind.
<b><i>Motivation</i></b>	By inner peace, connection with Spirit/God.
<b><i>Mission/Vision</i></b>	Teach healing and spirituality, channel healing energy.
<b><i>Growth</i></b>	Cosmic flow, transcendent unity, connect to God source.
<b><i>Exercise</i></b>	Yoga, Qui-Gong, Tai Chi, Meditation.
<b><i>Recharge battery</i></b>	Meditation, visualization, tuning into cosmic energy, spiritual force.
<b><i>Communication</i></b>	Silent, soft, transcendental-spiritual values.
<b><i>Interaction</i></b>	One-on-one or small groups, can tune into people very easily, chameleons.
<b><i>Relationships</i></b>	Strong God relationship, loners, soul-to-soul connections, spiritual value and belief determine friends and partners.
<b><i>Social, Friends</i></b>	Shy, withdrawn, only a few close friends.
<b><i>Sex, Intimacy</i></b>	Transcendental, mystical sex, careful in mixing energies, too sensitive and open.
<b><i>Money</i></b>	Security, secondary, careful in spending.
<b><i>Success</i></b>	To heal, teach and enlighten humanity.
<b><i>Occupation</i></b>	Work alone, quiet environment, with like minded people.
<b><i>Career</i></b>	Spiritual counselor, all healing and teaching professions.

## MIND/BODY

Spirituality, transcendence and cosmic, universal concepts are familiar to White personalities. They are closer to God than all other color personalities. They are channels of divine energy and spiritual qualities, living in this physical reality. Whites reflect the highest vibration of energy -- white light, the universal life force. White, or crystal light, is actually itself not a color. It is the quintessence of all colors of the rainbow or all colors combined.

Motivation is based on how clear they feel inside and how much healing energy they can channel through their bodies. They perceive life like a mirror, which reflects and shows who they are and how much light-energy they are able to integrate. Being connected with their inner, spiritual, divine force and functioning as a healing channel is natural for a White. They are guided by their higher mind to show humanity what powerful, spiritual beings humans are. They demonstrate that Spirit or God is the essence of life itself.

Whites have a tendency of being quiet but quick thinkers. Their highly developed mind functions are on an intuitive and spiritual level rather than an analytical one. Whites are also fast learners. They can tune into data or knowledge easily absorbing new information.

They love to read books, watch movies and attend the theater or other social events, which may enable them to more clearly understand the meaning of life. On the other hand, Whites enjoy spending time by themselves. They need to regularly withdraw from their environment in order to contemplate life and their spirituality. They are natural healers and find great joy in helping other people with their own healing process. As a result of having clear energy themselves, they are able to channel high vibrational healing through their bodies.

Whites are usually able to keep their thoughts and emotions out of the way. They have access to transcendental states of consciousness, where matter and reason have no place. It feels natural for Whites to connect with inner dimensions of existence. To them, these higher vibrational planes are as substantial and "real" as physical reality. They know that we as human beings live in a world of limitations and that our spirit is really free and will live forever.

Whites are like prisms. The purity of the crystal determines how much light will actually shine through. The clearer the channel or medium is, the more powerful the healing life energy can flow through it. Consciousness and awareness are the most powerful tools for a White.

Whites reflect all energy qualities on a higher level and therefore can easily transform those around them. They have the unique ability of tuning into other situations or the mind, body and spirit of another. Whites, with their clear white energy, are energetic chameleons and therefore easily take on the characteristics, behavioral patterns, emotions and thoughts of other people. They can change their vibrations just like tuning a piano.

Conscious Whites use this ability to understand and heal themselves and others. Unconscious Whites tend to absorb or take in life energy of those around them. Some people might feel an energy drain when they are around this out of power White.

Whites usually don't realize that they take on other personality traits or characters. They suddenly begin to behave like the person they are talking with, to the point of knowing the other person's feelings or even knowing their thoughts. In power Whites can use this ability to tune into others to help them with emotional challenges.

Whites are sometimes physically fragile and delicate. They like to live in a beautiful meditative environment. They function best when they are in an uncluttered, quiet and orderly atmosphere. Whites need a great deal of time and space for themselves to meditate, reflect, nurture and balance themselves. They definitely need to recharge their life energy batteries on a regular basis. As soon as their system is overloaded they will withdraw, going within to recharge and clean.

Whites avoid harsh, loud, disharmonious environments because interaction with physical reality is one of their challenges. All kinds of disturbances or stress, whether physical, emotional or mental, are damaging to their inner balance. Because they are so ultra sensitive and receptive, they need a lot of time to recharge themselves. Spirituality, healing and a sense of peace on all levels are far more important to them than working on projects and achieving success on a physical level.

Whites are ultimately striving for enlightenment, the state of consciousness in which duality, time and space cease to exist. They are seeking a state of super-mind, where they can be one with the universe. Being pure and quiet inside allows them to have a true and deep connection with Source/God. They live their lives through intuition and inner guidance in a state of transcendence or heightened awareness. They also teach humanity the importance of transcendence and the existence of a powerful cosmic energy.

In power Whites are quiet, sensitive and peaceful individuals. If they stay centered they experience inner peace and harmony, radiating this enlightened feeling toward others. They vibrate at a very high level and sometimes can automatically heal other people around them, just by their very presence.

Whites teach humanity that healing can take place if we allow spirit or God to do the work. We cannot force our own evolvment or healing. Real healing and spiritual growth can only occur when God is alive within us.

If out of power, Whites can become disoriented and depressed. If they don't follow their intuition and are not in tune with their inner self, they become confused and scattered. If they are not connected with their life purpose and their healing energy, they may shut themselves off from reality. One of their greatest challenges is to stay grounded, connected to the earth plane, so they can fulfill their mission while in their body.

Whites may lack self-confidence, constantly looking for reassurance and approval from others. Being sensitive and sometimes easily hurt, they often retreat inside to be alone with their emotions. They may feel insecure about making decisions and dependent on others to run their lives. Whites often don't like large crowds. If Whites are out of power they tend to adapt behaviors and responses from others. Then they forget what their real feelings are and what their purpose on this planet is.

White personalities have an inner connection and an urge to live and experience God. When it comes to God, Whites don't think, feel or discuss the concept. They actually experience it. They feel and know that God is in everything, from the smallest atom to the largest star. Whites know that in our true nature we are powerful spiritual beings, that we are God.

## SOCIAL LIFE

White personalities are usually cautious in their interactions with other people. However, they do have close friends whom they trust. Choosing their friends on a spiritual and soul-to-soul basis ensures a safe and peaceful environment. They are flexible enough to live in society, but they usually need a considerable amount of time and space for themselves.

Their strong connection with God allows them to stay alone for long periods of time. If they are in contact with their Higher Self, they don't need to be surrounded by people. On the other hand, Whites want to share their light and healing energies, bringing peace and enlightenment to all of society. They are often found as ministers, counselors and teachers in spiritual organizations or churches.

Whites know that we are all interconnected and beings of light. This knowledge helps them channel their light energy into this physical reality, facilitating healing and peace. Whites primarily live and work on higher dimensions of existence.

White personalities usually do not feel the need to be accepted by society. If they are in an unbalanced state they will try to get attention as a substitute for their lost inner connection. In power Whites are very sensitive beings with abundant healing energy available.

## RELATIONSHIPS AND INTIMACY

Whites are sensitive beings. They may need their own special space more than a social life or a relationship. They only allow close friends, partners or associates to become emotionally and even physically close. Depending on their clarity, Whites love helping and healing others.

In working situations they prefer small groups or one-to-one relationships. This gives them the opportunity to tune in completely to each person. Large crowds may have a tendency of disturbing them, creating imbalances, not allowing them to stay in contact with their clear transcendent energies.

Whites may be loners because their inner connection with God is enough by itself. No one can compete with God as his or her source of inspiration and peace. Therefore it takes a very special mate for them to commit to a romantic relationship, and to allow that person into their life.

Whites are careful and often choose a conservative approach to their relationships. When they are in power they can have a very healing, peaceful and spiritual effect on their partner. But their mate needs to understand that Whites must clear themselves regularly from disharmonious energies, ground themselves and find their purpose in life, creating a healing and peaceful environment both within and around them.

Sex for Whites is a divine, spiritual experience. It creates a connection with God or the universal life energy. During orgasm, Whites merge with and even become God. But Whites do not need sex or physical love. Their expanded perception of unconditional love comes from their ability to connect with higher dimensions. To them, love is the essence of life itself.

Whites enjoy making love but they need a highly responsive, caring and strong partner who understands their sensitive nature. Because they interact so powerfully with other people, making love can be an emotionally intense experience. Whites can remain single or celibate for long periods of time.

Lavenders and Violets both need a lot of time to recharge themselves and connect with God. Blues often experience similar challenges in finding intimacy and common ground. Indigos and Whites can create a powerful spiritual relationship based on love and understanding. Greens seem to understand and support the needs of a White.

Most of the physical colors may be too diverse for Whites. Reds and Oranges might be too physical to be compatible with Whites. Deep-Reds have a completely different concept of life and spirituality. Yellows may be too extroverted, playful and mental for a lasting relationship with Whites.

In their relationships, Whites need a lot of freedom to be who they are. Their challenge is to attract partners who can give them the space they need while totally supporting their search to find inner peace and enlightenment.

## **CAREER AND FINANCES**

Making money and taking care of physical demands is not a main issue for White personalities. They can exist on the physical plane but live most the time in their spiritual world. Being grounded is a challenge for them. It may be a good idea for them to let others handle their financial matters so they can be free for their healing and spiritual work. Whites handle money with care because it represents security. They take very few risks and often maintain a lifestyle which is easy and simple.

Whites judge their work and their success by how calm and peaceful they feel and by how powerful and effective their healings are. Their greatest reward is being connected to the Universal Source/God.

To solve their challenges Whites need to trust their intuition and allow the healing energy to flow through them. When dealing with challenges, they may be cautious and tend to lean toward old, proven solutions.

They need a peaceful and meditative environment to tap into their power and use their gifts of healing and teaching.

Some White occupations are: healer, therapist, spiritual teacher, minister, nun, monk, secretary, librarian, receptionist, artist and enlightened master.

## HEALTH, WELL-BEING AND GROWTH

Whites will be in a healthy and balanced state if they are connected with their life purpose. To stay in power they must continuously go within. Living every moment in a state of heightened awareness is exactly what their soul is looking for. Once they understand their purpose in life learn to maintain a high energy level, they will be happy and content.

White personalities need to communicate with Spirit and God on a continuous basis. They must constantly retreat to their own environment in order to clean their energy field. This will help them to stay centered and to remain an open channel for high vibrational healing energy. Always surrounding themselves with nature is highly therapeutic. It also supports them toward finding greater inner peace and harmony.

It is essential to their health that they connect with their inner healing energy and become a crystal-clear channel of life energy. Transcendental or Light meditation techniques are wonderful ways for Whites to connect with Spirit and their healing power. Once they are in contact with their source they will be guided in their daily life and in their healings.

White personalities understand the concept of "give and you shall receive." Their ability to be a clear channel enables them to send powerful healing energy to others. They know that giving others love and acceptance will create a tremendous growth process within themselves as well as those they heal.

Sending warm heartfelt feelings and thoughts to others uplifts them and helps them find their way. Whites know that healing occurs first in the spiritual realm and then unfolds in our mind and body. Their gift is to bring forth this divine energy while living in a transcendent state of consciousness. They are our guides to self empowerment.