

### *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.

**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

### **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 Communication, Speech, Social Abilities. Related Body Areas and Organs are Heart, Lungs, Chest, Circulation, Arms and Hands.

Very Heartful, Sensitivity, Loving and Communicative Qualities

Average Communicative, Loving and Sensitive Qualities

Low Heart Chakra Energy, Communicative 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

**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.



**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

1,500,000 **EXTREMELY HIGH VIBRATION RANGE** meditative,  
-800,000 non-physical focus of energy, more grounding and focus is needed

800,000 **HIGH VIBRATION RANGE**, usually intuitive and sensitive  
-500,000 person, more grounding and focus is recommended

500,000 **MEDIUM VIBRATION RANGE**, reflects a balance of  
-250,000 mind-body-spirit, good energy for daily activities

250,000 **LOW VIBRATION RANGE**, great to achieve goals,  
-70,000 recharge your energy, relaxation is also advised

70,000 **VERY LOW VIBRATION RANGE**  
-10,000 increasing sensitivity and energy level needed

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, 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 1,000,000.

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.

### LEFT DOMINANT

The left female side of your body has a higher energy level than your right active masculine side. Answer these questions for yourself: Are you experiencing physical ailments on your left side?

Is your left side more sensitive? Are there feelings that need to be expressed?  
Do you feel a slight physical imbalance between your left and right body side?

**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 right male active body side has a higher energy level than your left female passive side. Answer these questions for yourself:

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

Are you experiencing physical ailments on your right side?

Do you experience strong inner feelings and emotions?

**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?

Do you believe your thinking is separate from your feelings?

How can you create peace of mind within yourself?

**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.

### **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."

### **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."

### **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.

### **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.

### **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**

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.

### **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**

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**

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.

### **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**

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**

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.

### **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**

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**

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.

### **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**

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**

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.

### **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**

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**

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.



### **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**

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 disease. 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**

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.

### **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.