

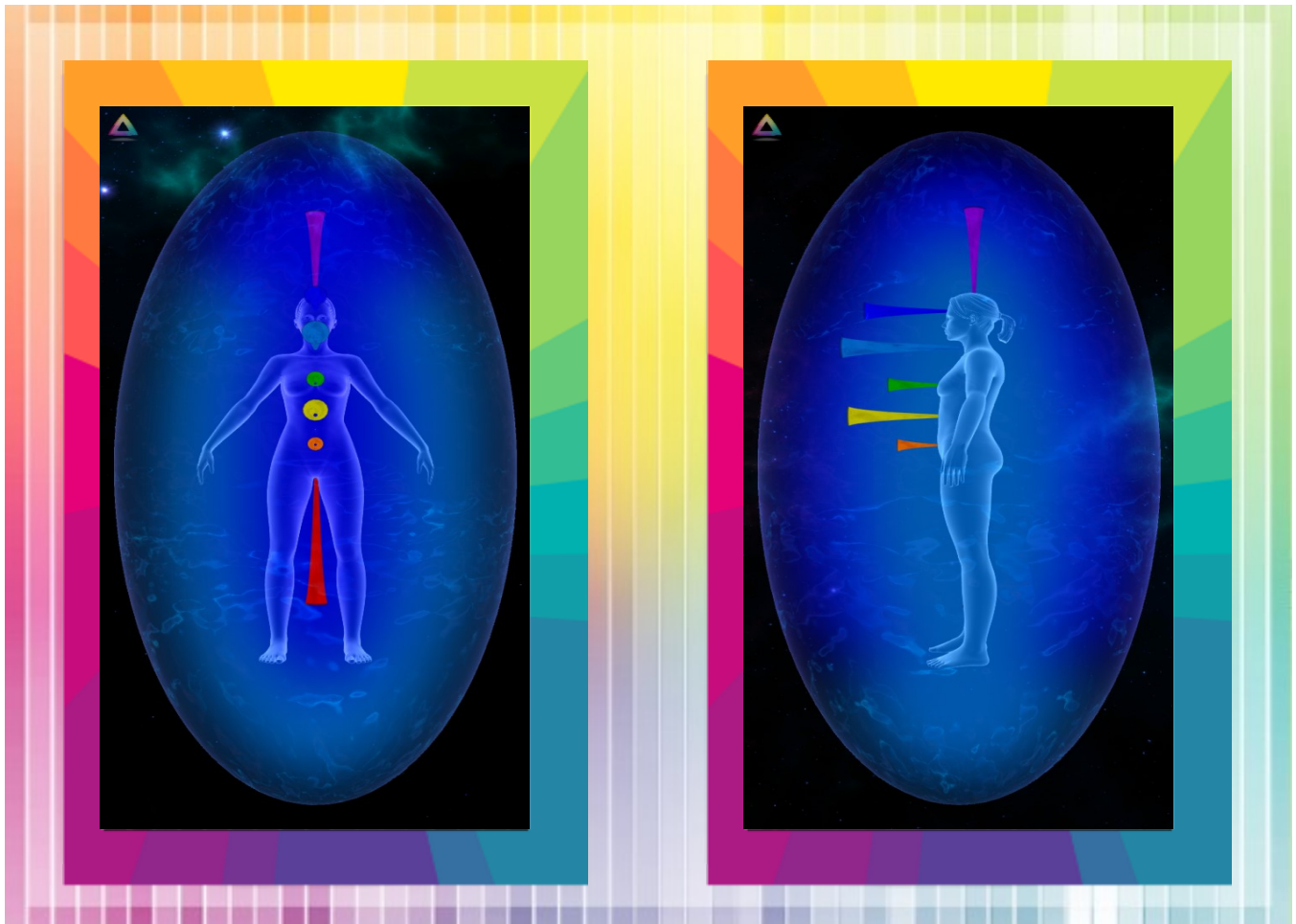
 Laura McCann  16-Dec-21  04:55 PM



- ^ Top (Indigo): Your mental state is intuitive. You have a higher vision.
- < Left (Blue): The energy flowing into your field is peaceful and caring.
- o Center (Indigo): Your essence is sensitive and you experience deep feelings.
- > Right (Blue): Others experience your energy as cool and calm.
- v Bottom (Blue): Your foundation is peaceful and truthful.

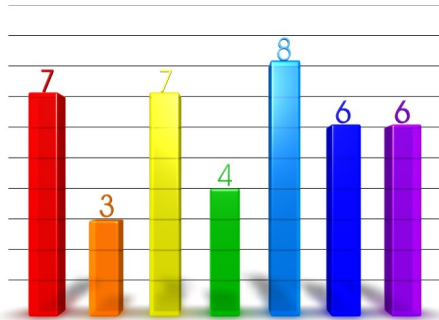


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### CHAKRA BAR GRAPH

Knowing about your energy centers or chakras can help you determine the steps to take for more balance and higher chi-energy in your life.

High bars and bright colors represent healthy energy centers. Chakras mixed with brown or low, indicate unhealthy energy calling for balancing.

### BASE CHAKRA

This chakra is located at the end of the spine and corresponds to life energy, physical activity, emotional-energetic strength, will-power, and sexuality.



**High** life energy, radiant, sensual and passionate qualities.

**Medium** life energy, active life style.

**Low** life energy, survival, accidents, stress qualities. You may need to recharge your physical energies and vitality.

### NAVAL CHAKRA

This chakra is located below the navel and corresponds to creative, productive and emotional expression of life energy.



**High** productivity, strong emotional-energetic expression

**Medium** productivity and emotional-energetic creativity

**Low** productivity and creativity, limited emotional-energetic expression. Increase your creative qualities and abilities.

### SOLAR PLEXUS CHAKRA

This chakra is located at the solar plexus and corresponds to personal power, creative and intellectual thoughts.



**High** creativity, intellectual and analytical energetic-thinking, playful qualities

**Medium** creativity, intellectual and analytical energetic-thinking, playful qualities

**Low** creativity, intellectual and analytical energetic-thinking or playful qualities. Have more fun and joy in your life, increase your creativity

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### HEART CHAKRA

This chakra is located around the heart area and corresponds to unconditional love, self-love and forgiveness. It relates to the balance between body-mind-spirit-energy.



**High** very heartfelt, loving and sensitive qualities.

**Medium** average loving and sensitive qualities.

**Low** heartfelt-energy and expressive qualities. Increase your compassion for fellow mankind.

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### THROAT CHAKRA

This chakra is located around the throat and relates to energetic communication, speech, social abilities and emotional-energetic expression.



**High** strong expression of thought and emotional qualities

**Medium** average loving and communicative, sensitive, qualities

**Low** Unbalanced throat chakra, limited emotional-energetic and verbal expression. Find harmonious ways to express your thoughts and emotions

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## THIRD EYE CHAKRA

This chakra is located between the eyes and corresponds to intuition, vision, artistic and creative thoughts.



**High** intuitive energy, strong artistic and intuitive qualities

**Medium** intuitive energy, average artistic and intuitive qualities

**Low** intuitive energy, artistic and intuitive qualities. Increase your harmonious intuitive, creative and artistic thoughts

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## CROWN CHAKRA

This chakra is located on top of the head and corresponds to intuition, spirituality and enlightenment.



**High** intuitive energy, radiant, sensitive & spiritual qualities

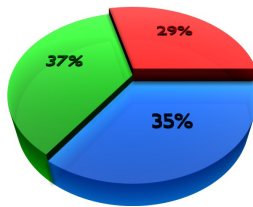
**Medium** intuitive energy, radiant, sensitive & spiritual qualities

**Low** intuitive sensitive and intuitive energy. Find new direction and vision in your life

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### MIND-BODY-SPIRIT GRAPH

This mind-body-spirit graph gives you an overview of how energies are distributed between body, mind and spirit.



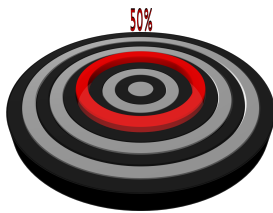
**MIND:** Represents a focus on creativity, mental and emotional expression, and communication.

**BODY:** Represents a focus on physical reality and results, and body related activities.

**SPIRIT:** Represents a focus on personal development, feelings, intuition, spirituality and inner qualities.

### AURA POWER

The red circle indicates the power of your aura and is an important indicator of how much energy you radiate around you.



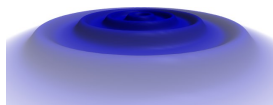
Large, wide aura (75-100) indicates a strong and powerful radiance. Other people can feel your strong aura. Use your charisma and aura power to achieve your goals and dreams.

Middle, average aura (40-75) indicates you have a strong presence and radiant energy. You can achieve your goals by increasing your aura even more and focusing on your goals.

Small Aura (0-40) indicates low energy level. Others might perceive you as introverted or with low physical energy. Try to create a stronger radiance around you and increase your aura power.

### AURA WAVE

Aura wave is a representation of emotional-energetic calmness shown by an image that varies in wave height.



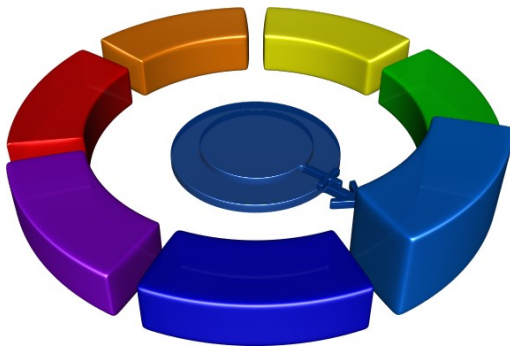
Smooth and gentle waves indicate that you are calm, and your energy is harmonious. Maintain serenity in yourself.

More ripples and disturbance in the wave indicates agitated and disharmonious energy levels. Remove the tsunami of stressful thoughts from your mind and become more balanced in body and spirit.

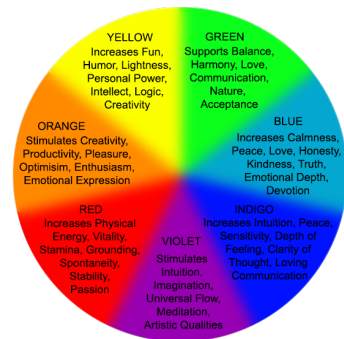
### YIN-YANG COLOR WHEEL

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.

#### YOUR RESULTS



#### DESCRIPTIONS

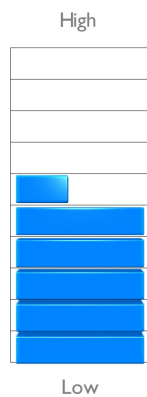


This graph also indicates your yin-yang balance. The ♀ needle reflects your yin (female) qualities. This is the energy that flows into your aura from the left side. The ♂ represents your yang (male) qualities of your energy system.



The closer the yin-yang pointers are in the more your male-female energy is in harmony. More than one color of separation between pointers indicate imbalance. Balancing is recommended.

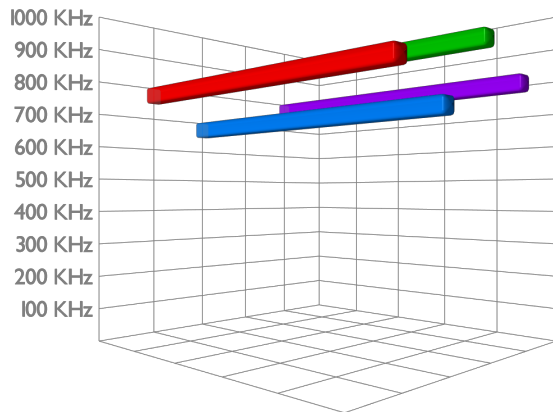
### RELAXATION LEVEL



This graph displays visuals representing your overall relaxation levels. The higher the blue bars are filled indicates more overall relaxation and reduced stress in your energy.

### ENERGY LEVEL

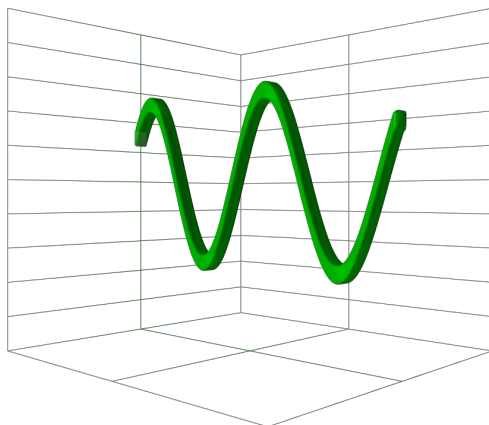
The energy level graph represents the different energy channels that are measured. The goal is to seek overall balance in these areas. The **violet channel** represents your **intuitive energy**. The **green channel** represents your **mental energy**. The **light blue** channel represents your **emotional energy**. The **red channel** represents your **physical energy**.






- 1,000,000-750,000 Extremely high vibration range: More grounding and focus is needed.
- 750,000-500,000 High vibration range: Great for intuitive and sensitive activities. More focus is advised.
- 500,000-250,000 Medium vibration range: Great for daily activities. Typically indicates mind-body-spirit balance.
- 250,000-100,000 Low vibration range: Good to achieve goals and recharge your energy. Relaxation is also advised.
- < 100,000 Very low vibration range: Increasing sensitivity and energy level needed.

### EMOTIOMETER

The Emotimeter shows the emotional-energetic reactions, thoughts and inner-feelings. Real-time graphic indicators represent immediate response of energetic feelings and thoughts.



-  Highly emotional stressed, agitated. High excitement, nervousness or sensitivity.
-  Emotional and sensitive, expresses emotions freely.
-  Centered, stable, unemotional, passive, does not express emotions easily, keeps emotions inside.





## Indigo Around the Head

The color of your head aura is an indicator of the energy of your mind and mental activity. Indigo in your head aura suggests that you possess higher vision. You are quite intuitive. Your inner-spirituality is very important to you, and you may feel yourself drawn to humanitarian pursuits or service to others. On occasion, you may withdraw from those around you and attempt to escape into dreams and fantasies.

## Indigo in the Center

The color that emanates from your center aura indicates your basic nature and personality at its deepest level. Indigo in your center aura suggests that you are sensitive and caring, and that you experience deep feelings. You speak from the heart and express your inner feelings with love and passion. Your words and emotions are centered. You may internalize the sadness and pain you see around you. You might find it helpful to express yourself to those around you.

## Blue on the Bottom

Your bottom aura's color reflects the nature of your foundation and grounding. Blue in your bottom aura indicates that your foundation is peaceful and truthful. You have a gentle and sensitive nature. You enjoy superior communication skills and you love a good conversation. At times you may feel isolated; this may be caused by lack of energy.

## Blue on the Left

The color of your left aura suggests the nature of the energy that flows into you. Blue on the left indicates that peace and caring are coming into your life. You attract others who benefit from your healing energy presence and outlook on life. You have a strong sense of loyalty. At times, your thinking becomes muddled, forcing you to withdraw from others.

## Blue on the Right

The color of your right aura indicates the energy you express and that others feel coming from you. Blue on the right suggests that others experience your energy as calm and cool. You demonstrate inner-certainty and self-confidence. You are a calm focal point in any group. Blue indicates an ability to teach others, to communicate ideas, and concepts. There are times, however, when you feel insecure or unhappy, perhaps because your energy is too low.

## INDIGO PERSONALITIES

These qualities and characteristics are associated with indigo personalities:

Sphere	Description
<i>Purpose</i>	To follow a higher truth, help others, and live life with unconditional love <b>Inner-drive:</b> Intuition, deep feelings, sensitivity, peace, and calm <b>Measure of success:</b> Ability to speak from the heart and express inner-feelings with love and passion
<i>Spiritual</i>	Aware and conscious of your deep inner spirituality
<i>Physical</i>	A sensitive physical energy, meditative <b>Exercise:</b> Activities that offer balance, like walking, dancing and spiritual exercise
<i>Mental</i>	Higher vision, higher mind, intuitive, and clear thinking
<i>Emotional</i>	Deeply sensitive, loving personality, with a need to express feelings <b>Interaction:</b> Communicates clearly and with a loving tone <b>Relationships:</b> Caring and spiritual connections <b>Intimacy:</b> Divine experience with a close partner, mystical, loyal, and faithful
<i>Abilities</i>	Clear thinker with strong intuition, in harmony with beliefs, and a service to others <b>Careers:</b> Teacher, artist, social worker, writer, human resource specialist, horticulturist, counselor, childcare worker
<i>Revitalize</i>	Activities that help connect with spirituality and meditation, music, and journeys to sacred places

### MIND AND BODY

Indigo personalities experience life through their 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 very deep in their feelings and perceptions of life. Indigos are 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, or feel, nor can they be told what the truth is--they already know. Their inner-guidance gives them all the information they need.

The purpose of indigos is to experience life as divine universal beings with compassion and unconditional love. To them life is like an endless ocean filled with divine love and energy and full of

unbelievable treasures and grand adventures. Indigos are content if they can express their feelings of spirituality and love, and they know the world around them acknowledges this.

Indigos have a high sense of honor and an individual system of values and belief. 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, Love is the connecting force in the universe.

Indigos know that all humans are divine beings. We are not just physical emotional 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 as we are one. This knowledge makes it a great challenge for them to understand and accept some of the ways humans treat themselves and mother earth. Their challenge is to avoid confusion, sadness, and anger when they see what is going on in the world.

Indigos are seen as the new leaders of the coming era. They seem to have an inherent understanding and awareness of human life and universal concepts. They don't need science and technology 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 simply by 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, as 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 can 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 and 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 seem extraordinary to others.

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

actually fit in.

Because indigos have a highly developed intuitive system, they are uncommonly sensitive. They are able to sense energies, emotions, and feelings, as well as 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 lives 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 serene surroundings to keep them balanced.

If indigos do not follow their path they can 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 can 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 and staying in their power. They must actively live their 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 part.

## **SOCIAL LIFE**

In-power indigos do not follow the rules or demands of society. They have an inner-knowing, which they must live. Indigos function with truth and spirituality, easily seeing through false ideals or political ambitions based on egotistical gain. They may have a tendency to withdraw from society because they are often misunderstood for their 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 in creative endeavors which influence and lead people toward creating a better world. Indigos have few close friends. They know who they can trust and 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 act in a manner that is typically considered "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 can be nurturing, dedicated, and understanding, allowing them their independence. They are careful in their selection of partners, but once they have decided on their soulmate they are loyal, faithful, and monogamous.

Indigos need to be with partners who can understand their advanced spiritual way of thinking. They are gentle, committed partners, a best friend, and great companion. 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 violet personalities. They are inspired and assured that other spiritual oriented souls thrive on this planet.

Physical personality types like red and orange may present a challenge for indigos seeking a healthy loving relationship, since their view on life are so different. On the other hand, yellows and indigos love to play and have fun together. Green personalities can deal with the bright and clear mental abilities of indigos.

Orange and 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 can 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 best when they trust their inner-senses. They can 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 of.

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

Indigos prefer occupations that 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 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.

Indigos often choose careers as counselors, spiritual healers, teachers, musicians, artists, nurses, social workers, child caretakers, writers, horticulturists, environmentalists, and holistic health practitioners.

### **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.

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 rather than intense exercise or competitive sports. Their favorite activities include, taking a walk, jogging, and meditative exercises. They may need to express their creativity through dancing, painting, writing, or other artistic endeavors.

Indigos need to create an environment which allows them to stay centered, peaceful, and in contact with their inner-guidance, while the world around them appears 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 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 purpose and their personal vision in life. They understand that life has a meaning and that they are part of a much larger entity or higher power. Meditation and prayer are important tools for indigos to achieve harmony, balance, and strength. They can receive all the answers to all their questions if they simply ask their higher power for guidance. They can create harmony by living their lives with awareness and 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 a 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 is also important. Then, they empower themselves and the world.

