



# Aura Chakra Report



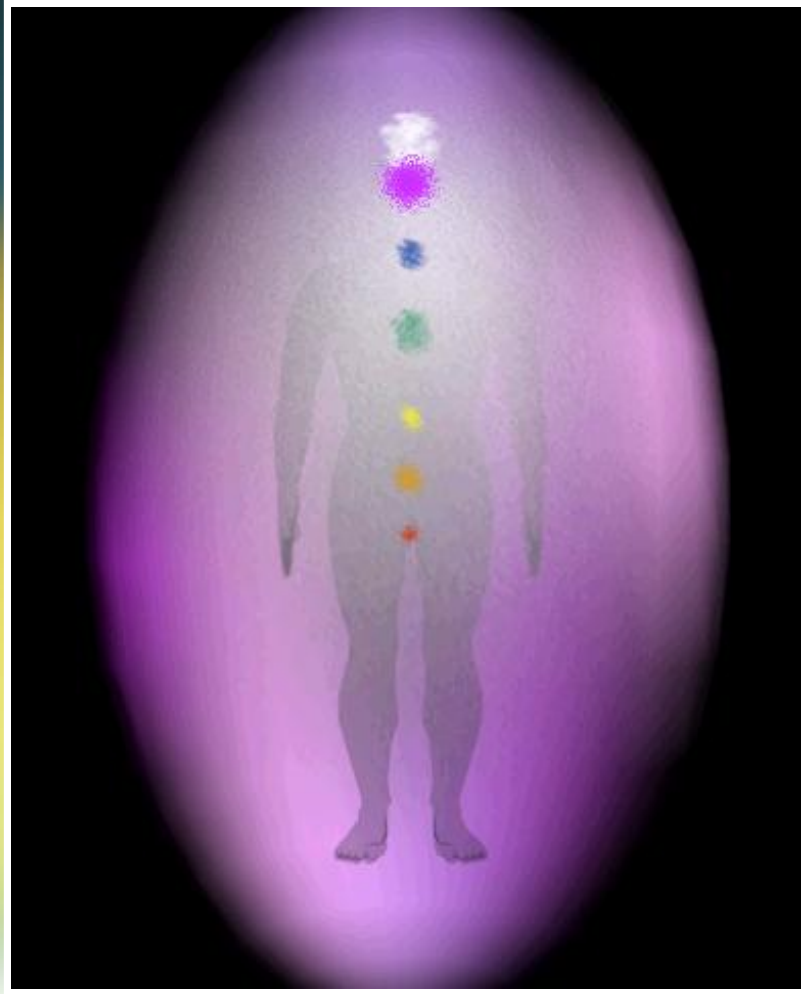
WHITE spiritual, enlightened, energy sensitive, transcendent

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Inneractive Enterprises Inc. \* 4051 Glencoe, Suite 10 \* Venice, CA 90292  
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# Aura Chakra Report

## YOUR AURA CHAKRA ANALYSIS

The **AURA VIDEO STATION** measures your Bio-Data through Biofeedback Sensors. This data is analyzed, processed and correlated with specific emotional-energetic states.

Your Aura-Chakra Photo and Report gives you a colorful, visual and graphical representation of the measured Bio-Data. This information is for educational and entertaining purposes only. For *any* medical or therapeutic diagnosis, please consult your health professional.

### YOUR AURA COLOR TYPE

Your main aura color reflects your personality type and traits.

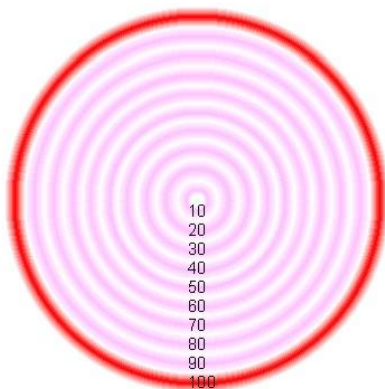




# Aura Chakra Report

## 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)** 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.

## 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:** Underactive, low energy activity.



**BRIGHT:** Balanced, high energy. Positive qualities of chakra.



**DARK:** Low energy, unbalanced, stressed chakra activity.



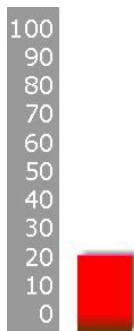
# Aura Chakra Report

## YOUR CHAKRA ACTIVITY

Knowing about your **energy centers** or **chakras** will help you determine the correct product or treatment to create greater 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 and sexuality. Related body areas and organs are joints, muscles, heart, blood and nervous system.



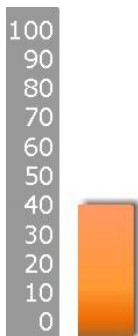
High life energy, radiant, sensual and passionate qualities.

Medium life energy, active lifestyle.

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

### 2. NAVEL 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 and 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.



# Aura Chakra Report

## 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 and 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.

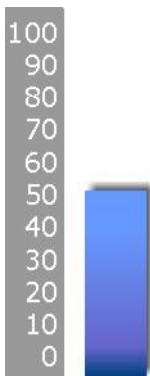
Low heart energy and expressive qualities.  
Need to open heart and feel thoughts and emotions more deeply.



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## 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.



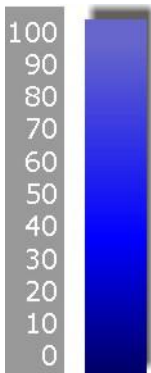
Strong expression of thought, emotions and communicative qualities.

Average communicative qualities.

Unbalanced energy, 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, and 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.

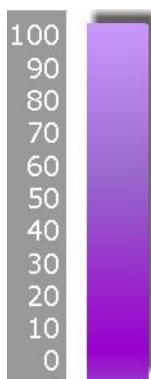
Low intuitive energy, artistic and intuitive qualities.  
Need to increase intuition and creative and artistic thoughts.



# Aura Chakra Report

## 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.



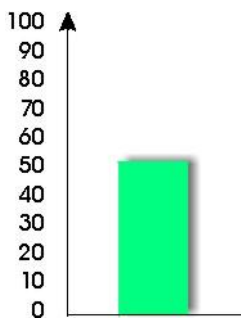
High intuitive energy, radiant, sensitive and spiritual qualities.

Medium intuitive energy, radiant, sensitive and spiritual qualities.

Low intuitive energy, sensitive and spiritual qualities.  
Need to find new direction and vision in your life.

## YOUR AURA CHAKRA BALANCE

This graph indicates 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.





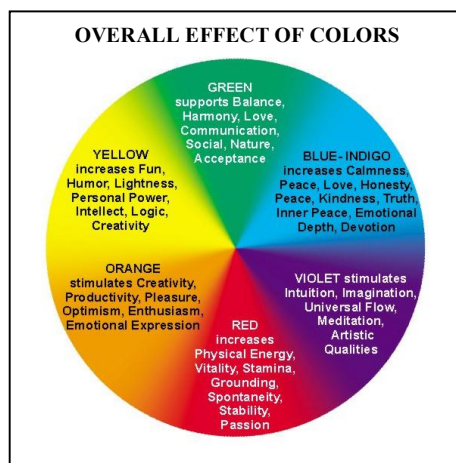
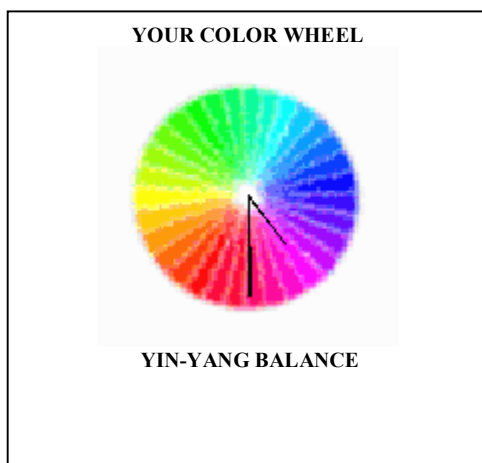
# Aura Chakra Report

## YOUR BIO-DATA ANALYSIS

The following **bio-data graphs** and **meters** reflect important parts of your energetic body system.

### 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.

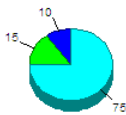
- ✓ Yin-Yang balance with needles close together indicates male-female energies seem to be in harmony.
- ✓ Unbalanced, disharmonious, left-female and right-male energies need balancing.
- ✓ Very unbalanced, one body side might feel tense or stressed. Balancing is recommended.



# Aura Chakra Report

## 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.



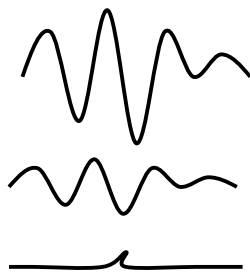
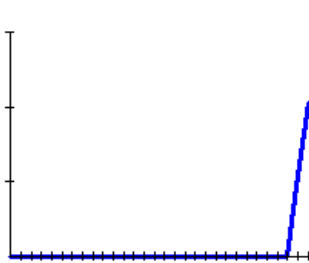
**MIND:** Your focus is mainly on creativity, mental and emotional expression, and communication.

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

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

## YOUR EMOTIOMETER

The **emotimeter** shows your emotional reactions, 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.

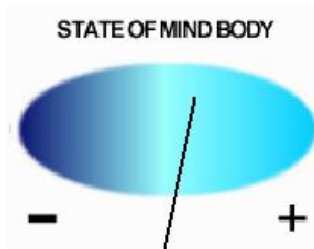
Very emotional and sensitive, expresses emotions freely.

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 moves towards the left side.



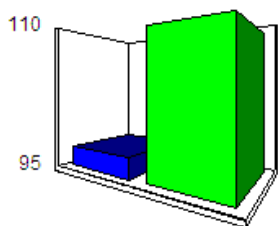
**RELAXED**  
If you are in a relaxed, harmonious state, the needle will move toward the right side of the graph.



# Aura Chakra Report

## 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 numeric value show your **personal relaxation level**.

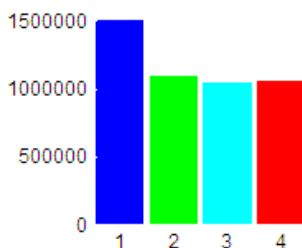


### GREEN BAR = YOUR RELAXATION LEVEL

- 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

## YOUR ENERGY LEVEL GRAPH

The **energy level graph** shows the different energy channels that are measured and is based 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**.



- 1,500,000 **Extremely High Vibration Range**  
-800,000 More grounding and focus is needed.
- 800,000 **High Vibration Range** Great for intuitive and sensitive activities. More grounding and focus is recommended.  
-500,000
- 500,000 **Medium Vibration Range** Great for daily activities.  
-250,000 Shows mind-body-spirit balance.
- 250,000 **Low Vibration Range** Great to achieve goals and recharge your energy. Relaxation is also advised.  
-70,000
- 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 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.



# Aura Chakra Report

## YOUR PERSONAL AURA COLORS

Please review the following areas on your **aura-chakra photo**:

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

The color on the left side is normally the vibration coming into your being. It is what you feel inside, but might not have expressed.

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

The color over your head is what you experience for yourself *now*. It reflects what you think or believe at that moment and shows your current state of mind.

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

The color on the right side is traditionally the energy being expressed, the qualities most likely seen or felt by others around you. It is what you are putting out to the world.

### *Center (Base Aura Color)*

Your most dominant Aura Color is seen in the center of your body. This Base Aura Color helps determine your Personality Type and does not change as fast as the outside colors.

### *Dark, muddy or multiple Aura Colors*

You might be stressed, tired or experiencing emotional problems. You may be in a period of tremendous growth and change reflected by several aura colors.

### *Chakras*

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 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.



# Aura Chakra Report

## AURA COLORS OVERVIEW

- Deep Red:** Realistic, grounded, active, strong will-power, survival-oriented.
- Red:** Active, powerful, energetic, vitality, competitive, winner, sexual, passionate, relates to the physical body.
- Orange-Red:** Confidence, creative power.
- Orange:** Creative, productive, adventurous, courageous, relates to emotions.
- Orange-Yellow:** Analytical thinker, creative, intelligent, scientific, detail oriented, perfectionist.
- Yellow:** Creative, intelligent, playful, lightness, optimistic, easy-going, relates to life energy.
- Yellow-Green:** Communicative, creative with heart.
- Green:** Teacher, social, communicator, love people, animals, nature.
- Blue-Green:** Healer, therapist, sensitive, peace, tranquility, compassionate.
- Blue:** Caring, sensitive, loving, helpful, intuition, love to help others.
- Indigo:** Intuitive, sensitive, loyal, deep feelings, visual, relates to the third eye.
- Violet:** Intuitive, artistic, magical, futuristic, idealistic, relates to crown.
- Lavender:** Imagination, visionary, daydreamer, ethereal.
- White:** Spiritual, transcendent, higher dimensions, ethereal and non-physical qualities.

## **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?

## **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?

## **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. Ask your consultant for products to help you to be more creative, balanced and relaxed.

# 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?

## 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.

### 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.

### 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.

### 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.



## WHITE PERSONALITIES

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

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

If you want to know more about your WHITE Personality Type, we suggest that you review the LAVENDER and VIOLET profile in the book AURA MASTERY.

## 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.