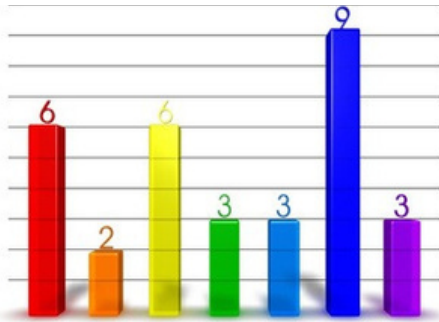




CHAKRA BAR GRAPH

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

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.

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

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

CROWN CHAKRA

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



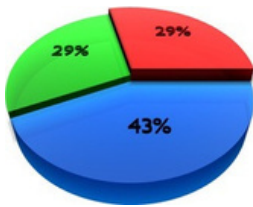
High intuitive energy, radiant, sensitive & spiritual qualities

Medium intuitive energy, radiant, sensitive & spiritual qualities

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

MIND-BODY-SPIRIT GRAPH

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



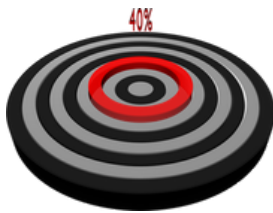
MIND: Represents a focus on creativity, mental and emotional expression, and communication.

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.



AURA WAVE

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



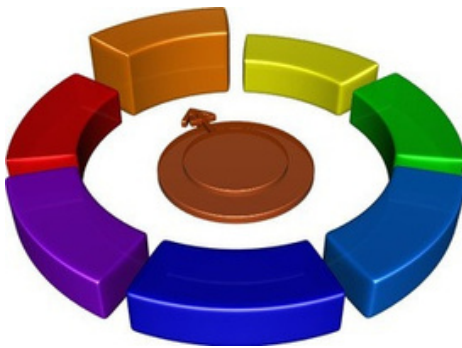
Smooth and gentle waves indicate that you are calm, and your energy is harmonious. Maintain serenity in yourself.

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 $\circ$ needle reflects your yin (female) qualities. This is the energy that flows into your aura from the left side. The σ 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.

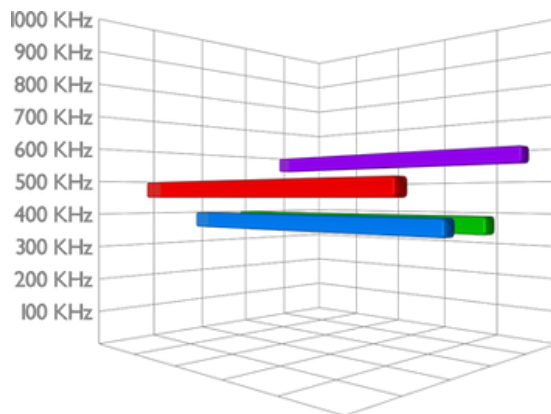
RELAXATION LEVEL



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

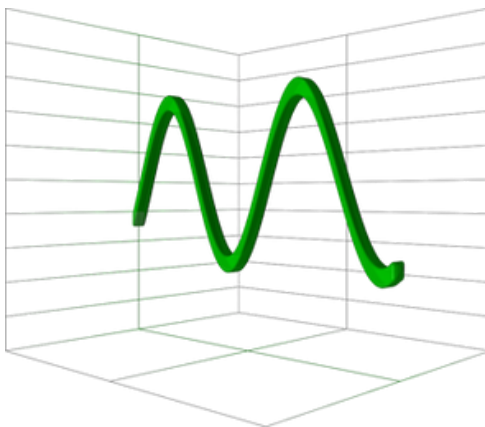
The energy level graph represents the different energy channels that are measured. The goal is to seek overall balance in these areas. The **violet channel** represents your **intuitive energy**. The **green channel** represents your **mental energy**. The **light blue** channel represents your **emotional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



1,000,000-Extremely high vibration range: More grounding and focus is needed.
750,000- High vibration range: Great for intuitive and sensitive activities. More focus is advised.
500,000- Medium vibration range: Great for daily activities. Typically indicates mind-body-spirit balance.
250,000- 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.



Yellow Around the Head

The color of your head aura is an indicator of the energy of your mind and mental activity. Yellow in your head aura suggests that you are a thinker, intelligent, and analytical. With vast, bright ideas, sharing with others comes easily to yellows. There are times, however, when you may over-think things and decision-making becomes challenging.

Yellow in the Center

The color that emanates from your center aura indicates your basic nature and personality at its deepest level. Yellow in your center aura suggests that your personality is joyful and optimistic. Although you are playful and easy-going, you radiate intellect and a strong sense of self. You may enjoy being in control in your business or personal relationships. You must take care that your ego energy does not close off your heart.

Yellow on the Bottom

Your bottom aura's color reflects the nature of your foundation and grounding. Yellow in your Bottom aura suggests your foundation is optimistic and based on analytic intelligence. You have an easy-going nature. You understand things in a logical manner and approach problems with some scientific thinking. Sometimes you may experience uneasiness, perhaps brought on by unclear thinking. You may desire power too much.

Orange on the Left

The color of your left aura suggests the nature of the energy that flows into you. Orange on the left indicates a flow of creative energy. You are adventurous and enthusiastic, traits which help you launch new projects and bring others to a creative conclusion. At times, you may be emotionally exhausted; don't take on any more at those times.

Orange on the Right

The color of your right aura indicates the energy you express and that others feel coming from you. Orange on the right indicates that others experience your energy as creative and productive. You take great pleasure in some of life's simplest pleasures, and your zest leads you on to new adventure, success, and recognition. You may create stress when you internalize your feelings of anger or disappointment. You may have a hard time interacting with others, especially if you need something from them.

YELLOW PERSONALITIES

These qualities and characteristics are associated with yellow personalities:

Sphere	Description
Purpose	Bring joy to others, have fun, and inspire others Inner-drive: Joy and optimism Measure of success: Ability to inspire others to laugh and live
Spiritual	Sees evidence of higher power everywhere and integrates intellect and spirituality well
Physical	Health conscious, youthful appearance, and tendency for addictive behaviors Exercise: Regular outdoor physical activity, cycling, jogging, surfing, swimming, and dancing
Mental	Thinker, intelligent, analytical, and humorous
Emotional	Easy-going nature, playful, optimistic, and fears commitment Interaction: Powerful personality, positive energy, and enjoys large social groups Relationships: Good friend, very social, and brings people together Intimacy: Flirtatious; loving, sensitive, and fun
Abilities	Combined physical/mental skills, inventive, and a motivator of others Career: Athlete, comedian, artist, personal fitness trainer, computer engineer, doctor, massage therapist, physical therapist, nutritionist, cook, flight attendant, mechanic, and travel guide
Revitalize	Meditation, Tai Chi, Qigong, and connects physical energy to universal energy flow

MIND AND BODY

Yellows are the brightest, happiest, and most childlike personalities in the color spectrum. These easy-going souls have a wonderful sense of humor. They love to laugh and can enjoy life on many different levels. Although it is occasionally challenging to quite thoughts in their minds, they realize the benefits of relaxation, pure joy of life, and living spontaneously. They are the ones who remind us not to take life too seriously and to always look on the bright side. Optimism is essential for them to be in their power and this energy is contagious to others around them.

Yellows enjoy all forms of entertainment and creativity and they always love to express their intelligence. They measure life by how happy and content they are and how well they feel.

Yellows are intelligent and radiant and they enjoy a work-life balance. They learn easily, processing information without needing to know about the deeper connections or reasons behind it. They love to work

with their minds and often occupy themselves with philosophy, ideas, and psychological concepts. They enjoy discussing all aspects of life, from politics to spirituality.

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

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

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

In-balance yellows are happy and content. They inherently know how to accept whatever is happening in their lives. Yellows are the most playful personalities in the color spectrum and hold onto their inner-child. As a result, they generally look younger than they actually are. They love to travel, to see the world, to relax on a wonderful beach, and to have fun dancing through the night.

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

You can immediately know when a yellow is happy, sad, or uneasy, because they exhibit unusually strong body language. A yellow energy never lies. It always shows the truth. They are sensitive and intuitive through their physical-energy and also through their energetic-touch. Therefore, yellows are often found in occupations such as healing energy or massage. They love to be around people and enjoy helping others. They have healing energy and a light attitude towards life. All these qualities make yellows excellent doctors, therapists, and practitioners of any kind.

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

Yellow personalities may have a fear of relationships, commitments, and obligations and may run away from their responsibilities. They may constantly make excuses and become lethargic, moving from one location to another. Some yellows are late on a regular basis.

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

Yellows like to experience a physical "high" or a euphoric state of mind. When they focus on positive activities, they remain energetic, joyful, and creative. They feel enlightened when they partake in activities such as relaxing at the beach, sun tanning, jogging, bicycling, creating art, writing poetry, and making love. Yellows enjoy movement of sports and creative expression.

Out-of-power yellows can be drawn to negative dependencies such as drugs, alcohol, cigarettes, caffeine, food, sex, unrealistic philosophies or fanatical organizations. When they initially succumb to these things tension is released. However, after some time lethargy, apathy, and confusion set in. To be happy they need to change their focus from negative addictions to positive healthy activities and thoughts. Because their bodies are hypersensitive the effects of addiction last a long time.

Yellows have a physical and mental sense of spirituality. They see God in everything. Their challenge is to integrate their intellectual impressions of God with their heart. This practice can lead to the deepest spiritual experience, where they can enjoy life to its fullest. Happiness and love are signs of a living connection with their higher power.

Yellow personalities enjoy thinking about philosophy, spiritual beliefs, and concepts. They love to learn and be mentally stimulated. They desire to understand God in its totality, but seldom commit to a specific path or belief system for the long term.

SOCIAL LIFE

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

Yellows enjoy a sense of sharing and communion through their constant physical and mental activity. Many of them dislike being on their own because of their intense fear of loneliness. They may discover that being surrounded by friends does not mean their inner-loneliness and emptiness can go away.

Yellows need time by themselves to find their true inner-self. When they take time for themselves they find peace, security, and the deep feeling of being home. Only then can they have a true sense of being connected.

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

RELATIONSHIPS AND INTIMACY

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

away their freedom.

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

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

Yellows are very loving. Their foreplay can be considerate, playful, and sensitive. An amorous encounter is an enjoyment as well as a source of physical relaxation and is felt as a whole physical energy experience. Passionate sensations and climax create a sense of satisfaction which cannot be compared with anything else.

Once they have experienced this feeling, which they view as a “high,” they tend to want more. They need to make sure their relationships are balanced with both physical and emotional intimacy. A physical relationship for the purpose of creating this high can not make them happy in the long run.

Since yellows enjoy an active love life, they especially like to be around physical reds, oranges and other yellows. Violets can add tremendous vision to the creativity of yellows. Blues are emotional and require commitment for a happy relationship. Violets usually enjoy being around yellows, since both of them love to discuss spirituality and philosophy.

Reds and greens may be too intense in their approach towards life for most yellows, who prefer being in a light playful relationship without a commitment.

CAREER AND FINANCES

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

Yellow personalities are resourceful problem solvers. They have an ability to create practical and innovative solutions.

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

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

Some yellow occupations include athlete, comedian, artist, personal fitness trainer, computer specialist, doctor, massage therapist, physical therapist, nutritionist, cook, flight attendant, mechanic, or

travel guide.

HEALTH, WELL-BEING, AND GROWTH

Yellows know exactly what the mind-body connection means. Their challenge is to realize how emotions are interconnected with their physical and mental aspects. Yellows can be considerably healthier if they learn to listen to their heart.

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

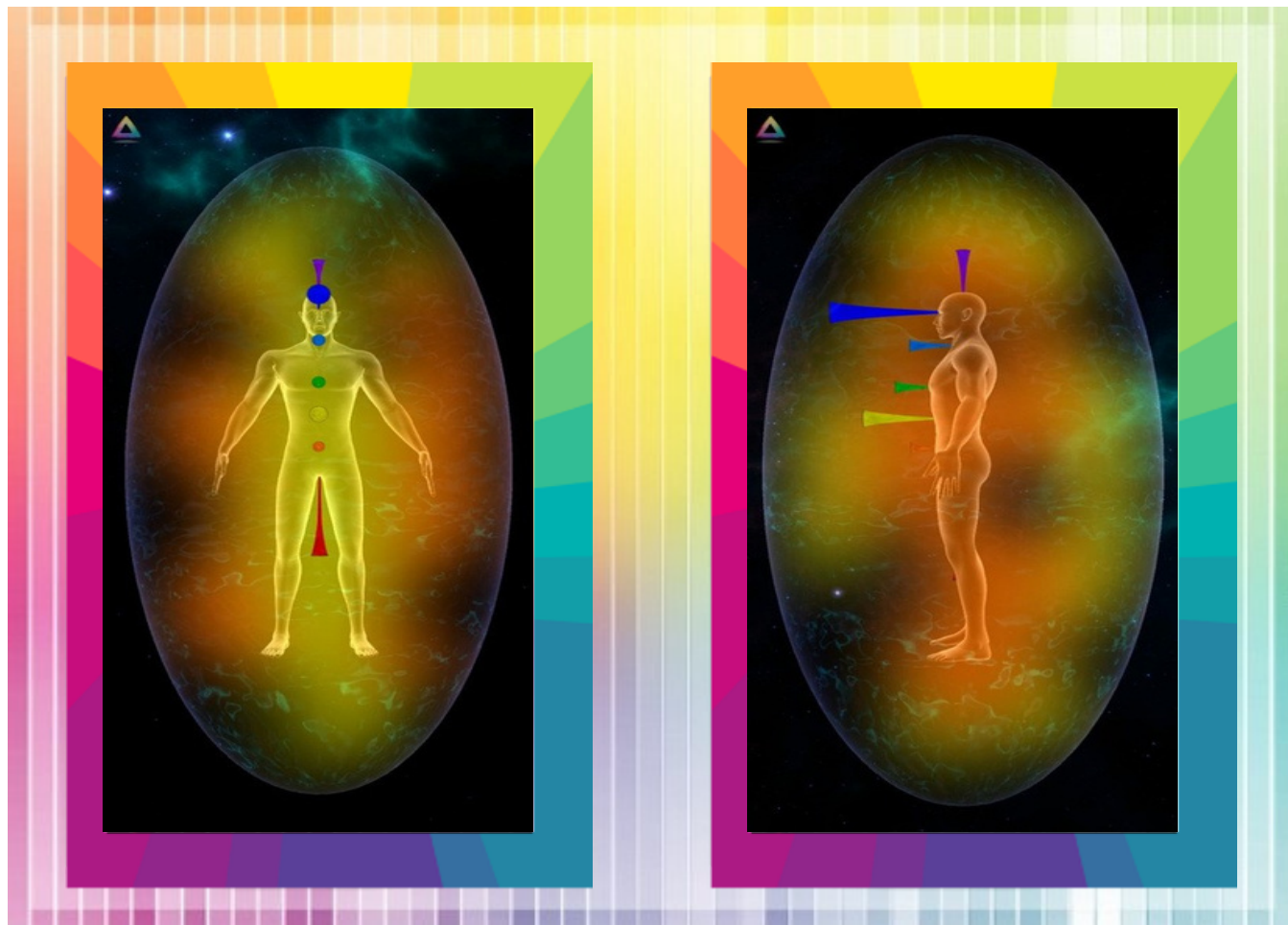
Activities like bicycling, tennis, dancing, and jogging are fun for yellows, keeping them feeling fresh and alive and in touch with their bodies.

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

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



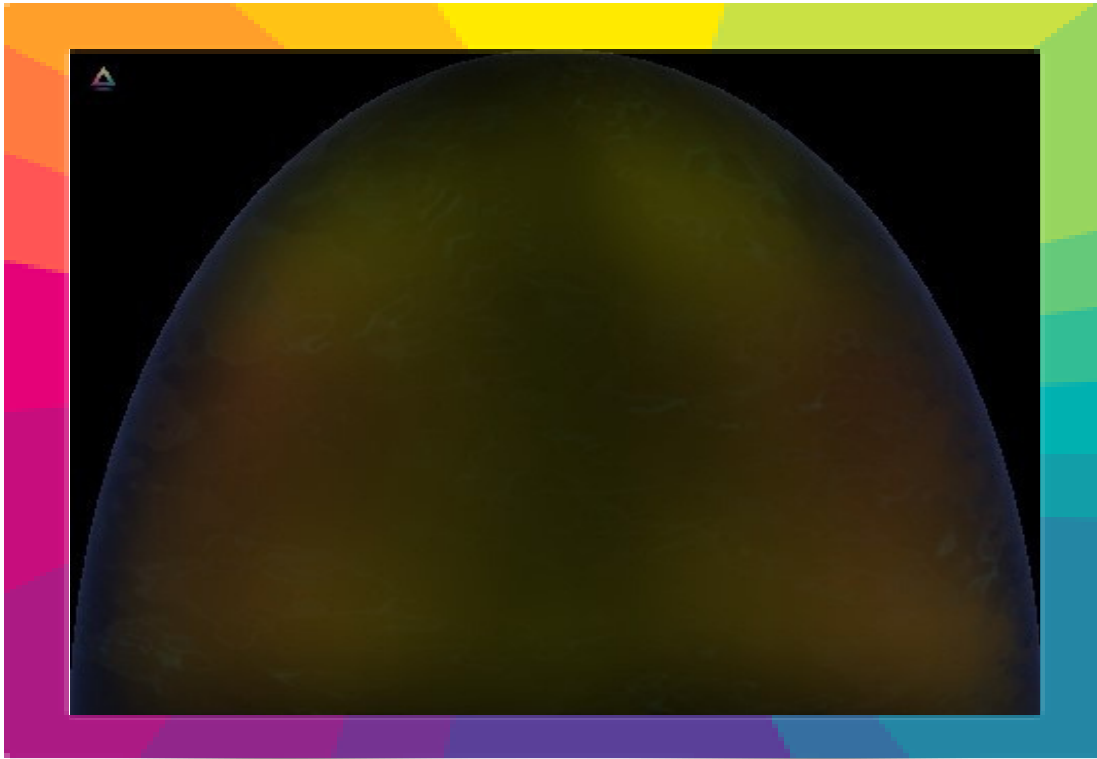
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- ^ Top (Yellow): Your mental state is intelligent and analytical.
- < Left (Orange): The energy that flows into your field is adventurous and enthusiastic.
- o Center (Yellow): Your essence is joyful and optimistic.
- > Right (Orange): Others experience your energy as creative and productive.
- v Bottom (Yellow): Your grounding is optimistic and based on analytic intelligence.



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