

---

# SECRETS OF THE AURA REVEALED!

---

An insight into what  
makes up the Aura and  
the SECRETS IT HOLDS!

---

DAVINA

---

# **The Secrets Of The Aura Revealed VER 1.0**

*Please check regularly for updates*

**Feel free to distribute and give away this report to your friends, family, subscribers or member lists.**

**Provisions: This report must not be altered in any way, all links must remain live and the author must be acknowledged in all cases.**

**©2009 Working Hours Publications**

**Dear Reader**



**Thank you for downloading this complimentary report, I hope you find it both interesting and enlightening.**

My name is Davina, I am a natural intuitive and clairvoyant, I am a Reiki Master, a registered hypnotherapist and I specialized in past life regression therapy. Although I have strong beliefs in the existence of the human spirit, I remain firmly grounded and retain my realistic and common sense approach to life. I have a long background in business and am a very practical and logical person.

These days I enjoy a much more balanced and holistic lifestyle, living in harmony with my beliefs, I love to share my experiences with others hoping that they too may find some solace and benefit from taking a slightly different view of the world. The most obvious starting point for me is the presence of energy and getting people to feel it and experience it for themselves, so the existence of the aura is the most obvious place to start. I don't simply just believe what I am told and nor would I expect anyone else to, but I know the truth of my own personal experiences, as I feel it is only from these that we can truly learn and understand.

For some time I worked with some of the latest aura technology and was amazed at what could be seen and interpreted from the energy within and around us. I personally saw visible signs of healing by many different methods. (Although the technology is a great advantage, it is not necessary to see and feel your own aura and that of others; In my newsletters I will explain to you how this can be done by just about anyone.)

I seem to have a natural affinity with color and have been asked many questions about the aura and the information it contains. The first time I exhibited at a Mind Body Spirit show I was asked to share my knowledge with a psychic college! At that time I was not in a place to do that but now things are different and I am!

I'll share what I have experienced and learnt with you, what worked and what didn't! I hope you find it as enlightening and useful, in your own life as I found it to be. It really did help me see the world much more compassionately and opened so many doorways, helping me to become the conscious creator of my own world rather than the unconscious one! And that is my ultimate wish for you too, believe me it is truly within your grasp and so possible, just suspend any long held judgments that you might have and be open to the possibilities!



***Davina***

p.s. If you haven't already done so, don't forget to [subscribe to my free regular newsletters](#), there are so many topics, hints, tips, inspirations and ideas I'd like to share with you. Feel free to pass this report on to your friends and family.

## The Aura

I remember from childhood science lessons, being told that everything was made up of millions of tiny atoms and molecules, all moving, vibrating, even seemingly solid objects. It seems such an impossible concept to believe in, yet it is a proven fact.



The same goes for the human body, we know what we see is only the very tip of the iceberg, we may see the veins and know they carry blood and we have some idea of the millions of tiny, tiny blood cells within, that flow of blood pulsing through our body. But there is so much more that we don't see.

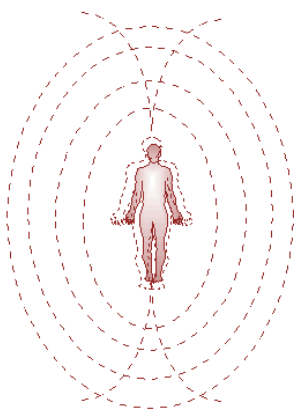


The very movement of the blood is a pulsing action, a wave. That movement we are aware of and can accept that it has momentum, energy, energy cannot be destroyed, it simply transfers, the vibrations flow on.

All that energy and vibration does not stop as it reaches the skin of your body, no, it reaches past that into the air around us, even though we cannot see it. We can easily tell this from the fact we can pass on the heat from our body to another person, animal or even stone!

It is this energy around the body that we give the term Aura. Many people vary on just how far out this energy goes. I believe that that varies from moment to moment as we have the ability to draw in that energy or expand it out. (In general terms the energy extends out at least a meter all the way around us and, personally, I consider the energy that goes through the physical body as well to be a part of the aura, as that is where the main source of energy is emanating from).





In times of fear or a need for protection we instinctively draw it in, when we are feeling exuberant or outwardly loving we project it out. When we feel ill we may draw it in even further, sometimes these changes are perceptible to all of us and many times they are not. Psychics and clairvoyants have a heightened awareness of auras and will often pick up on things that the average human eye has missed.

Not only humans have auras, as everything has its own vibrating atoms and molecules, its own unique frequency if you like, anything can have an aura; animals, plants, even inanimate objects have an energy about them, which we may not call an aura as such but amounts to the same thing. It is this energy that carries residual memories or links to people or events in the past which a psychic or clairvoyant can pick up on when practising psychometry.

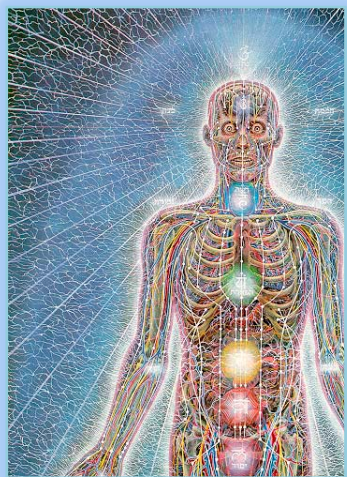
The whole subject of the aura is much easier to comprehend when you consider that everything has its unique frequency it resonates at, not just each and every individual, every animal, every tree, every necklace, table or chair but also every illness, each thought and even every color all have their own special frequency they vibrate at, which is part of the mechanics behind color and crystal healing.



Just as in the human body everything is inextricably linked and the further we go into this and the other associated subject, you will see how the psychic world opens up into a much more holistic world, where everything speaks to us on so many levels and we begin to realise how so many things are connected, each to the other. We can all improve our ability to pick up on these vibrations, becoming more aware and appreciative of the world around us, the skill is in the interpretation of the information we tune in to. We certainly all have the ability to sense such things, it is part of our basic instinctual nature of course, as with anything, our individual ability depends on how much we use that sense or work with it. We may walk perfectly well but without defined regular practise we will not become great tennis players, dancers or athletes!

The aura is fed by the energy centres of the body, popularly termed chakras.

Chakra is the Sanskrit word for wheel and many healers see them as spinning



discs. Although there are more, we tend to work with the accepted seven centres. These are continually opening and shutting, drawing in and releasing energy into the layers of frequency within and around the human body. Each one relates to different areas of the body and to different aspects of our lives. These energy centres go on to affect the aura, which is traditionally interpreted in colors, again each color having a particular significance and meaning, but it is not only colors that make up the aura, that is just one way of interpreting what we see or feel, each psychic may receive their information quite differently.

When I have read auras in the past, I have had distinct impressions of emotions, objects, symbols and pictures, even little excerpts of past events. Our aura is like a cloak we wear, a bit like a magical cloak Harry Potter might own and on it there are thousands of tiny badges, as you look closer each one is moving with its own little story to tell, it is a cloak of your life, present and past, of your hopes and fears, traumas, loves and losses. Not all are relevant or obvious at any one time but they are there nonetheless to those that can see and are open to the information.

Often there are holes in the aura, which may link to a loss of energy or the feeling of being drained, how many times have we been feeling great, then bumped into an acquaintance who was not feeling so great, chatted for a while and by the end of the conversation we feel drained or low? That is a very basic example of someone else leeching energy away from us and our auric space into theirs, mostly done unconsciously. There are ways we can prevent or lessen this transfer of energy and sometimes we promote it, in healing but by channelling healing through us, so as not to diminish our own reserves and actually, we are positively recharged in the process!

Regardless of the fact that you may not have physically seen auras before, you may well have felt them, or even the projected thoughts of others, even if you could not formally verbalise it as such. Many of us can recall a time when we may

have felt a little uneasy or had the sense of being watched, only to turn round to find that indeed you were correct. At different times our senses can become more heightened than at others and we can pick up and know things that on an average day, might have passed us by. There is usually an energetic link.



We often describe this link to our intuitive sense as the good or bad vibes we get from someone or something which, if close by, is often our aura touching theirs or picking up on the emanating energy or projected thoughts.

You can probably call to mind someone who is very attractive to be around, as they have a good vibrant energy about them, they often attract others to them as people naturally feel good in their presence.

## Auras and Chakras

Each of the main chakra points connect to what is popularly termed a subtle body. This is like a hologram of the human body that fits over it in several layers; these subtle bodies each form part of the aura and relate to different aspects of ourselves. It is within these layers we may show some imbalance or blockage, which can show some sign physically, mentally or emotionally, even spiritually.



The body itself is made up of different systems such as the skeletal system, the muscular system and the circulatory system, each one vital and playing its own role to maintain equilibrium within the body. An imbalance in one is sure to have an effect on another, everything is linked and interconnected.

Well so it is with the subtle bodies, all linked, and each one may affect the other, they are viewed as being just outside of the human body rather than within it, but because they are not so well known or dealt with, they are often overlooked.



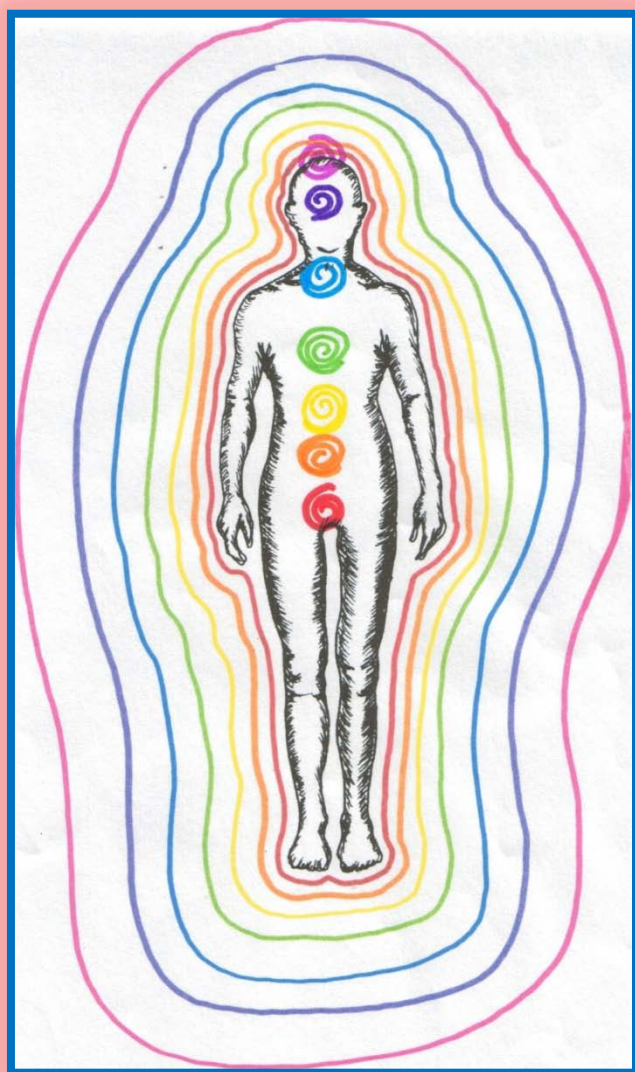
**To understand the aura, you must understand the chakras.**

## Chakras Explained

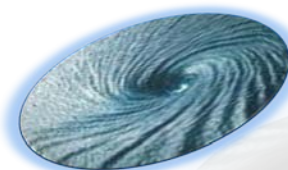
For many people, especially in the West, the chakras are a bit of a mystery and just one step too far, but that comes from simply not understanding them. Let's face it; we don't even tend to hear the word in mainstream education or everyday life until we are adult, unless we have been lucky enough to grow up in a more holistic manner.

For thousands of years, seers, psychics and mystics have deliberated and discussed such things. It has become generally accepted that swirls or vortices of

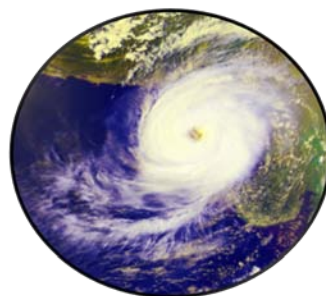
energy were seen or felt within the human energy field, from my research I believe that these were described in the [Vedas](#) around 3000BC!



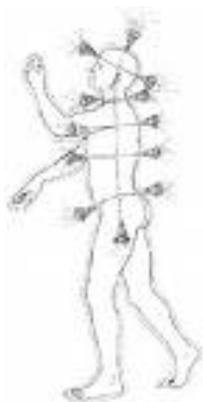
It was noticed that whenever two or more energies naturally meet, they tend to swirl round and round, forming a spinning circle, in simplified terms. We can see this in water ourselves, and even up in the sky, when huge cloud systems collide, they can create cyclones or tornadoes.



That's how the mystics saw the energies, as they converged at major points, specifically along the front central core of the human body. Chakra means spinning disc or wheel.



These discs are not static or 2D they are more like funnels, forever sucking in and releasing out energy, not just to the front of the body but also to the back, they go right through us, they are part of us.



It has become the norm, that we chiefly concern ourselves with the main seven chakras and that they relate to not just our physical and emotional health but also our spiritual self.

This spiritual aspect of ourselves is what links us to the universal energies and holds the key to all of our experiences and knowledge, past, present and future.

Each individual energy centre links to different elements of those experiences, memories and knowledge, whilst firmly connected to the physical body and all of those related systems too! Hence you can see why the term, mind, body, spirit is so often used and is incredibly relevant. Each one is intertwined and this is why we endeavour to bring balance back to the body, the mind and the spirit. I see it a bit like a stool with three legs, each of those is totally necessary to achieve a firm and solid base; to ignore one of them would be as much use as a two legged stool!

## Basic Colors of the Chakra Points/ Energy Centres of the Body

Energy Centre	Color	Associated Area of Body/Attribute
• Crown chakra	Violet	Brain/mental activity/consciousness. Higher self/spiritual connection.
• Third eye	Indigo	Eyes /intuition. The ability to “see” inner knowing.
• Throat	Blue	Throat/communication, relates to the vibration of the words you use, personal truth.
• Heart	Green	Heart, circulatory system/love on many levels, doorway to the higher chakras.
• Solar plexus	Yellow	Stomach, small intestine/will power, self Esteem, personal power.
• Sacral	Orange	Reproductive organs/emotions and feelings. Creative centre.
• Base	Red	Physical stamina, spine, hips/security. Life on Earth, basic needs, instinct, survival.

The previous chart is by no means comprehensive but rather, it gives a very simplistic overview of the major energy centres within the body and starts to show how each is connected, not just to the direct areas in which they are located but also to the associated organs, glands and hormones they can then link with.

The colors relate to those energy centres, so if you notice or feel such colors in a persons' aura you can start to build a picture of what is going on around them.

It is also relevant to determine whether you feel the colors are bright shades or dull shades as the brighter shades would point to a higher, more vibrant, energy showing the positive attributes of the color while the duller tones may suggest a more sluggish energy and maybe the more negative attributes.

For example, a sense of bright orange around a friend may indicate positive emotions, feeling creative and flowing, an overall pleasant sensation, whereas a dark or muddy orange may suggest a blockage emotionally, or anxiety.



I dislike using the words positive and negative and personally describe them as either being in or out of harmony. After all a lot of people associate anger as being a negative emotion for example, and yes it can be, but everything is relevant and anger channelled the right way, aimed in the right direction, can positively move you out of a situation where you no longer want to be. It is no good pretending that we don't have low thoughts and feelings at times, we must look at ourselves openly and honestly, only that way can we appreciate and attempt to understand what is really going on, evaluate things and then take decisive action to either continue that way or make changes.

Many people choose their aura colors based on what they **WOULD LIKE TO BE** rather than what they actually are! It's natural after all, we all want to be seen in our very best light, but that doesn't achieve anything (other than a feel good factor!)

There are no good or bad colors, each one has attributes that we would associate as being both good and bad. As with all things too much of something can be detrimental, harmony comes when we are in balance. Our true nature is to flow.

I go into deeper levels with colors and chakras in my [newsletters](#) for those of you interested in pursuing this topic further.

## Basic Aura Color Associations

Any of the colors already associated with the chakras may well be present in the aura, as well as several others, depending on the person interpreting the information. Often there will be more than one but, as ever, it is easier to describe in simpler terms, so I'll keep to one at a time for now!

Below is a chart highlighting a few of the associations with the most common colors and on page 17 there is a human outline for you to copy and use for your own simple aura color analysis!

Color	Bright/Vibrant	Dark/Dull
Purple	Very good intuition, active interest in spiritual matters	May be conflict between logic and intuition, may be prone to headaches, tension
Blue	Communication, honesty, a good sense of fairness and justice. Carer, sensitive	May be very reflective or experiencing loneliness, feeling low. May have throat or mouth sensitivities.
Green	Nature lover, often healers or teachers, true friendships, open hearted	May close off their heart to others, may feel lost or uncertain. May be experiencing heart/ blood ailments.
Yellow	Sunny, optimistic nature, may be learning new knowledge, focus and intellect work in unison with will power	May take on too many projects, or start too many and not complete them. May lack focus, or appear indecisive. Physical weaknesses may present themselves in the stomach
Orange	Creative, warm personalities, intelligent, positive, self knowledge.	May over analyse, may be feeling blocked or emotionally drained. May suffer digestive problems
Red	Physically active, passionate, practical, strength and vigour	May signal a quick temper or anger may be impulsive, taken over by desire.
Brown	Lover of the countryside, traditional values, down to earth	May be feeling hemmed in, restricted, energy may need cleansing and recharging
Pink	Inner child, self love, purity, innocence, compassionate	May be being too hard on oneself, not nurturing the child within. Relates to the heart area.

## Personal Color Analysis

Time for some fun! On the next page is a simple outline of the human body for you to copy and use.

Try this simple exercise, either on your own or with a group of friends, it can be quite revealing and works with both sides of your brain; the creative part to sense the colors of the aura and actually using color paints, pens or crayons to depict what you “see”. This sort of simple exercise also helps to improve your own psychic ability by actively connecting you to your intuition, so the more you practise, the more astounding results you achieve!

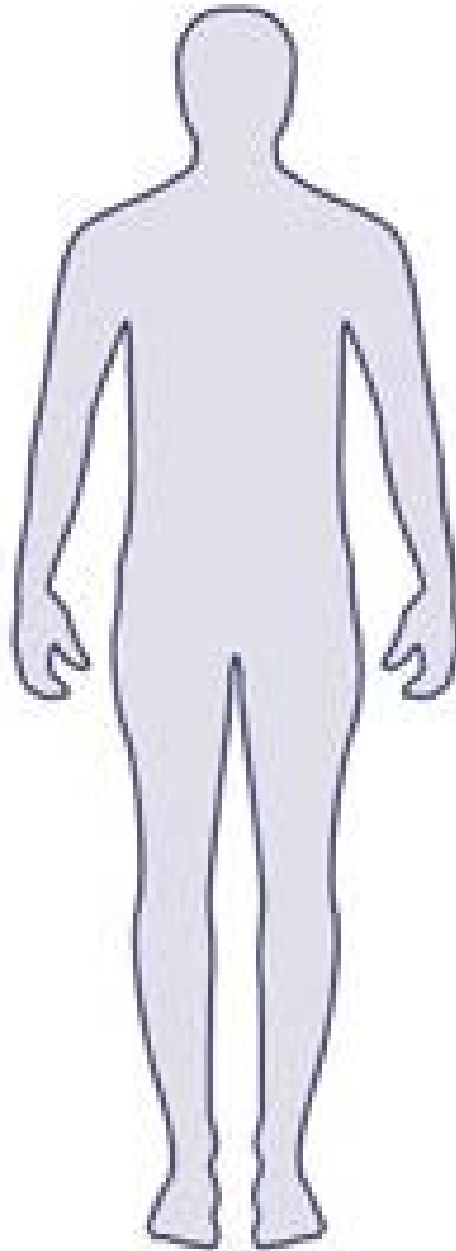
Before you start, make sure you have enough printed sheets, enough colors and the simple color analysis chart so you can interpret what you draw.

If you are doing it by yourself, it is nice to be close to a full body mirror to view yourself or you can simply close your eyes, visualise yourself and the colors you feel to be around you.

It works best if you have a quiet, restful atmosphere and are not in a rush, soft music can all add to the experience, putting everyone in a calm and relaxed state.

Take a few moments to just sit with your eyes closed and be still, comfortable, knowing that you want to sense the aura of the person in front of you or yourself. When you feel ready, open your eyes and either pick up the color that immediately came to you and just let your hand color in. If no color came to you, don't worry, just let your hand hover above the colors and you will be drawn to the relevant one. The less conscious thought you put into this at this stage, the better, it is an intuitive exercise. This can be quite a strange concept for many people to grasp, as in our average day we don't tend to use or listen to our intuition too much and our logic overrides. For the most part, that is totally necessary to function in our work and daily life but for this type of exercise we must let our intuition reign!

Also don't try to choose colors because you already have some knowledge of them! If you close your eyes and let your hands choose you will no doubt be surprised at just how accurate and relevant your results turn out to be!



To give you some idea of how I put the information together, below I have written a couple of simple aura analysis statements;

We have many personality traits and use them depending on what situation or environment we find ourselves in, but there tends to be two or three that we can identify with more strongly and more often than others, so these would become our core personality characteristics. With that in my mind, you will find the same with color analysis; there will probably be two or three with which you can safely say accurately describe your personality.

### **The Yellow Aura**

I love this color! The “yellow” aura tends to surround someone who has a great sense of fun and laughter, they can be quite witty and charming, all done naturally, not forced. They come out with very quick and quirky retorts or one liners! They are very quick minded, usually pretty intelligent individuals. They somehow retain a childlike quality, not as in childish, not at all, but as in having a great, innocent sense of fun. They tend to be great optimists and are usually drawn to creative careers which inspire them or challenge them, so they often have their own business.

They may not always tell everyone, but they are usually very sensitive to the energies of people around them and often like their partner to be someone that can nurture them, taking care of them almost. Sometimes an older partner fulfils this need. They thrive best when they can retain a degree of independence as they like to flow as and when the moment dictates, too much restriction in their life can result in them feeling frustrated. If they are not nurtured and supported they will take a marked drop in their self esteem. They like to have several projects on the go at once, they are full of ideas, but they may well take on too much and may not be quite so keen to finish what they started, especially if it all looks like a bit too mediocre or boring! It’s the spark of the idea, the setting up of things, that gives them great satisfaction, not so much the tedious follow through!

Out of balance they can lack motivation, focus and interest, they need stimulation and fun, excitement to get them back on track.

## The Blue Aura;

These people are sensitive souls, usually softly spoken and are often found within the healing professions. In balance they are calm, reflective individuals who on occasion can be easily moved to tears. They are very aware of the emotions or emotional problems of the people around them. They are very forgiving people, keen to get back to a peaceful setting within their home or work or social circle. The downside of this can sometimes be that they are too quick to forgive or will bend too much just to keep the peace and may find themselves the prey for bullying of one form or another.



They are naturally truthful individuals and this can sometimes relate to them being involved in legal professions.

Blue is often the color of healing, so although they may be healers, they may also have just received healing or be going through a healing process. Blues make natural housewives, real homemakers, they are very good with children or those in need, such as the elderly, disadvantaged or disabled.

They are very loyal partners, very sensitive and caring, though not so bothered by deep physical passions, their chief source of intimacy is via their emotions rather than their body.

If out of balance, they may be either very verbal or be the other extreme, very submissive, they may regularly suffer from depression. Although they are great care givers, they are not so great at caring for themselves, viewing that as selfish, which can lead on to feeling resentful.

I hope you can see how revealing the aura can be, of course, when I am reading for someone I can be much more specific as everything talks to me. What is relevant to one person may not be relevant to the next, even though they may share the same base color, their life experiences, situation and other personality traits all have a cumulative effect.

I take note of the colors, the shades, the chakras, what I sense and feel around them, their body language, their tone of voice, even the colors of the clothes they wear at the time, absolutely everything adds to the bigger picture and is relevant even if in only the smallest way.

If we examine ourselves in this way we really get to understand more about who we truly are.

As we expand the topic of the aura we can see how healing has such a beneficial effect on us, the use of color in healing has been used for many years, sometimes we instinctively choose colors to wear that we need on some level. When we consciously become aware of the beneficial effect of colors we can choose colors to give us added confidence or calming, depending on what the situation dictates.



Crystal healing, in very simple terms can also be related to the terms of color, for example; one of the nicest stones and most beneficial for women in particular I have found to be is Citrine. An orange crystal, it directly links to the emotional centre, the sacral chakra and can help emotional imbalances and creativity.

## Color Characteristics Questionnaire;

Read through all of the statements and tick how many from each section are relevant to you, either most of the time or sometimes.

Add up the amount of ticks or yes's you have for each section and determine which one you have the most in.

Then go to page 26 and discover what color that section relates to, read the brief overview of that color and decide if the characteristics fit with you. Often two or three colors are appropriate rather than just the one.

Once you have answered for yourself it is great fun to have your friends and family do the same!

I have greatly simplified these colors and questions, as this is an introduction to the world of auras and colors. Please do not worry if you cannot relate to the statements, if you request a personal more in depth chart then I go into much more detail with the questions and analysis.

If you want to read further, a much more detailed report is available; email [davina@secretaura.com](mailto:davina@secretaura.com) with 'Personal Report' in the subject heading and I'll forward the price list and the details to you by return. Each one is prepared by me, in person, and totally *unique to you*.

## Section 1;

1. I have a strong, powerful physique/ body shape.
2. I enjoy physical activity or manual labor is a big part of my life.
3. I enjoy active or masculine sports, football, rugby, body building.
4. I am very passionate and physical intimacy is very important to me.
5. I regularly deal with confrontations, survival needs/ combat. I like to win/ I enjoy competition.
6. I am a 'doer'/ I get the job done approach to life. I live for today.
7. I don't believe in what I can't see or touch, I believe in what's real.
8. I have great stamina, I am a good leader. I have strong will power.
9. I enjoy a drink with mates rather than quiet time at home.
10. I have a fiery temper that erupts and I need to physically release it.
11. I am a good provider, I support my family. I am loyal.
12. I am not comfortable talking about how I feel.

## Section 2;

1. I enjoy adventure/ adventurous sports/ hobbies in my life.
2. I am very creative; I visualize and plan to get the things I want.
3. I am motivated to achieve my goals, sometimes single minded.
4. I am a good organizer/ an entrepreneur/ in marketing/sales.
5. I like to be in control of my environment and personal space.
6. I want to experience all the joys life has to offer.
7. I am quite a thrill seeker, I love an adrenaline rush.
8. I don't seek others acceptance, I like to do my own thing.
9. I push limits and boundaries.
10. I am physically fit, attractive but relationships can be restrictive to me.
11. I like time to myself; I am independent/ self sufficient.
12. I like to talk about my projects, the next challenge/ adventure.

### Section 3;

1. I have a happy go lucky nature, a playful attitude to life.
2. I need fun in my life, to play, I even use the word play a lot.
3. I naturally make others laugh, often in silly, innocent ways.
4. I like my exercise to be fun such as; dancing, beach ball, surfing.
5. I like to learn, am intelligent, a quick thinker, a bright spark.
6. I am very expressive with my hands, in my work/communication.
7. I am very sensitive to my body and energies.
8. I have a very youthful appearance/ bubbly energy.
9. I am very creative and spontaneous; I come up with great ideas.
10. I dislike heavy situations/ commitment and discussions.
11. If I really enjoy something I want to do it again and again and again!
12. Punctuality is not my biggest priority, I don't mean to be late – but usually am.

### Section 4;

1. I love the outdoors, animals, plants, nature.
2. I enjoy social situations and communicate freely.
3. I am a good talker/teacher; people listen to what I have to say.
4. I am intelligent, like to learn new things about life and the world.
5. I like things to feel in balance around me, I prefer to live a balanced life.
6. I like good quality items and clothing, a good standard of living.
7. I am successful, to achieve the lifestyle I require.
8. I am a good loyal friend, I am very talkative.
9. I am a very tactile person with a strong body/mind connection.
10. I have high expectations and standards. A perfectionist. Financial security is important. I am a good organizer.
11. I love to spend time with my family and closest friends.
12. People often come to me for advice, they trust and respect me.

### Section 5;

1. People would describe me as quiet, sensitive and caring.
2. I tend to put others first.
3. My faith/beliefs/religion/love is important to me and my life.
4. I am usually around people most of the day.
5. I work in the caring/healing profession.
6. My family is very important to me.
7. I tend to put myself out for others, I find it hard to say no.
8. I seek love and understanding in my relationships more than sex itself.
9. I tend to be very emotional and can be easily moved to tears.
10. I don't seek to be in charge, I follow instructions.
11. I don't tend to challenge authority unless it directly challenges my family.
12. I am guided more by my sense and feelings than my intellect and logic.

### Section 6;

1. I work with my intuition/ imagination/creative intelligence.
2. I am aware of my spirituality/ spiritual connections. Strong clairvoyant abilities.
3. I love dance/music/art to flow with the essence of life.
4. I am aware of my deep innermost feelings and senses. I have great dreams/visions.
5. As a child, I was very forthright; I didn't want to be told.
6. It is important for me to live in line with my beliefs and truth.
7. I dislike, high powered intense sports, I prefer more gentle movements.
8. It is important that my home environment be a haven to me.
9. Honor and personal integrity are very important to me.
10. Outwardly I appear very confident but few people get to know the real me.
11. I feel a connection with the universal mind/ god consciousness.
12. I sometimes wonder at how the majority of people seem so 'different' to me/ as if looking on at something I am not quite part of, yet connected to.

## Section 7

1. I have a slight, fragile physical frame.
2. I am very artistic and imaginative, creative. I am very sensitive to what other people are thinking and feeling.
3. I have a strong belief in the spirit, in angels, the greater consciousness.
4. People often say I live in a fantasy world.
5. I have strong intuitive feelings and tend to follow them.
6. I don't tend to remember everyday things, they don't hold my attention.
7. I like my environment to be soft and gentle, candles/ incense etc.
8. I am involved in healing/spiritual practices on a daily basis.
9. I shy away from stressful situations and environments. If I feel under pressure I tend to retreat to my place of sanctuary/peace.
10. My concentration span is quite short for the mundane realities of life.
11. Life is full of magic and wonder to me. I am a fast learner and thinker but use my intuition rather than my logic.
12. I get such a lot of satisfaction from my spiritual experiences that I want to do more and more, rather than experience the hard cold reality of life.

## Color Characteristics/Personality Traits

Section 1; **Red**; Red is one of the colors that has two different shades that seem to present themselves quite a lot but basically a red aura denotes, a very physically active person. Their image and physique tend to be important to them, by keeping fit and healthy. They tend to work out a lot or do physical labor. They like to watch sports and be involved in them. They can be quite direct and to the point, they tend to be open but don't feel comfortable talking about emotions and feelings. They have active sex lives, they tend to have a successful, go get 'em attitude to life, they work hard and play hard. They don't have a lot of time for things they can't see and touch, their life is about living in the here and now.

### Section 2; **Orange**

These people tend to analyse information or be involved with study a lot, either as part of their job or in their interests. They like to talk about their latest undertaking! They tend to be quite methodical and detail oriented. They like to be in control of their life, they dislike uncertainty in their work and home life. They have an adventurous spirit, so may be drawn to unusual past times and can often be a solitary person; they don't need other people around them so much. They are quite sure of themselves and do not seek approval from others.

### Section 3; **Yellow**

These are fun lovers, young spirits that love to play. They tend to look young for their age, they like fun in their life, in their relationships, in their work and in their exercise. They are quick minded, bright and good to be around. They make good business people, artists or healers. They are stimulating and interesting and are good at coming up with fresh ideas and inspiration. Their bodies tend to be sensitive to the energy of the environment they are in. People like to be in their company but they would not necessarily count many as close friends.

### Section 4; **Green**

Again here there are distinct shade variations but in general the green personality is; a good communicator, they believe in what they say, they make good teachers and organisers, project managers. They are intelligent and responsible and tend

to like the finer things in life. They are usually successful, financially secure. They have a great bond with nature in one form or another, they either live in the country or have a great interest in their garden or animals are important in their life.

#### Section 5; **Blue**

Blues are natural care givers, homemakers, nurturers. They need their family or extended family around them, they are healing and peaceful to be around. They are usually quietly spoken, a lot of the time they may find it very difficult to say no to a request for help. They give of themselves and often forget to put their own needs and wants first. A peaceful environment is very important to them. They are aware that they are more than just their physical body and will have spiritual beliefs.

#### Section 6; **Indigo**

These people tend to have quite strong inner feelings and are usually aware of their spiritual connection. They have a good imagination and follow their intuition. They can appear abrupt or sometimes uncaring by others that don't quite understand how the indigo experiences the world. They have a strong personal integrity and situations that threaten that will make them very unsettled. They are very sensitive and often have a soft voice or more feminine attributes.

#### Section 7; **Violet**

Violets can be very magical and awe inspiring people. They have a very visual mind and are great dreamers, they want to live in an enlightened way every day. Spiritual practises will be a very regular part of their life. They make good spiritual counsellors, musicians, inventors, artists. They want to change things for the better, to show people a better way of living and experiencing this world.

After having read the short statements above, if you really cannot relate to the comments as they are but could do if the opposite was true then that is no doubt what you are experiencing. All of the colors have light and dark shades, positive and negative aspects, to deny any one, is only to deny yourself of the truth.

We all experience good days and bad, or even longer periods of our life when things just don't seem to go right. At those times we would display the duller shades of our core colors. For the most part I have only mentioned the brighter aspects. For more information please [email me](mailto:davina@secretaura.com) [davina@secretaura.com](mailto:davina@secretaura.com) or look out for my [newsletters](http://secretaura.com) <http://secretaura.com>, there is so much more.....