

AuraVideo 7
Station

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Aura Chakra Report

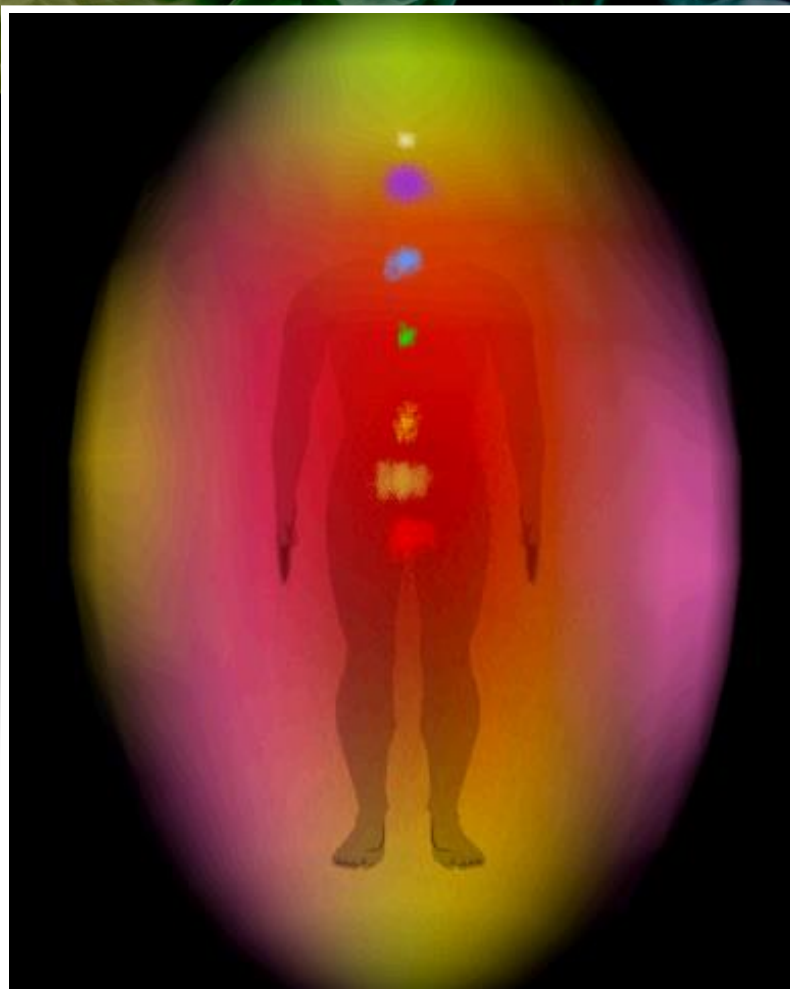


RED-ORANGE competitive, energetic, excitement, passion, will-power

1/14/24 2:14 PM

Inneractive Enterprises Inc. * 100 Wilshire Blvd. #700 * Santa Monica, CA 90401
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YOUR AURA CHAKRA ANALYSIS

The **AURA VIDEO STATION** measures your data through hand sensors. This data is analyzed, processed and mapped to specific aura-chakra states.

Your Aura-Chakra Photo and Report gives you a colorful, visual and graphical representation of the measured 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

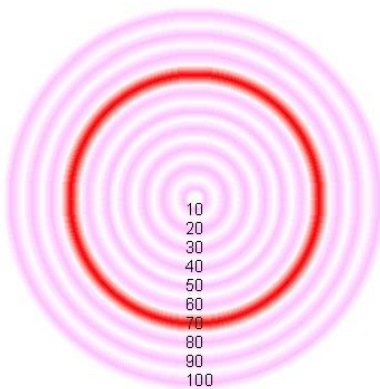
Your main **aura color** reflects your **personality type and traits**.





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.

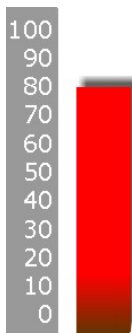


YOUR CHAKRA ACTIVITY

Knowing about your **energy centers** or **chakras** may help you gain insight into creating greater balance and harmony 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.



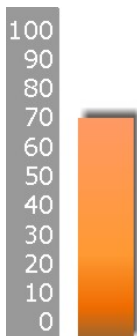
High life energy, radiant, sensual and passionate qualities.

Medium life energy, active lifestyle.

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

2. NAVEL CHAKRA

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



High productivity, strong emotional expression.

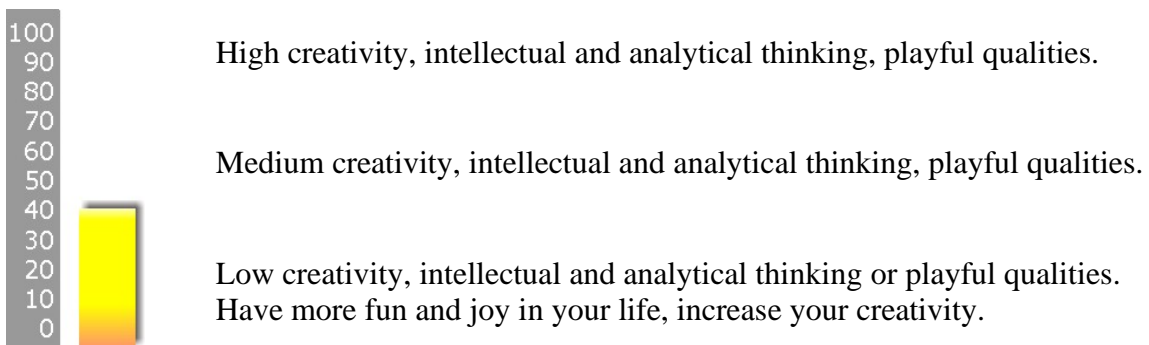
Medium productivity and emotional creativity.

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



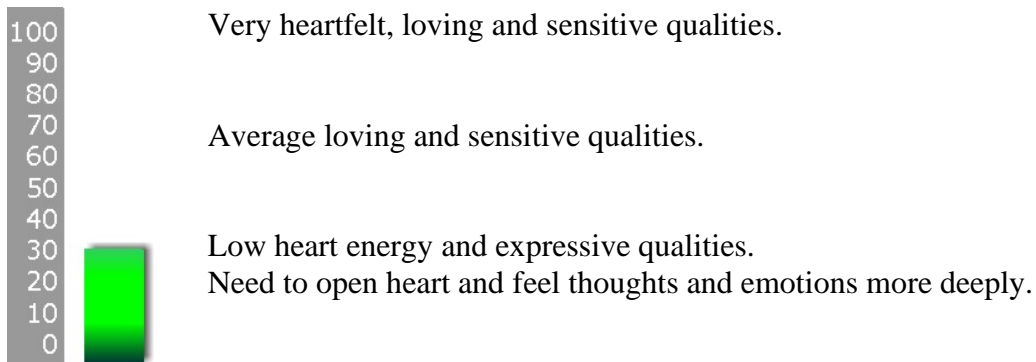
3. SOLAR PLEXUS CHAKRA

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



4. HEART CHAKRA

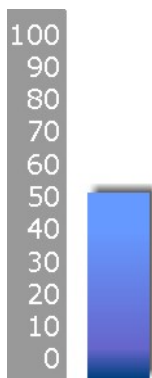
This **chakra** is located around the heart and corresponds to unconditional love, self-love and forgiveness. It relates to the balance between Body, Mind and Spirit energy.





5. THROAT CHAKRA

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



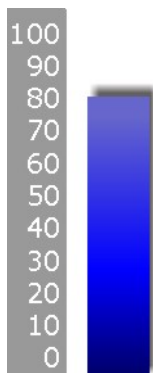
Strong expression of thought, emotions and communicative qualities.

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.



High intuitive energy, strong artistic and intuitive qualities.

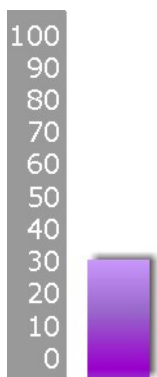
Medium intuitive energy, average artistic and intuitive qualities.

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



7. CROWN CHAKRA

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



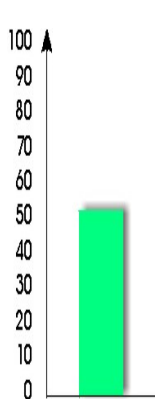
High intuitive energy, radiant, sensitive and spiritual qualities.

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.

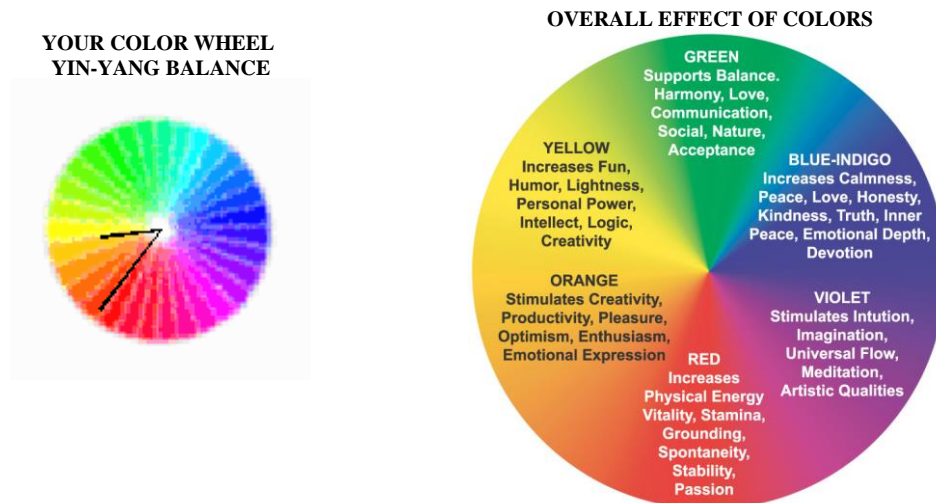


YOUR ENERGY-DATA ANALYSIS

The following **energy-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.



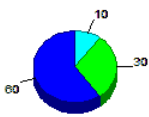
This graph also indicates your **Yin-Yang balance**. The short needle reflects the Yin-female-left qualities. The long needle the Yang-male-right qualities of your energy system.

- 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 energy side might feel tense or stressed. Balancing is recommended.



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 energy.



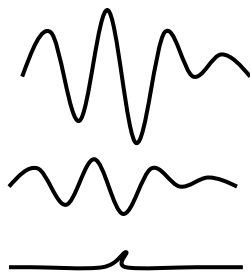
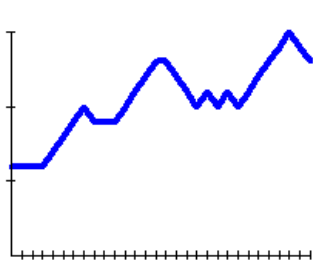
MIND: Your focus is mainly on creativity, mental and emotional expression, and communication.

BODY: Your focus is on physical reality and results, and field-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.



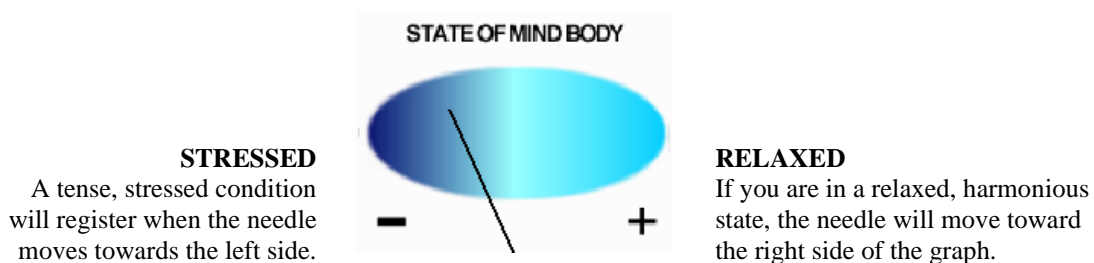
Highly emotional stressed, agitated, High excitement, nervousness or sensitivity.

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

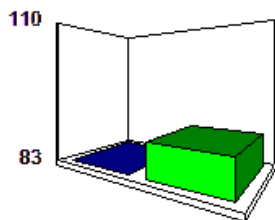
The **state-of-mind body graph** displays your overall mind/body condition.





YOUR STRESS/RELAXATION GRAPH

The **relaxation graph** shows your energetic relaxation or stress energy level. The left blue bar is used as a baseline (environment). The green bar and left top numeric value show your **personal energetic relaxation level**.

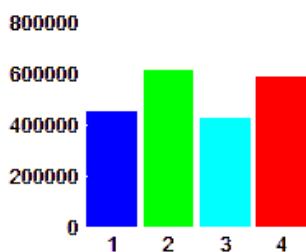


GREEN BAR = YOUR RELAXATION LEVEL

- 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.



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 and tired. 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 COLORS OVERVIEW

- Deep Red:** Realistic, grounded, active, strong will-power, survival-oriented.
- Red:** Active, powerful, energetic, vitality, competitive, winner, sexual, passionate.
- 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, etheric.
- White:** Spiritual, transcendent, higher dimensions, etheric and non-physical qualities.

LEFT DOMINANT

Your female, left side of your field seems to be more active than your right active masculine side. Answer these questions for yourself:

Do you feel a slight physical imbalance between your left and right field side?

Is your left side more sensitive? Are there feelings that need to be expressed?

Are you very active in your life but often don't listen to your inner feelings?

HEAD DOMINANT

Your head area seems to have a higher vibration than the rest of your field. 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. It might be time for you to relax your mind and field 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

Red in the Aura

Red represents the primal vital energy of life. Taking dynamic action makes you feel good. Clear bright Reds are physical, showing strength and vitality. Strong will power and a competitive edge are yours. With this color you can expect to get concrete results from your projects. Dark muddy reds indicate stress or unbalanced nervous energy. Red is the color associated with the first or Root Chakra. Ask yourself the following questions:

Do you have highly positive goals in your life?

Do you have a healthy and happy sex life?

Is it a challenge for you to express your feelings?

Do you spend time for sports, exercise or active relaxation?

Do you take care of your physical field-energy?

Are you keeping your heart open?

Do you know that you can achieve anything if you focus on it?

Green Around the Head

Clear, bright and rich greens indicate that you are an outgoing and social person. You make a great friend. You are goal-oriented and conscientious in your dealings with others. You may be in the middle of an intense growth crisis, processing personal changes and balancing field, mind and spirit. Dark and muddy green shows stressed out emotional energy and an irritable, angry nature.

Violet on the Left Side

Clear bright violet flowing into your aura brings you spiritual healing energy powers. You are a visionary and understand things intuitively. Dark violet flowing into your aura can indicate nervousness and tension. It can bring a time of withdrawal to initiate a search into the deep mysteries of life.

Orange-Yellow on the Right Side

Clear bright Orange-Yellow indicates positive mental energy with easy expression of your creativity, thoughts and ideas. You take great pleasure in some of the simplest things in life and your excitement leads you on to new adventures, success and recognition. Dark and muddy Orange-Yellow shows that you are stressed and perhaps internalizing anger or feelings of disappointment. You might focus too much on your thinking, neglecting your feelings. It may be difficult for you to emotionally interact with others.

Violet on the Right

Clear bright violet shows that you have great spiritual insight and your devotion has a healing energy 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.

Orange in the Heart Area

Clear bright orange in the heart area shows that you send energy to others that they receive as joy of life - sunny, warm and strong. You have the ability to make others feel comfortable when they are with you and this will assist you in gaining recognition and appreciation for your efforts. Dark and muddy orange can indicate great unhappiness and fear. You may be blocked in your creative self-expression and your relationships may be strained.

RED PERSONALITIES

The following are the energetic-qualities associated with RED personalities:

Area	Description
<i>Physical</i>	Physical vitality, energetic, powerful action, leader, practical, stamina, sexual, vital force, over activity.
<i>Emotional</i>	Excitement, passion, sensual, driven by their desire, confident, impulsive stimulation, explosive temper, anger.
<i>Mental</i>	Will power, competitive, will to win, excitement, direct..
<i>Spiritual</i>	God is physical reality and is reflected in every positive action.
<i>Motivation</i>	Success, winner, full and intense life.
<i>Mission/Vision</i>	Experience and enjoy life in the Here and Now.
<i>Growth</i>	Explosive, expansion with strength and persistence
<i>Exercise</i>	Body building, football, soccer, running, all competitive and professional sports, aerobics, jogging, dancing,
<i>Recharge battery</i>	Integrate will power with love, balance their physical and emotional expression, social, candid behavior
<i>Communication</i>	Intense, loud voice, forceful, fast communicators, straight forward.
<i>Interaction</i>	Impulsive, electric, explosive, powerful, exciting, direct.
<i>Relationships</i>	Enjoyment, stimulation, generally short-lasting partnerships.
<i>Social, Friends</i>	Center of attention, very active, straightforward.
<i>Sex, Intimacy</i>	Eroticism, stimulation, excitement, passionate lovers.
<i>Money</i>	Security, sign of success, physical influence & power, impulsive spenders.
<i>Success</i>	Do everything to be successful and win, success is power.
<i>Occupation</i>	Active, stimulating jobs with possibility to succeed and win, need change.
<i>Career</i>	Leader, sales, enterprising, productivity, entrepreneurs.

MIND/ENERGY

Red personalities find great pleasure in expressing themselves through their sexuality and their physical field-energy. They live life in the Here and Now with strength, courage and confidence. Reality is tangible for them because they see, hear, feel and smell it. These personalities have a remarkably strong will power and they enjoy all physical aspects of life. Reds are powerful, energetic and are often found in cooperative enterprises or leadership positions.

Reds perceive life through physical reality and through action. Their primary motivation is to feel alive and strong. They are constantly looking for excitement, judging their environment and success by how powerful and competitive they are. Reds strive to be successful and are born winners. They are passionate about life. They represent the fire element: physical love, passion, heat and desire. The more excitement they experience, the more alive they will feel.

Reds are practical, action-oriented, loving to achieve results. They have an insatiable urge to win and create something valuable and important in their life. Their strong will power and intense, almost unlimited physical energy, allows them to be extremely active, persistent and successful in virtually anything they do.

Other people might sometimes experience the power of a Red as overwhelming. Their exciting physical and emotional energy may just be, "too much" for them.

Reds love to live in an exciting and stimulating atmosphere at work or in their private lives, which other people might consider to be stressful and tense. They have a tendency of pushing and forcing themselves to the maximum. They need to prove, mostly to themselves, that they can do anything and everything they want.

Reds are truly social people. They enjoy just hanging out with their friends and buddies. A typical idea of having a good time might include dancing all night, celebrating virtually anything with friends or spending a passionate night with their lover.

While Reds may be open and communicative, they are not very effective when it comes to talking about their deep inner feelings. They may not have learned to talk about or share their intimate thoughts and feelings. Being sensitive and clear is an essential step towards a free expression of their inner self. Reds experience their emotions and feelings through their physical energy. In this way, they are very sensual beings.

In harmony Reds are energetic, optimistic, honest and loyal. They outwardly radiate strength and persistence with an intensive desire to live life to its fullest. For Reds, the purpose in life is to completely experience the physical world with joy, courage and energy. Reds can truly show humanity the power, strength and vitality of a human being.

A Red needs a high degree of independence and physical freedom. They love to explore all facets of physical reality. They also enjoy the power and the thrill of exploration and adventure. Reds can be completely unique and individual. They are capable of generating so much passion through unconventional ways of expressing themselves, that they sometimes will not fit into society's stereotyped picture of a normal citizen. However, Red personalities are used to this uniqueness and in fact, thrive on it. Strangely enough, they have a tendency of being loners who just happen to have lots of friends.

Reds are curious, insistent and intrusive. They are passionately interested in all aspects of life. If you desire a life filled with excitement and action, join forces with a Red personality. They have difficulty with exercising patience or waiting for projects to develop. They want everything immediately and are not afraid to insist that their ideas and goals are the most important right now. Reds not only know how to get attention, but also how to get what they want. Their powerful, physical-emotional energies combined with strong will power, gives them the right tools and the drive to be successful in their competitive, materialistic world.

Reds can become impatient and frustrated easily if things do not go their way. They feel more comfortable in taking physical action on a given situation rather than exploring vague, mental concepts. Learning by actually doing is a concept they are much more familiar with. It is easier for Reds to learn how to dance, to dismantle a car or to sell life insurance, if they can physically do it themselves. Classroom learning is not tangible for them. Structured instruction and most book learning situations require mental concepts that are not real or physically touchable without intense concentration.

Because powerful, physical and emotional energies are constantly running through the body of a Red, it is difficult for them to sit still and be calm. The only way to achieve balance and harmony is to move the physical energy and find ways of balancing this power inside. If Reds find positive outlets for their physical-emotional energy, they will become very powerful and will be able to manifest their dreams. Sports, which require physical stamina and strength, are wonderful outlets for their powerful, impulsive energies.

If Red personalities are out of harmony they might feel emotionally or physically exhausted. They can become frustrated or explosive. Out of power, their strong emotional and physical energies may be released through a physical fight, an intense sexual encounter or emotional burn out and exhaustion.

It is difficult to be around an out-of-power Red because they can be demanding, intense, explosive and have a constant need to be the center of attention.

Unbalanced Reds can exhibit an intense, pushy and controlling personality. However, they may not be aware of it because their constant, fast action and their need to win and achieve, has a tendency of clouding their perceptions. They are unaware that others might not want to go along with that particular speed and intensity. Out of power Reds, without giving any thought to it, easily disrespect the feelings and boundaries of those around them.

Reds will listen to spiritual or mystical subjects, but they may be much too grounded in their own realism to be open to these thoughts. On the other hand, Reds might occasionally see the excitement and power of spirituality and decide to find out what it is really all about.

Because of their passionate energy, their will power and their urge to be in the front seat, Reds can become powerful leaders. The spirituality of a Red is tangible. They might perceive God as a powerful human being who is in control and knows how to guide human life. But Reds may be too eccentric and unorthodox to be caught in organized religion.

SOCIAL LIFE

Reds are social personalities. They love to be around people. Socializing and just hanging out with their friends, buddies, or partners is a favorite activity of Reds. They will easily find friends and people to talk to wherever they go. They have a tendency of radiating an aura of attraction and excitement around themselves. At parties Reds are usually the center of attention. They enjoy being surrounded by beautiful men or women.

Their vibrant, energetic and stimulating personality, combined with power and vitality, makes them fun to be with. Reds love to interact with others, always interested in hearing their opinions and sharing their own ideas.

Reds can be eccentric and unique. Because of their strong individuality and their powerful sense of originality, they may have difficulty in conforming with the norms of society. Their unusual and rather distinctive behavior and dress can occasionally be shocking to a more conservative person.

Reds may sometimes be sensitive and easily hurt, although they many not want to show their sensitivity. They may also be very emotional. They need to express their feelings and emotions to experience peace and harmony. Similar to Greens, Red personalities usually express their emotions and feelings naturally. They need to release their impulsive, intense energy. And, they usually have to express these feelings through their physical energy.

Being powerful communicators, they prefer social or business meetings to sophisticated, intellectual conversations. Reds enjoy parties and large gatherings, although they are careful with whom they get involved. They usually only open up to their long-time friends or people they know they can trust. Reds feel most comfortable with people who understand their desires and goals.

RELATIONSHIPS AND INTIMACY

Reds are sexual beings and have a strong appetite for life. They love to be physically and emotionally aroused and love to stimulate others just as much. They are driven by their desires. They also love to confront and shock, just to see reactions and emotional responses. Sex means life to Reds. It is the essential force in their universe.

Sex for these realists is a desire-filled, sensual and passionate experience. Life in a physical energy is to be fully enjoyed in every aspect.

It is a challenge for a Red personality to live in a sensitive, long-lasting and emotionally open relationship. They may focus on short-term, exciting relationships and encounters. Reds have a lot of friends, but only a few are close and intimate. They may prefer the romantic feeling of an initial attraction and the excitement of meeting a new partner. They love to play with fire.

Because of their sexual drive, Reds may not be monogamous. Their sexual power attracts many good-looking women or men. A Red will feel sexual orgasm as the highest of experiences. For them it is almost the same as spiritual enlightenment.

Reds love to go out with their friends, dance all night or hang out in bars or clubs. If they have the courage to engage themselves in a close relationship, they will most likely need some physical freedom from their partners occasionally. If passion, sex and excitement are present in their relationship, Reds make very honest and loyal partners.

Reds are often attracted to Color Personalities in their own color range (Deep-Red, Red & Orange). Reds like the excitement and stimulation of love, attracting many partners. But intimacy and deeper understanding may be a challenge for them.

A Red interacting with another Red is often like an explosion or a fiery competition. However, they seem to be very good mirrors for each other. Yellows add to the sexual and physical power of Reds by being playful and fun.

The Orange adventurer and the Red winner both need a lot of time to themselves. These close relationships may need a lot of space with deep understanding for each other. For healthy productive relationships or for successful interactions with Blues, Indigos, Lavenders and Whites, Reds must understand their sensitivity and need for inner peace.

Reds seem to be attracted to Green and Deep-Green personalities because of their mental quickness, elegance and inner power. And, because of their visionary and innovative traits, Violets match well with Reds, though a lot of sensitivity on both parts is necessary. The divine vision of a Violet and the passionate physical nature of a Red can create miracles on earth.

In general, Red personalities may need to understand that others are not as physically dynamic and as ambitious as they are. Sensitivity and awareness toward others will create fulfilling relationships.

CAREER AND FINANCE

It is virtually impossible to stop a Red when they have decided to achieve a certain goal. They have tremendous drive to finish projects. They lead others with their invincible will power. For a Red, "No" is not an acceptable answer. They will insist on success, encouraging maximum effort of those on their team.

Reds do not lead with strategy or vision, but with courage and strength. Reds can best solve their challenges if they stay active with positive expectations and ideas. They do not like sitting around discussing theories. Reds come up with creative, but sometimes unorthodox ideas. They want to be physically involved in solving the challenges at hand. If things don't go their way, Reds may become impatient, angry or frustrated with themselves, close friends or associates. This intense tendency creates frictions in a group environment.

However, if they stay emotionally and mentally open, they can be very creative and powerful problem solvers. Wherever stamina, courage and strength are required, Reds are welcome team players.

Once they have firmly decided on a direction, the challenge of a Red is to learn to accept other options and solutions. The more open and flexible they are, the better they understand where to change directions and push various projects to successful completion.

Money is an important issue to Reds mainly because it represents power in our society. They know how to make a good income. Reds often own their own businesses or are found in leadership positions. Their motivation is the money they make while actively participating in exciting challenging projects.

Reds are independent and self reliant. They do not like to be told what to do, when to do it or what to believe in. They often choose occupations, which allow them to be their own boss and express their own ideas as individuals. They want to control and be the master of their own life. Many Reds enjoy being alone and focusing on their work. They thrive if they have the freedom to find the best and most efficient way to achieve goals. Their challenge is to learn to cooperate effectively in team situations.

Some Red personalities prefer physical work, which allows them the opportunity to release some of their dynamic energy through their physical energy. They have a deep seeded desire to be the best and will do "whatever it takes" to accomplish their goals. They have a need to be in control of their work and their life. Competitive, exciting, interesting jobs are attractive to Reds. Because of their will to achieve and to finish projects, Reds can be vitally important in any work environment.

Some Red occupations include: entrepreneur, sports professional, sales person, marketing executive, manager, surgeon, leader in any field, athlete, dancer, and model.

HEALTH, WELL-BEING AND GROWTH

Reds have tremendous physical and emotional energies. If they learn how to find positive outlets for this dynamic force, channeling their life energy into creative projects and positive actions, they will be very successful and happy individuals.

To remain in harmony Red personalities must live and express their full potential. They must find positive activities to express their powerful, explosive and intensive energy, such as sports, exercise, work or creativity. They must also learn to live their power in a creative way and release their intense physical and emotional energies without hurting themselves or others.

When Reds learn to be sensitive enough to be in touch with their own feelings as well as others, they will experience more love and acceptance in their lives. The challenge for Reds is to relax, be calm or to just do nothing. They have so much vital energy. A good way for Reds to let go and relax is to engage in a type of "centered awareness in action," where there is a relaxed activity for them to positively and safely release their energy. So physical activities and sports are wonderful ways to express this vital force. Jogging, swimming and dancing will help them to relax. Reds often experience this relaxation much like it was a "high." Reds can also relax and unwind by watching sports on television.

Reds eventually need to understand that winning is not everything in life. They will often feel a certain emptiness after they have achieved their goals, wondering what is next. Finding highly positive and humanitarian goals will enable them to feel good about their achievements and to enjoy living in the present.

Reds recharge their life energy batteries by finding creative ways of expressing physical activities. When they can effectively express their feelings staying sensitive and open, they will experience a deeper and more fulfilling sense of their purpose -- which is ultimately what they really crave. Reds don't need to recharge themselves in a conventional sense. Reds represent fire, vital energy, will power and passion. Developing a positive outlook with positive expectations that benefit themselves and their fellow man, will guide Reds toward a personally meaningful existence with abundance on all levels. Thus, they will be in their true power.