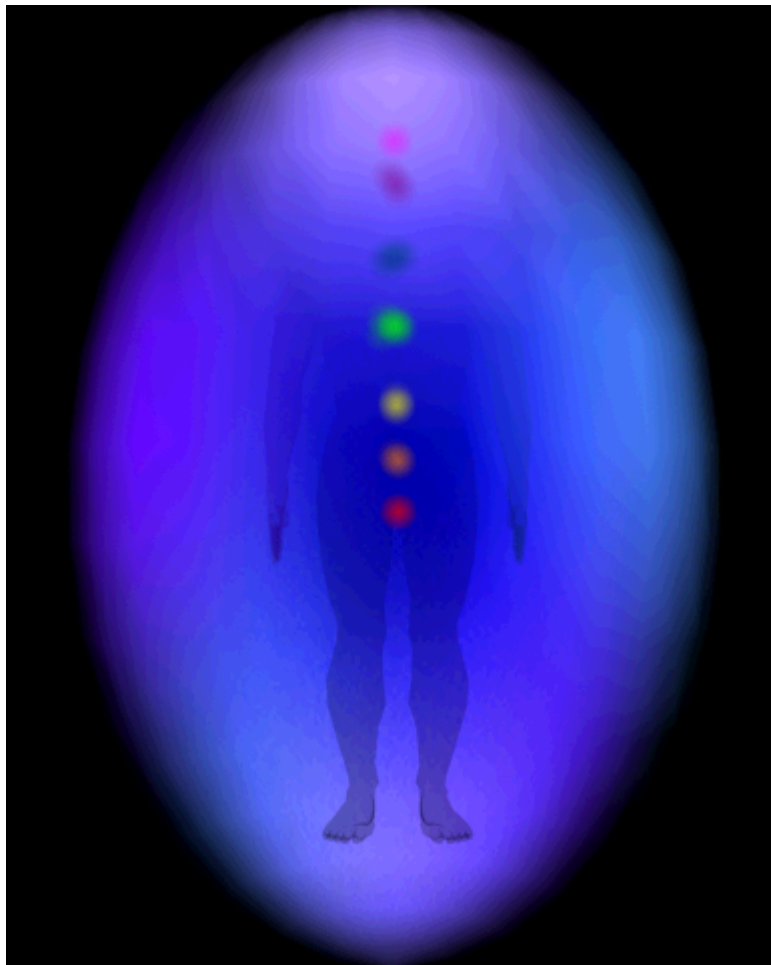




AURA CHAKRA REPORT

YOUR CHAKRA IMAGE



INDIGO deep inner feelings, inner knowing, intuitive, sensitive

Potential Within * 40359 Highway 41, Suite 7, Oakhurst, CA 93644
559-760-5944 * email ThePotentialWithin@yahoo.com



YOUR AURA CHAKRA ANALYSIS

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

*Your **AURA-CHAKRA PHOTO** and **REPORT** gives you a colorful, visual and graphical representation of the measured Bio Data. This information is for educational & entertaining purposes only. For ANY medical or therapeutic diagnosis, please consult your health professional.*

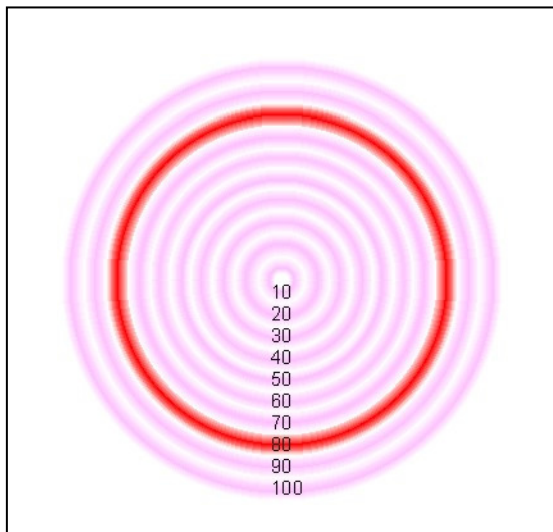
YOUR AURA COLOR TYPE

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) indicating 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) you have a strong presence and radiant energy. Achieve your goals by increasing your Aura even more and focusing on your goals

SMALL AURA (0-40) with low energy, others might perceive you as introverted or with low physical energy. Try to create a stronger radiance around you, 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



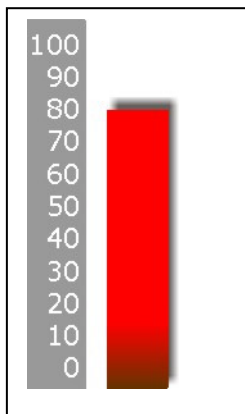
DARK low energy, unbalanced, stressed chakra activity

YOUR CHAKRA ACTIVITY

Knowing about your Energy Centers or Chakras will help you determine the correct product or treatment to create more balance and higher energy in your life.

1. BASE CHAKRA

This Chakra is located at the end of the spine and corresponds to Life Energy, Physical Activity, Emotional Strength, Will Power, Sexuality. Related Body Areas and Organs are Joints, Muscles, Heart, Blood and Nervous System.



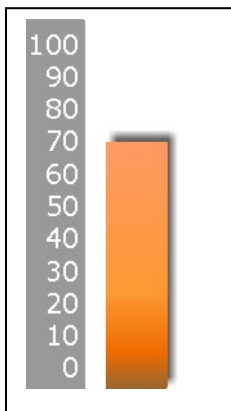
High Life Energy, Radiant, Sensual and Passionate Qualities.

Medium Life Energy, Active Lifestyle.

Low Life Energy, Survival, Accidents, Stress Qualities.
You need to recharge your Body Energies and Vitality.

2. NAVAL CHAKRA

This Chakra is located below the navel and corresponds to Creative, Productive and Emotional Expression of Life Energy. Related Body Areas and Organs are Intestines, Spleen, Digestive Track.



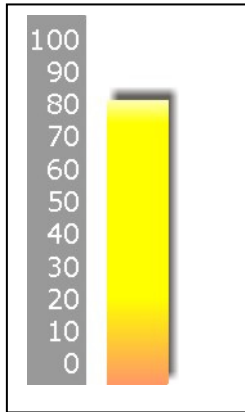
High Productivity, Strong Emotional Expression

Medium Productivity and Emotional Creativity

Low Productivity and Creativity, limited Emotional Expression.
Increase your Creative Qualities and Abilities.

3. SOLAR PLEXUS CHAKRA

This Chakra is located at the Solar Plexus and corresponds to Personal Power, Creative and Intellectual Thoughts. Related Body Areas and Organs are Stomach, Solar Plexus, Liver.



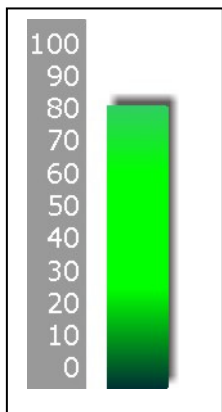
High Creativity, Intellectual and Analytical Thinking, Playful Qualities

Medium Creativity, Intellectual and Analytical Thinking, Playful Qualities

Low Creativity, Intellectual and Analytical Thinking or Playful Qualities
Have more Fun and Joy in your Life, increase your Creativity

4. HEART CHAKRA

This Chakra is located around the Heart and corresponds to Unconditional Love, Self-Love and Forgiveness. It relates to the balance between Body, Mind and Spirit. Related Body Areas and Organs are Heart, Lungs, Chest, Circulation, Arms and Hands.



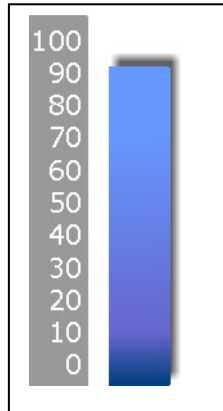
Very Heartful, Loving and Sensitive Qualities

Average Loving and Sensitive Qualities

Low Heart Energy and Expressive Qualities
Need to open Heart and feel Thoughts and Emotions more deeply

5. THROAT CHAKRA

This Chakra is located around the Throat and relates to Communication, Speech, Social Abilities, Verbal and Emotional Expression. Related Body Areas and Organs are Lungs, Throat, Bronchial and Voice.



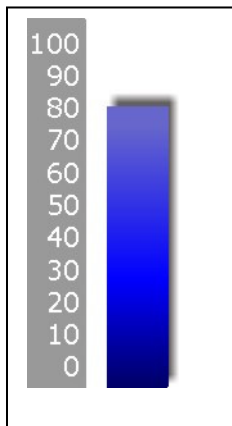
Strong Expression of Thought, Emotions and Communicative Qualities

Average Communicative Qualities

Unbalanced Energy, limited Emotional and Verbal Expression
Find new ways to express your Thoughts and Emotions

6. THIRD EYE CHAKRA

This Chakra is located between the Eyes and corresponds to Intuition, Vision, Artistic and Creative Thoughts. The related Body Areas and Organs are the Eyes, Nervous System, Brain and Forehead.



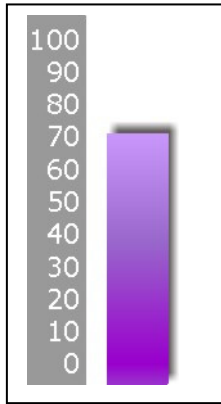
High Intuitive Energy, Strong Artistic and Intuitive Qualities

Medium Intuitive Energy, Average Artistic and Intuitive Qualities

Low Intuitive Energy, Artistic and Intuitive Qualities
Need to increase Intuition and Creative and Artistic Thoughts

7. CROWN CHAKRA

This Chakra is located on Top of the Head and corresponds to Intuition, Spirituality, Enlightenment. Related Body Areas and Organs are Brain, Nervous System and Top of Head.



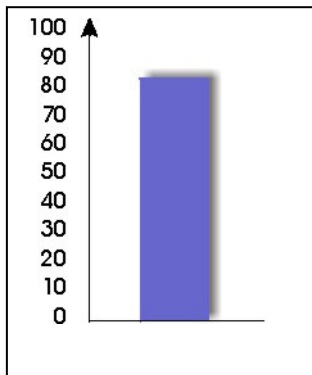
High Intuitive Energy, Radiant, Sensitive & Spiritual Qualities

Medium Intuitive Energy, Radiant, Sensitive & Spiritual Qualities

Low Intuitive Sensitive and Intuitive Energy
Need to find new Direction and Vision in your Life

YOUR AURA CHAKRA BALANCE

This Graphs indicated your OVERALL Aura Chakra Balance.



Very Balanced, Aura and Chakras are in Harmony

Average Balance, Aura and Chakras are not fully balanced

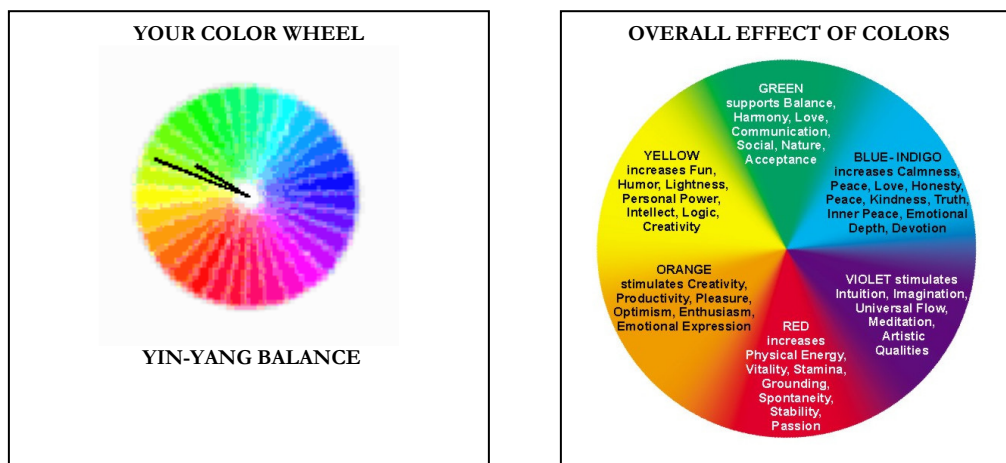
Very Unbalanced, Aura and Chakras are Stressed with Low Energy
Improve your Aura and Chakras Condition. More Harmony needed.

YOUR BIO DATA ANALYSIS

The following Bio Data Graphs and Meters reflect important parts of your energetic body system.

COLOR WHEEL / YIN-YANG

The **COLOR WHEEL** gives you an overview of the complete aura color range. It is recommended to use YOUR AURA COLOR or the COMPLEMENTARY-OPPOSITE COLOR to relax and balance yourself.

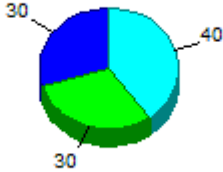


This graph also indicates your **YIN-YANG BALANCE**. The short needle reflects the YIN-female-left qualities, the long needle the YANG-male-right qualities of your energy system.

- ⚡ YIN-YANG balance (needles are close together) male-female energies seem to be in harmony
- ⚡ unbalanced, disharmonious energy system, left-female and right-male energies need balancing
- ✓ very unbalanced, one body side might feel tense or stressed, energy balancing 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.



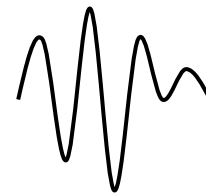
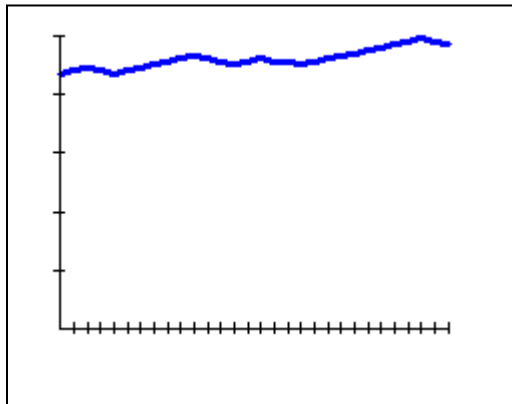
SPIRIT: your focus is on personal development, feelings, intuition, spirituality and inner qualities

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

BODY: your focus is on physical reality and results, body related activities

YOUR EMOTIOMETER

The **EMOTIOMETER** shows your emotional reactions and true thoughts and inner feelings. Real-time graphic indicators display immediate response of true feelings and thoughts.



highly emotionally stressed, agitated, high excitement, nervousness or sensitivity



very emotional and sensitive, expresses emotions freely

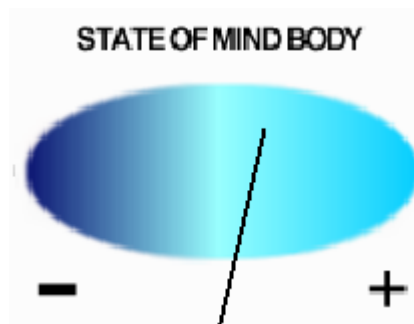


centered, stable, unemotional, passive, does not express emotions easily, keeps emotions inside

YOUR STATE OF MIND-BODY GRAPH

The **STATE OF MIND-BODY GRAPH** displays your overall mind/body condition and is based on your body temperature.

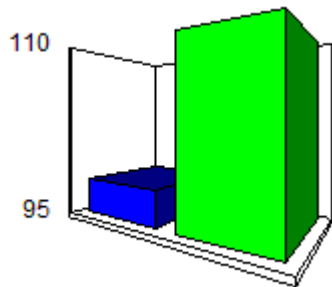
STRESSED
A tense, stressed condition will register when the needle towards the left side.



RELAXED
If you are in a relaxed harmonious state, the needle will be more towards the right side of the graph.

YOUR STRESS/RELAXATION GRAPH

The **RELAXATION GRAPH** shows your physical relaxation or stress level and is mainly based on your body temperature. The left blue bar is used as a baseline (environment). The green bar and left top value show your **PERSONAL RELAXATION LEVEL**.

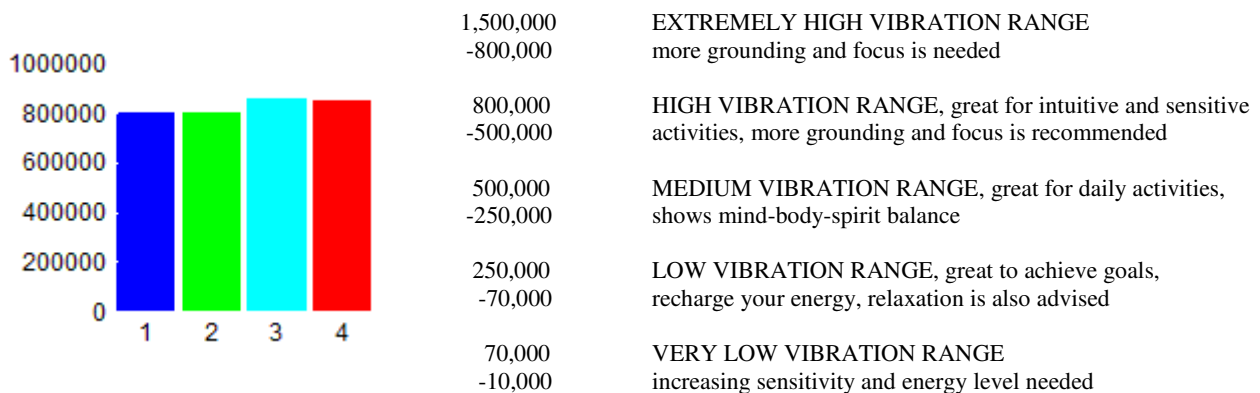


GREEN BAR = YOUR RELAXATION LEVEL

- 110+ high relaxation, very balanced and high energy
- 100
- 95 average daily physical activity or relaxation level
- 90
- 80- high physical stress, low circulation, low physical energy

YOUR ENERGY LEVEL GRAPH

The **ENERGY LEVEL GRAPH** shows the different energy channels that are measured and is based mostly 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**.



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

Chakras

The shape, size and intensity of the color of each Chakra reflects various physical, emotional, mental and spiritual states within your aura.

Round, circular Chakras show a balanced Energy System.

Non-circular, blurred Chakras show an imbalance in your Energy Centers. Also look at the color and brightness of each Chakra for a more detailed analysis.



Aura Colors Overview

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

RIGHT DOMINANT

Your right male active body side has a higher energy level than your left female passive side. Answer these questions for yourself:

Do you find it difficult to express your emotions, thoughts or your creativity?

Are you experiencing physical ailments on your right side?

Do you experience strong inner feelings and emotions?

HEAD DOMINANT

Your head area seems to have a higher vibration than the rest of your body. Answer these questions for yourself:

Do you generally think a lot or do you have a lot on your mind at this particular time?

Do you believe your thinking is separate from your feelings?

How can you create peace of mind within yourself?

HARMONIOUS / HIGH ENERGY

You seem to have lots of energy right now. Your current bio data and aura indicate that your vitality is high and that you have strong and powerful energy available to achieve whatever you desire. Define your goals very clearly utilizing this harmonious and balanced state of mind / body. Remember to enjoy your success after each project and to relax daily.

Your Individual Aura Color Analysis

Indigo in the Aura

Indigo indicates a strong sense of inner sensitivity, peace and calmness. Clear bright Indigo shows deep inner feelings with powerful intuition. Your communication will be clear and precise with a loving touch. Dark muddy Indigo shows a lack of physical energy and reveals emotions of depression and melancholy. Your introverted nature can make you feel isolated, lonely or create a sense of being abandoned. Indigo is the color associated with the Third Eye Chakra, ears, eyes, nose, sinus and pituitary brain.

Are you more concerned about others than yourself?

Is it difficult for you to set your boundaries and to say NO?

Do you thrive in a healthy, loving and caring relationship?

Do you express your deepest emotions and feelings to others?

Do you have enough time to relax and recharge yourself?

Are you listening to and following your intuition?

Are you grounded and in touch with your physical reality?

Violet Around the Head

Clear bright violet means that your capacity for intuitive perception is extremely high. You are very creative and your sensitivity enhances your subtle and artistic imagination. Your ability to channel divine energy could make you a healer. Dark and muddy violet suggests that you are not always very practical or clear in your expression. You may be inconsistent and incomprehensible. Your physical strength is probably limited and you may not be very grounded.

Indigo on the Left

Clear bright Indigo flowing into your aura shows harmony and peace coming into your life. You have deep inner feelings that need to be expressed and communicated. Try to surround yourself with others who understand your perception of life and benefit from your healing presence. Your sense of loyalty is strong, your thinking clear and your intuition powerful. Dark muddy Indigo indicates inhibited thinking and a need to withdraw to replenish your energy. You may protect your deep inner feelings by being overly cautious and introverted. You may feel misunderstood and trapped.

Indigo on the Right

Bright Indigo shows inner peace, calmness and a powerful connection with the Divine manifesting in a loving outward personality. Your intuition is strong. You are a centered focal point in any company, radiating peace, faith and hope. Deeper clear Indigo indicates your need to help others and shows that you are able to communicate your love and feelings. Muddy dark Indigo shows insecurity and unhappiness. You may be too introverted. Your physical energy might be low, your emotions and heart confused. Depression and insecurity can be overcome by expressing your feelings.

Indigo in the Heart Area

Bright Indigo indicates that you speak from the heart and express your inner feelings with love and passion. Your words and emotions are centered, and your presence is peaceful and healing. You are caring, sensitive and loving. Dark muddy Indigo in the heart shows that you have internalized sadness and pain. You may need to open up and express your true feelings towards others. You have so much to give. Start now, by honoring and loving your self first.

INDIGO PERSONALITIES

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

Area	Description
<i>Physical</i>	Deep body feelings, sensitive physical body, meditative, androgynous.
<i>Emotional</i>	Universal love, sensitivity, depth of feelings, inner communion, trust, loyalty, honesty, surrender, devotion, innocence.
<i>Mental</i>	Aware, bright, artistic, clarity, creative, independent, intuition, inner knowing, higher mind, dedication.
<i>Spiritual</i>	Higher knowledge, truth, spiritual, universal love, awareness and consciousness, experience inner planes of existence.
<i>Motivation</i>	Follow their higher truth, unconditional love and inner guidance.
<i>Mission/Vision</i>	Spiritual growth, love and service, express inner knowing, self realization.
<i>Growth</i>	Inner awareness, intuitive changes, guided by their heart.
<i>Exercise</i>	Walking, dancing, swimming, meditation, spiritual exercises & techniques.
<i>Recharge battery</i>	Meditation, music, create own space, connect with God-Inner Self, spiritual workshops, journeys to sacred places.
<i>Communication</i>	Soft voice, intuitive, inner communication with connection to feminine aspect.
<i>Interaction</i>	Considerate, careful, sensitive and divine actions, compassionate.
<i>Relationships</i>	Caring, depth, heartfelt, soul-to-soul, spiritual connections.
<i>Social, Friends</i>	Follow inner guidance, one on one, few close friends.
<i>Sex, Intimacy</i>	Deep, divine experience, careful, open up only to close partners, mystical.
<i>Money</i>	Clear concept, not primary concern, follow higher values and truth.
<i>Success</i>	Connection to God and Higher Self, live love and spirituality on earth.
<i>Occupation</i>	Serving others, live in harmony with their higher beliefs and truth.
<i>Career</i>	Spiritual healer, teacher, musician, artist, social worker, writer

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

MIND/BODY

Indigo personalities experience life through their deep inner feelings and intuition. These calm and deeply sensitive individuals are connected with their inner self. Their life long search for higher truth and consciousness allows them to radiate an originality and clarity, which is not found in other color personalities.

Indigos have a strong desire to express their spirituality. They are considered to be very deep in their feelings and perceptions of life. An Indigo is born with a powerfully high consciousness and even as children know who they are and how to be. Indigos cannot be told what to do, think, feel or what the truth is. They know. Their inner guidance gives them all the information they need.

The purpose of Indigos is to experience life as a divine universal being with compassion and unconditional love. To them, life is like an endless ocean, filled with divine love and energy, full of unbelievable treasures, and grand adventures. Indigos are content if they can express their feelings of spirituality and love, knowing that the world around them is acknowledging the divine message.

Indigos have a high sense of honor and their own personal values and belief system. They do not adopt the ideas, beliefs, standards or concepts of others. Their inner strength and power comes from their connection with God or Love. To them, universal Love is the connecting force in the universe.

Indigos know that all humans are divine beings. We are not only physical, emotional or mental beings, but are connected with a Higher Power, which we call God, Spirit or Source. Indigos also know that everything in the universe is interconnected. There is no separation. We are One. This knowledge makes it a great challenge for them to understand and accept some of the ways humans treat themselves and their mother earth. Their challenge is to stay out of confusion, sadness and anger when they see what is going on in the world.

Indigos are seen as the new leaders for the coming times. They seem to have an inherent understanding and awareness of human life and universal implications. They don't need facts, statistics or data to be convinced that our planet is in need of major shifts. They also don't need a reason to help humanity to grow spiritually. They show us that we are powerful spiritual beings waking up to the truth of who we are. And they do this, by simply being themselves.

Centered Indigos have the energy and power to guide humanity into an age of enlightenment and self empowerment. In the past, Indigos were often found in religious groups or organizations. This was their only method of practicing spirituality and discovering God within. Now Indigo personalities have the freedom to live their inner feelings and their need to communicate with God with more openness in a world that is truly waking up to the truth.

Indigos can appear soft, sensitive and sometimes androgynous. They integrate both masculine and feminine aspects within themselves. Because of their sometimes unusual appearance and their advanced spirituality, others may see them as introverted or eccentric.

In power Indigos are aware, bright, creative and independent individuals with deep feelings and strong intuitions. They follow their inner guidance and abide by higher truths, knowing that life is filled with integrity, compassion and love. They understand spiritual concepts far more easily than physical ones. Indigos are more concerned with higher principles than social beliefs or limited physical realities. No social pressures will force them to compromise or follow rules they do not agree with.

Indigos integrate their intelligence with a higher understanding and awareness. They have clear perceptions of humanity and are guided by their intuition. They are born with an awareness of who they are and what their purpose in life is. Their insight and wisdom comes from a different source than common, limited, intellectual knowledge.

Indigos have no need to understand mental concepts. They don't process life through their intellect or their rational minds. They are clear and bright thinkers but perceive life more through intuition and feelings. They often come up with unorthodox concepts that might prove to be extraordinary to others.

Indigos have sensitive, physical bodies. For most of them, intense physical activity is much too harsh and disturbing. They prefer soft and balanced physical activities to intense exercise or competitive sports. Their favorite activities would include, taking a walk, jogging or meditative exercises and techniques. They may have a need to express their creativity through dancing, painting, writing or other artistic endeavors.

Because Indigos have a highly developed system, they are uncommonly sensitive. They are able to sense energies, emotions and feelings or even spirits, auras and other dimensions. Their high vibration allows them to move into other dimensions of existence. Indigos are so close to God, that at times they are able to express divine energy by their mere presence.

In their innocence, Indigos are extremely truthful. They must live their life in accordance with the highest of principles. They know we are all divine beings within a greater plan. Life has meaning and we as humans are creating our own reality. While they are honest and independent, they are also very compassionate and accepting.

Indigos need a peaceful and harmonious environment whether at work or at home. Because of their sensitivity they need to have serene surroundings to keep them balanced.

If Indigos do not follow their path they will become anxious and self-destructive. They can also become emotionally closed and introverted, withdrawing from friends and society. Conservative, rigid thinking and the inability to express their deep feelings and their inner truth will cause them to feel depressed and isolated. Out of power Indigos can become frightened and disoriented, turning to drugs and alcohol to escape from their confusion and to quiet their inner voices. The current state of the planet is not what they envision or understand. They wonder how humanity can be so insensitive and unspiritual?

The challenge of Indigos is to trust their inner voice, staying in their power. They must actively live that connection to God and the Universe, a truth, which they came here knowing in their hearts. They can help us to understand life's larger plan, of which we are all a part.

SOCIAL LIFE

In power Indigos do not follow the rules or demands of society. They have an inner knowing which they have to live. Indigos function with truth and spirituality, easily seeing through false ideals or political ambitions based on egotistical gain. They may have a tendency of withdrawing from society because they are often misunderstood with such high principles.

In power Indigos have learned to live and function in society within their own protected space. They find ways to express their inner desires into creative endeavors which influence and lead people toward creating a better world. Indigos have few close friends, knowing whom they can trust. They know immediately when they meet an old, ancient friend or soul mate.

Out of power Indigos might concede to society, suppressing their inner knowing and truth. They may become introverted, hiding behind a conservative, stiff and rigid attitude. Often Indigos live out their spirituality in fanatical religious groups or organizations.

Indigos need to create opportunities to be with God, while expressing their inner meaning and purpose for living.

Indigos may not be what is termed social. They are very sensitive, feeling the pains and challenges of others so much that they have to be careful in their interactions. They prefer to meet with people on a basis of spirituality and love.

RELATIONSHIPS AND INTIMACY

Indigos need mates who will be nurturing, dedicated and understanding, allowing them their independence. They are careful in their selection of partners but once they have decided on their soul mate they will be loyal, faithful and monogamous.

Indigos need to be with partners who can understand their advanced, spiritual way of thinking. They are gentle and committed partners who are best friends and companions. Indigos usually have balanced both their male and female energies. They have a strong sense of their own sexuality.

They are great lovers. Once they feel safe with a compatible soul, they are passionate and full of deep love. Sex is a powerful spiritual experience where two beings of energy merge into cosmic oneness. Most in power Indigos do not have inhibitions. Sexuality is not a male or female expression or a physical act, but a spiritual union of two divine beings.

Indigos love to be with Lavender, Violet or White personalities. They are inspired and assured that other spiritual oriented souls thrive on this planet.

Physical personality types, such as Red and Orange may be a big challenge for Indigos for a healthy loving relationship, since their view of life is so different. Yellows and Indigos love to play and have fun together. The Green personalities can deal with the bright and clear mental abilities of Indigos.

Orange-Yellows and Deep-Reds also have a conservative approach toward life. But they may not understand the depth and love Indigos feel inside.

As long as Indigos feel a deep inner connection with their partners they will be very loving and passionate mates.

CAREER AND FINANCES

Indigos are intellectual, but they also incorporate inner awareness and emotional sensitivity. Because they are so compassionate, they are often willing to support and work with others. Indigo personalities are loyal. They never lie, cheat or steal. Friends or employers can always count on them. Their honesty and friendly attitude can lead to many opportunities creatively and in business.

Indigos solve their challenges when they trust their inner senses. They will always receive the correct answer if they look inside themselves. They are happiest when they are able to live their lives in harmony with their beliefs and when they are able to help other souls on the planet. They feel successful when they know they are connected to their intuition and living the highest truth of which they are capable.

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

Indigos prefer occupations, which allow them the freedom to connect with life in its diverse forms. They love to bring together body, mind, heart and spirit. The work they do must be in balance with their spiritual beliefs and perceptions of life. They have a need to love their work. They enjoy all jobs, which enable them to support others. Because they are closely connected to God and the Universal Life Energy, Indigos can be powerful spiritual healers, counselors and teachers.

Some Indigo occupations are: spiritual healer, teacher, musician, artist, nurse, mother, social worker, child caretaker, musician, writer, artist and designer.

HEALTH, WELL-BEING AND GROWTH

To stay in power, Indigos have to feel and trust their intuition. When they express their inner beliefs and feelings they can create an environment, which radiates peace, love and understanding.

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

Indigos need to create an environment which allows them to stay centered, peaceful and in contact with their inner guidance. The world around them may appear loud and insensitive.

If Indigos are in harmony they recharge easily. They know that they are a part of this vast system of universal consciousness and energy. When they still their mind and body, they will connect with the universal energy flow. Indigos have the ability to recharge and heal themselves from the inside.

Indigos need to get in contact with their mission and their personal vision in life. They understand that life has a meaning and that they are part of a much larger entity called God. Meditation and prayer are important tools for Indigos to gain harmony, balance and strength. They will receive all the answers to all their questions if they simply ask their Higher Power for guidance. They will create harmony by living their lives with awareness, expressing their beliefs in love and understanding.

The challenge of an Indigo is to step into the real world with a powerful sense of their body, mind, heart and soul. They are the examples of this perfect balanced way of living. Maybe the most challenging and yet most rewarding task they can undertake, is standing up for their convictions and beliefs, and then living them, accepting that others need to do the same in their own way. Then, they empower themselves and the world.