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Experts and enthusiasts share their experiences, how-to's and answers on living greener, getting healthier and living a more fulfilling life.

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- 12 Tips for a Better Yoga Practice (1)**
Vacation Rentals Costa Rica: What Really good post. Sometimes we offer some yoga lessons in Central Pacific of Costa...
- How Gratitude Can Transform Your Body (1)**
Berte: Thank you for that beautiful reminder! Most of us know this but do not practice it. I will now. Sometimes all...
- Transition with Grace -- On and Off the Mat (9)**
Kae: What a beautiful post and reminder to slow down and pause in the transitions and in the breath. Namaste.
- Top 6 Yoga Poses for Back Pain (171)**
Sarah Key MVO: Hello Sadie, My name is Sarah Key and I'm a problem back-treating physiotherapist. I do think...
- Power of Positive Thinking: How to Find Joy Within You (9)**
Anonymous: Being a braggart doesn't all well with me either. But positive self talk is good.

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The Aura Color Quiz + How to Be Happier with Color

by **YOGANONYMOUS** | December 3rd, 2013 | [No Comments](#)
topic: [Health & Wellness](#), [Personal Growth](#), [Relationships](#)

The holiday season can be a stressful time of year. Ironically, many of us find ourselves strung out and unhappy at a time when we expect to be at our happiest. How you handle the stress of the holiday season has a lot to do with the kind of person you are. Knowing that, you can use specific strategies to deal with holiday demands and make the season what is meant to be: joyous.



How can you figure out "what kind" of person you are? The answer can be found in your aura. Everyone has an aura – what science calls the electro-magnetic field – and we've all felt its effects. Think back to a time when you were instantly drawn to a certain person, or repelled by another. It's because you felt their energy and found it to be either compatible or incompatible with yours. Our energy is expressed in different color bands that radiate from our bodies – what we call the aura.

Our aura colors can reveal important information about who we are - our personality, relationship style and compatibilities, best career paths, potential health challenges and more. That's why discovering your aura color is a valuable step to knowing how to handle stress.

Take the quiz below to help you discover your aura color. Once you learn your color, read on to discover your aura color personality, the signs that you are stressed, and some [helpful tips to help you deal with holiday stress](#) based on your particular aura color.

Aura Color Quiz:

Yes	No	Color #1
<input type="checkbox"/>	<input type="checkbox"/>	I like to play, laugh and cheer people up.
<input type="checkbox"/>	<input type="checkbox"/>	I tend to look younger than my age.
<input type="checkbox"/>	<input type="checkbox"/>	I am creative, artistic, athletic or a healer.
<input type="checkbox"/>	<input type="checkbox"/>	Total
Yes	No	Color #2
<input type="checkbox"/>	<input type="checkbox"/>	I am analytical and logical – not an emotional person.
<input type="checkbox"/>	<input type="checkbox"/>	I enjoy working with computers, electronics or machines.
<input type="checkbox"/>	<input type="checkbox"/>	I prefer to work for others and enjoy digging into details.
<input type="checkbox"/>	<input type="checkbox"/>	Total
Yes	No	Color #3
<input type="checkbox"/>	<input type="checkbox"/>	I am ambitious, a workaholic, perfectionist, or strong-willed.
<input type="checkbox"/>	<input type="checkbox"/>	My top priorities are financial stability and meeting goals.
<input type="checkbox"/>	<input type="checkbox"/>	I am organized, efficient and often make lists.
<input type="checkbox"/>	<input type="checkbox"/>	Total
Yes	No	Color #4
<input type="checkbox"/>	<input type="checkbox"/>	I like to help, counsel and nurture others.
<input type="checkbox"/>	<input type="checkbox"/>	Spirituality, love and relationships are my highest priorities
<input type="checkbox"/>	<input type="checkbox"/>	I tend to be emotional and cry easily.
<input type="checkbox"/>	<input type="checkbox"/>	Total
Yes	No	Color #5
<input type="checkbox"/>	<input type="checkbox"/>	I have a strong desire to help save or improve the planet.
<input type="checkbox"/>	<input type="checkbox"/>	I have always felt I would be famous or do something big.
<input type="checkbox"/>	<input type="checkbox"/>	Freedom, travel and independence are top priorities to me.
<input type="checkbox"/>	<input type="checkbox"/>	Total

Highest number of "yes" answers: Color # _____
Second-highest number of "yes" answers: Color # _____

Your Aura Color Key

- #1 = Yellow
 - #2 = Tan
 - #3 = Green
 - #4 = Blue
 - #5 = Violet
- Most people have two main aura colors, so the personality traits of both colors will apply to you.

Yellows are fun-loving, humorous, creative, physical, generous, sensitive and are often natural healers.

Signs that you're stressed: You are not laughing and enjoying life. You're avoiding, procrastinating or distracting yourself with addictions (food, alcohol, TV, sweets, drugs, caffeine, etc.). Your back or knees hurt.

Steps to happiness: Spend more time in nature. [Exercise](#), dance, eat healthy, get a massage, play, laugh, cheer up others, hang out with your dog, simplify your life, find reasons to be optimistic, smile, watch a funny movie and laugh some more.

Greens are intelligent and driven. They are often business owners, managers, salesmen, etc.

Signs that you're stressed: You've become a workaholic; you're frustrated, critical, controlling, arguing, yelling, blaming others or being hard on yourself. You have tight neck and shoulders, heart problems or digestive issues.

Steps to happiness: Write a list of your accomplishments, appreciate everything on that list, take deep breaths, organize your space, [reduce your caffeine intake](#), reassess and write a list of your goals, trust yourself, and develop a plan. Once you take a minute to breathe, take action.

Violets are visionaries, leaders, teachers, artists and humanitarians who want to help the world.

Signs that you're stressed: You've become overwhelmed, scattered, constantly multi-tasking, stuck, bored, restless, or depressed; or you're bossy, judgmental and impatient. Your thyroid may be unhealthy or your eyes may be bothering you.

Steps to happiness: [Practice your favorite form of daily meditation](#), travel, listen to positive music and inspirational teachers, spend quiet time alone realigning with your visions, get involved with humanitarian projects, be with people who inspire and motivate you, travel again - hopefully to foreign countries.

Blues are loving, nurturing, spiritual, emotional, and perpetually counseling and helping others.

Signs that you're stressed: You're exhausted from giving too much, you're sad, cry a lot, feel unappreciated, feel unlovable or unworthy, feel guilty, or depressed. You may be experiencing headaches or eyestrain.

Steps to happiness: Pray, connect with a Greater Source, walk, breathe, meditate, appreciate your home and loved ones, remember all the loving things you've done for others, [let go of guilt](#), trust you are loved, learn to love yourself by doing good things for you too, learn to say no, help others without overdoing it, spend time with supportive friends.

Tans are practical, logical, patient, detail-oriented, reliable, and value stability & security.

Signs that you're stressed: You're worried, anxious, impatient, frustrated, critical, bottling up anger or intense emotions, pessimistic, withdrawn or shut down. You may be experiencing headaches or eyestrain.

Steps to happiness: Exercise, watch less news, take a break from the details, develop a secure financial plan, rest your eyes, breathe, [read positive and optimistic information](#), find healthy outlets for your emotions (such as talking with a calm and rational friend who can give practical and trustworthy advice), research data until you feel more secure.

Originally published on [YOGANONYMOUS](#).

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 Pamala Osie is an author, consultant, radio show host, and professional psychic. Pamala has written three successful and popular books, *Life Colors*, and *Make Your Dreams Come True*, and has a very extensive clientele, including many celebrities. She has been a guest lecturer at the International Forum on New Science, Fortune 500 companies, the TEDx Talks 2012, and many seminars for professionals in the psychology, education, and financial fields and more. Pam is the Founder of LifeColorsCity.com, a one-stop virtual city designed to help you create love, joy and fulfillment in EVERY area of your life.

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