

Radiance

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Harried Holidays?

Your Aura Colors, Stress Signs, & Tips to Be Happy

By Pamala Oslie

We know the holiday season can be stressful and we may find ourselves strung out and unhappy when we are expected to be our happiest.

How we handle the season's stress has a lot to do with the type of person we are. Knowing that, we can use strategies to deal with holiday demands and make the season what it was meant to be joyous.

How can we know what type of person we are? The answer is in the colors of our aura.

Everyone has an aura, our electromagnetic field, and we've all felt it. We've been instantly drawn to some people and repelled by others because we've felt their energy. That energy is expressed in different color bands that radiate from our bodies. We call this our aura.

I've learned in my work as a professional psychic who also sees auras that our aura colors reveal important information about who we are: our personality, relationship style and compatibilities, best career paths, potential health challenges, and more. Discovering our aura color or personality type and unique coping skills is a valuable key to knowing how to handle stress.

The quiz accompanying this article will help you discover your aura

color. Take the quiz first. Once you know your color, read on to discover your aura color personality, signs you're stressed, and tips to help you deal with stress and take the harried out of the holidays.

- **Yellows** are fun loving, humorous, creative, physical, generous, sensitive, and natural healers. **Stress signs:** You're 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. **Tips to become happier:** Spend time in nature, exercise, dance, eat healthy, get a massage, play, laugh, cheer others up, hang out with your dog, simplify your life, find reasons to be optimistic, smile, watch a funny movie, and laugh more.
- **Greens** are intelligent, driven accomplisheers, often business-owners, managers, sales, etc. **Stress signs:** You are a workaholic. You're frustrated, critical, controlling, arguing, yelling, blaming others, or being hard on yourself. You have tight neck & shoulders, heart problems, or digestive issues. **Tips to become happier:** List your accomplishments and ap-

preciate them, breathe deeply, organize your space, reduce caffeine intake, write your goals, trust yourself, and develop a plan. When you learn how to breathe, take action.

- **Violets** are artists, visionaries, leaders, teachers, and humanitarians who want to help the world. **Stress signs:** You've become overwhelmed, scattered, constantly multi-tasking, stuck, bored, restless, depressed, or you're bossy, judgmental, and impatient. Your thyroid may be unhealthy or your eyes may be bothering you. **Tips to become happier:** Practice a 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 hopefully to foreign countries.
- **Blues** are loving, nurturing, spiritual, emotional, and perpetually counseling and helping others. **Stress signs:** You're exhausted from giving too much, you're sad, cry a lot, feel unappreciated, guilty, unlovable, unworthy, or depressed. You may have reproduc-



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tive, throat, breast issues.

Tips to become happier: Pray, connect with a Greater Source, walk, breathe, meditate, appreciate your home and loved ones. Remember 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 yourself, learn to say "no," help others without over doing it, and spend time with supportive friends.

- **Tans** are practical, logical, patient, detail-oriented, reliable, and value stability and security
Stress signs: 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.
Tips to become happier: Exercise, watch the news less, 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, rational friend who can give practical, trustworthy advice), research data until you feel more secure.



Pamala Oslie is an author, radio show host consultant, and psychic. She has written "Life Colors," "Love Colors," and "Make Your Dreams Come True." Pam is the Founder of LifeColorsCity.com designed to help you create love, joy and fulfillment in your life.

AURA COLORS QUIZ

Yes No Color #1 - Yellow

- ___ ___ I like to laugh, play, and cheer people up.
___ ___ I tend to look younger than my age.
___ ___ I like to be creative, artistic, athletic or a healer.
___ ___ Total

Yes No Color #2 - Tan

- ___ ___ I'm analytical and logical, not an emotional person.
___ ___ I enjoy working with computers, machines, or electronics.
___ ___ I prefer to work for others and enjoy working on details.
___ ___ Total

Yes No Color #3 - Green

- ___ ___ I tend to be a workaholic, perfectionist, ambitious, strong-willed.
___ ___ My top priorities are money and accomplishing goals.
___ ___ I'm organized, efficient, and often write lists.
___ ___ Total

Yes No Color #4 - Blue

- ___ ___ I tend to help, counsel, and nurture others.
___ ___ Love, spirituality, and relationships are my highest priorities.
___ ___ I tend to be emotional and can cry easily.
___ ___ Total

Yes No Color #5 - Violet

- ___ ___ I've a strong desire to help save or improve the planet.
___ ___ I feel I'm going to be famous or do something important.
___ ___ Freedom, travel, and independence are my priorities .
___ ___ Total

Highest number of "yes" answers: Color # _____

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

Most people have two main aura colors, so the personality traits of both colors will apply to you.

