

# Auric Colors

## Orange

- Creativity & sensuality
- High value on friendships & interacting with others
- Strength in teamwork - ability to be relatable and sociable
- Perceptive & incredibly dynamic
- Friendships develop quickly - good with relationships
- Can have a hard time sitting still - crave newness & sensation, thrill seekers

## Pink

- Gentle in nature
- Deeply sensitive
- Natural creatives
- Tend towards intuitive abilities
- Inspire feelings of comfort to those around

## Green

- Resonates with heart chakra, center of personal growth & healing
- Radiate unconditional love and a life force presence that is sensed by all who come in their presence
- Natural self healers
- Balanced people - easily giving equal attention to creative goals as well as people they love
- Have a sense of responsibility and service to others
- Very self assertive
- Bridges spiritual and physical worlds
- Focused, with high ideals and aspirations, profoundly creative

# Auric Colors

## Light blue

- Natural expressive gifts
- Throat chakra, communication & self - expression
- Ability to speak their truth
- Inner knowledge & wisdom
- Rely on feelings to determine what is right without needing outside facts or data for substantiation

## Yellow

- Intellect, self-esteem, personal power
- Resonate with vibrations of confidence
- Strong sense of self
- Ability to inspire others to achieve greatness
- Natural born leaders & ability to positively motivate others
- Great ability to analyze complex concepts
- Naturally attract others to you, warm and radiant

# Throat Area

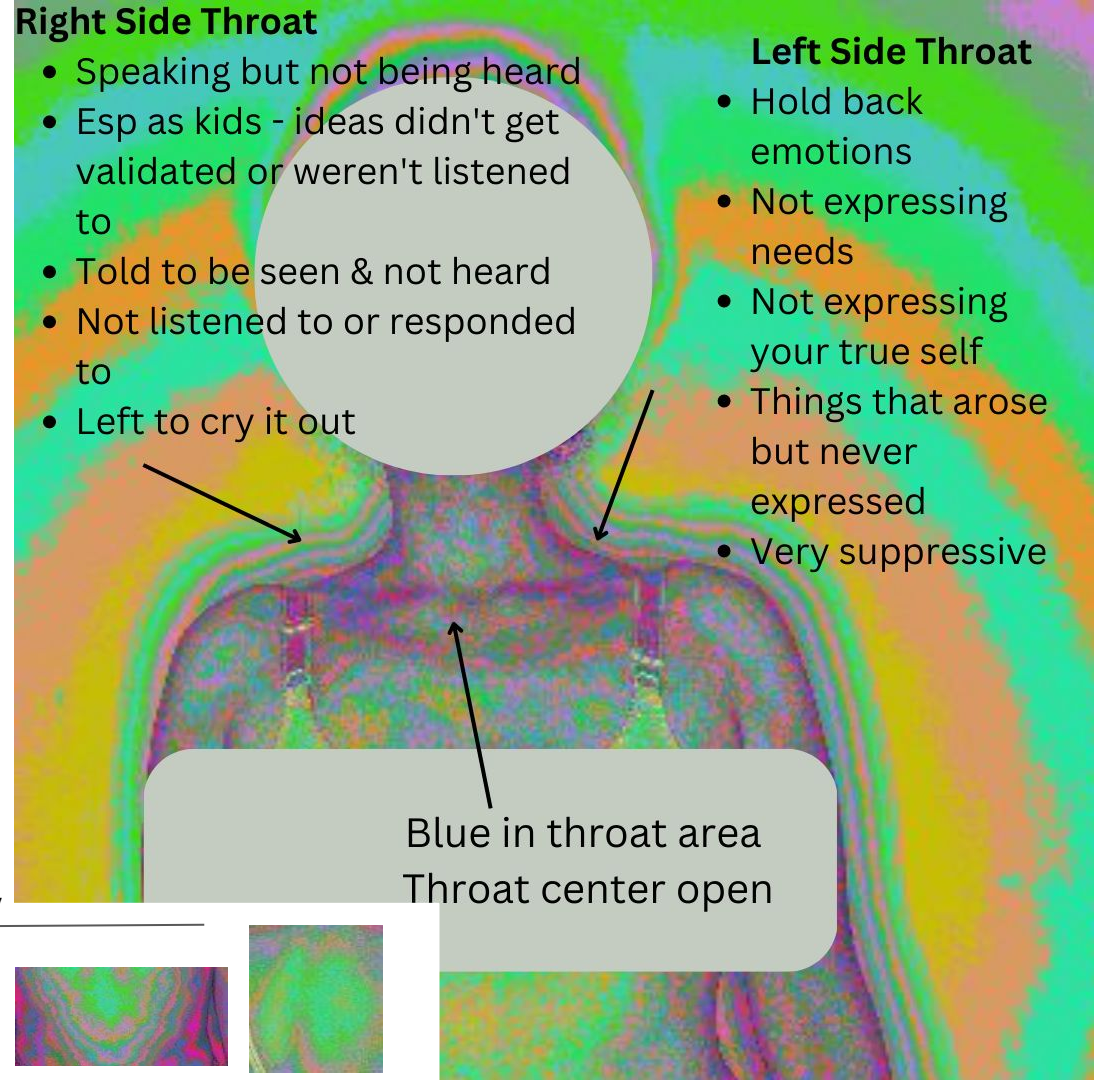
- TMJ,
- teeth and gum problems,
- thyroid issues,
- ear and hearing issues,
- tinnitus,
- tonsillitis etc.

## Right Side Throat

- Speaking but not being heard
- Esp as kids - ideas didn't get validated or weren't listened to
- Told to be seen & not heard
- Not listened to or responded to
- Left to cry it out

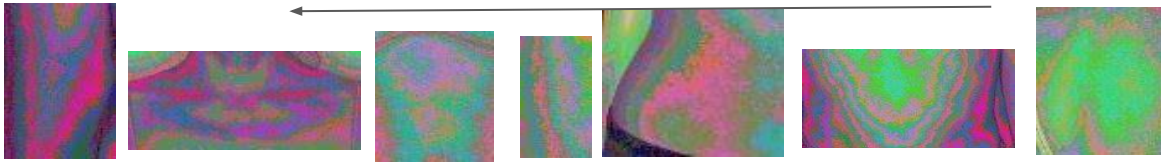
## Left Side Throat

- Hold back emotions
- Not expressing needs
- Not expressing your true self
- Things that arose but never expressed
- Very suppressive



Blue in throat area  
Throat center open

Reference. Deeper stuck energy



# Left Side Heart

- Stiff neck and shoulders
- Frozen shoulder
- Issues with the upper spine
- Asthma, lung issues
- Blood pressure issues
- Any conditions related to the heart
- Issues with hands, elbows etc

**Right side fairly clear**  
Some minor blocks - turquoise

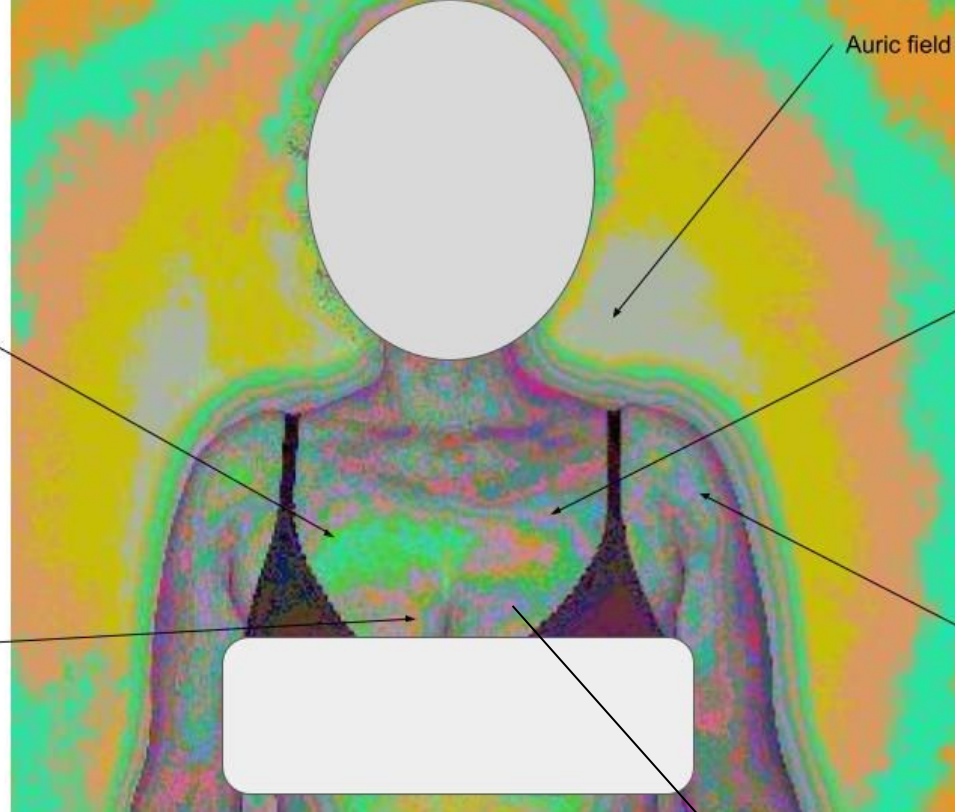
Heart Center not fully open  
Colors of mauve, turquoise

Auric field missing sections

**Left side - moderate blocks** - Its not deep blue so no physical symptoms yet

- Old pain & hurt connected to lack or loss of love
- Energy of sadness
- End of dreams or anything you hold dear
- Depression, disappointment

**Left Shoulder and Upper Arms -**  
Blocks (turquoise)- spill over from heart area



Reference. Deeper stuck energy



- Sadness, depression, loss
- Could be lack of love,
- experiences of neglect/
- Abandonment, pain from
- families and also ancestors
- Could also be carrying mother's sadness



# Right Side

Right side, Heart, Chest,  
Shoulder, Arms

- Saying YES when actually mean NO
- Emotional caretaking & over doing for others
- Sometimes resentment toward person or situation

Colors - red, turquoise - moderate block. Does not have any physical symptoms yet.

The energy from heart area spilling over into right shoulder and arm

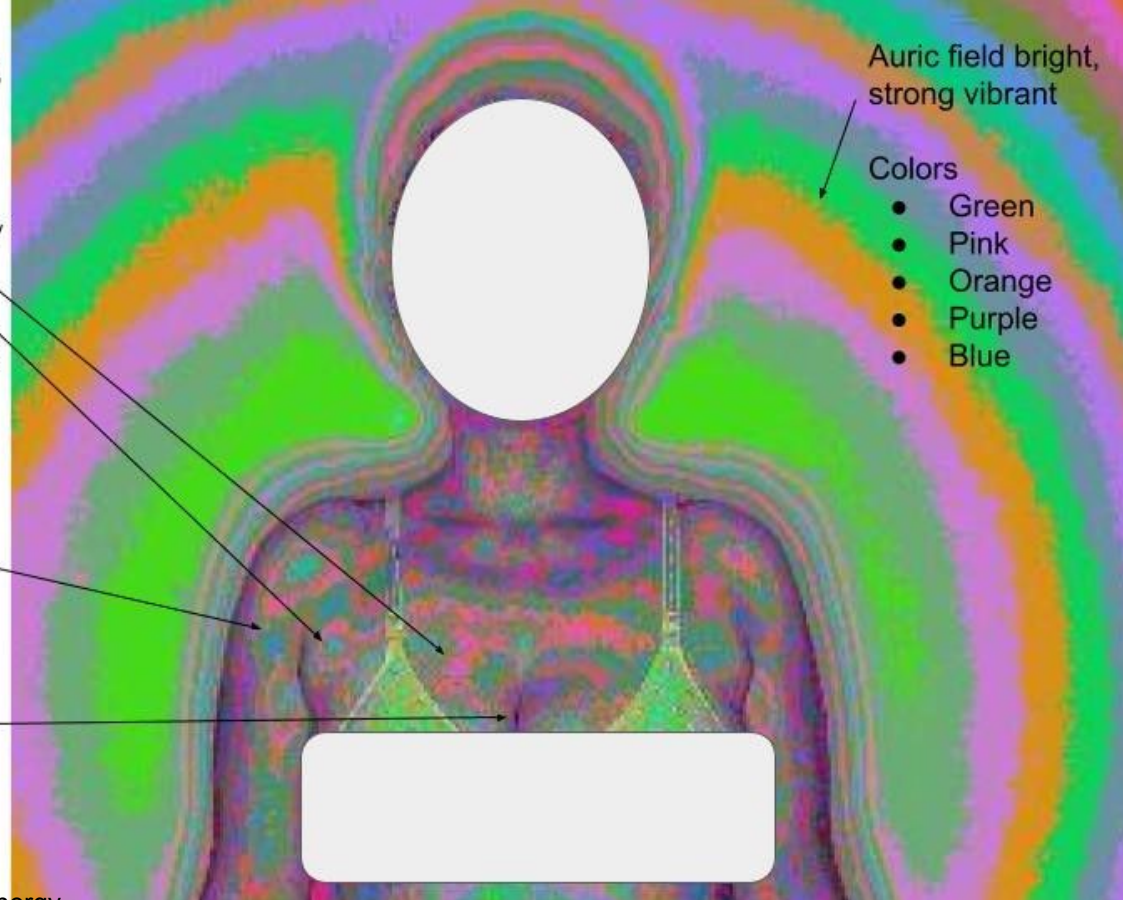
Heart center blocked - deep blue and dark

- Does not have drive or motivation to do much
- Unable to share her own gifts into the world
- Just going through the daily motions like a duty

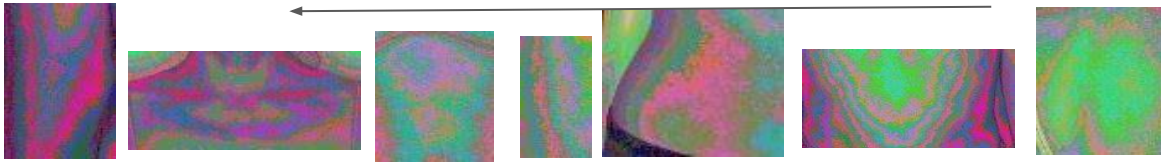
Auric field bright, strong vibrant

Colors

- Green
- Pink
- Orange
- Purple
- Blue



Reference. Deeper stuck energy



# Back of Heart

Left Back Heart Area

Right Back Heart Area  
Angry about not being heard

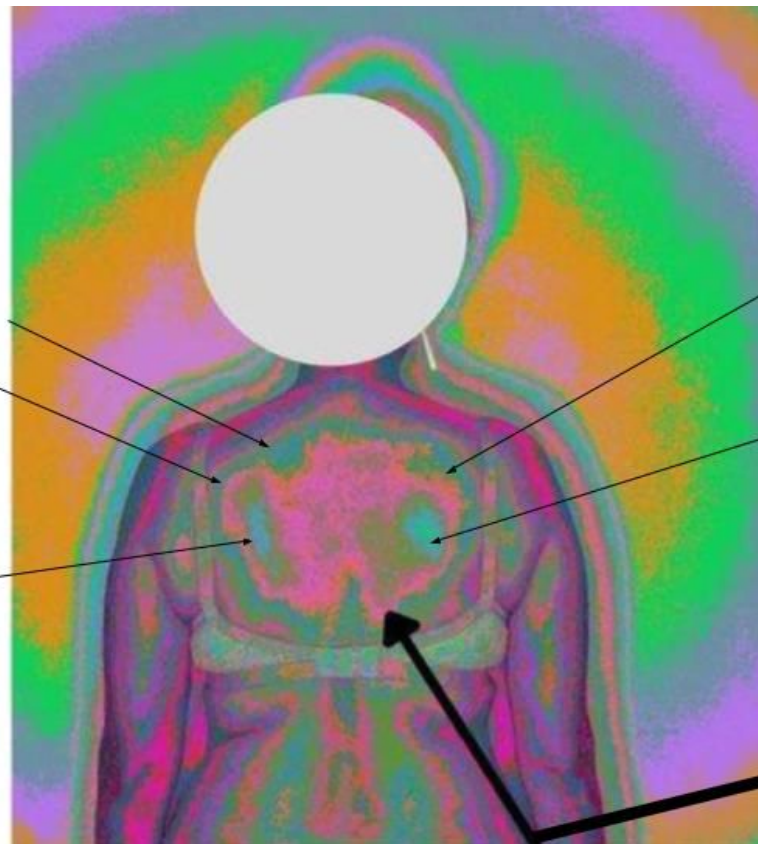
Unexpressed sadness

Holding back aggressive action

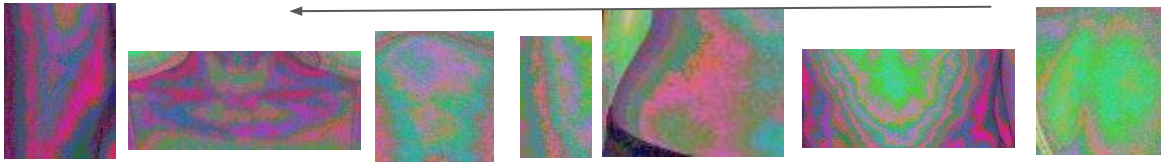
Defending against negative energy

Blocks are red and turquoise  
No physical symptoms yet

Back Energy center blocked -  
Not able to receive love from others - even though there may be support



Reference. Deeper stuck energy



# What Clear Back Of Heart Looks Like

Clear back heart auric field  
Bright green with orange

Minor block here

- Able to receive love, & compassion
- Feeling gratitude
- Able to follow hearts desires
- Able to love freely





# Solar Plexus Area Front

- Spleen, pancreas, stomach, kidneys, adrenals, liver and/or gallbladder
- Any of the range of skin conditions from eczema to acne or psoriasis
- Metabolism issues
- Any digestive issues

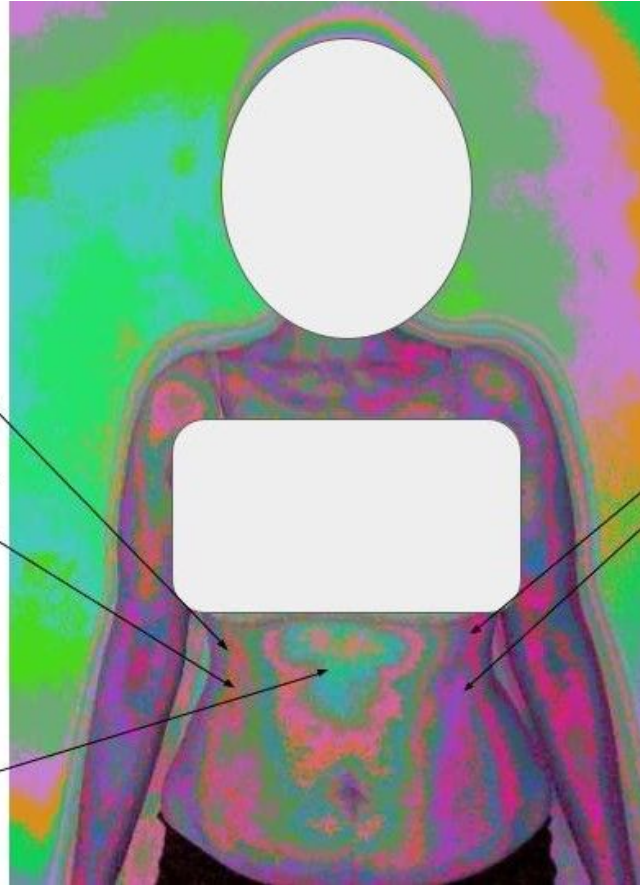
## Solar Plexus Right Side

Right side not as blocked as left

- Suppressed/unexpressed anger
- Stores information about relationship with father
- Relationship with father seems less strained than with mother

Solar plexus not open

- Low self-esteem
- Not able to complete projects
- Easily overwhelmed by others' energy



## Solar Plexus Left Side

Left side is more blocked than right

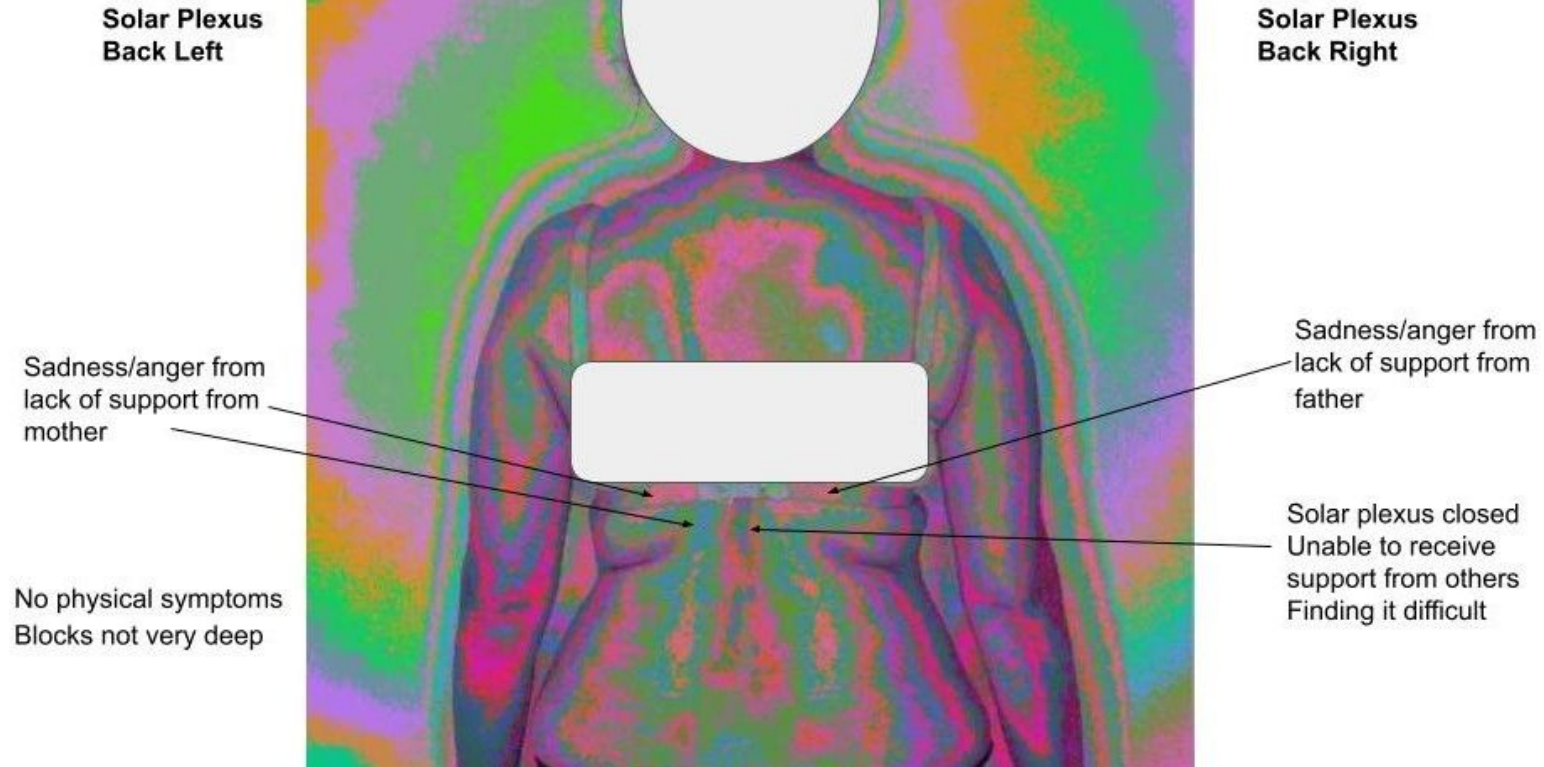
- Feeling of powerlessness - will overrun by other people - maybe parents
- Relationship with mother strained or difficult at some point in her life
- Felt acute stress at sometime
- Pattern of worry (mostly rooted in mother)
- Stuck in stories of victimhood

Deep blue and red - deep stuck energy

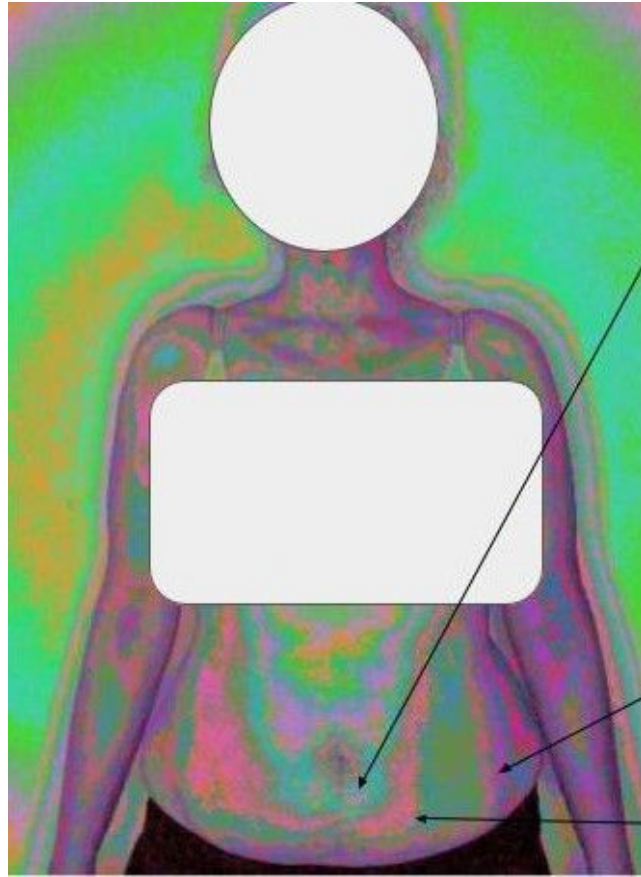
Person is experiencing physical symptoms - sensitive to many foods



# Solar Plexus Back



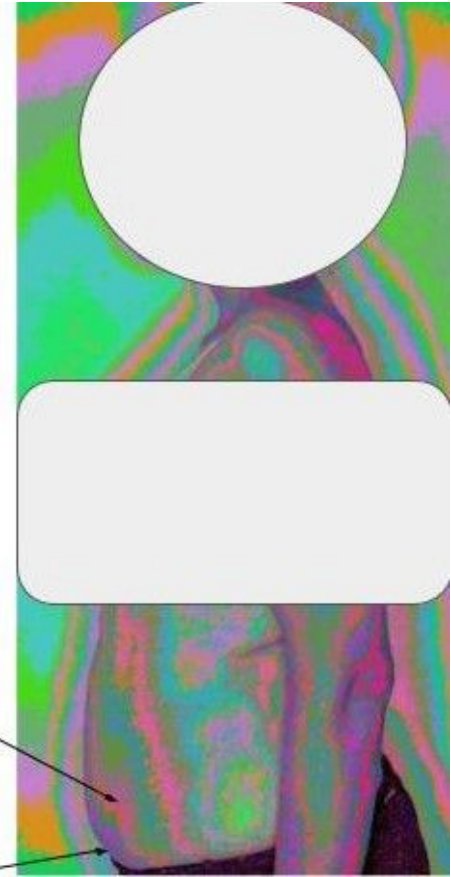
# Left Side Lower Abdomen



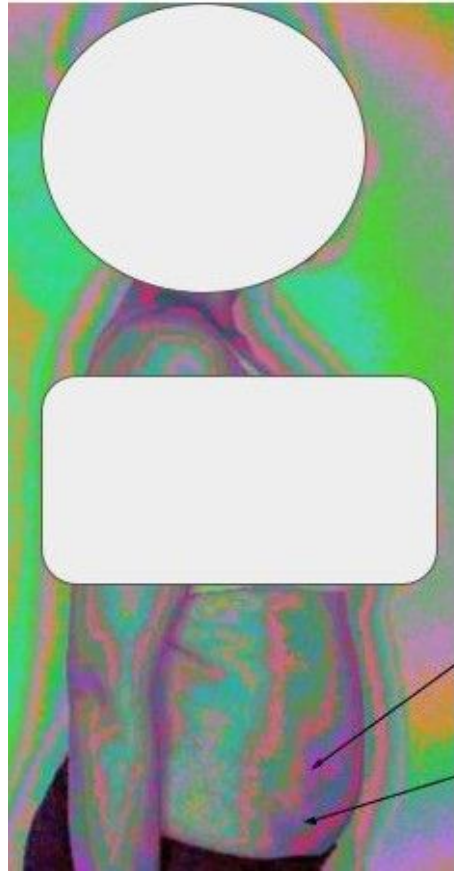
## LEFT side Lower Abdomen

Sacral Center closed: If the sacral center is open, the person will experience healthy intimate relationships. Will be able to express and contribute joyfully

- Frustration & disappointment over unmet needs
- Unfulfilled desires
- Can't get to the root of
  - Why am I creatively blocked ?
  - Why can't I make more money?
  - Why can't I just be happy?
- Could be a pattern through her DNA for generations
- Childhood pattern of retreating & internalizing
- Perhaps didn't receive love early on in life
- Quiet disappointment



# Right Side Lower Abdomen



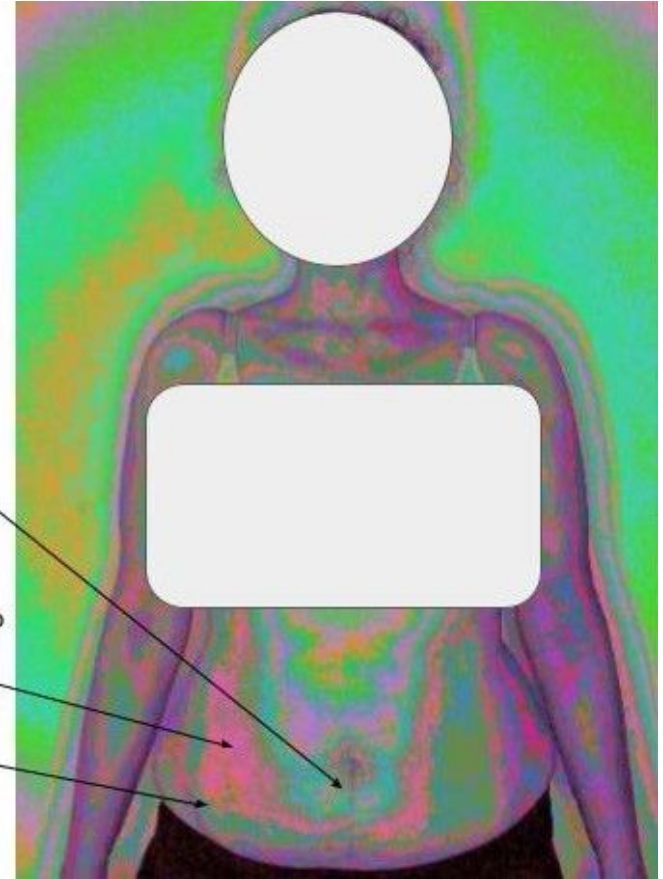
## RIGHT side Lower Abdomen

Right side has deeper blocks than left

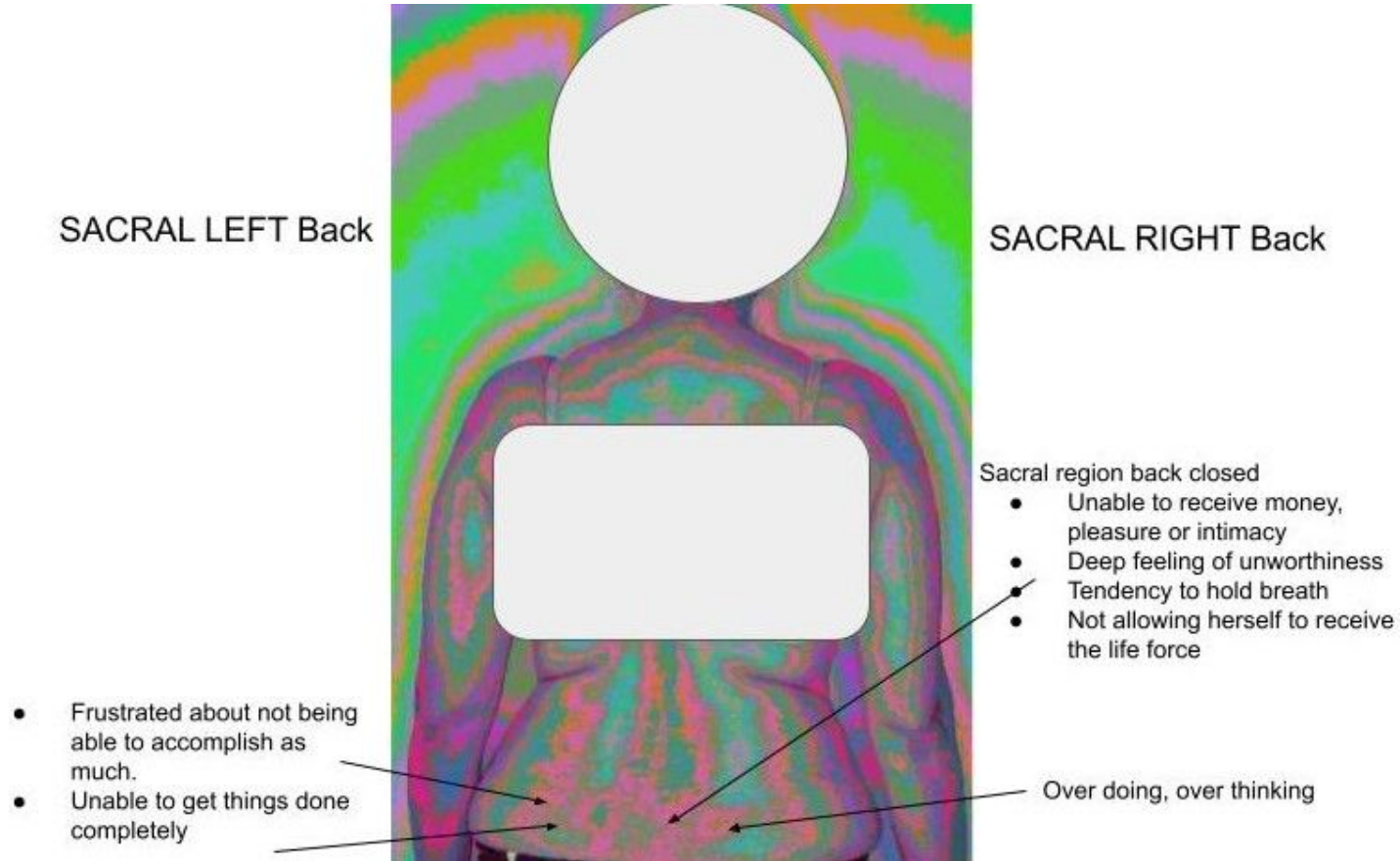
Sacral center not open

- Creatively stuck
- Low self-worth

- Feeling inadequate & bad about herself (subconsciously)
- Subconscious guilt - can originate in utero from mother or be her own
- Punished & reprimanded as a child
- Inner critic preventing her from fully creatively expressing who she is



# Lower Abdomen Back





# Lower Abdomen Blocks

- Chronic lower back pain.
- Arthritis.
- Genital or sexual problems.
- Hip issues.
- Anemia.
- Joint problems.
- Low energy.
- Spleen and kidney issues.
- Premenstrual syndrome
- UTIs
- Ovarian cysts and any reproductive issues
- Lower abdominal issues

# Left Side Face/Head



- Controls right side of body
- Future planning , thinking
- Long to-do list
- Not centered, grounded, or balanced energetically
- 10" to right - "hamster wheel of worry" - i gotta do this, i gotta do that, i gotta send kids to college, i gotta to figure out my business, i gotta pay my taxes, i gotta, i gotta, i gotta

## Teeth & Jaw, Left Side

- information related to mother
- general tension heaviness,
- exhaustion, depletion
- heavy metals - parents had mercury
- tooth fillings while you were in gestation
- energy of things we don't say or express
- tension related to things you haven't said/expressed
- creativity that is suppressed or not expressed
- needs that you are not speaking up for
- Anxiety

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# Right side Face/Head

- Controls left side of body
- Inner critic - giving self hard time over things we did wrong in past
- Tendency to dwell on feelings of powerlessness, frustration, and maybe victimhood - from events past
- Hamster wheel of regret - should have, shouldn't have

Teeth & Jaw, Right side

- Speaking but not being heard





## **What is a Biofield Tuning detox? (In person)**

Biofield Tuning recipients may experience a "detox response" after a session. This is completely normal and means the body is releasing stress and trauma. Generally, these symptoms pass within 1-3 days.

The following are possible symptoms of detox:

- Fatigue
- Waves of emotions – crying, being angry, sad
- Loose stools
- Exhaustion
- Headaches and/or dizziness
- Flu-like symptoms
- In very rare instances - skin rashes, mucus, fevers, vomiting, excessive thirst