

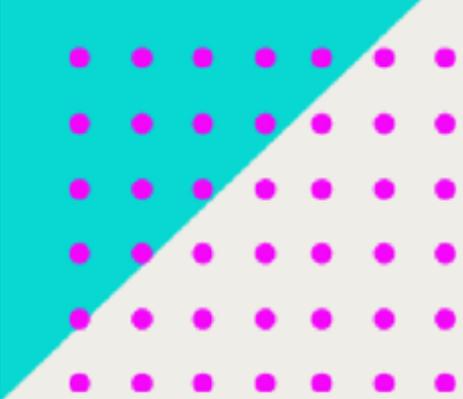
AURA PORTRAIT

BY LAUREN KELLY

For [REDACTED], painted [REDACTED]/2016

Central figure

Your core figure appears in bold, unstoppable red and vibrant orange light. You are a focused and dedicated person, probably as stubborn as you are hard-working. You're passionate and fun, and you really march to the beat of your own drum in life. When you like or are invested in something, you probably go at it full steam ahead... and when you don't like something or aren't invested in it, it's probably not even on your radar. You have particular strength and prowess when it comes to making things happen in the world around you; when you set your mind on something, it has virtually no option but to come into being. You may find yourself under some stress a little more frequently (or in higher volume) than your peers, but it's all just part of your natural go-go-go instinct. You're probably fiercely protective of your loved ones, and there's very little (if any) space between what people see and what they get with you. You're the type of soul who says "Here I am, as I am. Take me or leave me, but don't waste my time." You're probably resourceful and fun, and your sense of humor lights up a room. Sensual delights—such as intimacy, a really yummy dessert, a great concert, getting your hands dirty in dance or artistic creation, or perhaps a vice or two—are probably regular staples in your life. I see yellow light in your forearms, and your right hand surrounded by yellow light; you bring a little sunshine into the lives of all those around you, and to plenty of people you may be the answers



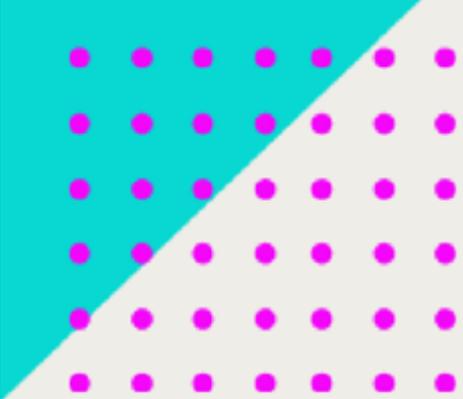
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person, someone to whom others turn when they need help or guidance. Often, I'd bet you're the bringer of bright ideas and clear instructions so that those around you can follow where you point. You've got natural leadership in you. Rubbing up against your legs, I see a critter in pink light... fun and feminine. It's hard to identify, but I can tell you that whether this is just a spirit/archetype or an actual animal in your waking life, this critter brings joy, lightheartedness, touch, and inspiration to you. This energy probably grounds you anytime your head is spinning with stress.

Chakras

Root: *This chakra deals with our human needs—good nutrition, good hydration, good rest, financial security, feeling of safety. **Healthy, but a little tight.*** Your self-care game is on point—keep it up! You generally know and respond to your own needs. A diet that's right for you, quality rest, exercise that works for your body/goals/schedule, good savings habits and financial goals, and plenty of water all keep this chakra feeling happy. Perhaps there is some stress making you feel a little hesitant about pausing for too long or devoting greater care to yourself. You never have to tie yourself to anything or anywhere external, but I encourage you to let your roots grow in fertile soil, even if that fertile soil is just an idea or a goal. It's safe to let yourself lean into what nourishes you. You are your own garden, beloved.



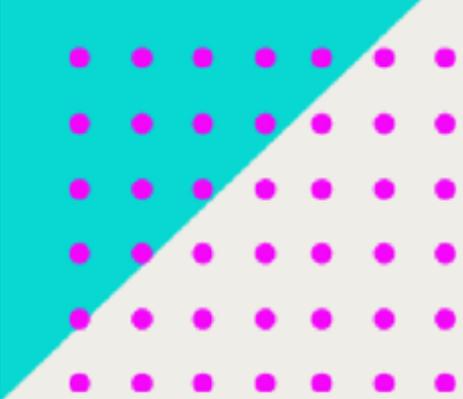
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Sacral: *This chakra deals with our human wants, desires, and creative potential... our joie de vivre. Huge and bright, and even expanding a little!* You're vibrant, fun, creative, and in-tune with the heat of your passions. It looks like you're generally living in step with your desires/wants. You may be learning more and more what fun, joy, and agency really look like in you. You're already in the dance, beautiful. You'll find yourself feeling more confident with every step, if you haven't already felt it. As you rise up in your most genuine self, you are also stepping into your powerful role as a creative force in your life.

Solar Plexus: *This chakra deals with our willpower, our courage, our direction in life, and our decision-making. Huge and bright!* You really put the "power" in "willpower!" You're a real trailblazer in your own life, taking personal power and initiative to a whole new level. Have a little discretion with what you pile onto your plate right now, as any rush of ambition might have you overestimating what your schedule can realistically handle in upcoming months. (We don't want to overestimate what we can do in a week or a month and underestimate what we can do in a few years.) Otherwise, carry on! This is a powerful time for decision-making, new beginnings, new puzzles, and fresh plans for you!

Heart: *This chakra deals with our compassion (for ourselves and others), our empathy, and our boundary-setting. Healthy, but a little tight.* You probably have strong discernment when deciding who is allowed in your inner life. Know that you are as worthy of your own compassion and giving as anyone else, and even if/when worldly stresses make you feel like you've got to focus all on the



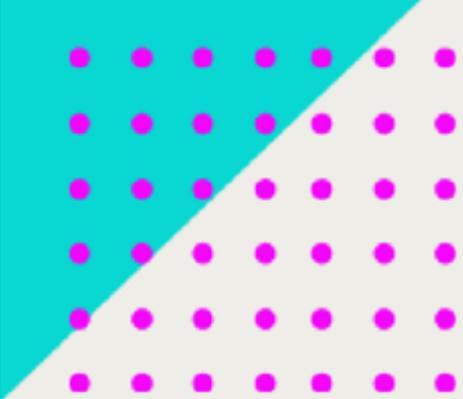
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tasks at hand, know that you're always wholly deserving of love and support from your loved ones. Forgive when you can, and breathe light into it when you can't. You're one tough cookie... there's nothing your heart can't handle.

Throat: *This chakra deals with our self-expression and our ability to speak and stand in our own truth. **Huge and strong!*** Your self-expression and communication are strong, and your voice is powerful. When you speak, I'd bet people listen! Around this chakra I see the yellow ring of knowledge, clarity, and optimism—you're a creator of solutions, an instigator of smiles, and probably a natural teacher/tutor. You're fabulous at expressing ideas and concepts. I'd bet you're one to speak your mind! Rock on, sister.

Third Eye: *This chakra deals with the intersection of our imagination, our intuition, and our intellect; it delves into our perception and our ways of connecting the dots, so to speak. **Healthy and solid,*** and surrounded by a green healing/grounding ring that's just beginning to form. You're smart, imaginative, and resourceful, and you're a naturally intuitive person. You're also deeply observant... very good at piecing together ideas/theories/concepts/prior knowledge. As you nurture yourself, you may find yourself seeing more opportunity for healing and growth in the life around you. This is a powerful time for you to expand on your understanding of mental health and spiritual intelligence; if you're interested, you might consider reading a little deeper than usual about psychology, self-esteem, and the law of attraction, just to list a few topics. This green energy around your third eye shows room for positive,



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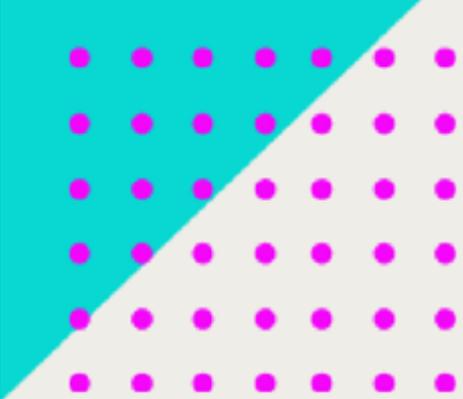
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powerful growth within your mind and perspective. You also might consider honing skills or doing things to nourish your own mental health and brain health... such as looking into therapy/counseling, writing about your life experience so far, building a brain-nurturing diet, creating greater neuroplasticity through brain exercises and games (like Sudoku or the Duolingo app), and/or delving deeper into your own dreams, beliefs, and perceptions.

Crown: *This chakra deals with our understanding of and ongoing dialogue with the Universe; beliefs, paradigms, prayers, intentions.* **Healthy, and expanding a little!** Your connection with and understanding of the Universe around you is strong and healthy, and I'd bet you're adaptive when receiving new information or encountering new perspectives. When you release prayers/wishes/intentions, you probably know that you're heard and acknowledged, even in the least likely of ways. You're open and perceptive.

Your Left (right side of image)

At your left, with his guiding hand on your shoulder as if to say "I've got your back," I see a masculine trickster presence in yellow light. As life picks up the pace, know that you have this guy's help in staying light on your feet. If it starts to seem like the Universe is playing pranks on you, that's because it is—you're free to laugh at/about whatever comes your way. And when life starts to look like a puzzle game, play it like one. Don't stop when the going gets difficult. Keep dancing with it. You've got astral assistance on your side.

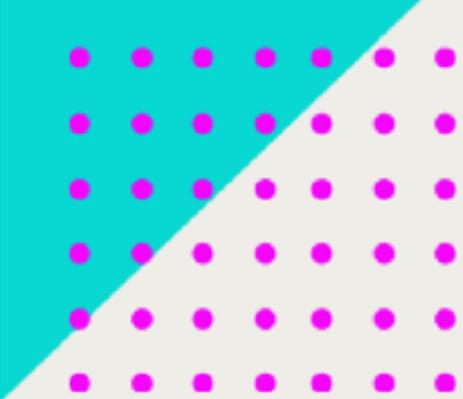


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Your upper left appears in bold, bright orange light. It looks to me like you may be drawing in vibrant, fast-paced energy. These next 2-3 months ought to be full of creative potential throughout your life... but by the same token, they may bring a little stress your way. I encourage you to build little breaks and treats into your daily routine so that you can keep up the momentum. Orange energy is like a mechanical bull riding competition; it's wild and you might have difficulty holding on, but if you just hang in there and enjoy the ride, you'll find yourself with plenty of rewards for your effort.

Your lower left appears in steady, vital green light. It looks like the Universe is bringing in some heavy-duty healing, grounding, and inner growth for you. Be on the lookout for a chance or two to connect with nature, whether that means listening to nature sounds before going to sleep, taking a walk outside, hiking/backpacking, nurturing a house plant, eating more fresh produce, or even just watching a documentary on some aspect of the natural world. Even the most urban people are still, by design, of the Earth... there's always something to glean from that connection, whatever our approach. There's benefit for you in focusing on and allowing your growth and health to blossom from the inside out. When we clear our minds with fresh air and fresh compassion, we sow a whole new life for ourselves. If you've ever watched a tree or any plant, you might have noticed plants like to lean toward the sun or sprout more leaves wherever they'll catch sunlight; likewise, you can lean into nourishment. Screw what drains you... you deserve nourishment. Besides, if you're going to be a blessing to the world



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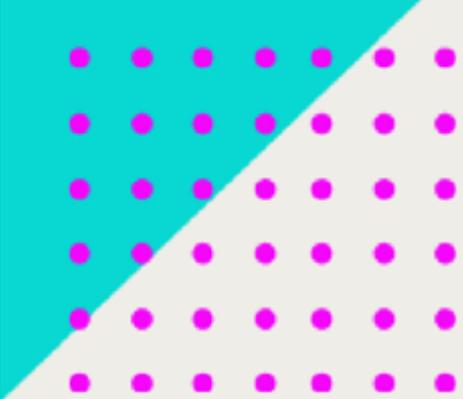
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around you, we need you to show up healthy and happy so that your presence in the world really has the oomph it needs to make big positive impact in all directions. Happy, grounded people tend to just radiate miracles, and you're meant to be no exception.

Your Right (left side of image)

At your right, I see the archangel Gabriel with his wings outstretched and his arm raising, like it's about to point you in a direction. Gabriel is an angel of communication, travel, and stumbling headlong into new life experience... he's got a better sense of humor than the other angels, and he's far more casual in demeanor. Very soon (if you haven't already seen it) you may see a fresh opportunity for travel/learning/life or career movement fall into your lap. Gabriel will be guiding you through all your forward movement in life, and if you have to speak before people or commute/travel, know that you can absolutely ask for his help or protection. He's looking out for you in every direction of time and space. Your upper right appears in sunny yellow light. Others likely perceive you as pleasant and optimistic. You also come across as someone who's likely to have an answer or two, or at least a helpful word of encouragement. People probably gravitate toward your light.

Your lower right appears in bright, fresh blue light. You inspire and evoke honesty, sociability, and openness to change in others. Your energy gives others permission to express themselves more fully and more authentically. Your



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presence opens people up and gives them a greater sense of freedom. Keep on shining your light!



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