



Dear Cyndi

Q. — Lifestyle contributes to our health; how can we shift our energy to positively impact our lifestyle?

A. — When my oldest son was six, he asked me about our lifestyle.

“You mean, how do we make healthy choices?”

I asked him.

“No, mom. What colors make a life stylish?”

I still laugh. That was the year that my son was into selecting all things life-based on the colors worn by his heroes. His red pajamas totally matched the Red Power Ranger’s suit. His green food bowl was the same shade as a Ninja Turtle shell. Haphazardly, my son had hit the proverbial energetic-lifestyle-nail on the head. One fun way to make good lifestyle choices is by color. Chakra colors, that is.

Back in the early 20th century, Austrian psychotherapist and medical doctor Alfred Adler defined lifestyle as a conglomeration of perceptions causing automatic reactions. The unique combination of factors creates the personality.¹

These days, we speak of lifestyle as the way we make decisions based on our values. If we believe in leading a balanced and decent life, we will most likely select everything from kind friends to organic food, and enjoy good health on every level.

As energy healers, it is often our job to assist clients with approaching their lifestyle to optimize health. Given that we have limited time, and they have lots of interactive choices to make, I offer a unique way to aid them.

Help them figure out their color/chakra-based personality. The reasoning is this:

Frequencies formulate everything. The “true self,” the sum-total of your body, mind, and soul, is a collection of frequencies that constitute an essential signature. We know that each chakra is formed from specific bandwidths of frequencies, often depicted by a color. Red. Orange. Yellow. And so on. Almost everyone has one or two primary chakras that convey their major personality traits. This means that if a client hones into one or two chakras that best describe them, they can make lifestyle choices that align with the values and even endocrine glands depicted by that chakra.

For instance, I have several strong chakras but my most imperative one is the first chakra. Whenever figuring out my healthiest option, I simply select the option that will best bolster my first chakra. It is all there: what foods to eat, ways to exercise, vacations to take, and more.

Observing a client’s personality (and quirks) can help you characterize their strongest chakra/s. You can also see which of the following set of characteristics inspires them. They can then drill down into creating choices that will keep them healthy and fit.

Key: Overview of Chakra Colors and Traits

Ask a client which of the following categories best describes them or give them your feedback as a practitioner. This key is based on my twelve-chakra system, with the twelfth unique to each person, so inexplicable.



- Red Personality (First Chakra): Passionate and Physical
- Orange Personality (Second Chakra): Creative and Emotional
- Yellow Personality (Third Chakra): Thoughtful and Driven
- Green Personality (Fourth Chakra): Relational and Healing-Based
- Blue Personality (Fifth Chakra): Communicative and Philosophical
- Violet Personality (Sixth Chakra): Visual and Strategic
- White Personality (Seventh Chakra): Spiritual and Conscious
- Black/Silver Personality (Eighth Chakra): Mystical and Shamanic
- Gold Personality (Ninth Chakra): Harmonic and Idealistic
- Brown Personality (Tenth Chakra): Natural and Environmental
- Rose Personality (Eleventh Chakra): Commanding and Forceful

Personality Approaches

By focusing on the one or two chakras or colors, it becomes easier to make life-enhancing decisions. Brief descriptions are provided next, along with a mention of a matching chakra-spirit ally.

How might a client benefit from an ally? By deciding, "This is what my ally would do," a client can zoom into their own healthiest choices.

The summaries are in first person so they can be read or shared aloud.

Red Personality

You are passionate, playful, and physical. Make lifestyle choices based on your materialistic values. (Yes, it is okay to be materialistic.) Overall, if an idea makes you want to be physically active, it is for you. Select foods and exercises that will fuel your adrenals.

Your ally is Tiger.

Orange Personality

You are sensual, creative, and *very* emotive. Your best-case lifestyle options will promise a joyous sensation and embody your five senses. Supportive foods will nourish

your sexual glands and be tasty and textured.

Your ally is Dolphin.

Yellow Personality

Your good life is all about planning, perfection, and power. You are the sacred organizer of the chakra zodiac. Use your brain to analyze options and then vote a conclusion with your gut instinct. Nourish that pancreas, your hormone gland, with lots of small meals and scheduled exercise.

Your ally is Owl.

Green Personality

You are everyone's den mother or father and all about heart, healing, and happiness. Because you are more than slightly codependent, make conscious choices toward personal renewal and self-care. Your heart gland will love Mediterranean foods and exercising with others.

Your ally is Deer.

Blue Personality

For you the world is a library with as many teachings as the stars in the sky. Your penultimate choices will help you fulfill your ultimate role as guardian and truth-teller, with ample time remaining for auditory pleasures. Keep your thyroid happy with wildly interesting ideas and a stream of mineral-rich foods.

Your ally is Magpie.

Violet Personality

Aesthetics and ambience. Those are your two code words for you, as your most successful decisions will create both. Check out choices out with your keen clairvoyance and sustain your pituitary gland with strategic planning. Pre-select foods that are easy and plate them just so, and wear attire you love even when exercising. For real.

Your ally is Hawk.

White Personality

Your decision palette includes the simple and elegant. Your life is ultimately devoted to the Divine and living is a prayerful expression of purpose. Keep that pineal gland going with clean and blessed foods. But please: do not confuse sitting meditation with exercise; at least, move while meditating.

Your ally is Angel.



Black or Silver Personality

As a shaman, when others turn right, you veer left. Highlight activities that make the invisible visible, and the visible invisible. Your thymus is your home for making immune-system health food choices, or just ask your otherworldly guides for help. Rattles, drums, and the like put you in full regalia.

Your ally is Raven.

Gold Personality

Peace on earth is not a mere concept to you. It is your goal. For you, a good choice will be the one that activates heaven on earth. Breathe through all choices, as your diaphragm is your major organ, while nutrifying yourself with food and exercises that sustain the entire planet.

Your ally is Dove.

Brown Personality


Eco-friendly, environmental, and earthy. These are descriptors of you. Every window of opportunity should accelerate your ability to enhance the natural world. With the bone marrow as your endocrine gland, you'll constantly choose that which supports the bones of the earth as well as yourself.

Your ally is Beaver.

Rose Personality

You are a rock-solid leader, a commander of natural and supernatural forces. Rose is love in action, and if a choice produces a loving outcome, it will forge a sane and sacred path. The connective tissue is your gland, and your choices must always provide strength and muscular energy.

Your ally is Alpha Wolf.

Yes, life hands us all serious issues and challenges. These are often best met with joy and ease. Facing decisions with color codes can create that type of fun. 

References:

1. Sage Publications, Adlerian Psychotherapy, "Part I: The First Force in Psychotherapy," chapter three, [https://uk.sagepub.com/sites/default/files/upm-binaries/40298_Smith_\(TCP\)_03_watermarked.pdf](https://uk.sagepub.com/sites/default/files/upm-binaries/40298_Smith_(TCP)_03_watermarked.pdf).



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