SOUL COLORS

Exploring The Eight Colors of the Human Soul

BY

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Δ Quick Note From Us

These explanations, definitions and descriptions stem from our understanding of the soul and its journey as gained through our years of in-depth exploration and experience with some of the world’s most ancient wisdom traditions including Jewish mysticism, new age ideologies, Christian Gnosticism, Advaita Vedanta, Theosophy. We’ve also synthesized the insights and teachings mystics, philosophers and theologians like integral philosopher Ken Wilber, Avatar Meher Baba, clairvoyant and perfect master David Cousins, core energetics healer Barbara Brennan and mystic Paramahansa Yogananda, as well as a special acknowledgement to our guides and mentors on the spiritual path who introduced us to the concept of soul colors as it is presented here, David and Katherine Fauvre. Our approach to spirituality and human growth is integral and holistic. However, no matter how much we strive to synthesize and meld the truths of various traditions it’s important to note that some of these explanations may contradict your current ideology or spiritual understanding but that’s the beauty of spiritual exploration! If that is the case please allow our explanations and understanding to serve as compliments to your current belief system.

At its heart this information is meant to help increase and deepen your own intuitive understanding of your own soul’s journey. So with that said, take what you want and leave the rest. We are constantly growing and expanding our understanding of our spiritual journey thus we endeavor to integrate wisdom wherever we find it. As we always we must remind ourselves that with any spiritual information, “the finger pointing to the moon is not the moon”. So, whatever systems we construct to understand the human experience they are ultimately no substitute for the experience itself. With that in mind we hope you glean something valuable that will guide you along your path to self-discovery.

Love and Light,

Sterlin and Aaron

Insightful Innovations
Definition of Soul

The soul is massive, both conceptually and energetically. At its most basic level, the soul is a mass of spiritual-atomic energy. However, because the soul is so large it splits itself into smaller more manageable pieces (much like the nucleus of an atom), which are called “soul aspects” in order to “harvest” diverse experiences in and out of form.

Fourteen Explorers

The soul as a collective unity is like a group of fourteen adventurous explorers. These fourteen explorers are all soul mates, and each explorer has a perfect masculine or feminine counterpart (called a twin flame). The whole group of explorers, after agreeing to embark on an incredible journey through a newly uncharted landscape, decide it is wisest to split themselves up in order to cover more ground. The group makes an unbreakable promise resolving to meet again at the end of the voyage and compare notes to leverage their collective experiences across multiple lifetimes. This journey in linear time takes many lifetimes to complete, even with all fourteen explorers diverging in different directions. At various points some explorers may tire and return to base camp, but someone is always out traversing the landscape learning more. At times a particular explorer (soul aspect) may get lost and travel for many centuries forgetting that there were others in their group of original explorers. They meet other explorers from other interesting groups and have many weird, wild, beautiful and mundane experiences along the way. However, eventually they cross paths with another explorer from their original group who reminds them who they are, and where they came from. This is a meeting of soul mates.

Soul mates aggregate their experiences in a more focused and intense way, and thus “speed up” their understanding and wisdom on the path. Eventually all members of the group meet back at their starting place and share their insights and lessons from the journey. The journey of the soul can take millions of lifetimes. Some aspects may be quicker, more agile, more cautious or more adventurous than others. Each aspect has a distinct personality and characteristic skills, gifts and talents that are developed and mastered on the path.

When we speak of the “soul” we are actually referring to an aspect or “piece” of a larger soul essence. The soul is consciousness seeking experience.
The Light of Awareness

In whatever way one chooses to conceptualize the soul many can at least recognize it as the battery-pack that enlivens a being. It has been referred to throughout history in a multitude of ways but perhaps the most pervasive metaphor is that of a “light” or “spark” that shines inside of a living vessel. It is the light of awareness that imbues a substance with consciousness (however dulled). For example, the soul of a rock is latent and unconscious of itself as a soul. However, as this light (awareness) grows through identifying with more and more complex forms and experiences the soul eventually becomes active and fully conscious in the human state.

The soul is often perceived through the eyes and it is what we resonate with when we deeply connect with another being. When we look into another’s eyes we are looking for their soul spark. It is this light or spark, which shines at various levels of brightness and intensity depending on the soul’s relative age and health. The light can be polished or dulled through nurturance or neglect. When we live in alignment with our purpose at any given moment we nurture the soul, when we are out of alignment with our purpose at any given moment we neglect it.

Living in complete alignment with our soul’s purpose means living from 100 percent intuition. Intuition is the primary language of the soul. However, most cannot function from intuition alone out of egoic fear, and instead may rely on other faculties like intellect or instinct as guides through the human journey.

The Ocean of Life

According to ancient Hindu, Christian Gnostic, Buddhist, indigenous and Jewish mystical traditions the soul is conceptualized as being born from the formless, unmanifested life force (or “God” in theistic religions).

Ancient Hindu mythology is most helpful in understanding this concept. In the Vedic tradition the unmanifested life force or “oversoul” represents the vast “ocean of life”, and the individuated soul aspect (“atman”) is the single droplet in that vast ocean. The droplet (soul aspect/atman) inhabits all forms from gas to mineral to animal and human, only to eventually return back to the ocean of life and rediscover itself as the ocean. The soul’s journey through various evolving forms (evolution) eventually ends in the human being. It is in the human form that the soul begins its return journey back into the self (involution) and thus its journey back to the formless oversoul to experience itself as Creator by traveling the inner planes. This is the journey from unconsciousness to consciousness, and back again.
In our research we’ve studied personality psychology, communication styles and facial archetypes and have discovered fascinating patterns that support the premise that there are only so many “types” of people in the world. Emotions, faces and psychological and neurological processes can be mapped and become highly predictable when one begins to study these patterns. However, in our spiritual study we’ve affirmed our intuitive understanding that the soul is a highly unique energetic signature that cannot be exactly replicated. No two soul aspects are exactly the same, (although they can feel pretty close when one meets a soul mate). However, what can be mapped to some extent is the soul’s characteristic ways of working in the human condition, which is what an understanding of soul color grants.

**Spiritual “Degree Programs”**

As mentioned above the soul utilizes form in order to live a particular experience. It is the belief of many spiritual traditions that the soul’s purpose is to experience everything so as to become reunified with its source and experience itself as the source. This is the state of enlightenment, God realization or self-realization that is heralded as the pinnacle of spiritual evolution in many spiritual paths.

Because living in the human condition is so challenging, souls develops various gifts, skills and talents in each incarnation. These specializations are much like spiritual “degree programs” that the soul can “major in” to master the particular program of study. Soul color is just such a degree program that has been treaded by other souls before it. As such, each soul color frequency has a particular focus, language and skill-set particular to that program of study (or color).

Additionally, those that have “majored” in that soul color program will share similar gifts and skills to varying degrees. It is important to note that the soul does not necessarily choose the same degree program each lifetime, but certain colors can be more familiar or useful to a particular soul aspect depending on that aspect’s overall “plan of study”. Another way to conceptualize this is to envision a sash of color worn by a soul aspect (explorer) that indicates a specialization or skill set that is particularly useful in their journey.

Most people will “double major” and hold two soul color frequencies at the same time, alternating and blending them for various uses. This is because as the soul speeds up its karmic program it will desire to specialize in more than one area in order go gain more skill and expertise. In this case someone will be a Blue/Violet or Indigo/Yellow.
**Why Colors?**

Color is simply a vibrational frequency of light fluctuating at various wavelengths. These wavelengths can be fast or slow. Our soul color differs from our aura (the energy field which surrounds the body), in that the aura can change, grow or shrink, be altered by various energetic influences in the environment or our psyche, and only reflects our energy system at a given moment in time. Therefore the colors in our aura may not be same as the vibration of our soul color. For example, we can be extremely angry and have bright red tones circulating in our auric field but not be a red soul. Our soul color is an archetypal imprint, and when aligned and integrated consciously it frees us to access our full spiritual power.

Meeting someone who shares the same soul color can be an interesting and resonant experience. Even though we may be very different on a personality level we will share a vibrational resonance with them that will feel comfortably familiar. If we also have strong karmic connections with that person than we will really understand each other on a deep and profound level.

**Indigos, Crystals and “Prisms” Oh My!**

Frequently those who hold the indigo and crystal frequencies also house other soul colors in their soul essence because those two colors act as energetic overlays rather than pure soul colors due to the intensity of the vibration. To hold the indigo or crystal frequency without the aid of another vibrational wavelength is very difficult for the personality to manage.

Indigos have been incarnating in small numbers on the planet since classical antiquity (ancient Greece and Egypt) however it became a more prevalent soul color for children incarnating in the late 1970s and 1980s. Consequently indigo children received popular attention in the early 1990s when they reached school age, with many books writing about their amazing intuitive abilities, past life recall, stubbornness, ADD/ADHD, and mood difficulties. These souls were meant to usher in a new platform of consciousness for the planet and thus there are more of them (albeit still relatively rare) at the end of Generation X, Millennial and Generation Y cohorts. Indigo souls were meant to break down old structures and systems that no longer served the planet. Crystal souls, many of whom weren’t born until the 1990s, are just now coming of age and beginning to make their mark on the social world. Crystal children are meant to “hold” the spiritual ideals and energy brought in by the indigo children. In any case, these two soul colors are often accompanied with the other more stabilizing colors (violet, blue, red, orange, yellow, and green).

There are other soul color frequencies that will continue to be born. One such frequency is the prism or rainbow frequency. These children (born on or after 2008) are still fairly young thus it is unclear how their frequency will manifest itself on the planet.
**Working With Soul Color**

Everything from our relationship focus, the spiritual practices we gravitate to, our career paths, our intellectual pursuits and our family relationships are influenced by our soul color. Our soul colors do not change throughout a given lifetime because once the soul specializes in a soul color frequency it carries out that spiritual focus throughout the incarnation. In the physical world you can choose to drop your program of study and change majors, but in the “soul color college” there are no change of major forms until the next lifetime. It is only through strengthening the inherent skills of our soul color that we can effectively work with the energy and move toward greater spiritual attunement. In some cases an individual may hold a soul color frequency that is diametrically opposed to their personality or ego focus. This can create quite an interesting juxtaposition for both themselves and others to understand. It is when there is relative alignment between the ego, soul color and one’s karmic contracts that true growth and spiritual power can be achieved.

**Perceiving Soul Color**

Color in the physical world is perceived only through the human eye’s rods and cones and without the eye as a tool human’s would not perceive color variations as there would be no physical differentiation in wavelength frequency. Soul color requires a different tool of perception: intuition. The “third eye” or intuitive faculties can sense or perceive soul colors in a variety of ways, but must first be recognized as a vital tool in our human perception toolbox. In order to practice sensing soul colors we must awaken our intuition and begin to “feel” into the soul colors of those around us. Of course this can take practice, and as we awaken our individualized intuitive gifts it can be like learning a new language. Until we begin to sense, see or perceive the soul colors intuitively we can utilize the “personality” system of the soul color system to aid us in the development of our aptitude.
Red

“The Warrior”

Red souls are passionate, intense, grounded and powerful. People born with Red as a soul color tend to focus on grounding others and manifesting power in the world. Reds are extremely passionate and tend to spread passion for their interest to anyone they’re around. Reds can be deceptively sensitive, but to others may seem harsh or dense. Red souls like positions of power because they like the feeling of influencing others. If reds are aligned with higher values and virtues they can be great sources of inspiration and galvanize others like a general marching to battle. Red souls have a connection to the core of the earth and can thus be extremely gifted healers. Their connection to primordial prana or chi can allow them to run energy through others that can be invigorating and deeply cleansing. Reds tend to have extreme, unfiltered emotional expressions and need people around them who will understand their need to express themselves wholly.

Red souls do not shirk away from material success and enjoy the luxuries of food and money, as they do not see these as separate from spiritual life. Reds can have problems with excess and can sometimes become epicurean or sensual.

Older red souls can tend to wrestle with the internal struggle to seek power to lead others to higher spiritual virtues, while also wanting to have power for the sake of controlling and asserting influence. Nonetheless, integrated red souls can be inspirational mavericks and embody the archetype of the spiritual warrior. RED souls need outlets for their physical expression that are both healing to others and help expel their excess of pranic energy.

Red souls spiritually benefit from the path of embodiment. They often gravitate to spiritual practices that allow them to fully inhabit their physical bodies and express their wellspring of energy. The path of action is best for these passionate souls who can help others to access their spiritual power through action. Conversely they may benefit from meditation and calming practices as the pranic energy can become highly volatile in these fiery souls. Red souls can be particularly at risk for heart and blood diseases and as such must work hard to process excess life or pranic energy through regular energetic clearing practices. Spiritually red souls hold more capacity for energetic processing but can become a bit like energetic dumpsters for other people’s excess life-force energy.

Red souls are incredibly passionate and earthy in interpersonal relationships. Reds tend to seek relationships where they can express the full force of their feeling without shame or limitation. Many people can be overwhelmed by the red person’s passion but this comes from the importance they place on being fully embodied and connected to their humanity. Red souls tend to seek partners that will allow them to lead and direct but appreciate and respect relationships where they can relax and be led.
In romantic relationships red souls can place a great deal of emphasis on physical compatibility and may utilize sex as a way to garner closeness. Many can mistake the red soul’s focus on physicality as superficial but their spirituality is intrinsically linked to their physical embodiment. Reds can be domineering and fiery in relationship and may have trouble with anger when they perceive disrespect or betrayal (which may or may not be true in reality). Reds would do well to temper their fiery nature with relaxation techniques or impulse control exercises to prevent from overwhelming or scaring partners.

Integrated red souls can be compatible with any soul color however they thrive in relationships with those who can handle their fiery energy; the warm color souls (yellow and orange) are adept at handling their impulsive natures. Red souls may gravitate toward green or indigo souls due to their desire to make a difference in the world around them.

**Balanced:** Strong, natural leader and powerfully healing

**Unbalanced:** Excessive, power-hungry and selfish

**Careers:** Entrepreneur, CEO, athlete, hands-on healer, broker, contractor

**Divine Archetype:** Warrior, King, Bully, Tyrant
Orange
"The Manifestor"

Orange Souls are outgoing, positive, achievement-focused and playful. People born with orange as a soul color enjoy achieving and encouraging others to reach their goals. Oranges always know where they’re going even if other people may be confused by their tactics. They can be mischievous and like to mix their desire for success and achievement with a healthy dose of levity and fun. Orange souls are “manifesters” and believe that positive intention and vision can bring about the physical changes in the universe they want to obtain.

Oranges are masters of the Law of Attraction, in that they know how to attract the very things that they desire through mental and subtle energetic manipulation. When used positively, their ability to manifest their dreams can be used for the betterment of others. However, oranges can sometimes fall into selfishness and social climbing if they do not stay grounded and humble. These are people who know how to heal others through encouragement. They are wonderful mentors and leaders but are still relatively singularly focused in their desire to move toward success.

Oranges are dynamic and as such like to keep moving. They tend to be high energy and they are notoriously impatient with stagnation. Oranges are also quite skeptical of those who seek out information for information’s sake as they think the best school is the “school of life”. They may scoff at too much intellectual inquiry and like to “jump in” as a way to feel fully embodied.

Old souls that are also orange can be adept at marrying success with spiritual wisdom showing others how to both achieve status and spiritual integrity. Oranges embody the archetype of the alchemist for their ability to change ordinary things into something valuable.

Orange souls benefit from spiritual practices that are both devotional and embodied. Because they are frequently pursuing their ideals and goals the path of devotion allows them to move out of their soul’s propensity for individual pursuit and into greater collective awareness. Walking or active meditations can be highly beneficial for these high-energy souls who can have a tendency toward too much activity. Oranges would do well to integrate empathy work into their spiritual practice as a way to balance their achievement oriented focus. Emotionally authentic spiritual practices that involve deep emotional processing can help them move into their deeper feelings and unlock their transformative potential. Energy can build in the orange’s 3rd chakra and as such they may develop gastrointestinal or stomach issues from too much “willpower” in the world.

Orange souls are dynamic and driven in their interpersonal relationships and enjoy participating in productive activities with those they care about. Because they are frequently pursuing the manifestation of their life purpose in the material world they seek partners and relationships that
they can support and be supported in bringing about shared goals and visions. Oranges prefer action to discussion or emotional relating and often seek relationships that can keep up with their fast paced, busy lifestyles. Oranges can sometimes neglect relational intimacy due to their need to be out in the world inspiring others.

In romantic relationships oranges need both physical compatibility (as a warm soul color) and shared visions and goals. Intimates can perceive oranges as more focused on their personal aspirations than the needs of the relationship and can grow despondent. Oranges would do well to remember that relationships must be fostered alongside the manifestation of their dreams and to consider the goals and aspirations of their partners and other intimates as well.

Integrated orange souls can be compatible with any soul color because of their positive and affirming but they thrive in relationships with other warm color souls (red, yellow) who can keep up with their faced paced, ambitious lifestyles. Oranges may also gravitate to supportive soul colors who are willing to allow them to pursue their dreams without too much competition such as violets and crystal’s.

**Balanced**: Aspirational, playful and encouraging.

**Unbalanced**: Impatient, opportunistic and superficial

**Careers**: Marketing/branding, campaign manager, financial planning, entrepreneur, life coaching

**Divine Archetype**: Alchemist, Midas, Olympian, Magician
Yellow
“The Elf”

Yellow souls are gregarious, curious, upbeat and positive. Yellows enjoy the creative juice of positive energy and tend to spread their effervescence and joy around to others. People often comment on the Yellow person’s ability to brighten a room with their smile or energy. Yellows enjoy other people and find it particularly fulfilling to help other people see the bright side of life. They understand the virulence of positive thinking and like to motivate others to imagine and strive for their dreams, without limitations. Yellow souls are curious and they tend to go where the positive “juice” is. As such, they often find themselves fascinated with various topics only to move on to the next one like a bee to the next flower. Yellow souls are also quite intellectual, so they tend to integrate information quite quickly before searching for the next big idea. Yellow souls are very loving and tend to heal others through their warmth and kindness. They trust in the spiritual value of benevolence and enjoy supporting others when they can.

Yellows can become impatient or blind to negativity or problems and may run away from them rather than face them head on. They tend to have a hidden sadness of which they themselves are sometimes unaware. Yellows often possess great visionary abilities and can sometimes develop their sixth sense in such a way that they can become both fearful and excited of the future because they can see the way events could potentially unfold. They may struggle with anxiety and fear but conversely teach others the value of courage in the face of fear.

Old Souls who are also yellow will mix their spiritual wisdom with a high dose of levity and playfulness that can be both intriguing and deceptively deep. Yellow souls embody the archetype of the trickster or sprite, which combines a connection with the mysteries of the natural world with a refreshing and sometimes mischievous playfulness.

Yellows benefit from spiritual practices that help them to leverage their natural curiosity with their propensity for fun. The path of knowledge is often attractive to these inquisitive souls but they can grow bored with the deeper aspects of spiritual study. Yellows may enjoy pursuing spiritual knowledge in group settings where they can exercise their gregarious, fairly-like energy and learn in a cooperative environment. Meditation groups or spiritual discussion meet-ups may be a good way for them to balance the need for variety with their intellectual desire. Yellows may struggle with anxiety and fear and thus meditation as a regular practice may help to calm their overactive nervous systems.

Yellow souls are positive and playful partners who seek fun and variety in their relationships. Yellows pursue those who can support their desire to seek positive, interesting experiences with the world around them. Due to the yellow soul’s inherent curiosity they often crave friendships and
relationships with a variety of different people. They need partners who can understand their need for freedom and will allow them to spread their desire to inspire and support others toward a happier life.

Yellows can be quite unpredictable in romantic relationships and may grow bored easily when difficulties arise or situations become too familiar. Yellows thrive on interesting conversation and experiences and seek relationships where they can feel safe and secure express their exploratory, sprite-like nature. Yellows would do well to ensure that they don’t project their boredom into their relationship and seek “bigger, better, deals”. Yellows also benefit from sharing both positive and negative emotions in their relationships but can have a more difficult time discussing difficult or negative topics.

Integrated yellow souls can be compatible with any soul color but they thrive in relationships with soul colors that will support their freedom loving approach to life (oranges, indigo, crystal). Yellows may also gravitate to supportive soul colors that are willing to allow them to pursue their dreams without too much competition such as violets, and may enjoy the passionate responses of red souls.

**Balanced:** Fun, positive and warm-hearted

**Unbalanced:** Scattered, fearful and flighty

**Careers:** Entertainer, fitness/nutrition, life coach, inventor, hospitality worker, event planner

**Divine Archetypes:** Fairy/Elf, Trickster, Storyteller, Clown
Green

“The Harmonizer”

Green souls are engaging, practical, healing and mediating. Greens enjoy the feeling of bringing other people together. Green people have a natural aptitude for mediating differences, and thus find themselves galvanizing others to look for common ground. Greens are often very connected to nature and as such will often feel most at home outdoors. Green is a deeply healing vibration and Greens may look for opportunities to heal other people through their profession. As natural healers they are often attracted to work that allows them to exercise their aptitude for restorative abilities with their desire to be safe, practical and grounded.

Greens are earthy and feel like spiritual knowledge must be rooted in the material in order to be valuable to others. Greens look for practical ways to be of service to others and often don’t mind doing the “grunt work” of a task because they understand that this is an important part of effective manifestation. Alternately gentle and firm, Greens can easily shift between leading or following depending on the needs of the situation. Even though Greens can be quite dynamic, they often require plenty of time alone to recharge or meditate in order to feel spiritually centered. Greens also love animals and can often feel as though they’re connected to animals psychically. Because of their strong work ethic they can sometimes fall into patterns of workaholism or may become picky and judgmental about the “right way” to go about effecting change.

Old Souls that are green can be deeply transformative and will have a special aptitude for facilitating change on multiple levels of consciousness in a way that is socially or culturally significant. Greens embody the archetype of the Good Samaritan because of their ability to combine practical knowledge with a desire to be of collective service.

Greens benefit from spiritual practices that are both devotional and heart centered. Greens have a high need to be of service and find dedicating themselves to a larger cause to be an effective way of rendering spiritual service that aids them personally as well. Greens often advance spiritually when they give themselves wholly to a group focus and utilize their leadership skills to help process the group’s spiritual energy. Greens must also be careful not to become overly focused on solving all of the world (or the group’s) problems lest they overload their heart chakra’s and fall victim to exhaustion or depression. Greens also render spiritual service through their stewardship of the environment and may find nature-focused practices to be highly renewing to their energy systems.

Green souls are responsible and devoted in relationships. They take their priorities very seriously and tend to look for ways to be of practical service to those in their sphere of influence. They enjoy sharing the outdoors with their intimates and may relish in opportunities to work for a worthy cause with their partners.
In romantic relationships it’s important that green souls find a partner that share in their idealism and desire to practically improve the community or culture they identify with. Green souls will look for ways to contribute to the community at large and need partners who can respect this strong service oriented drive.

Extremely focused on relational harmony green’s will seek amicable solutions to conflict but will not budge on issues that contradict their high ideals. They can become impatient with wooly-headed intellectual pursuits and disillusioned with what they consider to be frivolity. Greens would do well to counteract their idealism and strong ethical streak with a healthy dose of tolerance and levity. They may become overly perfectionistic or too rigid with partners and can become over-focused on practicality and routines and forget to relax and have fun.

Integrated green souls are compatible with any soul color but they thrive in relationships with souls that allow them to express their grounded idealism. Indigo and Blue souls are good matches as they can often champion the same change endeavors the green holds dear. Greens may also be attracted to fiery reds or yellows as they help the green soul to release their inhibitions and live more freely.

**Balanced:** Grounded, healing and diplomatic

**Unbalanced:** Patrician, overworked and judgmental

**Careers:** Politician, environmentalist, mediator, attorney, farmer, masseuse

**Divine Archetypes:** Samaritan, Pioneer, Liberator, Networker
Blue

“The Wizard”

Blue souls are perceptive, empathic, focused and sharp. People born with blue as a soul color tend to focus on disseminating information and truth to others. Blues are often highly sensitive and may have difficulty being around others who are suffering because of their tendency to psychomotriz (energetically absorb) emotions, thoughts and physical states. Ironically others may misperceive the Blue soul as being cold or insensitive, but this is merely due to their extreme sensitivity and the need to buffer against being overwhelmed. Blues tend to seek esoteric, specialized information and like to find the kernels of truth in everything they study. Blues also recognize that esoteric spiritual wisdom must be integrated with relevant intellectual/scientific understanding and may seek to marry the two. They are the archetypal wizard of the soul colors and can disseminate sage guidance to others that can sometimes seem idiosyncratic, cryptic, blunt or even harsh.

The Blue soul’s tendency to block out emotional or mental information can make them seem stubborn or bullheaded but in reality this is self-protective and helps them maintain a spiritually objective ideal. Normally clairvoyant and psychic (whether they know it or not) Blues can often gain a lot of “direct knowledge” about various topics.

For those Blues who are old souls they will find that they receive keen and specific intuitive spiritual insights and desire to lead others to Divine Truth through mentorship. Those who seek their guidance will often be deeply transformed by the depth and breadth of the spiritual wisdom Blues dispense, but should be aware that sometimes the truth is difficult to swallow. Blue souls need outlets to express their wisdom and knowledge in the world and to know that their wisdom is valued by others.

Blues benefit from spiritual practices that utilize their propensity for intellectual pursuit. They are often attracted to the “path of knowledge” and will often advance spiritually through meditating on arcane or esoteric truths. They benefit others through utilizing their knowledge and intuition to uncover Truth for themselves and others. Blues should be careful not to over-intellectualize and would do well to integrate active body-centered approaches like ashtanga or fusion yoga into their spiritual practice to avoid becoming too dis-embodied. Additionally blues benefit from heart centered spiritual approaches that help them integrate their emotional experiences, like somatic therapies. Due to their high energetic sensitivity it’s important that blues maintain balanced lower chakras to help process their active upper chakra energy.

Blue souls in relationship are highly devotional yet may hide this from potential partners. Due to their ability to psychomotriz emotional content they may find themselves identifying wholly with loved ones and taking on their emotional or mental pain. Blues enjoy deep and philosophical
conversations and seek relationships where they can express their spiritual or philosophical vision without judgment. They crave intellectual depth and may have difficulty at times showing affection if their empathy has been overloaded.

In romantic relationships blues can be quietly passionate and dedicated. At times blues can come across as cold to intimates because of their need to express their truth. They would do well to temper their truth-telling tendencies with levity or gentleness. Blues may have a tendency to cut-off emotional responses to avoid feeling pain and may come across as unfeeling and cutting in conflict.

Integrated blues are compatible with any soul colors because of their ability to understand the minds of those around them, but enjoy the philosophical depth and curiosity of yellows and the forward thinking spirituality of indigo souls. Blue souls may gravitate toward violet souls because of their nurturing and accommodating nature, which offsets the blue’s intellectualism.

**Balanced:** Wise, balanced intellect and spirit, penetrating

**Unbalanced:** Cutting, arrogant and hypersensitive

**Career:** Teacher, architect, researcher, scientist, philosopher, clairvoyant

**Divine Archetype:** Wizard, Scholar, Sage, Scribe
Violet

“The Nurturer”

Violet souls are nurturing, empathetic, intuitive and highly compassionate. People born with violet as a soul color tend to focus on healing others through compassionate service. Violet souls have a very difficult time watching anyone suffer and find that they feel the most spiritually whole when they are administering aid to others in a nurturing way. Violets have a regal and elegant quality and they can be gentle leaders. Violet souls vibrate on a fast wavelength, and as such tend to receive a lot of intuitive information that they themselves may not understand until they’ve had time to reflect on it. Guidance can often come in the form of dreams, images or gut reactions that may not make sense to them until later. Violets can fall into patterns of martyrdom if they don’t practice healthy self-nurturance. They can easily find themselves in punishing situations out of a desire to not hurt anyone, however in the process they end up hurting themselves, which makes them unable to assist others as they are meant to.

Violets are often very emotionally sensitive, but others may be unaware of this due to their refined or quiet demeanors. Some Violets may be quite stoic and prone to hiding their own pain. Violet souls embody the energy of the Divine Mother, as such, even when they’re male, they tend to feel intimately connected with the creative (and potentially destructive) power of feminine energy. They seek the most ethical and amicable solutions for all involved, but can feel despondent and angry when others don’t see the sacrifices they make.

Violets who are also old souls tend to have a great number of intuitive gifts and find that they are attracted to healing or leadership positions and may do quite a bit of energetic healing (consciously or unconsciously) through whatever work they choose to do. Violets need to be of service in ways that are both nurturing and transformational on a larger scale. Violets often end up in leadership positions where they are can be charismatic, inspiring and fair. Old souls who are also violets may have a seemingly endless capacity for love and acceptance and can heal others spiritually and emotionally through the outpouring of their strength and compassion.

Violets benefit from spiritual practices that are gentle and devotional. They often gravitate to the “path of love” or the “path of devotion” where they can utilize their deep compassion and healing endeavors to aid others. Violets spiritually benefit from empathetic service to those in need. Violets would do well to ensure that they include themselves in their compassionate giving and engage in a bit of spiritual “selfishness” through appropriate self pampering. Violets tend to process energy physically in their muscles and bones and will store energetic toxins in their own systems and may need massages or other body healing modalities to help process others energy, particularly grief or suffering. Violets need to manage their heart chakra energy closely so as to avoid taking on the suffering of those in their environment as their own.
Violets in relationship are highly self-sacrificing and will often go above and beyond to ensure the comfort and ease of others. Many people find violet souls nurturing and may look to them for reassurance in times of stress or turbulence. Violets like to be of service to those they love and can find themselves attracted to those who need rescuing or emotional protection. Due to their need to be of service in compassionate ways violets can sometimes become overly accommodating and may be prone to being taken advantage of in relationships when not operating from their highest vibrational frequency.

Romantic relationships can sometimes be a test of endurance for violets who may endure painful or abusive relationships when it may be time to cut ties. Violet souls should watch for issues of codependency in relationship as the soul’s desire to be of service can mix with certain personality or family history patterns that can impede healthy relationship boundaries. Violets can become manipulative in relationships when their needs are not met, they would do well to foster healthy boundaries so as to prevent their needs from being overlooked by intimates.

Integrated violet souls are compatible with any soul color because of their accommodating and kind demeanor but may enjoy the lighthearted positivity of yellows and oranges. Additionally they may have much in common with the spiritual intuitiveness of blue and indigo souls and may appreciate and share in their depth and wisdom. Violets first and foremost enjoy relationships where they can express their deep empathy and caring without the fear of being taken for granted.

**Balanced**: Service oriented, kind and powerfully compassionate.

**Unbalanced**: Martyring, overly emotionally sensitive and perfectionistic.

**Careers**: Service industry professions, counselor/therapist, childcare, nursing/medical, hospice worker, energy healer

**Divine Archetype**: Mother, Martyr, Queen, Matriarch/Patriarch
Indigo

“The Visionary”

Indigo souls are sensitive, pioneering, psychic and nonconforming. Indigos feel the need to raise the consciousness of others around them through breaking down or eliminating old systems of thought or beliefs. Indigo souls often feel they are different from other people even from a young age, but often couldn’t identify the source of this difference. Indigo people are often extremely sensitive and can have psychic or clairvoyant abilities that are hard for others to accept or understand. They may be highly sensitive to other people’s emotions or may have dreams or premonitions that are very accurate. At the very least, they are intimately connected with their spiritual guidance and often reject traditional religious dogmas to search for their own answers to spiritual questions. Indigos have a very high vibration and as such they may have a hard time communicating their knowledge or understanding to others at first and may seek to express their guidance creatively. Whatever the case, many Indigos will seek positions of visibility or notoriety to help spread their message.

Indigos feel a call to make a difference in the world and often feel as though they are meant to be well known or to make a big impact. They often grow dissatisfied with the status quo and can often be nonconformist, impatient and stubborn when it comes to upholding their values. People can sometimes mistake the indigo’s unconventional nature for being rebellious; when in actuality they feel they can only function within their ideals and integrity. If breaking the rules means doing that, than so be it for the indigo. Many indigos are quite sensitive and can struggle with depression and anxiety. Conversely their sensitivity can create feelings of alienation and they must work hard to stay connected to others.

Indigo souls are usually on the 3rd plane of consciousness or above and as such are considered middle-aged to older souls. Most indigos were born after 1981, however, there are those who were born before that throughout history who held the indigo frequency and often were harbingers of new ideas, systems or knowledge.

Indigos gravitate to spiritual practices that are both esoteric and energy-focused. They are often gifted healers or psychics and may find that rendering service through their intuitive faculties allows them to be more in touch with their own spirituality. Indigos must be careful not to reject all spiritual practices out of a need to be non-conforming or contrary. Indigos may also have a propensity toward moving from one spiritual practice to another in a non-committal way and would do well to focus their spirituality deeply in one area. The path of the intellect, devotion or action can all resonate with the indigo soul but it’s important that the path resonate with their individual value system and understanding in order to be fruitful for them spiritually. Additionally finding guides and mentors on the path that allow their individuality and free-spirited nature is vital. Indigos should practice regular energetic cleansing practices because of their sensitivity to the energies around them.
Indigo souls need relationships that support their idiosyncratic way of perceiving the world. Because of the indigo soul's sensitivity and often-psychic nature they seek relationships that nurture their intuitions and perceptions without judgment. Indigo souls seek those who can support their idealism and progressive spiritual visions and as such can have a difficult time being understood because of their tendency to be “ahead of the curve”. Some may have trouble understanding the indigo’s intuitions or visions and may be put-off by the indigo’s characteristic way of making proclamations about the future.

Indigos do well in relationships that have a great deal of freedom and they often seek unconventional relationship dynamics to prevent from feeling stifled by too much conformity or rigidity. Indigos often seek romantic relationships that can appreciate their eccentricity and emotionality without trying to change or control it. Indigos would do well to temper their empathic abilities in relationship lest they become too identified with their partner’s emotional, physical or mental pain. Indigos can also become stormy and despondent when they cannot control situations or foresee the future, and may become moody or difficult. Fostering greater patience (one of the indigo’s most difficult qualities to master) is key in deepening and maintaining relationship harmony.

Integrated indigo souls are compatible with any soul color but they thrive in relationships with souls that respect and honor their intuitive insights and desire to thwart conformity. Indigos often seek relationships with other indigos due to their shared understanding. Additionally indigos may be attracted to the intuitive insights of blues and violets. Some indigos may find the idealism of green souls refreshing and they can make dynamic couples.

**Balanced:** Intuitive, pioneering and spiritually aware

**Unbalanced:** Stubborn, emotionally volatile and elitist

**Careers:** Teacher, counselor, activist, psychic/clairvoyant, healer, writer, designer, filmmaker

**Divine Archetypes:** Innovator, Visionary, Prophet, Mystic
Crystal souls are sensitive, wise, pleasant and intellectual. People born with crystal as a soul color are highly sensitive to the energies of the world and other people. Crystals are deeply intuitive and often receive direct spiritual guidance that can be difficult for them to translate to others. Crystals are generally quite happy and easygoing and prefer to help create peace through their healing presence. Crystals have luminescent or extremely clear and deep eyes, which is an expression of their clear energy field and high spiritual plane of consciousness. Crystal souls are meant to be examples of the new consciousness on the planet and are often generators of spiritual energy without feeling the need to actively “teach” others about spirituality. At times, crystal souls can have difficulty with regular everyday physical life, and they may require assistance in dealing with practical concerns. The physical world can seem too harsh to them and so they can occasionally become depressed or reclusive as a way to manage the incoming energies. Because crystals are so in tune with high-level spiritual guidance they can become despondent at times when that guidance slows down or is temporarily stopped.

Crystal souls are almost all very old souls on the 5th plane of consciousness or above, which is significantly more advanced than 99.99% of all of humanity, and as a result may have difficulty being understood by others. They can be very philosophical and have problems translating their guidance or knowledge into terms other people can understand, which very rarely bothers them, but may be frustrating others. Most Crystal souls were born after 1989. They tend to recognize their spiritual position on the planet and feel connected to other crystal souls on a conscious or unconscious level, as they sometimes identify more as a collective unit rather than an individuated essence. Crystal people embody the archetype of the divine child because they possess both the wisdom of their soul age and the innocence and unconditional love of a child that is both inspiring and deeply healing to others.

Crystal souls often incarnate with an intact spiritual awareness. They gravitate to practices that allow them to express or explore what they already find to be true. Crystals typically resonate with the path of higher heart or higher mind, (which are the two frequencies needed on the planet at this time). Those who gravitate to higher heart tend to find devotional practices or rendering empathetic service to others highly fulfilling but they will do it in an unexpected and highly individualistic way. Those who resonate with higher mind will often gravitate to the path of the intellect and may find spiritual resonance in pursuing developing their own spiritual or esoteric systems. Whatever the case, all crystals benefit from embodied spiritual practices like yoga or somatic work to help ground them in their human bodies. Because they are so energetically sensitive it’s vital for them to practice regular spiritual cleansing.
Crystal souls seek relationships that honor their deep and profound spiritual insights. Crystals are generally happy and joyous souls that enjoy deeply relating with others on a spiritual level. They tend to be unbound by traditional relationship confines and as such may find great peace in “going where the love is” without the concepts of ownership or commitment. When crystal souls do commit in partnership they seek relationships that are incredibly open and built on pure spiritual foundations. They need intimates in their lives that also understand their difficulty in adapting to the harshness of the physical world around them.

Many crystals find partners who are adept at “earthly existence” that can help them ground and be more embodied in humanity. Crystals would do well to recognize that very few will understand their guidance on a conscious level and instead seek the experience of love rather than complete understanding. Some crystals can have problems with regulating emotions in times of spiritual emergency and need partners who can support them in times of mental/emotional distress when guidance is sparse.

Integrated crystal souls are compatible with any soul color but they thrive in relationships with souls that are comfortable with their philosophical or spiritual insights without trying to overly define them. Indigos, yellows and blues can intellectually and spiritually appreciate the crystal’s guidance and may help to ground their insights into more digestible, understandable language.

**Balanced:** Highly spiritually gifted, communicate complex information, carefree and happy.

**Unbalanced:** Mentally erratic, overly-sensitive, ungrounded

**Careers:** Physicist, philosopher, spiritual/meditation teacher, computer programmer, musician

**Divine Archetypes:** Eternal Child, Dreamer, Deity, Cosmic Traveler
Soul Coaching and Mentoring

To learn more about how your soul color, personality style, karmic contracts and spiritual plane of consciousness interact to create your unique imprint soul coaching and spiritual mentoring is highly effective. We find that understanding how the above-mentioned elements interact with each other creates greater self-confidence, compassion and ease, and helps to place one’s life experiences in a broader context to bring about lasting and profound change. Once you understand how these elements function on both a personality and soul level you can unlock your latent spiritual gifts and experience and surprising changes in your everyday lives.

We are both trained and certified Enneagram personality coaches from Enneagram Explorations. Additionally they utilize their spiritual training to help people unlock their own intuitive gifts and understand their karmic soul contracts to help advance those seeking greater fluidity in their lives along the planes of consciousness.

Contact Aaron or Sterlin to learn more about soul coaching, inspired business coaching or teaching and speaking options at info@insightfulinnovations.com or at 405-593-8245.

The purchase of this PDF affords you 15% off a coaching package of your choice. Contact us to schedule a session!