



Hello and thank you for using the Aurafit Mobile Biofeedback Technology!

The AURAFIT SYSTEMS measure BIO-DATA through the mobile AuraFit bracelet. This data is analyzed, processed and correlated with your emotional-energetic states.

We have grown to accept the fact that all individuals, all the time, are constantly expressing radiance, an aura, which is completely unique to our own personalities. But it is not only our own perceptions, which indicate that an aura field exists. There are countless descriptions of these phenomena from clairvoyants, people who are capable of perceiving or actually seeing the human energy field. Some of these sensitive and gifted individuals have proven again and again that they indeed have the ability to perceive a higher dimension of existence.

Many scientists from all around the world have also researched these phenomena. Throughout history, many different names and descriptions have been given to the human life energy field around us. Depending on their cultural background, various scientists and other individuals have referred to this energy field as: Biofield, electro-magnetic field, life force, chi, ki, vital energy or as most people call it, the Aura.

If you like to contact us or like to know more please visit our website:

www.aurafit.org

YELLOW-GREEN Creative, playful, sunny,
fun, entertainer, radiates optimism,
warmth, charm, easy going.



How to read your Aura Photo:

LARGE, WIDE AURA

with big chakras indicating strong and powerful radiance, other people can feel your strong aura. Use your charisma and aura power to achieve your goals and dreams

NORMAL AURA

with some big and some smaller chakras can mean that you have a good presence and at certain areas is the energy more focused. Achieve your goals by increasing your Aura even more and try to even out chakra centers by e.g. sending strong attention in your breathing.

SMALL AURA

with small chakras, others might perceive you as introverted or with low physical energy. Try to create a stronger radiance around you, increase your Aura Power.

ONE AURA COLORS:

A strong color indicates a strong direction in life; you found yourself and reflect it to the outside.

Every color has a specific meaning, please refer to the Aura Color Overview or contact your Aura Consultant.

MULTIPLE AURA COLORS:

A period of tremendous growth and change may be reflected by several aura colors.

LEFT SIDE [Female-Yin]:

The color on the left side is normally the vibration coming into your being. It's what you feel inside but might not have expressed.

ABOVE HEAD [Thoughts-Beliefs]:

The color over your head is what you experience for yourself now. It reflects what you think or believe at that moment and shows your current state of mind.

RIGHT SIDE [Male-Yang]:

The color on the right side is traditionally the energy being expressed, the qualities most likely seen or felt by others around you. It is what you are putting out to the world.

CENTER [Base Aura Color]:

Your most dominant Aura Color is seen in the center of your body. This Base Aura Color helps determine your Personality Type and does not change as fast as the outside colors.

Your main Aura Color is YELLOW-GREEN and is strongly associated with the 3rd chakra or Solar Plexus Chakra.

YELLOW-GREENS is a mixture between YELLOW and GREEN and is associated with the 3rd and 4th chakra. You are a very creative, playful person with the ability to be a great entertainer and radiate optimism. You have a warm charm and at most times easy going.

Physical Areas This Energy affects:

Stomach, vegetative nerve system, heart and blood, circulation

Physical Dysfunctions:

heart conditions, asthma, lung & breast cancers, thoracic spine, pneumonia, upper back, shoulder problems

STATEMENTS THAT FIT THIS COLOR TYP:

I'm very social, communicative and natural

I love animals especially dogs, horses and cats.

Intimacy means love, affection and sharing.

I need to have fun, play, exercise or be around people.

I look younger than my real age.

Qualities When In Balance:

If YELLOW-GREEN shows up as one color in your aura field you might be a true YELLOW-GREEN personality.

Yellow-Green's are outgoing, happy and communicative if not chatty. You are very original since mental activity and clarity is mixed with spontaneous energy; your enthusiasm is catching. You have a great sense of humor, a talent for organization; studying and love for traveling and good learning abilities.

You are very creative. At times you can be very talkative and

communicative. You love to work with your hands and enjoy doing such things as writing, painting, repairing things or sculpting.

You know how to enjoy mental-creative and physical reality with all its variations. Your mind works quick, abstract and analytical themes are interesting and easy to understand for you and can jump from one step to another without being concerned with the steps between.

You have a need for relationships. You can be sensitive and caring in relationships. You prefer a partner whom you can laugh with, support and take care of him/her, and who accepts your need for freedom.

You love to flirt since you are emotionally charged by the excitement of meeting new and different people. For these addictive, color personalities the other sex is a way of connecting with life and also compensating for their own energy deficiencies. You prefer being in a light, playful, intimate relationship without the emotional baggage of heavy commitments and lingering problems.

Qualities When Unbalanced:

Dark/Muddy YELLOW-GREEN can indicate stress; physical exhaustion; a tendency to worry or an obsession with career.

But you can be responsible but you hate commitment. Dark and muddy colors indicate a nervous temperament and can also indicate stress; physical exhaustion; a tendency to worry or an obsession with your career. You need to understand the differences between being independent, but loving and committed, and using a relationship as a substitute for your own problems.

Out-of-power you will be drawn toward negative dependencies such as drugs, alcohol, cigarettes, caffeine, candies, overeating or unrealistic philosophies. Addictions can become futile to your health and well being.

You can talk for hours since it's therapeutic for you. You tend to talk about your own experiences much more than about other people's concerns. But you also need a lot of time for yourselves. Relaxing at a peaceful lake, in a wonderful garden or in your own home is very recharging and fills your life energy battery. You love to just be with close friends, talk about old times, take it easy, relax and enjoy life.

How to achieve AuraFit Balance:

Balance yourself with INDIGO colors, e.g. meditate, practice yoga and eat violet food. Learn to express your powerful energy in a creative way or try wearing INDIGO crystals and INDIGO cloths for a while.

Activities like bicycling, tennis, dancing, jogging or other long-muscle exercises are recommended and should be practiced daily. Active meditations such as Dynamic Meditation, Qui-Gong or Tai Chi have positive effects because they focus the mind and connect the physical body with the universal energy flow.

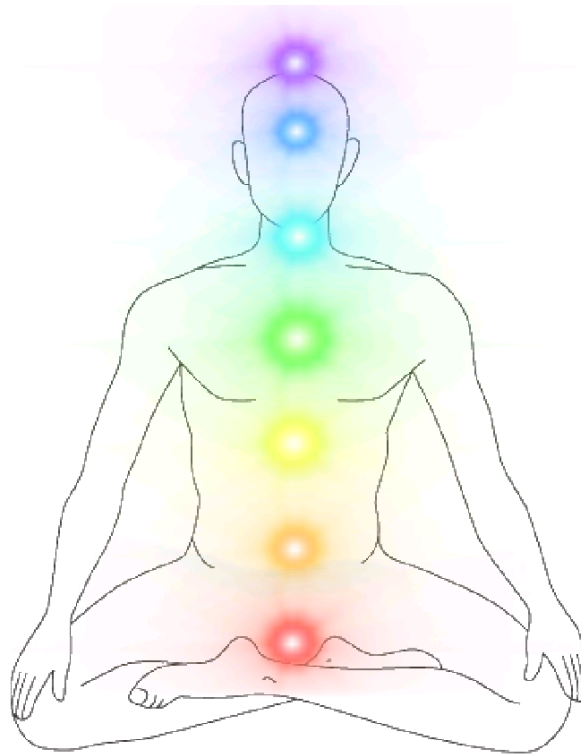
If this all doesn't help you should reconsider your feelings. What if there is something that offended or blocked your emotions in the past? When did negative feeling submerge? Finding the source starts any healing process, you need to look inside and forgive yourself and possible others.

Affirmation:

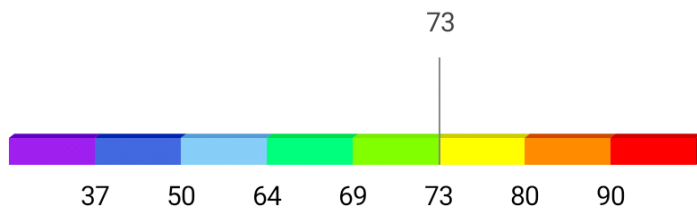
"I love and accept myself exactly the way I am."

General Aura Color Overview

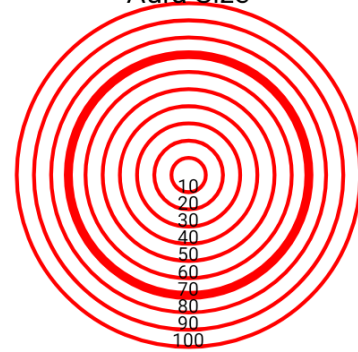
DEEP RED	Physical, hardworking, realistic, physical active, grounded, strength, survival, physical explorer.
RED	Energetic, physical, down-to-earth, competitive, courageous, strong will-power and strength, physical explorer.
ORANGE-RED	Competitive, leader, physical powerful, achiever, sexual, promoter, strong stamina.
ORANGE	Productive, creative, adventurer, enjoyment, challenge, thrill seeker, positive action oriented.
YELLOW	Analytical, intellectual, productive, detail oriented, structured, security oriented, reliable, perfectionist.
YELLOW-GREEN	Creative, playful, sunny, fun, entertainer, radiates optimism, warmth, charm, easy going.
GREEN	Social, natural, balanced, teacher, loves to communicate, share and be with others.
GREEN-BLUE	Communicative, quick minded, social, leader, responsible, organizer, driving force, ambitious planer.
BLUE-LIGHT	Helpful, compassionate, organizer, communicator, desire to service and support others, nurturing.
BLUE	Caring, sensitive, loving, loyal, helper, peaceful, nurturing, deep inner feelings, introverted.
INDIGO	Calm, deep inner feelings, loving, seeker, introverted, inner knowing, authenticity, high, sense of inner values, artistic.
VIOLET	Intuitive, artistic, idealistic, magical, sensual, theorist, futuristic, visionary, charismatic, non-conformist.
LAVANDER	Imaginative, mystical, daydreamer, artistic, soft, fragile, sensitive, often appear spacy, unrealistic or etheric.
WHITE	Transcendent, spiritual, quiet, highly sensitive, live in higher dimensions, strong spiritual connection, ungrounded.



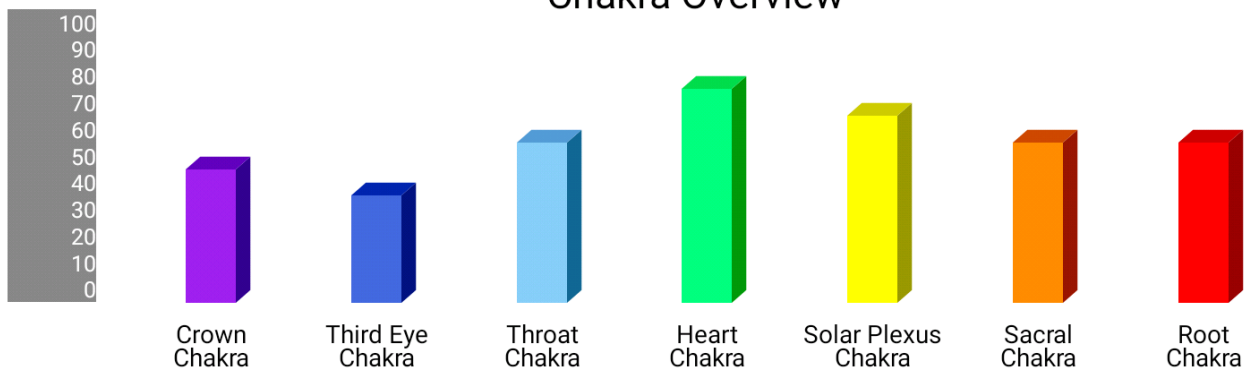
Chakra Energy Meter



Aura Size



Chakra Overview



THE CHAKRA PAGE

AURA SIZE

is indicated on your Chakra page. The red circle indicates the size of your aura and is an important indicator of how much energy you radiate around you.

A large, wide aura (75–100) indicates a very strong and powerful radiance. Other people can feel your strong aura. Use your charisma and aura power to achieve your goals and dreams.

A middle-sized ring (40–75) indicates that you have a normal, healthy presence and radiant energy. You can achieve your goals by increasing your aura even more by focusing on your goals.

A small aura (0–40) indicates low energy level. Others might perceive you as introverted or with low physical energy. You might feel not good, even a bit sick. Try to create a stronger radiance around you and increase your aura power.

CHAKRA ENERGY METER

The higher the number the higher is your physical energy level. The lower the number the higher your spiritual connection. Try to get in the middle level towards green to balance your mind and body overall energy.

CHAKRA ENERGY

The 7 Chakras are the most important points of contact of your inner self. If all the chakras are leveled you know how to master energy!

YOUR AURA CHAKRA BALANCE

This graph indicates your overall aura chakra balance.

- Highest level reached = Very balanced, your Aura and chakras are in harmony.
- Medium bar = balanced, your Aura and chakras are normal balanced.
- Low! Aura and chakras are stressed with low energy. Improve your aura and chakras conditions to relax your overall energy

There can be more than one chakra dominant, which means you perceive life with these qualities. The higher a bar the more dominate you will feel its qualities. Read below about the chakra meanings:

1. Chakra: Root Chakra (in Sanskrit: Muladhara)

The Root Chakra connects us with our body and vitality and the earth energies. This chakra is located at the end of the spine and corresponds to life energy, physical activity, emotional strength, will power and sexuality.

Related body areas and organs are joints, muscles, heart, blood and nervous system.

A high bar means radiant, sensual and passionate qualities; a medium bar shows a healthy lifestyle; a low bar indicates a difficulty to progress in life.

2. Chakra: Sacral Chakra (Svadhithana)

The Sacral Chakra is the creative flow of pure life energy, our relationship to the vitality and passion for life. It plays a central role for the expression and perception of emotions. This chakra is located below the navel and corresponds to creative, productive and emotional expression. Related body areas and organs are our intestines, spleen and the digestive track.

A high bar shows productivity, strong emotional expression, medium height productivity and emotional creativity and a low bar indicates limited emotional expression. Try to increase your creative qualities and abilities to strengthen this chakra.

3. Chakra: Solar Plexus Chakra (Manipura)

The Solar Plexus Chakra is located at the solar plexus and corresponds to personal power, creative and intellectual thoughts. Related body areas and organs are stomach, solar plexus and liver. It is the seat of our identity as a person, our personal power and strength. The topics of the 3rd Chakra are personality, self-confidence, will, power, action, control and intellect.

A high bar indicates creativity, intellectual and analytical thinking with playful qualities. A medium bar shows normal creativity qualities and a low bar shows a low creative input. Try to have more fun and joy in your life to increase your creativity.

4. Chakra: Heart Chakra (Anahata)

The Heart Chakra is located around the heart area and processes the experiences of love and fine feelings and the emotions that are associated with it. These emotions include love, compassion, devotion, grief, pain and gratitude. It relates to the balance between Body, Mind and Spirit.

A high bar indicates a strong emotional connection and great communicate skills. An average height indicates loving and sensitive qualities. A low bar shows low expressive qualities. Try to open your heart to connect to your deepest feelings.

5. Chakra: Throat Chakra (Vissudha)

This chakra is located around the throat and relates to communication, speech, social abilities, verbal and emotional expression.

If this bar is high up it means you are a true artist and share easily your emotions with others. An average height of the bar here indicates good

creativity and a compassionate person. Unbalanced energy shown through a low bar can mean limited emotional and verbal expression at the moment. Maybe you feel sick or something disturbed your feelings towards others. Look inside for answers and find new ways to express your thoughts and emotions.

6. Chakra: 3rd Eye Chakra (Ajna)

The 6th Chakra is the seat of the pure presence of the soul. It connects us to the higher intuition and the guidance of our soul. It is also the seat of consciousness, the higher mind and inner vision. The related body areas are the eyes, the nervous system, brain and forehead.

A high bar here indicates high intuitive energy, strong artistic and intuitive qualities. A medium bar still shows over-average intuitive energy with artistic qualities. A lower bar shows a low level of intuitive and artistic qualities.

Are you stressed? Time to meditate or simply relax more to find the time to look inside to connect to your intuitive side and creativity.

7. Chakra: Crown Chakra (Sahasrara)

The Crown Chakra is open upwards; it connects us with the divine. This chakra is located on top of the head and corresponds to intuition, spirituality and enlightenment. Related body areas and organs are brain, nervous system and the top of the head.

A strong bar shows intuitive energy, high radiance, sensitivity and strong spiritual qualities. You might feel the high energies running through your spine! A medium bar shows good intuitive energy, you are very sensitive and have high-developed spiritual qualities. Sometimes this energy can be so high you feel lost or scattered. If this is the case you need to recharge all your other chakras immediately by connecting to all through visualization or similar techniques.

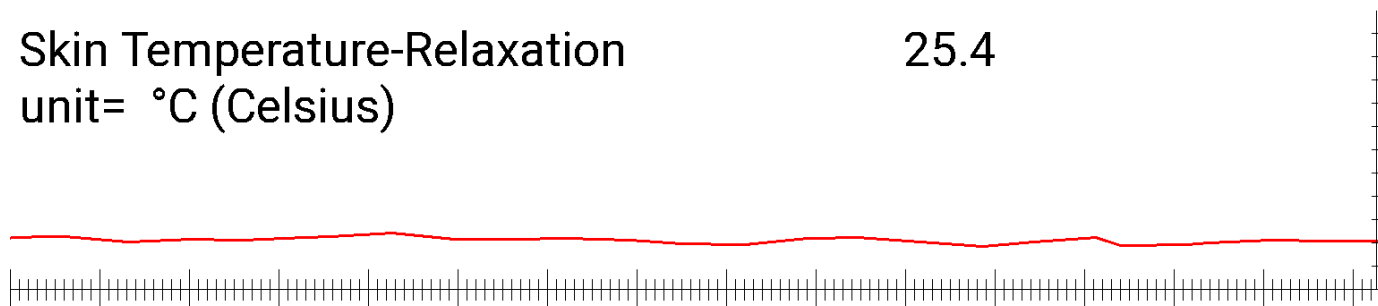
A low bar shows that the need for spirituality is not very high yet. To strengthen this chakra you can learn meditation or simply being in the moment. Low bar here might also say that you have a different perspective in life and need to put your focus on more current needs. Often white energy shows transformation and change, you might be in the middle finding a new direction in your life

The next page shows your individual GRAPH PAGE, which gives you an overview of how your energies are distributed between Body, Mind and Spirit.

60% battery

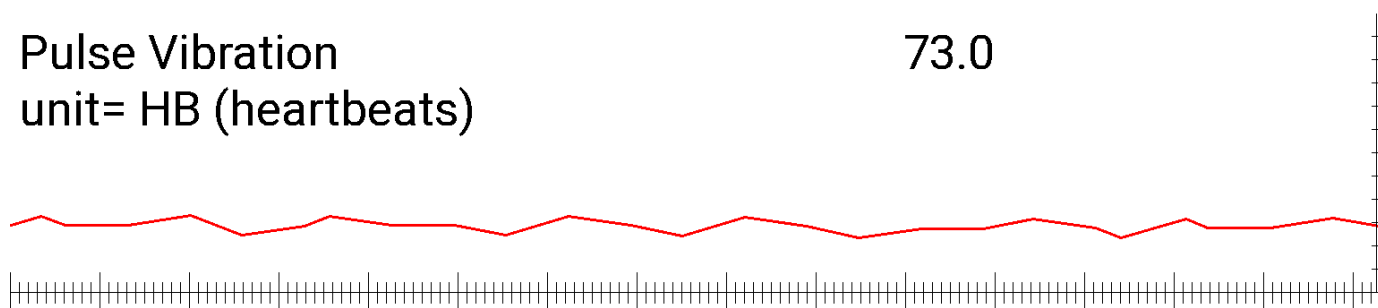
Skin Temperature-Relaxation
unit= °C (Celsius)

25.4



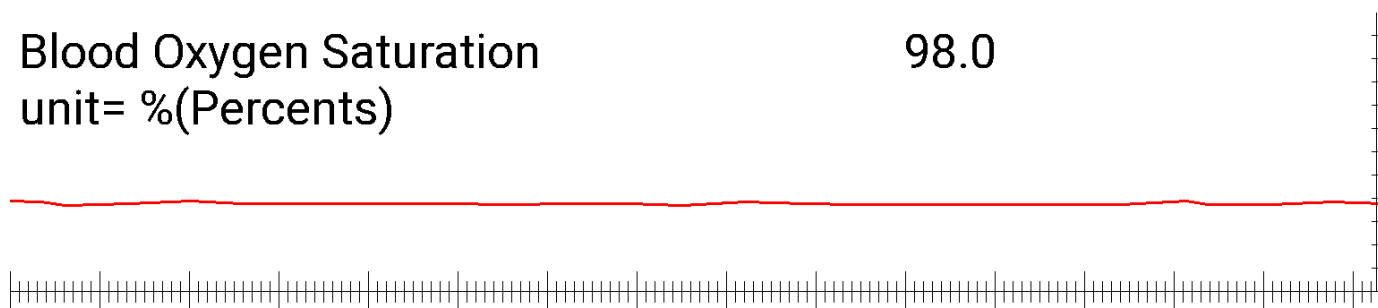
Pulse Vibration
unit= HB (heartbeats)

73.0



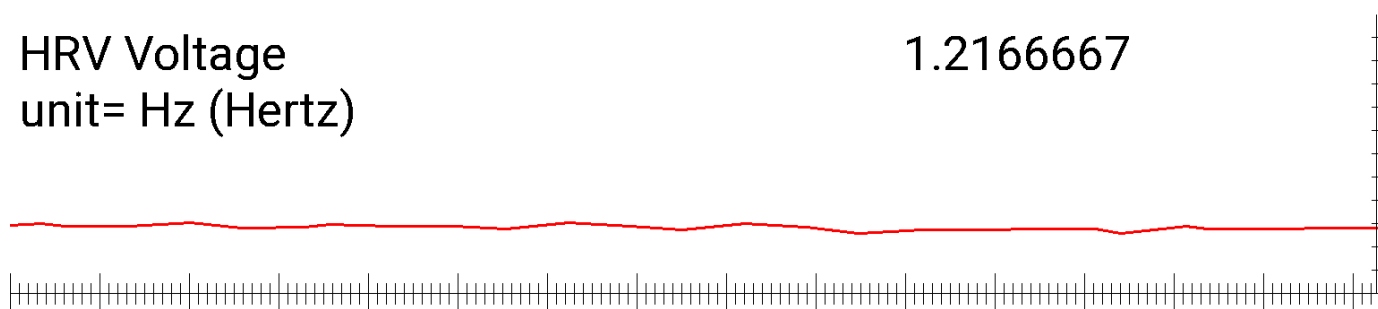
Blood Oxygen Saturation
unit= %(Percents)

98.0



HRV Voltage
unit= Hz (Hertz)

1.2166667



The SKIN TEMPERATURE GRAPH

shows your actual skin temperature; typical is a value between 25–32. Strong wave lines show that you are highly emotional stressed, agitated, very excitement and probably pretty nervousness. A smooth wave lines show you are centered, stable, passive and keep emotions inside.

The PULSE GRAPH

displays your actual PULSE. STRESSED lines mean tense, stressed condition will register as many up and down lines. RELAXED lines mean you are in a relaxed harmonious state, the line will be smooth and be fairly straight.

The BLOOD OXYGEN SATURATION GRAPH

can be a sensitive and responsive marker to acute stress. This diagram shows the heartbeats recorded like its done with an electrocardiogram (ECG). Note that variation in the time interval between consecutive heartbeats, giving a different heart rate (in beats per minute) for each inter-beat interval. An increase in your base value indicates a decrease of your stress response and an increase in your body-mind relaxation.

A steady waveform indicates daily physical activity or normal relaxation level reached, the % rate should be close to 100%.

The HRV GRAPHS

displays your HEART RATE VOLTAGE and reflects the coherence or connection between body, mind and heart.

The HRV is a measure of the patterns embedded in the heartbeat and a reflection of the autonomic nervous system. The nervous system, heart rate, blood pressure regulation and respiration are under control of autonomic nervous system. HRV is an excellent indicator of many health parameters. If the lines are very stressed your Body-Mind-Heart Connection is strong. If the line doesn't move much means you have a normal connection. A value up to 1.5 hz shows a normal range, anything higher should be closer monitored at a doctors office.

The Heart Rhythm

The normal variability in heart rate is due to the synergistic action of the two branches of the autonomic nervous system (ANS), the part of the nervous system that regulates most of the body's internal functions. The sympathetic nerves act to accelerate heart rate, while the parasympathetic (vagus) nerves slow it down. The sympathetic and parasympathetic branches of the ANS are continually interacting to maintain cardiovascular activity in its optimal range and to permit appropriate reactions to changing external and internal

conditions. The analysis of HRV therefore serves as a dynamic window into the function and balance of the autonomic nervous system.

The moment-to-moment variations in heart rate are generally overlooked when average heart rate is measured (for example, when your doctor takes your pulse over a certain period of time and calculates that your heart is beating at, say, 70 beats per minute). However, the AuraFit technologies allow you to observe your heart's changing rhythms in real time. Using your pulse data, your HRV Coherence and the HRV-Voltage it provides a picture of your HRV - plotting the natural increases and decreases in your heart rate occurring on a continual base. Emotional stress, including emotions such as anger, frustration, and anxiety gives rise to heart rhythm patterns that appear irregular and erratic: the HRV waveform looks like a series of uneven, jagged peaks. Scientists call this an incoherent heart rhythm pattern.

Positive emotions send a strong signal throughout our body. When we experience uplifting emotions such as appreciation, joy, care, and love; our heart rhythm pattern becomes highly ordered, looking like a smooth, harmonious wave.

QUESTIONS / ORDERS:

AURAFIT SYSTEMS

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