

Red – A Physical Aura Color

- Physical, robust, rugged, fiery, powerful, strong-willed, lustful and sexual
- Action-oriented, live life in the here and now, independent (can sometimes be a loner)
- Bold, courageous, strong, self-confident and hard working
- No other color has as much physical stamina, power, and raw energy
- Ever ready to lend a helping hand to a friend in need
- Believe in what they can see, hear, taste, touch and smell
- Spiritual beliefs do not interest them in the slightest; life is biological not spiritual
- Literal thinkers (not abstract, philosophical, or ethereal)
- The most realistic and practical workers of all the aura colors
- They have intelligent hands and can fix just about anything that's broken
- Don't like to express feelings, sensitivity, or deal with other people's emotional problems
- Prefer jobs or occupations that require physical work; love being outdoors
- Like seeing the immediate, tangible results of their work
- While other colors are assessing and analyzing, Reds are busy doing; nonpareil in emergencies
- When uncentered, they can withdraw emotionally while lashing out physically
- Have excellent self-protective instincts
- Centered Reds are honest, hard working, loyal, trustworthy and have a lust for life
- Uncentered Reds can be sharp-tongued, short-tempered and physically violent
- Determined, persistent, never give up (can be stubborn)
- Brutally frank and honest with their point of view (can be close-minded)
- Enjoy passionate, lustful sex; it's often no more than an expression of pure physical pleasure
- Learning must be applicable and produce concrete results
- Red children do better with tangible rewards rather than displays of affection or praise
- **Famous Examples:** Mike Tyson, Mae West, Russell Crowe, Dolly Parton (Red/Yellow), Sean Penn (Red/Yellow), Dwayne "The Rock" Johnson (Red/Violet).

The **Life Purpose** of someone with the primary color of Red is to do what they do naturally – (1) use their strong character and physicality to perform any task and (2) to thoroughly enjoy the physical pleasures of the world with zest, gusto and lusty energy.

The **Basic Fear** of someone with the primary color of Red is the fear that their own unmanaged anger and passion will cause someone harm or cause them to be rejected.

Reds usually like occupations that involve physical labor, manual dexterity (i.e., using tools and equipment) and give immediate, tangible results. Typical Red occupations include the following:

- Actor/performer
- Aerobics/fitness instructor
- Anesthesiologist
- Athlete (especially sports using brawn)
- Athletic coach or trainer
- Bartender
- Bodybuilder
- Bodyguard/bouncer
- Boxer
- Butcher
- Carpenter
- Chef
- Civil engineer
- Computer/electronics technician
- Construction worker
- Critical care nurse
- Dancer
- Delivery person
- Electrician or electrical technician
- Emergency response worker
- Entrepreneur
- Factory worker
- Farmer/rancher
- Firefighter
- Fisherman
- Football player
- Forest ranger/forester
- Freight loader/unloader
- Gardner
- Hardware store worker
- Heavy equipment operator
- Hockey player
- Laborer
- Landscaper
- Lifeguard
- Machine operator
- Mason
- Mechanic
- Mechanical engineer
- Model
- Military personnel
- Mover
- Painter
- Paramedic
- Park ranger
- Personal fitness trainer
- Physical therapist
- Physician or surgeon
- Plumber
- Police officer
- Postal carrier
- Private investigator
- Produce worker
- Production supervisor
- Radiologic technician
- Recreation leader or worker
- Repairman or woman
- Reporter
- Rescue worker
- Respiratory therapist
- Rodeo cowboy
- Roofer
- Rugby player
- Salesperson
- Shipping/receiving worker
- Shop foreman/woman
- Singer
- Ski instructor
- Soccer player
- Steelworker
- Technician
- Trades worker
- Transportation operator
- Travel agent
- Tree pruner
- Truck driver
- Waiter/waitress
- Wrestler

What Reds enjoy spending their work time doing:

- Building and rebuilding
- Fixing and repairing
- Working outdoors
- Driving transportation vehicles
- Using large tools and machinery
- Solving concrete problems
- Operating heavy equipment
- Operating precision machinery
- Using their hands
- Using precision tools and/or equipment
- Providing security and safety
- Protecting/beautifying the environment
- Producing tangible results
- Doing manual labor
- Assembling, networking, or repairing computers and electronics
- Working independently
- Finding solutions to mechanical problems
- Handling emergencies
- Playing a professional sport

For those of you that know other systems well I am providing the following table to assist in your understanding of the RED aura color.

The energy of the RED aura color is most like.....	in the following system....
Type #8	The Enneagram
ESTP, ENTJ and INTJ	The Myers-Briggs System
The Bodily-Kinesthetic intelligence	The Multiple Intelligences System
The elements Fire and Earth	Astrology
The sign Aries	Astrology
The planet Mars	Astrology
The number 1	Numerology
Pitta dosha	The Dosha Type System
The Ace of Pentacles	Tarot
The Warrior role	The Michael Teachings
The Warrior	Carol Pearson's Archetypes System
The " Dominance " social style	The DiSC Personality System
The " Opportunist "	Travis Bradberry's Personality Code System
The " Driver " social style	Bolton and Bolton's Personality System
The " Director " social style	Tony Alessandra's Personality System
The " Realist "	The "3 Sides of You" System
The " Aggressive " style	John Oldham's Personality System
The Realistic general occupational theme	Strong Interest Inventory