



THE
ALIGNED ^{AND}
PROSPEROUS
MYSTIC

Elevate Your Business from 3D to 5D
with the Energies of Color

ARDEN REECE

Our true nature is “as light, a ray that does not end, lives on and on until it becomes one in essence with the source of light.”

—Edgar Cayce

You have a unique purpose on this planet...and your color energies, specifically your soul color, express that.

I discovered that along with aura and chakra colors, we had soul colors that communicated our purpose. And a lot of my work has been based on bringing this information forward.

This guide was created to help you move your business energy from 3D to 5D (and beyond!) and provide you with the tools to access those color energies that serve as your bridge. The goal of this guide is to help you move from feeling unclear and confused to feeling confident and excited about your soul's colors that are here to support and activate your work.

I've seen huge transformations and I'm excited to share some of its pearls of wisdom with you so you can activate your soul's purpose and work with the energies of color.

To getting aligned and prosperous,

A handwritten signature in black ink, appearing to read 'Arden', written in a cursive style.

Red-Violet Soul with Blue-Green Life Path

What are the Energies of Color?

Color lives within the visible and non-visible spectrum...it works with both your physical, emotional, and spiritual energies such as the colors you wear, the colors you experience in your environment, and your chakra, aura, and soul colors.

Since color works multidimensionally, it has an intelligence that holistically weaves together your mind, body, and spirit with your soul's purpose.

Most importantly, you are automatically moving past 5D and accessing the realm of 6D consciousness which is the realm of Divine creativity when you use your soul color. When you create that alignment with the 6D realm by using your soul color, you become more intuitive, creative, and in touch with your true work and purpose.

And, when you work with colors that are aligned with you, you embody your true essence and people take notice. They truly SEE you—more deeply and authentically.

The Importance of Your Soul & Life Path Colors

Most of us don't know what our soul and life path (or guidance) colors are but once you start scratching the surface, you'll realize you knew all along.

When I was in high school, my close friends pulled me aside one day for an intervention. A color intervention, that is. I had worn pink and turquoise for 52 days straight—they had been counting.

Granted, I was unaware of soul or life guidance colors at the time. Yet, red-violet (which pink is part of) and turquoise (blue-green) were mine. Subconsciously I knew this and it explains why I wanted those colors around me as they brought me energetic support. Yet that intervention scarred me and I never wore pink again and grew to vehemently dislike it! 😊

Later in life when I discovered that my soul and life guidance colors were red-violet and blue-green, I was surprised. Here are these colors again! I loved all colors from the blue-green hue: turquoise, seafoam, teal, and aqua—I used these in my home and my wardrobe.

But the big shocker was red-violet. It has the color child, pink, that I had a love-hate relationship with my entire life. Our experiences with color, coupled with our collective unconscious responses to certain colors, can stop us from receiving the support of color.

During the times I embraced and loved it, my life was filled with joy and happiness. During the times I detested it and kept far away from it, my life was stressful, emotionally difficult, and tough.

I know it can sound odd that color has that effect on us, but it can have a profound effect when it's your soul color. Your soul color is unique to you and when you focus on it, you become more aligned and on purpose.

Your Soul Color

Your soul has a main color that your soul was 'born' with and it stays with you forever.

Source (aka Divine, God, Omnipresence) is pure white light and white light is all color rays combined. When your soul was born, your unique color ray refracted from Divine white light with its own vibration and purpose. The purpose of each soul color is to express an aspect of Divinity. Imagine all these beautiful souls created from the omnipresent light, millions of different colors swirling and moving in perfect harmony.

We are the same yet in this physical world, we are all unique expressions of the Divine, like splatters of paint from a brush. **You truly are here to do something that no other soul can do!**

Soul colors are different from your chakra, aura, and life guidance colors (which I'll share more about in a bit.) For one thing, your soul color is found in

your soul field...it doesn't share the same field as your life guidance and aura colors.

Your Soul color surrounds you and is aligned with your divine purpose—it reflects what your soul is here to do. It is a color child from your soul hue family and different from your life guidance color in that it doesn't have a shadow side.

There are 11 soul color families of which nine have parent hues with multiple color children. The other two, white and gold, are children of specific parent hues; because they are unique, they are considered separate.

1. Red
2. Orange (also known as Yellow-Red)
3. Yellow
4. Green (includes Yellow-Green)
5. Blue-Green
6. Blue
7. Blue-Violet (also known as Indigo)
8. Violet
9. Red-Violet
10. White/Rainbow
11. Gold

Elevate Your Work to 5D/6D and Activate Your Soul's Purpose

Your soul color will connect you with your soul's energy, activate your purpose, and help raise your vibration. It represents the best version of you and is your guiding light. When you bring attention to this color and start using it, **you will get more on purpose and become an optimal version of yourself.**

By keeping your soul color in mind, you'll easily tune into the frequency of your soul. You can wear it close to your body with items such as underpinnings or socks, or in a gemstone that represents its truest color. When it comes to clothing, you may not be able to wear the exact color you saw so you'll want to change the color to mirror your Color Personality.

Your Life Guidance Color

Your life guidance color (aka life path) supports and grounds you in your life. It is the spark of color that ignited your being when you entered your mother's womb. When you transition on, it releases itself from your energy field.

If you believe in reincarnation, each life you live will have a different life guidance color found in the visible spectrum. (We all experience a new life guidance color in each life...retaining the same soul color each time.)

Your life guidance color is typically your favorite color and conveys your personality and characteristics including your dominant emotional "vibe". For example, if your life path is green, then you take a more balanced approach to life, preferring to work independently yet collectively.

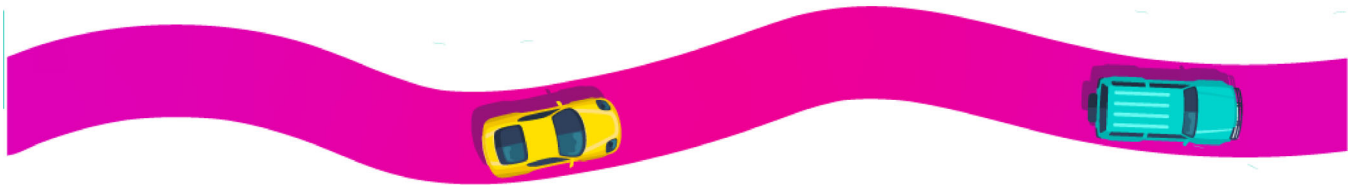
It also shows you your challenges and blocks. Each life guidance color has a shadow side; understanding how those colors can affect you will help you navigate life easily.

Use your life guidance color in your home, your brand, and your wardrobe.

How Your Soul + Life Guidance Colors Work Together

Your life guidance and soul colors work in tandem together for your highest good. Your life path color enables you to fulfill your soul's purpose – think of it as the "how" to deliver your soul's purpose's "why."

Another way to look at it is to think of your soul's goal as oneness and non-duality—your North Star. Your soul color is the road on the map that gets you there, and your life guidance color is the car that you drive a portion of the way. (with reincarnation, each color car you drive will be different!)



Where They're Located

Your soul color is located outside of your auric field, in your soul field, and is represented as a perfect circle surrounding you. Your life guidance color is within your auric field, typically in the torso of your body, and together with your soul color, they make up part of your soul rainbow.

Your soul color, shown in the image on the next page as magenta (for illustration only) surrounds you in a perfect circle (not like the oval shown) just like a rainbow would if it weren't blocked by the earth's landscape.



Your life guidance color surrounds the torso of your body (shown as blue-green for illustration.) It is within the auric field and is usually a color you strongly resonate with.

I always see it in the torso of my client's body. I've also seen through Kirilian photography that life guidance colors make up the main color of your aura. There is no research behind this, simply observation.

These two colors make up part of your soul rainbow which is shown on the right.

For example, if your soul color is Red-Violet and your life guidance color is Blue-Green, then the seeking, curious nature of blue-green helps you to research and share the truth about your purpose of bringing beauty and transformation.

There are times when the life guidance color becomes so strong, it can fill your entire auric field. This happens when you get too focused on the 'how' of living your life and forget the 'why.'

Focus on the "why" of living your life, which is your soul color's purpose, and allow your life guidance color to support you in fulfilling that purpose.

Determine your Soul and Life Guidance Colors

Preparation

Make sure that you are grounded and centered before undergoing the following visualization. Many people have different ways of doing so...here are a few ideas to guide you so that you can find your way (or combination of ways) in preparing:

- ★ Light a candle
- ★ Clear your space with sage
- ★ Spritz your area with a sage spray
- ★ Use harmonic tuning forks to align yourself (BioSonics.com is a reputable resource)
- ★ Breathe deeply and consciously for 1-2 minutes repeating “So” on the in-breath and “Hum” on the out-breath. (so-hum)
- ★ Meditate
- ★ Do yoga
- ★ Ecstatic dance
- ★ Focus on your chakras and ensure the colors and energy are aligned
- ★ Listen to peaceful, meditative music
- ★ Go for a walk or hike in nature
- ★ Hold a special crystal and set your intention

Above all, your goal is to clear your mind and set your intention to see your soul color. I find that the best way to clear the mind is through movement like yoga or taking a walk. Do whatever works best for you.

Don't think too much about what color you want to see or hope to see. Go in with a clear mind and accept the first color that shows up.

Soul Color Visualization

- Go into meditation and connect to your heart and higher self.
- Once you are connected with your higher self, ask for assistance in accessing your soul's realm (aka the causal realm.)
- One of your spirit teachers or guides will be there to assist you in sensing your soul color.
- Ask for this color to be shown to you as a beautiful orb of light and wait for it to appear visually or for you to sense or hear it.

To determine your life guidance color, right after your soul color is revealed, ask to see, sense, or hear what your life guidance color is. You may see or sense the color right away. That's it!

Write your soul color here: _____

Write your life guidance color here: _____

Important Note: If you're working on refining your intuition and are unsure about your soul color, you can [go here to download a guided soul color visualization](#). If you're having difficulties with your life guidance color, select the first color that comes to you. And if you're still unsure, select your lifelong favorite color since it's most likely your life guidance color.

Soul Colors & Purposes

Now that you know your soul and life guidance colors, let's check out their overall purposes and meanings. By **understanding the meaning of your soul color**, you're also tapping into and **activating your purpose**.

Red



Your purpose is to bring love, passion, and red-hot action to the world.

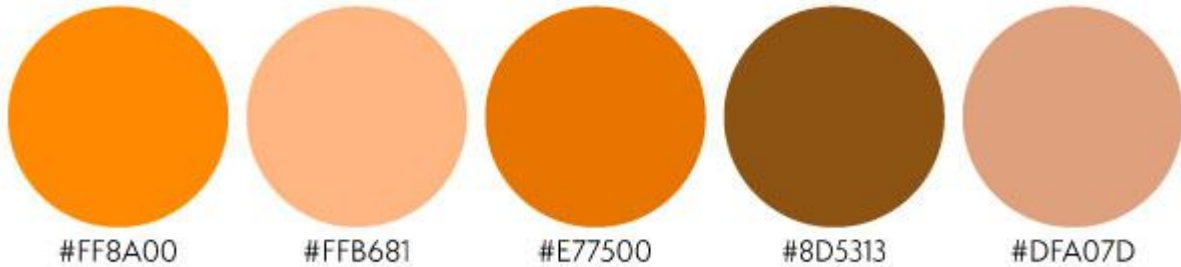
Simply put, **Red Souls get things done**. They love being a part of the collective community and being a central part of their family and close friends. Whether they're organizing a Friday night dinner party or planning a getaway for their BFF's birthday, you can rest easy knowing that Red Souls have got it covered. They tend to be very active, adept at sports, or physically coordinated.

Plus, they're **incredibly loving and grounded**, which makes them adored within their social circles.

KEY LESSON: To create a family/boldly love

LIFE PATH: To be social and bring others together (event/party planning)

Orange



Your purpose is to bring warm, playful energy to the world.

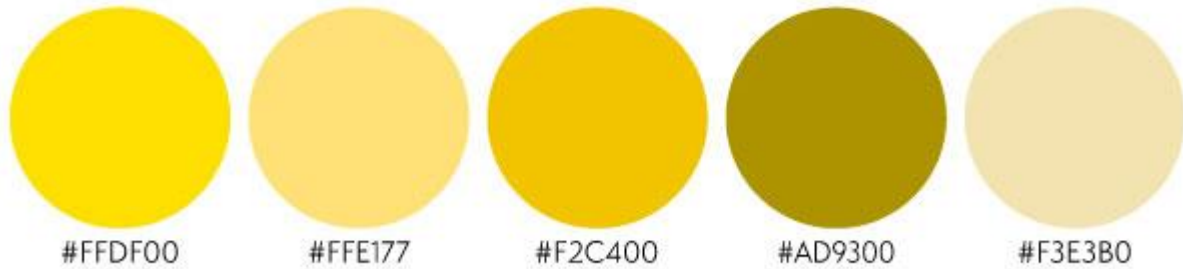
Full of lightness and warmth, **Orange Souls** are the kind of people you just *want* to be around. Lively, happy, and with a great sense of humor, they are always the ones making others laugh in the room.

Orange Souls are grounded and enjoy life to the fullest—they enjoy hanging with friends, love being active, and like to know what’s happening in the world around them. They are friendly and kind, and would never intentionally hurt a fly.

KEY LESSON: To find joy in life

LIFE PATH: To stay well-grounded, to be a close confidante and friend

Yellow



Your purpose is to bring the world clarity, acceptance, and belonging.

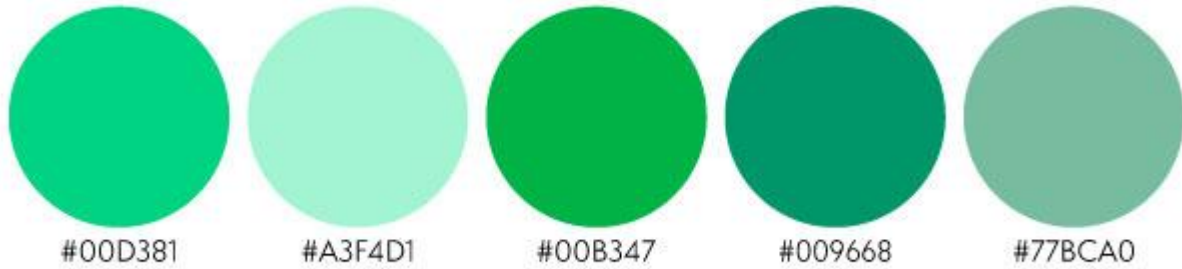
Do you know the people who just seem to know *everybody*? These are often our **Yellow Souls**. They are the bridge-builders and the connectors of our world. You can spot them by their savviness and that certain twinkle in their eye.

Surrounded with a sense of warmth and belonging, **Yellow Souls** lift the world. They teach us how to connect by displaying non-judgment and through sharing different perspectives...they enlighten us. We have a lot to learn from these knowledgeable beings.

KEY LESSON: To see others without judgment

LIFE PATH: To organize and create order

Green (including Yellow-Green)



Your purpose is to be the caretaker and steward of the planet and facilitate growth.

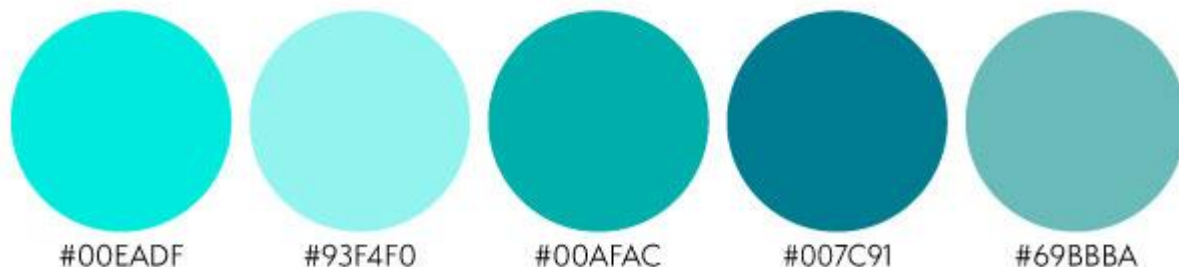
If you ever thought some people were destined to be green thumbs, you were right. **Green Souls** tend to the gardens of the “heart and soul” of all beings, including the earth. They are compassionate, nurturing and foster harmony—both in the physical and spiritual sense.

They are our world’s healers, teachers, and nurturers. **Green Souls** work independently yet collectively in a harmonious way toward creating balance in the world **and** the mind, body, and soul.

KEY LESSON: To develop sovereignty (not people-please)

LIFE PATH: To connect with nature, to provide healing

Blue-Green / Aqua



Your purpose is to deliver authenticity and truth to the world.

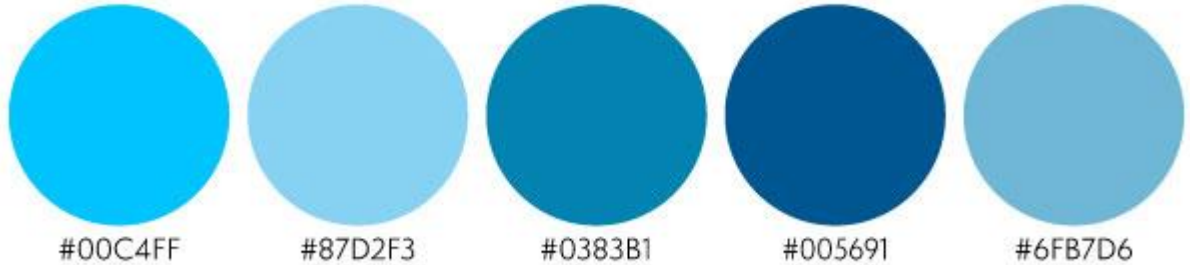
Blue-Green (Aqua) souls are truth-seekers and adventure/thrill-seekers who love to investigate and are very curious. They can be active in their communities when the truth needs to be uncovered. They see the good in everyone and tend to be idealistic and optimistic. They enjoy being independent and love to experience adventure and surprise.

Filled with a desire to find and dispel the truth, these souls love to explore the seen and unseen worlds. They tend to be spiritual inquisitors, investigative reporters, proponents of good causes, researchers, and scientists.

KEY LESSON: To maintain boundaries (curiosity killed the cat)

LIFE PATH: To flow with life and lift others with your optimism

Blue



Your purpose is to bring diplomacy and calm to the world.

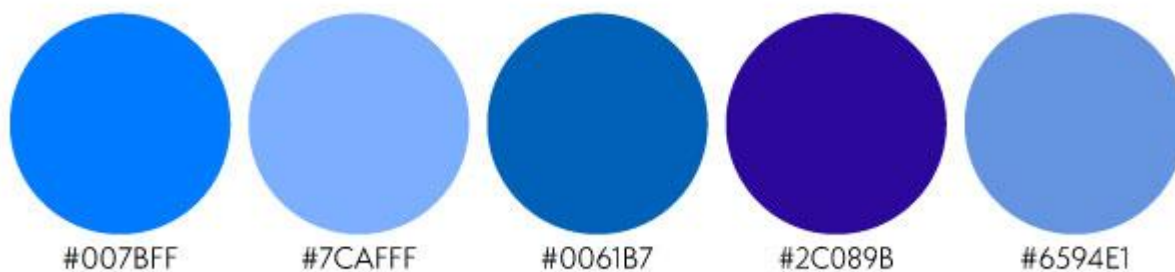
These are the peacemakers — they are pure in heart, loyal, dependable, and spiritual. When you're around a **Blue Soul**, you immediately feel a sense of calm and peace. Their balanced wisdom and harmonious perspectives make everyone feel heard.

With that tranquil vibe surrounding them, these mediators are emotionally intelligent. Their empathy and understanding of the human condition make them excellent at communicating through speech, words, or song.

KEY LESSON: To listen

LIFE PATH: To engage and create emotional connections with others

Blue-Violet / Indigo



Your purpose is to bring inspiring visions and messages to the world.

These beautiful souls have a deeper intuition and understanding than most. **Blue-Violet Souls** can read between the lines and see things for what they are. With that gift, they naturally hold a higher vibration and can connect easily to source energy.

They are the creatives, visionary messengers, engineers, and intuitive leaders who think outside the box and bring the unexpected. They are calm, supportive, and excellent communicators.

KEY LESSON: To dispel ego

LIFE PATH: To be connected and intuitively attuned when guiding others

Violet



Your purpose is to creatively raise consciousness in the world.

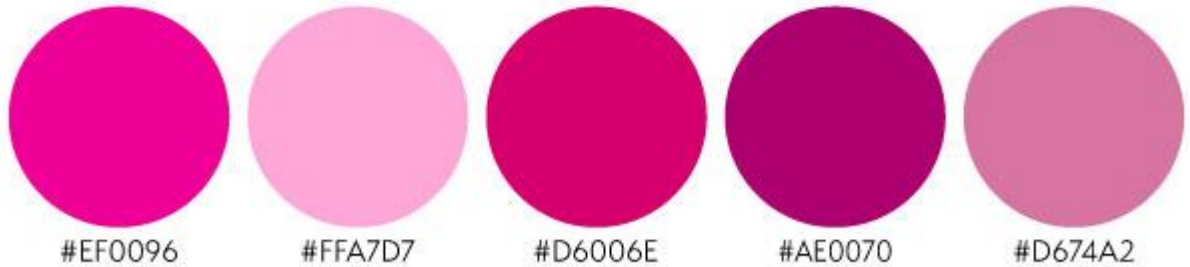
Violet Souls are **artistic, creative, and spiritual**. Their deep ability to understand the Divine nurtures the connection between our world and the unseen worlds. They are the mystery holders who bring insight and wisdom.

Because they are considered unconventional mavericks, many **Violet Souls** work in the healing and creative arts while many others are philosophers, teachers, and spiritual guides.

KEY LESSON: To embrace creativity

LIFE PATH: To convey your regal confidence and creative viewpoints

Red-Violet / Magenta



Your purpose is to transform the world with infinite beauty and compassion.

Everything a **Red-Violet (Magenta) Soul** touches creates more beauty; be it art, color, design, clothing, or food. They can't help but create beauty everywhere they go. This kind of magnetism towards art also makes them highly sensitive.

Many identify as empaths who feel compassion and love toward all. With all this said, it's no surprise that **they transform the world** — especially in places where we need it the most.

KEY LESSON: To accept change/transformation

LIFE PATH: To show sweetness and graciously receive from others

Gold

Your purpose is to lift, elevate and raise the vibration of the world.

It's no surprise that **Gold Souls** bring out the best in others. They have a magical knack for **motivating others to live for their highest good**.

Gold Souls have lots of ancient (and golden!) wisdom to share. With almost no effort on their part, these rare souls are known to **amplify the loving frequencies** of whoever is lucky enough to come in contact with them.

KEY LESSON: To understand

White + Rainbow

Your purpose is to unify the world and share a loving way of living.

These are the purest and clearest of the soul colors. **White Souls** are rare and magical. They come across with sweet dispositions yet they shine the light on aspects of ourselves that we tend to hide...nothing goes unnoticed!

White souls call for others to **step into love and embrace their vulnerabilities**. They bring spaciousness and peace to those they guide and are multi-diverse and highly intelligent about all aspects of life.

It's important to note that **white souls express themselves differently**. Some have more rainbows in their field while others have beautiful white energy and sparkles surrounding them. Others have an iridescence on an otherwise clear field. All express white light, which is all colors combined, and each will have a different purpose because of this.

For example, if a **White Soul** sees rainbows around them, they will experience black and white energy — duality. It's not easy because their path is to work through it and eventually welcome nonduality into their experience. This is big stuff and they have lots of wisdom to share.

KEY LESSON: To understand darkness or undergo several dark nights of the soul

Silver

Silver is not truly a soul color, but if it appears as a supporting metal in your Soul Rainbow, it adds additional meaning. Silver helps create equilibrium in the world. It assists your soul color by bringing higher clarity, peace, and calm.

Silver protects from judgment and comparison. It is very grounded yet works in a higher realm.

Using Your Colors

How do you use your colors to create beautiful miracles in your life?

Start using them!

When you bring attention to your soul and life guidance colors and start wearing them, decorating with them, and inviting them into your business, your work starts to thrive and you become a more balanced and optimal version of yourself. Here are a few ideas:

- ★ Carry around a gemstone in your Soul Color
- ★ Wear a piece of clothing in your Life Guidance color or Soul Color that's in your Color Personality
- ★ Get fresh flowers
- ★ Hang a painting that embodies your soul and life guidance colors

Try and focus on using items that are as close to the actual colors you saw in your visualization.

Remember: **the more you focus on your soul color** and set your intentions with it, **the more beauty you will see enter your life.**

It's that simple.

Having this knowledge of the colors that support your soul's purpose and expression increases your self-worth and self-kindness.

“Color provokes a psychic vibration. Color hides a power, still unknown but real, which acts on every part of the human being.”

—Wassily Kandinsky

What's Next?

There's so much more to talk about and share with you!

I'd love to invite you to join me as hundreds of other women have transformed their lives and businesses with color.

Take a look at my [Aligned & Prosperous Mystic](#) program. Or, if you're ready to understand the story and colors of your soul and gain further clarity, [book a private reading](#).

I look forward to sharing more with you about the energies of color and how you can use them to convey your true inner beauty.



Arden Reece is one of the most brilliant color wisdom holders in the world today. For over 20 years, Arden has been the leading authority on color for personal growth and well-being.

Her studies and teachings on the messages of color along with her beautiful, intuitive visions have been touted as life-changing experiences.

Arden's mission is to empower mystically inclined women coaches and guides to become fluent in the colors that amplify their true power and get aligned and prosperous.

Visit her at ardenreecolor.com or at colormysteryschool.com