

ANJU *bes* yoga, arte y bioenergía

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ANJU Arte y bioenergía

ANJU CENTRO HOLÍSTICO



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"Each person is born with an infinite power, against which no earthly force is of the slightest significance.";
Neville Goddard

"Your perceptions, interpretations, and expectations influence all aspects of your mental and physical health. By changing your perspective and making new decisions, you become powerful tools to change your life."
Deepak Chopra

"The same thoughts always lead to the same choices, the same choices lead to the same behavior, and the same behaviors lead to the same experiences, and the same experiences produce the same emotions, and these emotions lead the same thoughts."
Joe Dispenza

"Unlearning most of the things we have been taught is more important than learning".
Eduard Punset

"If you want to find the secrets of the universe, think in terms of energy, frequency and vibration"
Nikola Tesla

MILADI EUGENIA MENACHO LEGUÍA

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ABOUT ME...

In my first professional stage I graduated as an Industrial Engineer and I specialized in human capital management, organization and working methods, management and process optimization. In 2017 I finished my master's degree in Business Studies and simultaneously obtained my certification as an NLP Professional Coach. The latter would mark my second professional stage, in 2018 I started giving private coaching sessions, and soon after, art therapy classes with mandalas. I started to further explore the field of neuroscience and art as therapy, as well as biological energy and alternative therapies. In May 2019 I started the ANJU Project which mainly consisted of Art therapy and meditation workshops. In June I traveled to India to train as a Yoga and Meditation Instructor, to deepen the therapeutic effects on the body-mind-spirit. Since 2020 I share the ANJU Projects, which include Yoga classes, Holistic Coaching sessions, bioenergetic therapy and art therapy workshops, individual and group, in face-to-face and virtual formats. I have worked with the British Institute of Lima, with the Embassy of India in Peru & Bolivia, the Ministry of Health of Peru, Hostel Selina Cusco and other private and public entities, sharing yoga classes, meditation and art therapy workshops and related topics.



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In May 2019 I started the ANJU Project, Art therapy and meditation workshops for a very diverse audience (doctors, cancer patients, people with depression, adolescents, children, etc.). In June I finally quit my job as an engineer to travel to India to train as a Yoga Instructor, in addition to better studying the effects of meditation on the body-mind-spirit. Since 2020 I share ANJU Projects, which include Yoga classes, NLP coaching sessions, bioenergetic therapy, art therapy, workshops and mandala meditation, individual and groups; in addition to other workshops and conferences on topics of holistic personal development, in presential and virtual formats.

INTRODUCTION

Before to start, let me welcome you to this workshop, art therapy and meditation creating Mandalas that I have designed with much love for you. The content is a summary of years of study and practice in relation to my work with mandalas as an active meditation and self-therapy technique. I am sure that you will have some questions that I will be happy to answer, and that is why I designed this booklet that summarizes the most important points to consider so that you can start working with mandalas on your path of self-discovery and reconnection with your personal power. For more information about our classes, workshops and bioenergetic therapies, you can visit our social networks or write to us internally, we will be happy to assist you.

In recent years the interest in meditation and mindfulness has grown, this is due to several studies on some benefits on the brain and some cognitive abilities. Such popular acceptance has aroused scientific interest, many universities and research centers have begun to implement departments and laboratories where they study neuroscience or the science of cognitive skills. These studies explain that due to the variety of both physical and mental conditions (irritable bowel syndrome, fibromyalgia, psoriasis, anxiety, depression, etc.) there is a need to find alternative approaches that can be carried out alongside other treatments (homeopathy, acupuncture, meditation, and other alternative therapies). Boston University investigated for a period of 2 months a group of people who were learning to meditate, this people were analyzed from the beginning to the end of the tests, the magnetic resonance images discovered that in addition to taking images of the brain, they detected changes in activation patterns of the brain in a part called "amygdala." Another study showed that meditative brains had somewhat thickened after an 8-week meditation course.

Active meditation through Mandalas has almost the same benefits as traditional passive meditation, with the difference that meditating through art focuses you full attention on the present momento (mindfulness). Start coloring, create and observe the mandala from a central point (From the Hindu approach, the mandala represents the macrocosm and microcosm), as you work, your attention to the present moment increases (the brain cannot consciously attend to 2 things at the same time) and that allows you to interact with the subconscious. The goal is to separate the mind from distractions (indefinitely) and direct attention to the creation of concentric symbols that communicate the subconscious with the conscious side, which provides a sense of calm, which is known to neuroscience as peace mental or inner peace. Each person experiences different sensations that are related to their inner world, and it is possible to decipher and interpret the mandala that each person creates (or draws), based on the colors, shapes and symbols that they

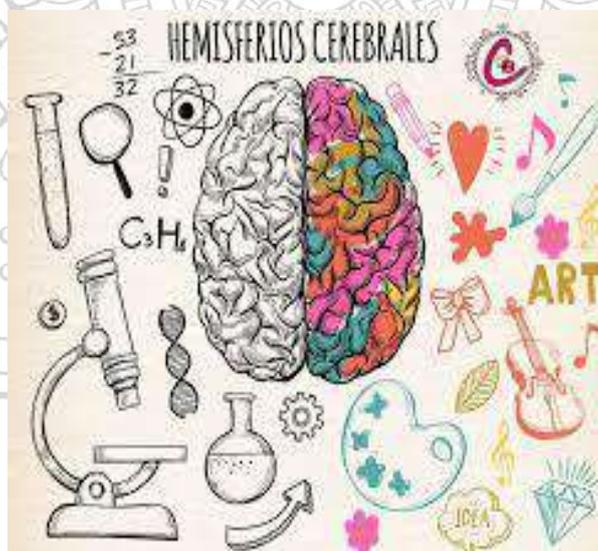
have used. A calm mind has positive effects on the body, which is why we say that meditating through the mandalas works at the level of the mind, body and spirit.

How does the study of neuroscience influence my work as an art therapist? The objective of the ANJU projects (therapies, workshops, sessions and courses) is to apply the theory of neuroscience and bioenergy together, to develop experiences that promote holistic reconnection with personal power. Each therapy (Hatha Yoga, Mandalas Art Therapy, Holistic Coaching and other bioenergetic therapies) works on a physical, mental and spiritual level. It is an honor for us to share our projects and knowledge with more people who are on the path of awakening consciousness.

*From my unconditional love, Miladi
Founder of ANJU Holistic Center*

THE HEMISPHERES

- Verbal
- Abstract
- Temporary
- Sequential
- Follow directives
- Symbols
- Based on reality
- Auditory association
- Oral expression
- Symbolic
- Linear
- Logical



- Intuitive
- Non verbal
- Analog
- timeless
- Emotions and feelings
- Holistic
- Visualize
- Fantasy
- Random
- Shapes and Patterns
- Creativity
- Artistic expression

The brain is made up of 2 hemispheres: the right hemisphere and the left hemisphere, and each has different functions specialized in different behaviors. It is important to consider the inverted relationship between the hemispheres and the sides of the body, therefore:

- Left hemisphere - right side of the body - male energy - YANG energy - cold colors - solar energy
- Right hemisphere - left side of the body - feminine energy - YIN energy, cold colors - warm energy



Which one is the dominant hemisphere?

It will depend on the side of the body that we use the most, for example if we are right-handed or left-handed. Those people considered ambidextrous simultaneously use both hemispheres.

MANDALAS

Mandala (sanskrit) meaning “circle or sacred wheel”

Mandalas have been related to creation, and their origin dates back to the most ancient cultures, which is why their origin can be attributed to India, related to Hinduism and Buddhism. Throughout its history we can observe that mandalas were considered as tools for meditation and understanding, protection elements, symbols for rituals and representations of their cultures and divinities. In Buddhism the Mandalas represent the purest essence of the human being in the macrocosm and microcosm. In the mountains of the Himalayas, monks can spend long hours meditating creating sand mandalas, and when they finish they destroy all their work, this as a symbolic representation of the impermanence of life.

Mandalas in ancient times...

Mandalas were created as representations of spirituality, mysticism, protective oracles or energy portals (each culture gave its own approach to the sacred). Ancestral cultures had their own way of creating and interpreting them, they commonly used them in ceremonies or rituals with different figures and elements (Celts or Druids); to represent the cycles of nature (Aztecs, Inkas, Mayas, etc); as elements of protection and meditation (Hinduism or Buddhism). Some constructions in different parts of the world such as China, India and Egypt register different mandalas at the entrance and inside their temples, always located at points of high vibrational frequency.

Currently we find mandalas as decorative elements, however, it is enough to look back to discover that they transmitted more than just beauty and decoration.

¿Why work with mandalas?

There are many definitions to describe mandalas, working with them is the desire to understand oneself, to experience harmony to connect with the universe. Working with mandalas raises the vibration generating harmonious frequencies, stimulates the mind (hemispheres) and has a therapeutic effect on the body.

Carl Jung stated that every human being originally has a sense of wholeness, a powerful sense of "self" that is sadly corrupted by some unfortunate events as they grow up. Many mythological representations of the "self" represented the world by 4 corners, and many paintings represented the "great man" (ideal man) in the center of a circle divided into 4 parts. Jung called it "Hindu mandala" to designate that structure, which is a representation of the nuclear atom of the human psyche, whose essence we do not know, so he represented the "great man" as a mandala. In his book "Man and his symbols" Jung explains the different representations of man through the symbols in his dreams through his drawn mandalas.

Working with Mandalas helps to regain a lost balance in the subconscious. For example, the Navajo Indians tried, by means of sand paintings representing structures analogous to “mandalas”, to return a sick person to harmony with himself and with the cosmos, and therefore restore him to health.

Creating, coloring or meditating with mandalas does not require prior experience or knowledge. It is a subtle practice and can be adapted to each person.



- A **vibration** is the propagation of energy waves and can be considered as an oscillation or repetitive motion.
- A **frequency** is the number of times an energy wave oscillates (rises and falls) during one second and is measured in Hertz or Hertz (Hz). Basically the frequency is the "music" in which the atoms of matter move.
- And **Resonance** is the phenomenon that occurs when an internal frequency coincides with an external frequency.

ORGANOS	FRECUENCIAS
La frecuencia del cerebro indica que es un genio	80-82 MHz
Cuerpo saludable (Del Cuello para abajo)	62-68 MHz
Glándulas tiroides y paratiroides	62-68 MHz
Glándula del timo	65-68 MHz
Corazón	67-70 MHz
Pulmones	58-65 MHz
Hígado	55-65 MHz
Páncreas	60-80 MHz
Estómago	58-65 MHz
Colon Ascendente	58-60 MHz
Colon Descendente	58-63 MHz
Comienzo de Enfermedad (Resfrios)	59-60 MHz
Síntomas de influenza	58 MHz
Infección Viral	55 MHz
Epstein Barr	52 MHz
Deterioración de tejido debido a la enfermedad	48 MHz
Cáncer	42 MHz
Comienza la muerte	20 MHz

NOTE: If the frequency is reduced to 58 MHz, cold or flu symptoms appear, at a frequency of 55 MHz viral infections begin, at 42 MHz cancer occurs and at 20 MHz death begins. The objective is to set in motion the inner mandala itself.



¿How Mandalas work?

The list of benefits is long, since there are different techniques to create mandalas, but among its main benefits is:

- Develop intuition and senses
- Improve creativity
- They communicate the subconscious with the conscious
- They connect to the present and provide a broader vision (new alternatives and solutions)
- They reduce anxiety and stress levels, producing endorphins, oxytocin, serotonin and dopamine, in different proportions, because they activate and stimulate thoughts of well-being
- They relax the mind and therefore enhance concentration
- Synchronize the work of both hemispheres: left and right work together
- They develop self-knowledge and self-expression
- They transmute emotions
- They are energy portals that help in the spiritual process.

There are 2 ways to meditate creating mandalas:

I. Create Mandalas to transmute and heal emotions through the senses: In this part the person draws the mandalas randomly without thinking, they simply let themselves be carried away and use colors, shapes and symbols freely.

II. Create Mandalas to stimulate the cerebral hemispheres and the energy centers (chakras) of the body: On the contrary, in this part, the person previously chooses the symbols, colors and shapes, taking into account their meaning and influence on the mind.

From my experience, the most practical way to work with mandalas is to find a suitable space away from uncomfortable noises, place incense or essential oils, a light drink (light tea, glass of water, etc.) and soft music. These elements are optional, but they help a lot during the creative and meditative process with mandalas, because they stimulate the cerebral hemispheres and the body.

This is followed by breathing exercises or a short meditation to focus attention to the mandala work to be done (creating, drawing, or observing), and allowing the mind to transmute emotions and thoughts. One can choose randomly the shapes and colors or one can choose them intentionally, mandalas help to transmute emotions or stimulate certain sensations. Once the mandala is finished, it must be observed carefully, trying to empty the mind of recurring thoughts and focusing full attention on the figure and its details (colors, number of figures, geometry, etc.).



Characteristics...

- ✓ The circles focus on the true self and provide a protective boundary.
- ✓ The circles based on a central point represent the true SELF, the divine essence or main source.
- ✓ The triangle represents the vitality and transformation of the 3 bodies: physical, mental and spiritual.
- ✓ The square represents stability. The cross represents the connection of the 4 planes (north, south, east and west). They also represent the interaction between the spiritual and material world with the past and future.



- ✓ The 5-pointed star also represents spirituality but from the connection of the 5 elements and the power of the union of these 5 forces: air, earth, fire, water and ether.
- ✓ Placing circles provides a feeling of protection, especially for memories or emotions that make us feel afraid.
- ✓ The geometry of a mandala can provide more detailed information about the person, the order of the figures and colors used express thoughts and emotions, as well as the perception of their present (how they see themselves).

Carl used mandalas to study his patients, he managed to define the archetypes that were anchored to the collective subconscious and he studied that it was possible to raise the level of self-knowledge to reconnect the physical body with the mind.

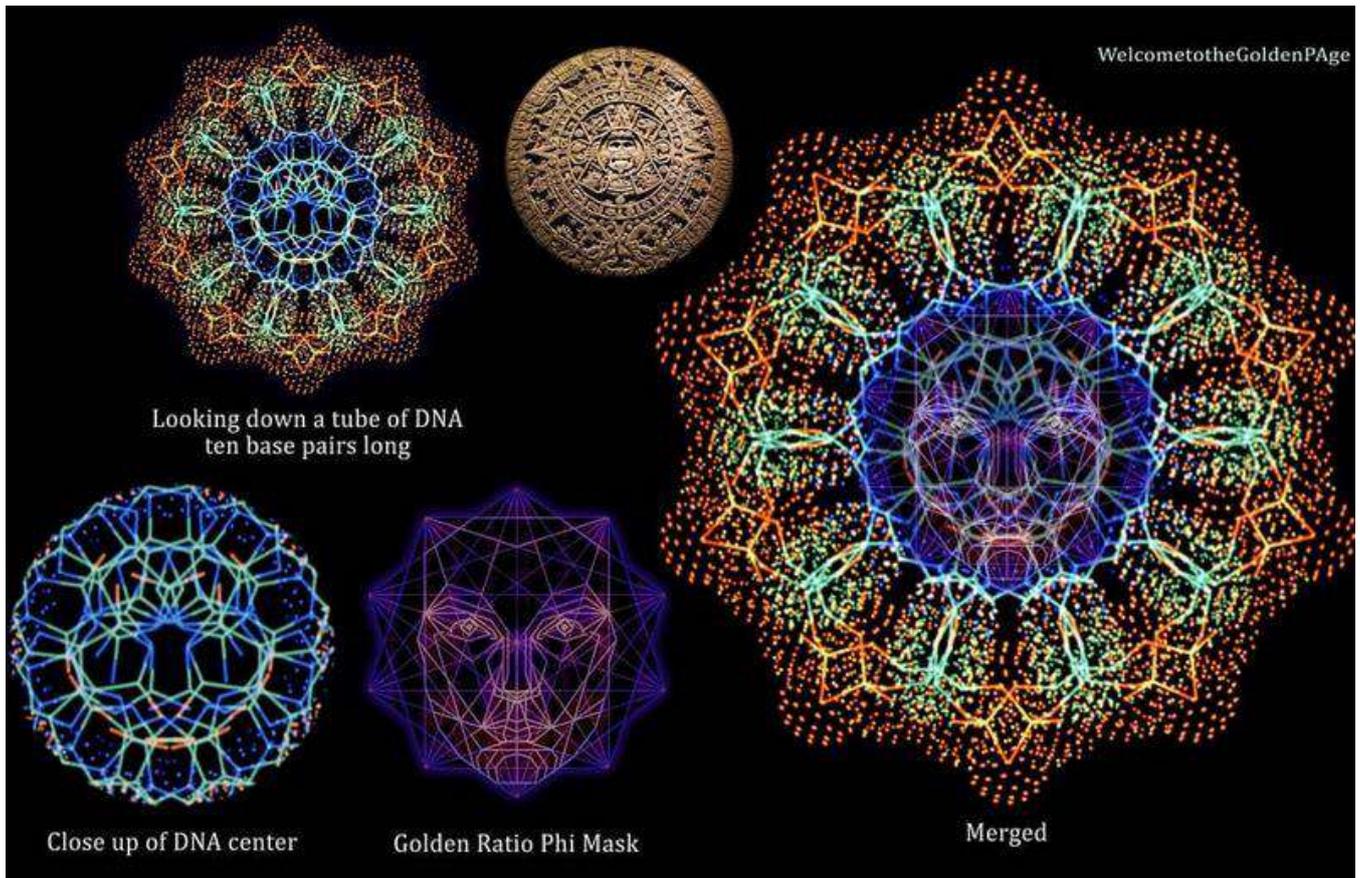
Joan Kellogg stated that mandalas are symbolic representations, colors, shapes, etc. they reflect the mental state and other elements related to our psyche and its development. Nancy A. Curry and Tim Kasey (2005) carried out a study in which they found that the elaboration of mandalas was effective in reducing anxiety and stress levels.

Carl Jung, for his part, discovered that the act of drawing mandalas had a calming effect on patients and at the same time facilitate the psychic integration. Based on the efficacy of the outreach paradigm written by James Pennebaker, mandalas served to promote mental well-being and emotional intelligence, and were beneficial for patients suffering from post traumatic stress disorder. Benefits were measured in terms of changes in symptom variables such as anxiety, depression, or physical conditions.

There are four natural chemicals in our bodies that are often defined as the "happiness quartet", made up of endorphin, serotonin, dopamine, and oxytocin. The researcher Loretta G. Breuning, author of the book Habits of a happy brain, explains that "when your brain emits one of these chemicals, you feel good."

<p>Dancing, singing or working as a team are activities that also enhance social bonding and tolerance of pain through an increase endorphins.</p>	<p>The simplest strategy for increasing serotonin level is to think of happy memories, said the neuroscientist Alex Korb on the Psychology Today portal. The neuroscientist describes three other ways: exposing yourself to sunlight, receiving massages, and doing aerobic physical exercise, such as running and biking.</p>
<p>Dopamine is usually described as being responsible for feelings such as love and lust, which is why it is said to be the mediator of pleasure. The best way to raise dopamine, therefore, is to set yourself short-term goals or break those long-term goals into smaller goals. And celebrate when you meet them.</p>	<p>Because it is related to the development of maternal behaviors and attachments, oxytocin is often nicknamed "the hormone of emotional bonds" and "the hormone of embrace." It is an important brain compound in building trust, which is necessary to develop emotional relationships.</p>

SACRED GEOMETRY



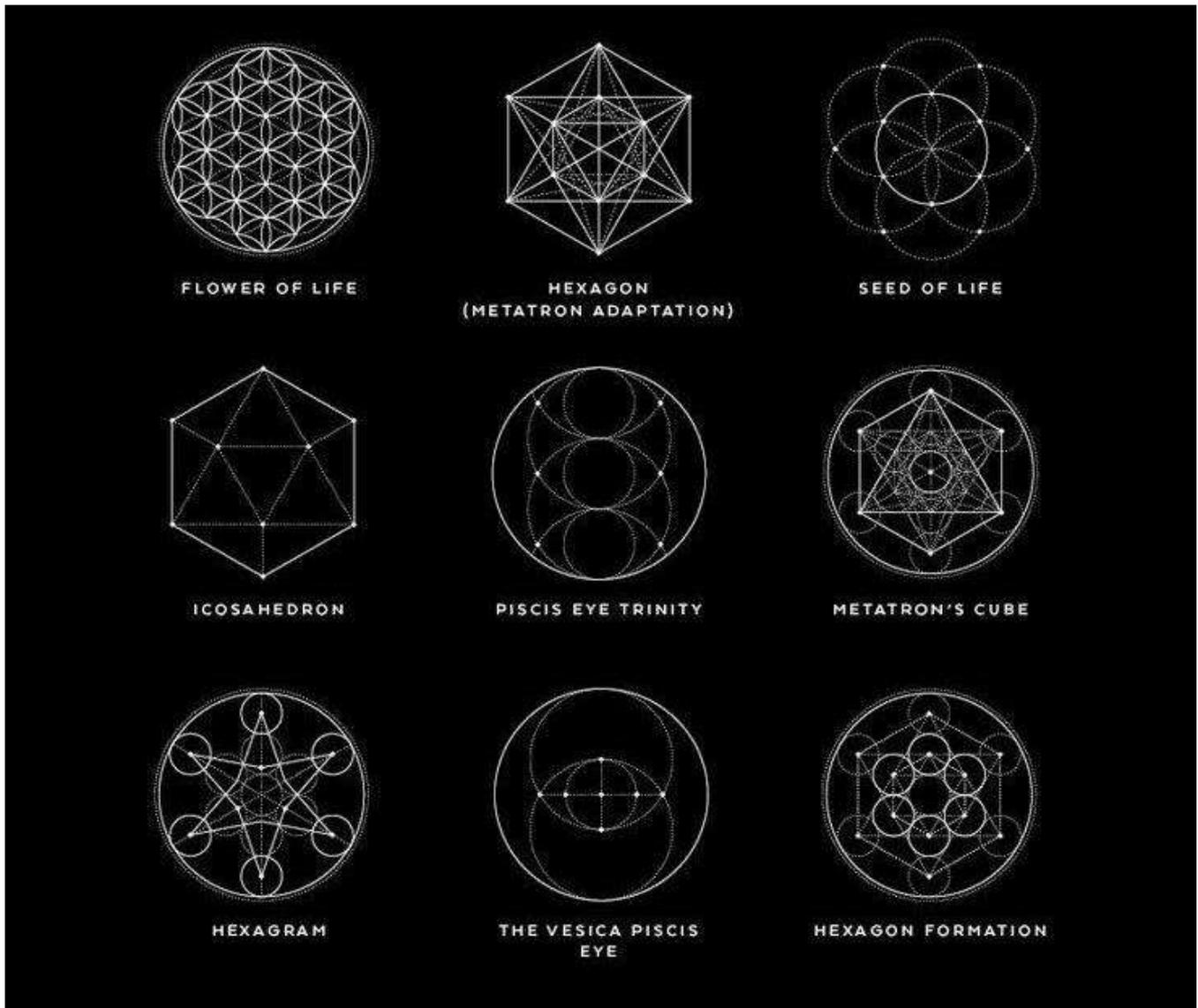
Sacred geometry is basically geometry, and it is characterized by describing creation and consciousness, how it actually moves and how it is registered in creation through certain patterns (numbers, figures, elements, etc.). Observing the geometry of some elements of nature allows us to work directly with the rational side of our brain (left hemisphere) since this geometry responds to a particular pattern that is repeated in elements of different natures (the DNA chain, the molecules of the water, flowers, the solar system, the dimensions of the human body, etc.)

Sacred geometry studies geometric shapes and their metaphorical relationships with human evolution: evolutionary transitions of the mind, emotions, spirit, and consciousness. Using the frequencies of sacred geometry in our body helps to tune our own frequencies to operate in accordance with the dominant harmony (environment).

Imagine then, that at each point of the body where energy is transmitted or received, living, changing three-dimensional or fourth-dimensional mandalas are being created continuously.

The mandalas will then be in a state of constant fluid transition, evolving into a variety of concentric geometric patterns. Appreciating these figures gives the hemispheres a sensation of pleasure, in a logical and intuitive way, both hemispheres begin to interact together and harmoniously.

Almost all of our meditative experiences focus on the right hemisphere of the brain: the intuitive, emotional and sensitive aspects. When we meditate, it usually "feels" good. Sometimes we can have visions or images, hear soothing sounds or revealing voices.



- The **Sphere**: It is the most common and amazing form, powerful and magical. It is important to note what components the sphere encloses.
- The **circle**: Representations of the universal matrix of the sphere, represents the totality and integrity of the universe.
- **Espirales**: A point in the center that gradually moves away. Expansion and infinite growth. It is the best known fractal whose pattern repeats at different infinite scales.
- **Toroids**: toroidal energy is based on a vortex of energy in the form of 2 spheres, the energy is constantly fractionated inward, expressing itself outward in a coherent way. It is self-sustaining, constantly expanding and contracting.
- **Platonic Solids**: the 5 fundamental elements. tetrahedron (fire), exahedron (air), octahedron (earth), dodecahedron (water) and icosahedron (ether).
- **Metatron's Cube**: The 5 platonic solids are inside this cube. Known as the cube of creation.
- **Flower of Life**: Made up of 19 complete circles with the same diameter and 26 circular arches. Totality and unity of the universe and how its components interrelate in harmony. One of the most traditional figures in the ancient temples of India, China, and Scandinavian countries.
- **Golden ratio**: The golden number (also called the golden number, extreme and average ratio, golden ratio, golden ratio, golden mean, golden ratio and divine ratio) is an irrational



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number. The small is great as the great is the whole. All cultures have used this form, tree branches, bird molecules, etc., represented by the Greek letter ϕ (phi).

COLORS

Since the origin of our creation, colors have been linked to light and life. We constantly interact with them even when we expose ourselves to them unconsciously. Newton demonstrated through a glass cousin located in a dark chamber, the fractal projection of the 7 colors of the rainbow: red, orange, yellow, green, light blue, blue and violet. "Seven" is the number of wholeness and fullness, which is the image of man and creation, are the 7 days of the week, the 7 planets of ancient astrology, the 7 musical notes and the 7 ENERGY CHAKRAS.

Bioelectric field of human

The human organism is surrounded by a bioelectric field through which vital information is exchanged with the environment (bioinformation) and a bioenergetic field through which information is exchanged with energy fields (vibration).

If the organism does not receive an adequate exchange of bioinformation, it alters its balance, and consequently the organism reduces its vibration until it reaches diseases of the same frequency. The interaction of light and colors transmits bioinformation that the organism, through the cells, is able to interpret and respond to this photo stimulation.

The colors of matter and perception

“The world of colors cannot be dominated by the intellect. These things cannot be understood with the gross concepts of physics, they must be elevated by feeling and understood by feeling ”

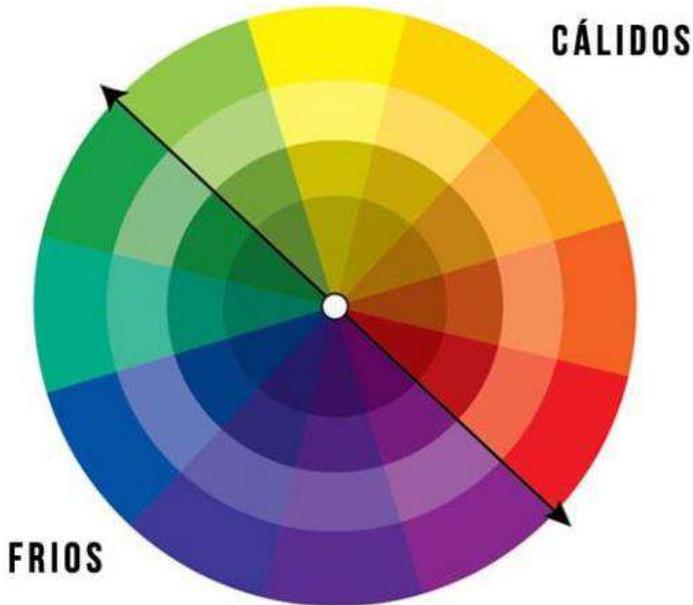
Rudolf Steiner, 1920. Founder of Astrosophy

Natural light is a daily necessity because it contains **essential wavelengths** for the organism (biology) that artificial light cannot replace. Niels Finsen (Nobel Laureate in Medicine 1903) was a Danish physician who applied sunlight for the treatment of tuberculosis at a Copenhagen Institute and cured thousands of people.

Color, as a form of energy, is active at all levels of our being: physical, mental, emotional and spiritual. Its effect on the organism not only depends on sight; the superficial layers of the skin through the cells (photo reflections) and the cranial box are also receptive to light, and therefore, to colors.

Swiss psychologist Max Luscher, famous worldwide for his Color Test, says that color can evoke sensory and affective responses of a universal nature. Each color has characteristics with meanings of general and collective value that are located in the subconscious and in symbolic language, regardless of culture, origin, beliefs and others.

The physiology of colors



right hemisphere - warm colors

left hemisphere - cold colors

As we have already said, the light stimulus that comes from the outside world is received by the visual system in the retina of our eyes. In the retina there are tiny visual cells, called photoreceptors or light receptors, specialized in detecting wavelengths from our environment (15,000 per square millimeter).

These wonderful cells collect the different parts of the spectrum of sunlight and transform them into electrical impulses, which are sent to the brain through the optic nerves, which are responsible for creating the sensation of color.

Colors directly influence people and the idea of using them therapeutically is precisely so that they contribute to the balance lost due to physical, emotional or mental disorders. The applications of color go slowly towards the organic, working on the concept of photo stimulation, similar to what in medicine is called phototherapy but, unlike it, here we work with the colors of the spectrum, not using UV nor infrared.



COLOR	CHAKRA	DESCRIPTION AND FEATURE	AVERSIÓN
Red Fire Sun	MULADHARA CHAKRA 1° Root Chakra	It is a stimulating color. The use of red is indicated in the treatment of energy disorders such as physical apathy, anemia, bronchitis, constipation due to intestinal digestive atony, rheumatism caused by cold, chills, colds, lack of hemoglobin, frigidity, sterility, hypotension, neurasthenia and tuberculosis. Psychologically it is stimulating, it facilitates extraversion. Its abuse can cause aggressiveness, irritation and fatigue.	A person with a red aversion may be too active, too impulsive, irascible, aggressive, or instinctive. You may have difficulties with other active (territorial) people. Fear of loss of territory or lack of belonging.
Orange Water Moon	SVADISHTANA CHAKRA 2° Sexual Chakra	At the psychological level, it favors the processes of waste elimination, it treats grief, regret, loss, relationship difficulties, introversion problems, favors changes and gives courage to face life. On a physical level it is used to treat asthma, bronchitis, epilepsy, mental and muscular disorders, cramps, rheumatism, tears, ligament pain, bone fractures, kidney stones, intestinal spasms, hypothyroidism, prevention of malignant tumors, constipation and menstrual difficulties. Orange clothing helps balance, increases optimism and sexual tone and eliminates inhibitions and psychological paralysis. "Orange is the symbol of feminine energy, creation, friendship, life, joy and happiness. It influences physical vitality and intellect."	A person with an aversion to orange may have problems with suppressing sexual feelings or desires, conflicts with their own sexuality, or lack of creative instinct. The attitude can be overly sensual or forgiving, it can be materialistic because you want an anchor to your emotions through pleasure. You can have very fickle emotions.
Yellow Wood Mars	MANIPURA CHAKRA 3° Solar Plexus Chakra	It is the color of the intellect. It stimulates the brain, the nervous system, facilitates concentration, improves reflexes, helps to achieve goals and overcome fears, useful against depression, facilitates the meaning of life, the assimilation of food, digestion and relaxation. Indicated in cases of paralysis, muscular rheumatism, constipation, chronic indigestion, abdominal inflammation, disorders of the pancreas and gallbladder, overloaded liver, intestinal parasites, headaches, impurities in the blood, lack of concentration, pessimism, skin disorders and bipolar disorder. Yellow foods promote weight loss by removing excess fat from the body. It is an effective antidepressant that is recommended to watch, drink, eat and wear.	Aversion to yellow can be emotionally bitter and live in constant disappointment. They have a tendency to rationalize feelings to avoid depth. A person with an aversion to yellow can be emotionally bitter and live in constant disappointment. They have a tendency to rationalize feelings to avoid depth of life and to avoid relationships often. They have guarded fears and do not like to launch into great challenges, physical or mental. ad of life and avoid relationships often. They have guarded fears and do not like to launch into great challenges, physical or mental.
Green Earth Mercury	ANAHATA CHAKRA 4° Heart Chakra	It is used to strengthen the immune system. It is used in infections and diseases like AIDS; calms and reduces inflammations and helps the enjoyment of family life. It is a color related to the throat, chest and thyroid; It feeds the central nervous system, stimulates discernment, and helps restore peace.	A person with aversion to the color green is more interested in emotional dependence or in its contrast, belonging to a family life. They can maintain



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			rejection of sexual relations and are related to grudges kept in the family clan.
Turquoise Air Saturn	VISHUDDHA CHAKRA 5° Throat Chakra	It is the color of balance and harmony. Treats physical fatigue and wounds, produces cell regeneration, is used in the treatment of malignant tumors, to increase the defenses of the immune system, in heart conditions, problems of the circulatory system, headaches, neuralgia, sleep disorders, instability emotional. Enhances adaptability, promotes physical relaxation, has antiseptic and detoxifies properties. The use of green tones, relieves stress, tiredness and headaches, helps with liver problems and is beneficial in cases of claustrophobia. Green foods detoxify, increase vigor and physical endurance, and tone the body.	The aversion to light blue / turquoise is related to extreme work (workaholics), they are very planning and rational people, sometimes narcissistic. They prefer to achieve a goal without deviating in sentimental matters.
Indigo Blue Jupiter	AJNA CHAKRA 6° Third Eye Chakra	It symbolizes peace and calm. It is used to calm, treat thyroid and parathyroid glands, throat (laryngitis, tonsillitis, and goiter), neck stiffness, incontinence, inflammation, insomnia, childhood ailments such as teething, or ear problems and throat. It serves to reduce fever, stimulate the lymph nodes, eliminate cellular debris from the body, the treatment of mental fatigue and stress, fear, palpitations and insomnia, stings, headaches, hemorrhages, hypertension, stress, vomiting, nervous cough, infections, eye inflammation, painful periods, toothache, stomach spasms, epilepsy, mouth sores, burns, acute spinal pain and stings.	The aversion to this color, indigo blue, is related to the rejection of sentimentality or emotions. They are people who do not accept change and prefer to see rather than believe, even if the evidence is false. They are people who tend to manipulate unconsciously to achieve their goals.
Violet Urano	SAHASRARA CHAKRA 7° Crown Chakra	Symbolizes spirituality and intuition. It is used in chromotherapy to calm the nervous system, treat insomnia and relieve psychic disorders; stimulates the production of leukocytes, eliminates toxins, cures inflammations and sciatica. Its use is recommended for emotional distress, jealousy, envy, nervousness, causeless fear, asthma, goiter, cataracts, cystitis, cholera states, diseases of the scalp, inflammation of the nerves, epilepsy, insomnia, indigestion, skin irritation, lumbago, meningitis, pneumonia, memory loss, rheumatic, gallbladder, spleen and kidney problems, due to cold or humidity, detoxification of the blood, tumors, cancer and aids. "Violet symbolizes spirituality and intuition. It is used in chromotherapy to calm the nervous system, treat insomnia and relieve psychic disorders".	A person with an aversion to this color has a very serious expression about life, may have difficulties dreaming and fulfill his wishes, often stagnate in the present and compromise others. It is very realistic and rejects what seems natural.