

Blue – An Emotional/Spiritual Aura Color

- Loving, caring, helpful, patient, nurturing, supportive, “motherly,” intuitive people
- Excellent givers but not very good receivers. They give love liberally but when it is reciprocated they have a hard time really taking it in (unless centered in themselves)
- The most emotional of all the aura colors; they can be brought to tears for no apparent reason
- Spirituality and relationships are their two biggest priorities
- People often turn to Blues for consolation, advice, or just to be loved
- They tend to attract people who need rescuing, especially in their intimate relationships
- Tend to hold on to guilt and resentment when feeling unloved and unacknowledged
- Often have a hard time saying no
- Can have difficulty letting go of relationships
- Tend to have cold hands and feet
- Easily put on weight because they often use food as a substitute for emotional fulfillment
- Easily pick up on people’s emotions and feelings; they’re surprised that other people can’t
- They want deeply to be loved but subconsciously doubt they are lovable (unless centered)
- They need to form a deep emotional bond with their partner before sex is satisfying
- When centered, they are giving, nurturing, and devoted parents
- When uncentered, they are overprotective and try to make their kids dependent on them
- They are prone to using guilt and manipulation to get what they want rather than asking for it
- As children they try hard to please their parents so that they will be loved
- They often choose low-paying, service-oriented jobs because they feel that people and love are more important than money. Consequently, they can struggle financially
- **Famous Examples:** Elizabeth Taylor (Blue/Violet), Meg Ryan (Blue/Yellow with Violet), Goldie Hawn (Blue/Yellow with Violet), Princess Diana (Blue/Yellow with Violet), Hayley Mills (Blue/Yellow), Jennifer Aniston (Blue/Yellow), Kate Hudson (Blue/Yellow), Sarah Ferguson (Blue/Yellow with Violet).

The **Life Purpose** of someone with the primary color of Blue is to do what they do naturally – show us how to love one another by being the nurturer, giver, comforter, caretaker, counselor, inspirer, uplifter, and cheerleader that they are.

The **Basic Fears** of someone with the primary color of Blue are: (1) feeling worthless and (2) not receiving the same love, approval and appreciation that they give.

Like Nurturing Tans, Blues are great listeners and love to help people. Not surprisingly, they are often drawn to work that allows them to be of service to others, such as in the helping professions. They especially like to offer emotional guidance and support. They are also often drawn to healing and spiritual lines of work. Blues are the aura color type most likely to volunteer their time and energy (and Nurturing Tans would be a close second). Typical Blue occupations include the following:

- Assistant (in the helping professions usually, such as teacher’s assistant, dental assistant, veterinarian’s assistant, physician’s assistant, etc.)
- Astrologer
- Broadcaster
- Childcare worker
- Church spiritual counselor
- Clergy
- Consultant
- Counselor
- Customer service representative
- Educational consultant
- Educator
- Flight attendant
- Foreign language interpreter
- Fundraiser
- Holistic health practitioner
- Homemaker/parent
- Housekeeper
- Human resources manager or specialist
- Marriage and family counselor
- Medical or healthcare worker
- Minister or priest
- Missionary
- Motivational speaker
- Musician
- Nanny or child daycare provider
- Nonprofit organization leader, assistant or volunteer
 - Nun or monk
 - Nurse
 - Office worker
 - Photographer
 - Physical therapist
 - Physician/doctor
 - Psychic
 - Psychologist
 - Public relations manager/specialist
 - Receptionist
 - Religious helper
 - Secretary
 - Seminar leader
 - Social worker
 - Speech therapist
 - Teacher
 - Therapist (especially MFT)
 - Travel agent
 - Volunteer (typical places are: school, church, disaster relief areas, personal growth centers, Red Cross, etc.)
 - Waiter or waitress
 - Welfare worker
 - Workshop facilitator (especially on topics such as love, relationships, conflict resolution, tantric yoga, etc.)

This is a short list. Since so many Blues are [Twos on the Enneagram](#), check out the section “**Careers that Especially Interest Twos**” by clicking on the active link above (in this sentence).

Typical Blue/Violet Occupations

- Actor or actress
- Acupuncturist
- Artist
- Astrologer
- Aura reader
- Ayurvedic doctor
- Broadcaster
- Chiropractor
- Director of an organization devoted to humanitarian causes or spiritual growth
- Energy worker
- Entrepreneur devoted to humanitarian causes or spiritual growth
- Holistic health practitioner
- Media personnel
- Meditation leader
- Metaphysician
- Minister or priest
- Missionary
- Monk or nun
- Motivational speaker
- Musician
- Politician
- Psychic
- Psychologist
- School principal
- Spiritual growth workshop leader
- Social agency director
- Spiritual advisor
- Tarot card reader
- Teacher
- Therapist or counselor
- Writer
- Yoga instructor

Typical Blue/Green Occupations

- Advertising executive
- Banker
- Business consultant
- Career counselor
- Director for a nonprofit or service organization
- Event coordinator
- Financial advisor or planner
- Fundraiser
- Hospital administrator
- Investment specialist
- Marketing executive
- Mortgage broker/loan officer
- Office manager
- Personnel director
- Public relations director
- Real estate agent or broker
- Salesperson
- Small business owner (especially of high quality or luxury items)

Typical Blue/Yellow Occupations

- Actor
- Aerobics/fitness instructor
- Art teacher
- Artist
- Chef
- Comedian
- Counselor
- Dancer
- Designer
- Flight attendant
- Florist
- Graphic artist
- Hairstylist
- Healer
- Interior designer or decorator
- Manicurist
- Massage therapist
- Party planner
- Personal trainer
- Physical therapist
- Preschool teacher

- Ski instructor
- Teacher (elementary or preschool)
- Waiter or waitress
- Wedding coordinator
- Writer
- Yoga instructor

What Blues enjoy spending their work time doing:

- Helping people
- Care-giving
- Nurturing
- Counseling
- Empowering
- Encouraging
- Teaching
- Training
- Instructing
- Mentoring
- Guiding
- Listening and facilitating
- Empathizing with others
- Solving people’s problems
- Leading discussion groups
- Evaluating people’s character
- Understanding what motivates people
- Consoling & reassuring
- Offering hospitality
- Team building

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

The energy of the BLUE aura color is most like...	in the following system....
Type #2	The Enneagram
ENFJ, ESFJ, ENFP and ESFP	The Myers-Briggs System
The Interpersonal intelligence	The Multiple Intelligences System
The element Water	Astrology
The signs Cancer and Pisces	Astrology
The planets Moon and Neptune	Astrology
The number 2	Numerology
Kapha dosha	The Dosha Type System
The Empress and Queen of Cups	Tarot
The Server role	The Michael Teachings
The Caregiver	Carol Pearson’s Archetypes System
The “ Influence ” social style	The DiSC Personality System
The “ Coach ”	Travis Bradberry’s Personality Code System
The “ Expressive ” social style	Bolton and Bolton’s Personality System
The “ Socializer ” social style	Tony Alessandra’s Personality System
The “ Empath ”	The “3 Sides of You” System
The “ Dramatic ” and “ Self-Sacrificing ” styles	John Oldham’s Personality System
The Social general occupational theme	Strong Interest Inventory