



Why Do People Feel Different?

A REFLECTION WORKBOOK ON ENERGY & PRESENCE

SOFT MOON STUDIO

What Is It About Certain People?

Have you ever met someone who felt instantly calming?

Or someone who seemed to carry a presence that stayed with you long after they left?

Many spiritual traditions suggest that people carry more than personality alone. Some people describe this as energy. Others call it intuition.

This workbook is not designed to give answers. Instead, it offers gentle questions that may help you explore the energy you notice in yourself and others.

There are no right answers.

Only observations.

Only curiosity.

Which People Do You Remember Most?

Begin with the people whose presence has stayed with you.

1

Who tends to stay in your mind long after you've met them?

2

What qualities do they seem to share?

3

How do you feel after spending time with them?

4

What kind of presence leaves the strongest impression on you?

What Energy Do You Bring Into A Room?

Notice the atmosphere you naturally create, without trying to judge it.

1

How do people usually describe you?

2

What compliments do you receive most often?

3

What atmosphere do you naturally create?

4

How do others feel after spending time with you?

Which Qualities Do You Admire Most?

What you admire can reveal the energy you are drawn toward.

1

What kind of energy immediately attracts your attention?

2

Which qualities feel comforting?

3

Which qualities inspire you?

4

Which qualities would you like to cultivate more of yourself?

What Feels Most Like You Right Now?

Energy is not a fixed label. Let this page meet you where you are today.

1

What season of life are you currently in?

2

What energy feels strongest in you right now?

3

What energy would you like to embody more often?

4

What do you hope people feel after spending time with you?

Your Presence Matters More Than A Label

Many people begin exploring aura traditions hoping to discover a color.

Yet the deeper question may not be: “What color am I?” But: “What kind of presence am I creating?”

The way people feel around us is often shaped by hundreds of small things:

- ◆ Our attention
- ◆ Our energy
- ◆ Our kindness
- ◆ Our honesty
- ◆ Our ability to make others feel seen

Whether you view auras as literal energy fields or symbolic reflections of human presence, the invitation remains the same:

Notice what you bring into the world.

CONTINUE EXPLORING

Curious About Aura Colors?

This workbook was inspired by the ideas explored more deeply inside **Why Do Some People Seem To Glow?**

Inside the full guide

- ✓ The seven main aura colors
- ✓ Traditional aura color meanings
- ✓ Why some people seem magnetic
- ✓ Whether aura colors can change
- ✓ A deeper exploration of energy and presence

[EXPLORE THE FULL GUIDE](#)

For personal reflection and educational use only. Aura traditions are spiritual and symbolic practices and are not scientifically proven methods of measuring human energy. © 2026 Soft Moon Studio. All rights reserved.