

WHAT COLOUR DO YOU NEED?

Simply choose a colour that you are least drawn from the colours shown below. Make your choice based on how you feel today and not on your colour preferences or usual dislikes. Read the explanation below for more information.



If you picked **RED** as the colour you are least drawn to at this time it could mean that you need more physical strength and vitality. If you have been having problems achieving your goals, lacking motivation or are feeling tired... then you need the Red power.

Feel the power of the Red's energy recharge your root chakra centre. This colour builds up your inner confidence and willpower so you can participate in life and manifest your dreams into a physical reality. Use various Red tools for an extra push or more grounding.

If you chose **ORANGE** as the colour you are least drawn to at this time it could mean that you need to connect to your feminine creative energy as you might have too much control in your life. If you have been repressing your emotions and now find that you are burdened by guilty feelings, resentment or if you have been suffering from depression, this indicates that you need to replenish your Orange energy centre. Orange feeds your inner child with an unbridled enthusiasm and an immense joy for life.

Feel the power of the Orange energy recharge your Spleen chakra centre with its happiness. Orange builds up your confidence so you can face life with a positive attitude and live in the "now."

If you picked **YELLOW** as the colour you are least drawn to at this time it could mean that you need mental focus and clarity to help you push your ideas into fruition. If you also have been having problems with your digestive system it proves that your Yellow energy is out of whack.

Bring in the sunny energy of the Yellow vibration to brighten up your Solar Plexus centre. Yellow balances your Ego, which will help you to release rigid or needless thoughts. Put a few drops of Colour Energy's Yellow Chakra Blend on your stomach area or in a Yellow Colour Bath and feel its mentally stimulating energy increase your mind power!

If **GREEN** is the colour you are least drawn to at this time it could mean that you need to nurture yourself. Green is the colour of love and balance. But if you have been giving more to others than yourself, then your Green energy may be neglected. Indecisiveness, lacking judgment, feeling unworthy or a fear of letting go mean you need more Green in your life immediately!

Take an emerald Green Colour Bath and nourish yourself in the Green energy. Feel the power of Green's love recharge your heart chakra centre. Green anchors the life force from the Higher Self.

If **TURQUOISE** is the colour you are least drawn to at this time it could mean that you need to express your emotions regarding a situation. This soothing colour helps one to communicate from the heart. The Turquoise colour is a mix of the loving Green and the expressive Blue. Thus, use this energy to strengthen your ability to speak your heart-felt emotions and truths.

Feel the power of the Turquoise energy recharge your thymus chakra centre. Turquoise is the energy that binds one's emotions to one's self-expression.

If **BLUE** is the colour you are least drawn to at this time it could mean that you lack the ability to confront the truth. In our Blue chakra is one's connection to a higher knowingness, in which the universal law of truth exists. This is also the energy where one's self-image is reflected. So if you are hard on yourself, that's when your Blue centre needs encouragement.

Tap into the power of the Blue's energy to strengthen your throat chakra. Blue builds up your inner confidence to express yourself and your inner truth. Try adding a Colour Energy Blue Oil or Blend to the bath to further open yourself to the universe.

If you chose **INDIGO** as the colour you are least drawn to at this time you may be suffering from lack of good rest and ner-

vousness. Indigo governs the pineal gland, which controls sleep functions. Cynical, intolerant and frustrated behaviour may reflect a need to balance the Indigo energy. The Indigo chakra or the "Third Eye" is the centre of psychic ability and meditation. Use Indigo when you need to "get back" to humanity.

Nourish your mind, nerves and soul with the Indigo energy. Absorb the meditative power of a midnight Indigo bath for 1/2 hour of intuition charging power—and feel fear, melancholy and nervousness melt away! Indigo helps rejuvenate the idealist in all of us.

If **VIOLET** is the colour you are least drawn to at this time it could mean that you need to cleanse your thoughts and emotions. Violet is the spiritual centre of the chakra system and connects us to the divine. If you have been "in a rut" or feeling "put down" Violet can help to restore perspective. Use this inspirational energy to boost creativity. Violet is also very powerful physically as it is antibacterial and gives energy to the lymphatic system.

When bathing a Violet bath feel the high frequency vibrations lift your spirit. As you drain the bath watch as needless thoughts, negative feelings and toxins swirl away. Violet is the colour of spirit and enhances mental function and creativity.

If you picked **PINK** as the colour you are least drawn to you may be needing to reconnect to your purpose in life. Pink is the colour of Universal Love so if you are disconnected from other human beings—you are disconnected from yourself! Using the beautiful Pink ray helps us to understand where we are in life and lets us remember why we are here. Unconditional love for others and one's self are supported by Pink.

Take a Pink bath and absorb this Cosmic loving energy and release any feelings of impatience, irritation and anger. Let the Pink power reconnect you to your own life's purpose with the love and support of the Universe! ☺



Take the appropriate Colour Bath and soak in the colour's vibration for at least 1/2 hour (if you can handle it!). Feel the power of the energy recharge your chakra centre. Lying in a Colour Bath for 1/2 hour programs your body with its energy for 1,800 seconds—experience a profoundly deep cellular chakra treatment.

Now imagine the effect if you do this for several days in a row!

Try adding several drops of a Colour Energy Essential Oil or Chakra Blend to your bath for additional power.