

# Colour Tips for January

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## INTRODUCTION TO COLOUR ENERGY

Excerpt taken from the "Introduction to Colour Energy" Booklet

Colour is more than decoration and pleasure to our eyes. It is light—light splits into different wavelengths, vibrating at different speeds and frequencies. An object that absorbs all wavelengths and does not reflect any is called black—and an object that reflects everything is white. Between black and white lies our colour world.

Colours are wavelengths of energy that to us appear as colours because of the potential and capability of the object to either absorb or reflect the energy. This is how we experience colour. An apple is red because it absorbs all colours except red. Red also has the longest wavelength of all the colours.

The strangest thing is that scholars ignore the colour energies and do nothing with the most exciting and beautiful things we have in front of our eyes—but they have accepted the short and long wavelengths on either side of the visible colour spectrum.

Chakra is the most frequently used and descriptive word for energy points or whirls of energy. The chakra points do not exist in our physical body but in our etheric body. Here the cosmic energy enters and connects our body with the energy coming from the earth. These energy whirls are in contact with our physical body through points explained as:

<b>Crown chakra</b>	<b>Violet energy</b>
<b>Brow/Third Eye chakra</b>	<b>Indigo energy</b>
<b>Throat chakra</b>	<b>Blue energy</b>
<b>Heart chakra</b>	<b>Green energy</b>
<b>Solar Plexus chakra</b>	<b>Yellow energy</b>
<b>Sacral chakra</b>	<b>Orange energy</b>
<b>Root chakra</b>	<b>Red energy</b>

These points are what it is all about—either physically, mentally, emotionally, or spiritually. If these points are healthy and in balance, then we are healthy. It is important when you are going to transfer energy from one chakra to another that you know what colour is the complementary colour, i.e. with what colour you may be adjusted.

<b>COLOUR</b>	<b>COMPLEMENTARY COLOUR</b>
<b>Red</b>	<b>Blue</b>
<b>Orange</b>	<b>Indigo</b>
<b>Yellow</b>	<b>Violet</b>
<b>Green</b>	<b>Red</b>
<b>Blue</b>	<b>Red</b>
<b>Indigo</b>	<b>Orange</b>
<b>Violet</b>	<b>Yellow</b>

To learn more about the power of colour and the meaning of each colour read the "Colour Energy" Book, "Introduction to Colour Energy" Booklet, written by international colour expert Inger Naess or take part in our Colour Energy correspondance course.



## Chakra New Year's Resolutions...

Each year millions of people make resolutions about what they would like to accomplish for the coming year. However, did you know that by creating harmonious energy flow in your chakra system, you will be able to manifest what you wish to accomplish throughout the year?!

Upon request we are reprinting the following Chakra New Year's Resolutions that will help you to build up each one of your main energy centres. Enjoy!

### TO MY RED ROOT CHAKRA

I promise to love, honour and take care of my physical body and appreciate myself for who I am—a beautiful energy being. I live as a physical entity in a real world and therefore with my RED energy I can manifest anything I want into a reality.

✿ I connect to my RED Physical Life Energy!

### TO MY ORANGE SACRAL CHAKRA

To feel life is a gift of the Orange centre. I will connect to the energy of the moment—my Orange energy—so that I can experience the joy and happiness of life's bliss every second of each day.

✿ I connect to my ORANGE Sensing Energy!

### TO MY YELLOW SOLAR PLEXUS CHAKRA

I choose to be positive in any situation. My mind controls my ability to be clear in my thoughts and with my flexible attitude I will make decisions with self-confidence.

✿ I connect to my YELLOW Mental Energy!

### TO MY GREEN HEART CHAKRA

Love is the balance that creates the harmony in one's life. And to love with no limitations or thought of return is to be in unity with the Christ Light. To give freely is to receive unconditionally.

✿ I connect to my GREEN Feeling Energy!

### TO MY BLUE THROAT CHAKRA

I resolve to allow myself to express how I feel and what I think and believe to be true. I will speak my inner truth and be faithful to who I am. To use my voice is a gift I give to myself and others.

✿ I connect to my BLUE Communication Energy!

### TO MY INDIGO BROW CHAKRA

To "see" is to link with the understanding of the universe and my soul's purpose. I promise to open up to my innate talents and allow myself the ability to perceive through my sixth sense.

✿ I connect to my INDIGO Intuitive Energy.

### TO MY VIOLET CROWN CHAKRA

To fulfill my destiny I unite to the cosmic energies and let the inspirational source flow through me and purify my body, mind & soul. I know that I am spirit and part of the divine plan!

✿ I connect to my VIOLET Energy.

Together the colours create the WHITE Light of Enlightenment!

## KICK-START YOUR YEAR WITH THE INDIGO RAY—THE ENERGY OF REFORMATION AND YOUR INTUITIVE INTELLIGENCE.

Intuit with INDIGO! Develop your psychic abilities by bringing in the INDIGO ray! This colour is your link to the unknown and your INDIGO energy is where discoveries are made—especially in your dreams.

### USE INDIGO ENERGY TO...

- Release fears and anxieties. A pale INDIGO can help with bed-wetting problems. Also aids in relieving physical and emotional pain, and is ideal for teething babies.
- Connect to one's self-realization. Helps to release repressed ideas or negative thoughts, often through your dreams. Also said to stimulate the pineal gland to evoke better sleep habits.
- Balance one's imagination and fantasy realm with reality. Imbalanced INDIGO energy often leads to depression and negative psychic experiences.
- Help purify the blood system. INDIGO is also known to calm nerves and cleanse the lymphatic system.

### Imbalances:

Learning disabilities. Equilibrium and coordination problems. Sleep disorders. Nightmares. Pineal gland imbalances. Autonomic nervous system. Headaches or migraines. Manic depression, schizophrenia, paranoia, fears and anxieties. Eyes (blindness), ears (hearing) or nose and sinus problems.

### Contraindications:

Do not use INDIGO if you suffer from serious mental illness or depression. Too much INDIGO prevents you from living in the present and holds you in the past or future. The colour INDIGO is known to induce a deep meditative state so do not use if you need to be mentally alert. Best to use at night!

### Affirmations:

- Let the INDIGO energy connect me with the knowledge and understanding that I am to receive help in my everyday life.

## COLOUR ENERGY "INDIGO" SUPPORT TOOLS

**Essential Oils**—COLOUR ENERGY (CE) offers several different essential oils/blends. Patchouli oil integrates our higher chakras to the earth elements and promotes security, whereas CE's Frankincense oil helps us to connect to the spiritual realms of our higher mind. Myrrh is said to unite one to their life's purpose. CE's INDIGO chakra oil is a combination of the above three essential oils – an excellent blend for strengthening one's intuition and revitalizing one's soul! Or try our Indigo Headache Relief blend to alleviate any headaches and pains.

**Chakra Light Essence #6**—The INDIGO Chakra Light Essence stimulates the 6th chakra and aids in the development of philosophical concepts, clairvoyance, intuition and psychic abilities. Also available as a pendant necklace!

**Gemstones**—The Amethyst Gemstone and Amethyst Pendant Necklace are known to enhance greater love as amethyst holds a very high vibration centred in the love energy.

**Dead Sea Salts**—Known for their anti-aging effect and other healing properties. Cleanses negativity from the auric field.

**Aura Cleanser**—Dispels negativity and lower frequencies. Use in the office, at home, while travelling... the uses are endless!

**Indigo Spiritual Spray**—This Essence connects you to inner wisdom and guidance.

**Guardian Angel Essence**—Using Guardian Angel will support you in times of need as it allows your "helpers" to assist and support you!

## Colour Vibration & the Zodiacal Signs

### CAPRICORN – INDIGO

DECEMBER 22nd - JANUARY 19th



#### IN INDIGO LIES THE UNDERSTANDING OF THE LIFE PROCESS –THE MEANING OF ONE'S LIFE.

Capricorn is a mystery sign possessing profound insights. In its INDIGO energy emerges the secrets of the midnight sky and the universe as well as the glory of the supernatural. People born under this sign of the INDIGO ray are empathetic and quite connected to their innate intuition. INDIGO is the energy of the reformist. On an energetic level INDIGO helps us to understand and see things from new perspectives.

#### Indigo is the energy that connects to the Brow (Third-Eye) Chakra.

This birth sign is concerned with the unseen and spiritual illumination... to help others understand the true significance of their soul's existence.

We suggest INDIGO tools to help one access their potential and to see the beauty and love that surrounds them! To connect to the INDIGO energy use tools such as relaxing teas (e.g. blueberry tea), Crystal Light Therapy music, INDIGO candles and the INDIGO COLOUR BATH.

Essential oils that correlate to INDIGO are patchouli, frankincense, myrrh or Colour Energy's soothing INDIGO Chakra Blend. Try a Crystal Light Spiritual Spray or the INDIGO Therapy Glasses. The gemstones that stimulate the brow centre are amethyst or tanzanite. Eggplant, broccoli, purple onions, currants, prunes and blackberries are also INDIGO energy.

### AQUARIUS – VIOLET

JANUARY 20th - FEBRUARY 18th



#### VIOLET IS THE ENERGY OF OUR BELIEF SYSTEM AND FOCUSES ON WORKING FOR A HIGHER PURPOSE.

Aquarians have a spiritual mind and can be quite connected to their creative and inventive VIOLET energy. It is the birthright of one whose consciousness is in contact with the new and undiscovered truths. Aquarians promote group work and are good at uniting people together for humanitarian or spiritual issues. They believe in the ideal of oneness of the whole and wholeness in the one. Aquarians are visionaries, but they have to remember to stay grounded.

#### VIOLET is the energy of our top chakra—the crown centre—and reflects the energy of knowingness and spiritual connection.

Use the VIOLET energy to create and manifest new beginnings. VIOLET accesses the universal energy, which then gives us a creative flow of energy for new ideas and it nourishes artistic talent and inspiration. This calming and beautiful colour is also known to help with insomnia, headaches and eczema. VIOLET is known to be an anti-bacterial cleanser; ideal for skin rashes or burns (including sunburns).

Other VIOLET energy forms are lavender, jasmine and camphor essential oils; or Colour Energy's divine VIOLET Chakra Blend. Eggplant, plums, kale, broccoli and purple grapes are a few of the purple foods. Quartz Crystal is related to the VIOLET energy as it opens us to the heavens, our higher self and God (ideal for meditation purposes). ❀