

Colour Tips for October

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COLOURIZE YOUR WARDROBE

Did you ever wonder why you prefer to wear certain colours, avoid others or why you might choose a specific coloured outfit solely based on your mood that day?

Well there are several good reasons for your colour choices: **Light and its colours have a physical affect on our glands and hormones, therefore they will also have a marked influence on our moods and feelings.** Science has proven that certain colours can calm the mind while others stimulate mental activity. Colours can brighten up our day, enhance our learning and even give us physical energy.

Coloured clothing acts as a filter and when light shines through the coloured fabric it amplifies the energy of the colour worn. This colour stimuli has the ability to have a profound effect on us. Wow! That means what we wear influences not only our mood, but also our body, mind and spirit!

Imagine how empowering this can be when you understand the colour connection and how wearing certain colours will affect your attitude and physiological disposition!

Let's even take this concept a step further... why not choose to wear colours based on your daily energy requirements.

For example, if you have an important business conference and need to organize your thoughts as well as your meeting notes, simply wear the Blue hue to help sharpen your planning skills. Or for more vitality wear an energizing colour such as Red, Orange or Yellow to stimulate your physical, emotional or mental needs respectively. Green is balancing and promotes peace and serenity, which is often needed during hectic work schedules. If inspiration is what you desire wear the purple shades of Violet and Indigo to give you heightened creativity and a deeper understanding of the situation.

We need light (colour) energy for nourishing our brain, our emotions and our physical body. We can also receive additional Colour Nutrition™ through a balance of various coloured foods, herbs, vitamins, aromatherapy, sound, minerals, clothing, decor and colour bathing. The vibration of colour can enter through all our senses, our skin, our breath and even our thoughts! (Words are colour-coded too.)

So wear the colour you need for whatever occasion and even bathe yourself in the same colour through a variety of methods to ensure success.

To learn more about how colour affects your personality read the book "Colour Energy" by Inger Naess or ask about the Colour Energy Basic correspondence course. ☞

Colour Vibration & the Zodiacal Signs



LIBRA – Green

September 23rd - October 22nd

Libra is the balancer and GREEN is the energy of the heart chakra and harmony. Those who are born under the sign of Libra are known to be the peacemakers. GREEN people are the ones that you can go to when you have a problem as they are the most compassionate of all the astrological signs.

GREEN IS THE ENERGY OF LOVE AND EMOTIONS. HOWEVER, OF ALL THE COLOURS, GREEN HAS THE MOST TROUBLE SAYING "NO." THE LESSON FOR THE LIBRA PERSON IS BUILDING UP THEIR CONFIDENCE (USE RED TOOLS TO BUILD UP INNER STRENGTH).

Aromatherapy oils that correlate to GREEN are Colour Energy's eucalyptus, pine, cypress, fir, oregano, spearmint, wintergreen & cedarwood, CE's GREEN Synergy Chakra Blend or our new Green Spiritual Spray!

Herbs that support the GREEN energy are sage, pine and hyssop. Energize your heart centre with a cup of decaffeinated GREEN tea.

There are many GREEN foods, such as GREEN beans, lettuce, peas, cucumbers, avocados, etc. Nature is the sound of the GREEN ray. Nurture yourself in a GREEN Colour Bath and heal any tired bones or stiff muscles. Wear a GREEN gemstone (aventurine, emerald, malachite, peridot, jade, etc.) over your heart centre to give yourself the love you deserve. Nurture yourself in the loving GREEN energy and de-stress after a hectic day! ☞

SCORPIO – Turquoise

October 23rd - November 21st



Scorpio is the energy connected to the thymus chakra and this centre is about expressing one's heartfelt thoughts. Speaking one's truth on an emotional level can be difficult and if the Scorpion feels confronted with challenges it has the ability to repress.

This is the energy that creates opportunities for a change. The TURQUOISE colour is the energy that uplifts the energies of your lower chakras into higher levels—thus allowing movement of optimum energy flow!

THE PURPOSE OF THE TURQUOISE ENERGY IS TO HELP ONE EXPRESS HER/HIS EMOTIONS WITH CONVICTION AND WITHOUT TRYING TO PLEASE OTHERS.

Use TURQUOISE to help build up your immune system and remove toxic wastes. The TURQUOISE colour is known to decrease congestion.

Essential oils that reflect the TURQUOISE hue are tea tree, thyme, manuka, ravensara, rosalina, niaouli and clary sage. Or try Colour Energy's refreshing TURQUOISE Chakra Blend. Any ocean plants such as sea weed, algae or kelp belong to the TURQUOISE energy. Also sea salt is high in the minerals that aid in the release of body pollution. Wear the gemstones of TURQUOISE, aquamarine and tourmaline to empower your Thymus chakra! ☞