

Colour Tips for December

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Colour Energy Corporation • #116 – 408 East Kent Avenue South, Vancouver, BC V5X 2X7 • Tel: (604) 687-3757 • Fax: (604) 687-3758 • Toll Free: 1-800-225-1226 • www.colourenergy.com



'TIS THE SEASON...

It's that time of the year again. Holiday cheers, family and friends, good food and a time of sharing. This is the season that people give freely and unconditionally without a thought of what they receive back.

This is one of my favourite times of the year, not only for the reasons mentioned above but more for the energy exchange. At this time of year people are more open and receptive with little thought of the Ego.

Now who better to support this fantastic energy exchange than the practitioners and retailers who offer energy tools and services? The reason why I love to shop at health and new age stores is that they sell products that encourage people to find inner peace and harmony – not just at Christmas but all year round. Also, energy tools can be anything from chakra-coded candles to beautiful rainbow jewellery or fun and therapeutic "colour baths".

So if you are planning to gift people with presents this holiday season, why not choose things that will support your loved ones and their energy systems? We suggest colour-coded chakra gifts that reflect the energy needs of the person or child you are buying for. For example, your friend who is stressed out at work could use some relaxing "BLUE" chakra tools to help them de-stress. Following are some ideas to help you select the right energy gift themes this holiday season:

RED IS ENERGY!

Give the power of "RED ENERGY" to someone who needs a boost of courage, confidence, vitality or strength (also ideal to help you through the hectic Christmas season). The warmth and festivity of the RED colour energizes physically and mentally. This is the chakra centre that keeps our life force strong, and prevents us from getting sick. RED socks and sweaters stimulate your circulation, creating the fire that is needed to keep your body warm and active.

Make an energy basket filled with RED power tools such as our new RED Spiritual Spray or RED COLOUR BATH, RED chakra-coded candles, RED essential oils such as COLOUR ENERGY's Root Chakra Blend, Juniper, Sandalwood and Ylang Ylang oils. RED foods, clothing, gemstones or a power bar will complete a vibrant "RED chakra basket." A perfect gift for anyone who needs an extra boost of vitality!

USE ORANGE FOR JOY & HAPPINESS

For anyone who gets the winter "BLUES" give them the uplifting colour of ORANGE. ORANGE is known for its anti-depressant qualities. It is the energy centre that connects us to living in the moment with an enthusiasm for life. ORANGE energy promotes a desire to feel and live life to the fullest. It is a youthful energy that pleases our inner child. Decorate your tree with ORANGE pomander ornaments, coated with cinnamon and spiked with cloves! Eggnog with nutmeg and Mandarin oranges also reflect the ORANGE energy. Use the ORANGE Karma Light Comfort Essence for emotional support or our oil blend called "Joy to the World"!

YELLOW ENERGY IS FOR OPTIMISM

YELLOW glasses make an excellent gift for people who enjoy winter sports. Our YELLOW colour therapy glasses help to cut down on the glare from the snow. YELLOW is also the best colour to help with mental fatigue. With the days being shorter we need to use the mentally stimulating colour of YELLOW to keep our spirits high and our minds sharp. YELLOW is the colour associated with sunshine, so when it's cloudy outside bring YELLOW sunshine into your day by using YELLOW tools!

GREEN IS FOR THE HEART CENTRE

GREEN reflects happiness, health, harmony and "peace on earth and goodwill towards men." When your heart chakra is in balance you are able to give positive feelings and happiness unconditionally to others. Go GREEN this holiday season and give environmentally friendly gifts to family and friends. GREEN energy also helps to strengthen family ties. Even Christmas trees represent GREEN energy! GREEN is also the colour that cleanses your emotional spirit. During the holidays, use the GREEN energy to nurture yourself and those you love. GREEN is the best colour to help ease coughs and respiratory problems. COLOUR ENERGY's GREEN Chakra Energy Blend is ideal for chest colds and congestion.

BLUE CONNECTS TO INNER TRUTH AND UNIVERSAL KNOWLEDGE

Winter is cold and flu season. You already know that RED energy helps to fight a cold. However, if you are already sick, BLUE's anti-inflammatory properties can help reduce your fever and aid in alleviating flu

symptoms. COLOUR ENERGY's BLUE Chakra Energy oil is an excellent blend to keep on hand during the winter months as it helps to relieve sore throats and flu symptoms. A BLUE silk scarf is great for people who need to empower their throat chakra so that they can clearly express themselves. Despite its cooling and calming effect BLUE is also stimulating, but on a more spiritual level where it is truly uplifting. The truth about life becomes clearer when you connect with your inner self through your BLUE chakra centre. Whenever you need to connect to our Heavenly Father use the BLUE ray to help enlighten your spirit.

INDIGO STRENGTHENS INTUITION

In the INDIGO energy lies an understanding of the life process and the need to serve mankind. INDIGO is also the energy that belongs to the reformist. When we connect to the INDIGO energy we can see things from new perspectives. This energy represents our subconscious and the knowledge that we belong to the universe and to a higher purpose. The INDIGO colour can help us reach a higher level of being. When we tap into our INDIGO intuition we tap into our soul's identity. Essential oils such as COLOUR ENERGY's Frankincense and Myrrh help us connect to the spirit of God. Also, COLOUR ENERGY's Guardian Angel Essence helps to release blockages from the past that may be hindering us from moving forward in life.

VIOLET IS INSPIRING

Use the VIOLET flame when you need to be uplifted with inspiring thoughts. VIOLET is the colour that connects you to the universal consciousness. Using the VIOLET energy allows you to be more aware of your beliefs and helps you to focus on working for a higher purpose. Use the VIOLET energy to create and manifest new beginnings. Positive VIOLET energy makes things happen. The famous artist, scientist and master of colour Leonardo da Vinci said that our power would increase tenfold if we meditated under the VIOLET stained glass in the cathedral. When light shines through VIOLET coloured glass it provides us with the highest energy. This colour is closest to the Divine Being. VIOLET candles and a VIOLET oil combined with a VIOLET COLOUR BATH makes a great meditation kit

Visit www.colourenergy.com for more great inspirational gift ideas!

WHAT IS ALCHEMY?

Alchemy is a method to transform matter.

Colour Energy's Alchemy line consists of cosmic elixirs that were made to prolong your existence at an optimal energy level of being. All of Colour Energy's Alchemy products are made by the world famous intuitive Alchemist Antony Cooper. Antony uses living energies of specialty herbs and essential oils and then charges them with the healing power of crystalline structures. The essences are further alchemized using coded information from crystals, essential oils, flowers, herbs, geometric patterns, cosmic vibrations, planetary frequencies and colour. Each Essence is designed to open your energy centres, so that they are functioning actively, radiantly and strongly.

Rainbow Serpent Spray

This incredible Alchemy Essence was created to safely awaken the Kundalini (Serpent) energy. Often our vital energy lies dormant at the base of the spine until it is called into action. Rainbow Serpent Essence helps lift your Kundalini up the spine, invigorating all of the physical Chakras together with their associated colour energy frequencies, thus allowing you to utilize and access your higher levels of consciousness to attain enlightenment.

This spray Essence can also help to bring about a deep alignment of all the chakras, releasing any hindrances that may be retarding your growth. However, if the energy stops and becomes stuck, it can be released by applying the appropriate Chakra Light Essence or Massage Oil. **Ideal for yoga enthusiasts!**

Aura Cleanser

Aura Cleanser is a highly effective patterned recipe formulated to erase negativity from in and around us on many distinct energy levels. This Essence was specially created to help neutralize and cleanse areas where it is sprayed.

This powerful spray Essence encourages energetic responses from your multiple levels of consciousness, clearing any negative threats, psychic or otherwise. Aura Cleanser is a great ghost buster! It also **helps to heal damaged human electromagnetic energy fields (auras that have holes), caused by destructive frequencies (from cell phones, computers, etc.) and can help prevent or alleviate serious imbalances.**

Aura Cleanser can be used very simply by spraying directly above one's head or in a room to clear the energy! Great to use in therapy treatments and offices. It can also be used to clean and clear crystals. As well, it can be used instead of a smoke treatment such as smudging or burning incense. Use it to clean your work or home space to prevent any negativity from entering your energy field (makes a great personal Feng Shui tool). Therapists should be aware that each client leaves behind some energy, which often is not positive, in the treatment room. You should spray your space with Aura Cleanser after every session to maintain a "clean" positive area.

FLUFF UP YOUR AURA WITH COLOUR ENERGY'S HIGH FREQUENCY ELECTROMAGNETIC AURA CLEANSER!

Colour Vibration & the Zodiacal Signs

SAGITTARIUS – BLUE

NOVEMBER 22nd - DECEMBER 21st



Sagittarius is the communicator; however, it is what one says that matters more than what one knows.

BLUE is the energy that connects to higher dimensions and translates information from the spiritual realm into our physical world. It is this wisdom that Sagittarians understand, but only when they are in complete balance. Blue is the energy that connects to the throat.

THE LESSON FOR THE SAGITTARIAN PERSON IS TO LEARN HOW TO EXPRESS THEIR INNER TRUTH AND TRUST OTHERS.

Aromatherapy oils that correlate to BLUE are geranium, chamomile, peppermint and Colour Energy's soothing BLUE Chakra or Happy Hormones Blend. Energize your throat centre with a cup of peppermint or chamomile tea.

There are many BLUE foods such as BLUEberries, boysenberries, plums, brambleberries, asparagus, potatoes, fish, etc. Echoes and ocean sounds represent the music of the BLUE ray. Calm yourself in a BLUE Colour Bath and release your stress. Wear a BLUE gemstone (sodalite, sapphire, lapis lazuli, BLUE agate, etc.) over your throat centre to empower your throat chakra. Other BLUE support tools include BLUE Glasses, the BLUE Sweet Serenity Diffuser Mix, and the new BLUE Spiritual Spray. Nurture yourself in the cooling BLUE energy and de-stress after a hectic day! ☾



CAPRICORN – JANUARY

DECEMBER 22nd - JANUARY 19th

Capricorn is a mystery sign possessing profound insights. In the 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. This birth sign is concerned with the unseen and spiritual illumination... to help others understand the true significance of their soul's existence. INDIGO is the energy of the reformist. On an energetic level INDIGO helps us to understand and see things from new perspectives.

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

We suggest INDIGO tools to help you access your potential and to see the beauty and love that surrounds you!

To connect to the INDIGO energy use tools such as relaxing teas (e.g. blueberry tea), meditation music, INDIGO candles, INDIGO Soul Purpose Diffuser Mix, INDIGO Spiritual Spray and the INDIGO COLOUR BATH. COLOUR ENERGY's patchouli, frankincense or myrrh essential oils or INDIGO Chakra or Headache Blend. Try the INDIGO Chakra Light or Guardian Angel Essence. The gemstones that stimulate the brow centre are amethyst, quartz crystal or tanzanite. Eggplant, broccoli, purple onions, currants, prunes, blackberries are the INDIGO foods. INDIGO supplements are passionflower or melatonin. ☾