

# Colour Tips for May

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## BODY LANGUAGE

**Did you know that your body talks to you? It is said that the physical and emotional functions of each organ is identical.**

Body language states that what an organ is doing on a physical level, it is also doing on the mental level.

For example:

- With the hands we are acting
- With the legs we are mentally moving forward in life

The body is composed of organs and glands, each with their own specific function. The science of body language tells us what may be preventing the energy flow in these areas. When the energy flow is blocked at a point, the information indicates of stress in some cases pain or disease. When our thoughts and emotions are being processed correctly our body functions at its full vitality.

It is important that you learn how to communicate with your body to prevent future imbalances and to help reverse symptoms that currently exist. Following is a simple exercise to help you release body tension so that you can achieve balance in body, mind and spirit.

## GETTING IN TOUCH WITH YOUR BODY STRESSES

Choose a comfortable position in a chair, with your back straight, eyes closed, legs uncrossed and hands resting loosely in your lap.

Take 3 slow deep breaths, inhaling deeply into your belly and exhaling slowly. Focus your attention inside yourself. You are now going to scan your own inner self. You will be taking a journey through your body. Continue to breathe regularly as you prepare.

Start the visualization at the top of your head. What do you notice? Does your head feel light or heavy? Are you connected to your mental abilities? Do you notice tension anywhere? Does your Crown Chakra feel inspired? Does your Third Eye Chakra feel open and ready to receive information?

Next, move into your mouth, jaw, throat, neck and shoulders. Do you feel any stresses in these areas? Is your Throat Chakra able to communicate freely and tell your truth or do you hold back your expression?

Go to your heart area. What do you feel in your heart? Are your lungs expanding and contracting in cooperation with each other? Can you feel the life force of oxygen penetrate deep into your diaphragm? Does your breathing get fast or erratic when you are excited, anxious or scared? Is this where you hold tension?

Move to your arms, hands and fingers. Is one hand heavier than the other? Which one? Can you feel the energy flow from your Heart Chakra to your finger tips? Is there pain anywhere in your arms or behind your shoulder blades?

**Are you noticing any tension as you travel through your body? Make a mental note of where these areas are.**

As you move to your Solar Plexus Chakra what sensations do you feel in your stomach region? Is your digestion system free flowing without pain or problems? Are you able to digest your thoughts and ideas?

Continuing through to your next energy center, is your Orange Center happy at this moment? Are you able to express your emotions or do you repress what you feel? Is your body's water-works system free flowing? Is your inner child content? Does s/he laugh regularly?

Finally, as you end the visualization at your Root Chakra, notice what you feel there. Is your lower back strong enough to hold you up straight? Do you feel any stress in your hips? Is your spine flexible so that your life force can move all the way up? How strong are your legs? Can they carry you forward or do you often get cold feet?

**When you have completed your "inner journey" go back to any locations where you noticed stress, discomfort or any emotions that came up. Do not judge what you felt, just observe the feelings.**

**Now breathe deeply and imagine that you sending deep warmth into the tense areas, dissolving any blockages or negativity. Notice what happens when you do this to each zone.**

When you have visited all the areas, breathe deeply again and stretch fingers and toes before opening your eyes.

Do not worry if you have not dissolved all the tensions in one try - you can repeat this exercise any time. Eventually you will start to notice a difference the more you practice.

However, if you notice the same region continues to be stressed, learn more about this body part. Sometimes deep-rooted issues may exist there. Use different colour tools that will help you to further release any negative programs.

For example, to release a Root Chakra stress (tension or pain in your lowest energy center) and/or blockage, use various red Colour Energy products. They say that to break a habit it takes 21 days. So focus on one colour for 3 weeks!

*To discover more about your body's blockages, consult a certified Biopulsar Analyst.*

Read the Colour Energy book or booklet by Inger Naess to learn more about the healing power of colour.

As well, Colour Energy offers a variety of speciality & correspondence courses for the novice or seasoned practitioner. Read more about next month's course on the following page.

**FOR MORE INFORMATION ON COLOUR ENERGY'S RELAXATION AND CHAKRA BALANCING PRODUCTS VISIT [WWW.COLOURENERGY.COM](http://WWW.COLOURENERGY.COM).**

## MAY IS FOR NURTURING—TREAT YOUR MOTHER & YOURSELF TO THE LOVING PINK ENERGY!

*Pink is known as the universal colour of love!*

When babies are born they radiate a beautiful Pink aura. A new Mother glows in the energy of the pink ray. This is the month we want to dedicate to giving back to ourselves – loving ourselves from the inside out.

Pamper your Mom and yourself with a home spa... enjoy the solitudes of a peaceful evening in a gorgeous "pink bath". Apply the luxurious Pink energy by using Colour Energy's beautiful rose essential oil and Dead Sea Salts to a bath. Other pink oils include Palmarosa, Petitgrain and Helichrysum or try our Pink Chakra Oil Blend or Skin Renew.

*The Law of Resonance says that what you radiate out is what you will attract back... so when you radiate the loving pink energy, you attract beautiful things into your life.*

Pink is able to uplift, calm and soothe. Pink connects to self-respect and self-love and is ideal for people who are perfectionists or very hard on themselves.

*Pink can be used to protect, give peace of mind, and remove unwanted aggression and irritation. It helps to ease grief, tension, depression and hostility. Bathing in the pink energy nurtures the mind, body and soul!*

The gemstones Rose Quartz, Moonstone, Opal & Rhodonite are associated with the pink ray. Charge a pink stone with our Unconditional Love or Pink Chakra Light Essence or apply either Essence directly to your heart chakra.

Our pink silk eye pillow and rose floral water (hydrosol) spray make a perfect Mother's day gift. Other suggestions are beeswax candles, rosehip tea and books on motherhood, love, anger management and the heart chakra. ☘

### ❁ FREE 1-DAY WORKSHOP ❁

Join us on June 2nd, 2011 for a one-day **FREE Colour Energy product training.**

### COLOUR ENERGY

### ❁ 2-DAY WORKSHOP ❁

**June 3rd & 4th, 2011**

This exciting 2-day workshop will be led by the renowned colour & aura specialist Susanne Murphy.

**Learn more about your colour blueprint and how you can achieve greater success in your life through the conscious use of colour!**

**CALL 1.800.225.1226 FOR MORE DETAILS**

## Colour Vibration & the Zodiacal Signs

**TAURUS – ORANGE/RED**  
APRIL 20th - MAY 20th



**THE FUNCTION OF OUR RED/ORANGE ENERGY IS TO LEARN TO EQUALLY INTEGRATE BOTH OUR PHYSICAL AND EMOTIONAL BODIES!**

Taurus are strong-minded individuals who are incredible at overcoming any hurdles. They are the most powerful of all the earth signs and therefore very connected to earthly materials. The keynote of Taurus is "I love" and their life journey is often to transmute the love of personal possessions into a self-sacrificing service. Their strength is to cultivate and increase productivity to bring peace and plenty to humanity. If they resist their birth "right" and only go after life's pleasures for themselves, they may become stubborn and stuck.

RED/ORANGE is the best energy to stimulate your enthusiasm for life so that you can manifest in the present moment.

RED is the energy of passion, whereas ORANGE is the energy of your sensing abilities. When combined, these two energies help you to feel life with enthusiasm and vitality. The RED/ORANGE energy is found in foods such as blood oranges. The RED/ORANGE ray is also reflected in gemstones such as RED coral and oils that, when combined, make an uplifting powerful blend. Mix the RED and ORANGE Colour Bath® and experience the frequency that gives you the confidence you need to release any anger and emotional blockages. Make an energizing morning beverage with beets, carrots and red apples. ☘



**GEMINI – ORANGE**  
MAY 21st - JUNE 19th

Gemini is the sign of duality and the energy that represents opposite polarities. As the sign of the twins it signifies the present phase of evolution (alternating between life and death, happiness and sadness, health and sickness, plenty and poverty, yin and yang, black and white, etc.).

The Gemini energy can be very persistent and enthusiastic and it has the ability to think outside of the box. However, when unbalanced it can be very demanding and act childish.

**THE FUNCTION OF OUR ORANGE ENERGY IS TO FIND THE HARMONY IN OUR CREATIVE, FEELING AND SENSING CHAKRA CENTRE. THIS CAN BE ACCOMPLISHED BY ALLOWING OUR FEMININE ENERGY TO BE EXPRESSED AND NOT REPRESSED!**

ORANGE is cheerful, spontaneous, and playful, allowing you to be in your creative flow! Use ORANGE tools to bring out the joy in life, as it is the colour of our inner child. The carnelian gemstone has been used to release negativity. COLOUR ENERGY's ORANGE Blend, Melissa, ORANGE or Neroli are oils that have an uplifting and invigorating aroma. Imagine the power when added to an ORANGE COLOUR BATH together with happy music and a glass of pure carrot juice. Wearing our ORANGE colour therapy glasses daily as regular sunglasses will help you to see the world more positively and joyfully (ideal to combat depression and emotional instability). ☘