

# Colour Tips for June

JUNE 2013 – ISSUE 162



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## THE MIND/BODY CONNECTION

The body is composed of organs and glands, each with their own specific task. A holistic health approach recognizes that our organs not only have their physical function but also operate on a mental and emotional level. For example, the throat area (chakra) has the task of communicating on a vocal level. Our throat has the ability to verbalize our thoughts, feelings and spiritual beliefs; however, we do not always allow it to do that. We hold back from expressing our ideas, emotions and beliefs. Perhaps because we are afraid to show other people our true feelings and inner being. In doing so we block the flow of our energy. On a physical level this can cause disharmony in the throat chakra centre, which may in turn give us a sore throat, stiffness in the neck, shoulder pain, lockjaw, etc.

The Biopulsar Reflexograph® Technology, an advanced energy diagnostic system, allows us to analyze how our thoughts participate in creating our physical and emotional reality. Technology can show how a positive or negative thought can influence the different body organs to be either stronger or weaker as well as change one's aura colours accordingly.

This proves the philosophy that whatever you think in turn will influence your body's flow of energy (both physically and energetically). And if during your life you had reoccurring "negative" thoughts or experiences then these repetitive influences may have created deep energy "blockages" throughout your body. Understanding your physical symptoms is instrumental in helping you to change your bad thought habits so that you can improve your wellbeing. (We recommend regular Biopulsar scans.)

Using the science of body language we can learn what thoughts may be causing certain physical problems as different thoughts tend to restrict the energy flow in certain parts of the body. This means that every body organ contains a similar thought pattern and once we recognize a physical symptom then we can determine the root cause. A Biopulsar reading will help to show you the areas in the body that are weaker and any possible psychological problems. Also, you can read the "Introduction to Colour Energy" booklet to help you understand the mind/body connection.

There are several other factors that can also program one's body and energetic flow: hereditary issues, nutrition, environment, and profession, to name a few. If you can recognize influences that have or may still be hindering your energy, then you can further learn how to support yourself.

By understanding how your energy is influenced and by making the right lifestyle choices, it enables you to reprogram your thoughts and beliefs into a more positive energy flow.

Colour Energy focuses on teaching the connection of your body, mind and spirit through using a simple colour-coded system. When you understand what chakra governs the various thoughts, emotions and body organs then you can easily understand what exercises or colour tools you can use to support these areas.

The first thing that we suggest is to make healthier lifestyle choices that will positively affect your body and mind. Nowadays, with all the toxicity in our environment and in our foods we must work harder at keeping our body free from pollutants. In fact, the organ that we constantly see at a low vitality level on the Biopulsar System is the armpit organ. This is the area where toxins tend to accumulate resultant from blocking our pores with low quality deodorants. As well we tend to mask our body's odors, which in essence is our body's way of telling us where we need to focus our attention.

In body language the armpit is the area connected to expressing our truths and emotions. The armpit houses most of our lymph nodes and is connected to our thymus gland.

A simple method to support the release of toxins is by using Colour Energy's Natural Liquid Deodorant. Our deodorant is safe to use as the molecules of the liquid have a negative ionic charge that makes it unable to pass through the cell wall. Since the deodorant is not absorbed into the body it is totally safe to use. As well, you can use therapeutic essential oils to support your lymph system such as Colour Energy's Bergamot or Grapefruit oils.

There are many quality tools that support our body's organs, chakras and aura. So start making the changes in your life that will energize the areas that have been problematic; thereby, strengthening your weaker chakra centres and expanding your aura!

## MAKE THE MIND/BODY CONNECTION!

Colour Energy teaches regular classes on body language and the chakra system. Call for more course details or to find a Biopulsar consultant in your area.

Toll Free in Canada & USA: 1-800-225-1226

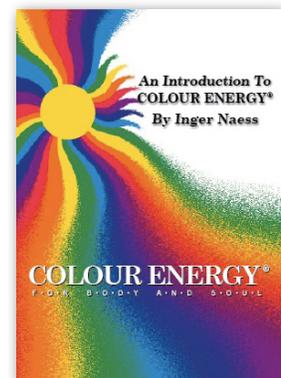
## INTRODUCTION TO COLOUR ENERGY BOOKLET

Written by international colour expert Inger Naess. This simple to read booklet, An Introduction to Colour Energy for Body and Soul, outlines the basics of Colour Energy, including how each colour affects you physically and mentally, the positive and negative sides of each colour, as well as other "colour energy" tips

### In our booklet you will learn...

- The meaning behind the power of colour, to help you choose the right "colour energy" for any of your needs.
- Other informative tips, such as using oils, affirmations, etc., to help reinforce the beneficial effects of colour.

### An incredible colour reference guide!!



## ORANGE – IS YOUR SOCIAL/CREATIVE INTELLIGENCE.

Spice up your sacral center! ORANGE is the vitality that connects you to your inner child, which is your creative and sensing centre. Orange is the energy that boosts your emotions and exudes happiness and joy.

### USE ORANGE ENERGY TO...

- Release emotional blockages. Often when a person is feeling a disconnectedness or discontentment it indicates: they need more ORANGE Energy in their life! ORANGE is one's freedom and movement energy.
- Balance one's polarities. Orange is said to help alleviate some depressions as it is known as the best emotional stimulant.
- Activate your lower digestive system and support the function of the body's waterworks system. When bathing in ORANGE Colour Bath you may notice a discolouration of the water if your body has purged any toxins.
- Help reduce sensitivities, asthma and allergies. ORANGE is the energy that is said to alleviate reactions of environmental sensitivities.

### IMBALANCES:

Eating disorders. Alcohol and drug abuse. Depression. Disconnectedness. Low back pain. Emotional imbalance (happy one minute, sad or mad the next). Asthma or allergies. Candida & yeast infections. Urinary problems. Kidney infections, water imbalances (retention/dehydration/perspiration). Sensuality issues as well as impotency and frigidity.

## COLOUR ENERGY "ORANGE" TOOLS

**COLOUR BATH®** – Add 1-2 capfuls of Orange COLOUR BATH combined with an "ORANGE" essential oil. Try an invigorating and refreshing foot bath in the Orange energy with a teaspoon Dead Sea Salts.

**Essential Oils** – COLOUR ENERGY offers several different therapeutic essential oils/blends, each with different healing attributes that are in the frequency of the "orange" ray. Orange (Sweet, Bitter, or Blood) oil is said to heal any damage that is in one's aura. Neroli oil is known as a sensual and euphoric oil. Our Melissa Blend is ideal to help calm the body and mind, and lift the soul. Or try our ORANGE Chakra, Joy to the World Therapeutic Blend or Garden of Eden Diffuser Mix as it is a perfect combination to cheer up your day. This is the energy that evokes happiness, enthusiasm and self-assurance. Excellent to uplift depression. Use to kick start your morning with a positive outlook!

**Chakra Light Essence #2** – The function of the #2 Orange Essence is to connect you to the Present Moment. This Essence will connect your body, mind and spirit, and bring them into synergy so you can feel what it means to be in the present. Now available in a pendant!

**ORANGE Colour Therapy Glasses** – This Invigorating colour is known as "the giver of strength" after physical and emotional exhaustion. Looking at the world through the ORANGE hue helps to uplift one's spirits, and can be used to alleviate depression, pessimism and fatigue.

**Aromatherapy Diffusers** – Evoke your Orange energy centre. Essential oils stimulate your sense of smell, which is strongly connected for your feeling and sensing chakra.

**Dead Sea Salts** – Combine Dead Sea Salts with a COLOUR BATH® and a few drops of a COLOUR ENERGY orange essential oil or blend... and experience a deep cellular energy treatment!

**Carnelian Gemstone** – Add more pep in your step by calming any emotional turmoil. Go with the flow is the nature of this stone. Guards against bad vibrations and helps an insecure person to find strength within oneself so s/he come into one's own.

## Colour Vibration & the Zodiacal Signs

### 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).



### CANCER – YELLOW/ORANGE

JUNE 20st - July 20th

People born under the sign of Cancer are very mentally creative. They understand the relationship between their emotions at any given moment and incoming information. Cancer has a strong "felt" sense of what is right. Judgment is usually based on a gut feeling that a certain direction is best. The ORANGE/YELLOW person is never boring, as s/he can be both knowledgeable and at the same time very entertaining. The nature of Cancer is to uplift others and share innovative ideas.

**THE PURPOSE OF THE ORANGE/YELLOW ENERGY IS TO FACE LIFE'S CONFLICTS HEAD ON AND DEAL WITH ONE'S FINANCIAL RESPONSIBILITIES.**

ORANGE is the energy that connects to one's sensing abilities and YELLOW is the colour of knowledge and clarity. Combined ORANGE/YELLOW allows one to "go" with the flow and at the same time give new ideas. Great for helping one to release rigid patterns and habits. Mix one cap ORANGE and one cap YELLOW Colour Bath together and create a beautiful peach bath experience. A peach coloured bath will support the deep release of toxins.

Other ORANGE/YELLOW tools would be Colour Energy's Bergamot oil mixed with ORANGE for a nice uplifting blend. Also CE's Melissa Mix is a combination of ORANGE and YELLOW essential oils.

Lighter coloured foods such as Apricots, Peaches, Cantaloupes and Yam are the ORANGE/YELLOW energy. 