

Colour Tips for April

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Spring has Sprung — It's the Time for New Beginnings

In colour therapy the RED energy is referred to as the colour of new life and new beginnings. And it is through our RED energy that we build-up our foundation. Since RED is connected to the first chakra it is the energy that takes responsibility for pushing our chi up throughout our whole system. RED helps to strengthen our life force and physical vitality as well as encouraging inner confidence. When we start a project it is important that we have an abundance of RED energy so that we have the right energy necessary to help us complete the task. When our RED energy is strong then it is virtually impossible for us to run out of gas. **RED is the fuel that feeds our body the vital energy that empowers us to reach the end of our goals.**

Since the month of April signifies the energy of the RED ray, it is an ideal time for you to start new things. Spring is also the time of year to do spring cleaning. Not only is it a good time to clean your house but to also clean your personal energy. When your aura is vibrant and free flowing it allows you to accept newness into your life. However, if your energy field is cluttered then your energy field is too congested to attract the things that you may want or deserve.

Trying using Colour Energy Aura Cleanser or our new White Light Spray to cleanse & balance your energy. Then ramp up your red energy with as many red tools as possible...You will be amazed at how much gets done & how powerful you feel in the process!

COLOUR & DECOR

"Colour Energy" interior decorating is about more than just fashion or the paint colour of the season. It's about creating environmental energy that coincides with the function of the room. For example, a room that is intended for relaxation should be decorated in colours that are calming, whereas a room for studying needs colours that have proven to be mentally stimulating.

Often homes are decorated more for a fashion statement than for the wellbeing of those who live in the home. Lack of colour knowledge can cause children to be more hyperactive or couples to argue. Imagine a bedroom painted with stimulating hues that cause restless sleep (this is especially important if you have a child with learning disabilities) or colours that may irritate a family member.

Also, when choosing colours in a home or work environment it is important to understand your energy dynamics, as well as your family's energy needs, in combination with the function of the room. Colour Energy offers a colour personality assessment that determines your colour strengths and weaknesses. Understanding how you use your chakras will give you insight into planning business or home decors that support you on all levels. Maybe your root chakra is low and you find that you become tired halfway through the day.

It would be beneficial for you to add splashes of red or orange (which contains red) to your office area, whether by hanging a painting on a wall or dispersing red energizing diffuser oil mix in your Scentball Diffuser!



Mother's Day is just around the corner. Here are some great Colour Energy Gift Ideas:

- **Silk Scarves** – Available in every colour of the Rainbow. A luxurious item to brighten any outfit with colour.
- **Silk Eye/Body Pillows** – Luxuriously filled with organic lavender blossoms and flax seeds! Relax the mind & soothe the spirit!
- **Gemstone Chip Jewellery** – Available in a Necklace, Bracelet or Anklet. Layer a few of these for a lively sparkle.
- **Energy Pendants** – These high frequency essences are amplified with the power of gemstones and colour in each vial to help support & charge even the most challenging energy needs.
- **Scentball Diffuser** – The ScentBall diffuser is an inexpensive and chemical-free way to experience aromatherapy in any room of your home. Use with Colour Energy's mood enhancing Diffuser Mixes! (Includes 5 refill pads.)
- **Unconditional Love Essence** – Let your mom know how much you love & appreciate her! Available in pendants too!
- **Guardian Angel Essence** – A kind reminder that she is never alone. Available in Pendants too!
- **Chakra Spa Kits** – Empower a chakra centre by bathing in its correlating colour vibration. Each Kit includes a Colour Energy Booklet, 100g Dead Sea Salt Bag, 1ml Chakra Blend Sampler & Gemstone.

◆ BECOME A CRYSTAL LIGHT THERAPIST ◆ 3-DAY LEVEL I & 2-DAY LEVEL II

Date: May 6th-8th & 10th-11th

Take time now to learn a new treatment that will have your clients coming back to you over and over again and recommending your service to everyone they know!

Crystal Light therapy is a profound and unique treatment that is unlike any other stone or crystal treatment offered in spas and wellness centers today!

CALL 1.800.225.1226 FOR MORE DETAILS

AS WE MAKE OUR WAY INTO THE RED RAY, USE THIS MONTH TO CONNECT TO YOUR PHYSICAL BEING.

Nowadays we tend to put much importance on what we would like to acquire in materialistic wealth rather than on our own health. RED energy is the colour that gives our body strength so that we are able to enjoy the things in life that we earn. There is no point working towards a goal if we are not healthy enough to appreciate the benefits. So explore your RED Root Chakra and connect to your earthly existence and live life with passion and zest!

RED-IS YOUR PHYSICAL/BODY INTELLIGENCE.

RED energy stands for vitality, strength and courage. Rev up your root with RED power when you need a push or more physical energy! Manifest life's prosperity by charging your base chakra with root strength.

USE THE RED ENERGY TO...

- Build confidence and self-esteem. RED energy gives you inner strength and determination as well as physical confidence. RED also is connected to one's ability to stand up for oneself (and say "no!")
- Stimulate your love for life. If you need more passion, including in the bedroom, use RED energy.
- Feed your physical strength to help prevent illness. Also use RED energy if you are fighting a cold and especially if you are always getting sick (FYI: most physical symptoms indicate that your RED energy is low).
- Light your fire and get going. Cold hands or cold feet mean that your furnace needs to be stoked. RED energy is the body's fuel that keeps your flames hot and burning. As well it is the energy that stimulates circulation, building up your vitality and driving force.

Imbalances: Anemia, fatigue, obesity, back pain, sciatica, rheumatism, arthritis, poor circulation, constipation, hemorrhoids, piles, bladder infection, low blood pressure, depression.

Affirmation: "I exist and I have the confidence to manifest all of my dreams into reality. I am safe and secure in who I am and the relationship I have to my body." Now say it again and again!

COLOUR ENERGY "RED" TOOLS

COLOUR BATH®—The RED COLOUR BATH stimulates our life energy and helps build inner strength, security and will power.

Essential Oils—COLOUR ENERGY offers 6 different therapeutic essential oils/blends, each with different healing attributes that are in the frequency of the "RED" ray. Ylang Ylang is known as an aphrodisiac. Sandalwood is excellent to help keep you grounded. Juniper can be used to aid manifestations. Our new delicious Cocoa and Vanilla are very sensual oils. Or try COLOUR ENERGY's RED Chakra Blend that is a perfect mixture to invigorate your base chakra and energize your vital forces.

Chakra Light Essence #1—Connects You to Earth & Matter. This essence will strengthen your primal and survival instincts, which are necessary in making decisions and accomplishing daily challenges! **There is no other product on the market that will shift your energy as fast!**

Red Root Spiritual Spray—Use to bring strength and vitality into your physical, mental, emotional & spiritual layers of your aura. Increase your driving force by stimulating your Muladhara centre.

Aura Cleanser—Is a highly effective spray formulated to erase negativity from in and around us on many distinct energy levels. This Cleanser was especially created to help neutralize and purify areas where it is sprayed allowing you to shift to a higher level.

Colour Vibration & the Zodiacal Signs

ARIES – RED
MARCH 21st - APRIL 19th



THE FUNCTION OF THE RED ENERGY IS TO CONNECT YOU TO YOUR PHYSICAL BODY, EARTH'S REALITY AND YOUR EXISTENCE.

The ray of Aries is RED, the cosmic colour of life. Aries are dynamic people with an abundance of vitality and they like to help the weak.

The keynote of Aries is activity, manifesting in the material plane in their ambition, initiative and creativity, and on the higher plane as spiritual adventuring pioneers searching for a better world for all humanity. Aries are generally the most stimulating of all zodiacal signs on both the physical and spiritual levels. When unbalanced they can be demanding and neglect their emotional needs.

Use the RED energy to give you physical strength and endurance. RED energy is found in many foods such as tomatoes, cranberries, beets, cherries, etc. Place a RED gemstone (RED Tiger's Eye, Garnet or Ruby) in your pocket for grounding. COLOUR ENERGY RED oils are ylang ylang, sandalwood, juniper, cinnamon, vetiver or CE's Root Chakra Energy blend. Add a few drops of a RED oil to a RED COLOUR BATH, place a few drops of a RED oil or RED Chakra Light essence on the soles of your feet or spray the RED Root Spiritual Spray above your head. The RED nutritional correlation is ginseng, echinacea, cayenne pepper, iron, goldenseal, cinnamon and ginger. Boost your vitality with some RED power today! ☘



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 our enthusiasm for life so that we can manifest in the present moment.

RED is the energy of passion; whereas, the ORANGE energy is your sensing abilities. 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, gemstones such as RED coral and RED and ORANGE essential oils that when combined make an uplifting powerful blend that reflects the RED/ORANGE ray. Mix the RED and ORANGE COLOUR BATH® and experience the frequency that gives you the confidence you need to help you release any anger and emotional blockages. Make an energizing morning beverage with beets, carrots and red apples and ginger. Boost your vitality with some RED/ORANGE power today! ☘