

Colour Tips for June & July

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COLOUR ENERGY CHAKRA BLENDS

Colour Energy (CE) Chakra Blends are a wonderful concept because they allow the user to experience more of a "totality" than just using one oil. A synergy blend's purpose is to take like-minded oils and put them together to increase or intensify a desired effect. CE further amplifies the power of each blend by only using oils of the same colour frequency. Colour Energy is the world leader offering colour-coded products that relate to the chakras.

Choose what you feel you need, want or are drawn to! Each CE blend puts the power where it belongs!

Each Chakra Blend is premixed with an organic Jojoba base oil... no muss, no fuss. This means you can apply these blends directly on your body without having to worry about mixing the correct combinations of essential oils with a carrier base. Colour Energy's unique blends have been created by our team of aromatherapy and colour experts!

Use them directly on your chakras, where you feel they are needed or on the correlating reflex zones (ask your local CE expert how to use our oils for a specific chakra treatment). Since all CE's oils are pure oils these specialty blends make wonderful natural body perfumes. Try a different scent each day of the week. CE's Chakra Blends are available in .35oz/10ml bottles or .035oz/1ml vials.

CE'S STIMULATING BLENDS:

RED ROOT CHAKRA

Ylang Ylang, Vetivert & Cinnamon

An empowering and invigorating aroma for overall stimulation and motivation, especially when you are mentally, emotionally, physically or spiritually exhausted. Created to energize your vital forces by increasing your chi. Also supports and helps build confidence by firmly grounding you. In the morning place a few drops on the soles of your feet, lower back region and/or on your base chakra to keep you centred and rooted.

ORANGE SPLEEN CHAKRA

Orange, Lemon Grass & Neroli

An uplifting fragrance for cheering up your day. This is the energy that evokes happiness, enthusiasm and self-assurance. Excellent to help dispel depression, grief, sadness and anxiety. As well, this blend facilitates deep breathing, alleviating allergies. Use to kick-start your day with a positive outlook! Place a few drops on your wrist, in a diffuser, on a tissue or pomander and place on your desk or in your car.

YELLOW SOLAR PLEXUS CHAKRA

Grapefruit & Rosemary

A refreshing combination of oils to help increase your mind power, keep you alert and exhilarate your being. This synergistic blend will help to motivate your thoughts into fruition. A few drops on your Solar Plexus chakra will assist your digestive system as well as your mental abilities. Add to CE's liquid deodorant or apply directly to underarms for lymph support. As well, its stimulating aroma is excellent to enhance the benefits of CE's unscented and paraben-free shampoo, conditioner, shower gel and all natural moisturizing lotion.

CE'S CALMING BLENDS:

GREEN HEART CHAKRA

Eucalyptus, Cedarwood & Pine

A deep cleansing fusion of oils for balancing the heart chakra. This mixture was created to help stabilize the emotions. Connects you to compassion and self-love. Also excellent for relaxing the muscles – rub on any tense areas. This blend will also help to decongest the respiratory system. Combined with the Blue Blend it makes a powerful natural cold and flu fighter. Simply apply a generous amount to the throat and chest area.

BLUE THROAT CHAKRA

Geranium & Peppermint

A calming mixture for relaxing your thoughts and giving you the peace of mind that will help you to reach a higher understanding of your inner knowledge. Excellent to release daily stress and calm upset stomachs. Massage liberally on nape of neck and shoulders in times of stress or to rid tension headaches. Can also be used

as an astringent on inflamed or infected areas.

INDIGO BROW CHAKRA

Patchouli, Myrrh & Frankincense

A meditative fragrance for deepening your spiritual connection. An incredible blend to revitalize your soul and increase your intuition. Place a drop of this blend on your brow chakra to awaken your Third Eye or use in an Indigo bath to take you to a deep state where you can rediscover forgotten or hidden information and programs. This potent antibacterial formula helps to rid the body of inflammation such as congested sinuses.

VIOLET CROWN CHAKRA

Lavender & Jasmine

A sedating yet refreshing combination of oils that opens you up to the heavens and inspires insights. Builds self-awareness, creativity and a strong spiritual connection. Use this divine fragrance as a body perfume – especially when you wish to awaken your sensual side, as Jasmine is known as a powerful aphrodisiac. The floral combination supports deep emotions, enhancing tenderness and impassioned feelings. Add several drops to a spray bottle of water and use to enhance amour in the bedroom!

TURQUOISE THYMUS CHAKRA

Thyme, Tea Tree & Clary Sage

The Turquoise blend supports immune deficiencies by cleansing your auric field, thus creating an optimum body, mind and spirit balance. This blend will also help reduce menstrual conditions such as PMS and cramps. Rub several drops on your thymus gland and wrists for immune system support. During hormonal shifts massage directly on your stomach region.

PINK UNIVERSAL LOVE

Palmarosa & Rose

To link to the cosmos, this incredible blend will uplift your energy mentally, emotionally and spiritually. Use in situations of anger, aggression, grief or shock. We call it mother's love in a bottle! This combination is beneficial to rejuvenate the skin and help keep your spirit young and alive. The romantic soft aroma is symbolic of universal love. Place a drop on each wrist, on your neck or on your heart chakra.

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: 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 *Introduction to Colour Energy* 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.

Excellent introduction into colour, for classes and workshops. As well, it makes a great gift for family and friends!

BOOKLET TESTIMONIALS

I have been using the Colour Energy products for the last 3 months & find them wonderful. I am extremely interested in colour & after reading the Introduction to Colour Energy Booklet by Inger Naess I am even more fascinated.

Nadia Dasrat, ON

I recently bought your booklet "An Introduction to Colour Energy" and I enjoyed it very much... it alluded to essential oils to enhance your Colour Bath experience. Please respond so that I may experience such products.

Sandy Newsome, Email

Upcoming Classes

❁ 1/2-DAY AURA WORKSHOP ❁

July 17th, 2010

See your aura and learn more about how you can improve your health, mind power & intuition by understanding the colours of your aura.

❁ CHROMALIVE LIGHT THERAPY 2-DAY WORKSHOP ❁

September 17th & 18th, 2010

This introduction to colour light therapy is an excellent program that teaches you how to apply light therapy as a healing modality to your life or practice.

❁ COLOUR ENERGY 2-DAY WORKSHOP ❁

October 2nd & 3rd, 2010

BACK BY POPULAR DEMAND!!!

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 COURSE DETAILS

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 21st - 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. ☺