



# Colour Tips for December



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## '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. 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 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](http://www.colourenergy.com) for more great inspirational gift ideas.

# 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. 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 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. ☯

## BLUE – IS YOUR COMMUNICATIVE & LEADERSHIP INTELLIGENCE.

Be true BLUE! BLUE is the communication energy and the power that connects you to your inner truth. BLUE inspires you to discover who you truly are, as it is the intelligence of your "Higher Self." The BLUE energy connects you to your right to express.

### USE BLUE ENERGY TO...

- Connect you to your inner truth. If you are searching for answers in your life (for example, your life's purpose) BLUE is the energy that taps into your innate understanding of your potential. BLUE inspires you to seek and use your abilities. It is a great planning and leadership energy.
- Alleviate sunstroke, heat exhaustion and sunburns. This cooling colour helps to regulate your body's temperature.
- Support the thyroid, reducing hormonal symptoms such as bloating, PMS, mood swings, menopause, etc. Also known as an appetite suppressant that can help with weight loss, especially if a thyroid imbalance exists.

### BALANCE:

Thyroid problems, swollen glands, infections. Throat, mouth, jaw (TMJ), tongue, neck and shoulder problems. Vocal system and tonsil issues. Fevers, flu, blisters, infections, swelling, herpes, itching, sores, and bruising. Hormonal and menstrual disorders such as PMS, mood swings, bloating and menopause. Water retention and weight problems. Hyperactivity. Insomnia.

### AFFIRM:

- I express myself with wisdom, power, understanding and love.
- I am Creative Expression.

## COLOUR ENERGY "BLUE" SUPPORT TOOLS

**COLOUR THERAPY GLASSES** – Wearing the BLUE glasses will help to recharge your thyroid gland and lower your blood pressure. In some cases the BLUE glasses have helped with sleep problems and weight loss.

**ESSENTIAL OILS** – COLOUR ENERGY offers several different BLUE essential oils/blends. Peppermint oil aids the digestive system and helps to relieve heartburn, indigestion and stomach aches. Geranium essential oil is known as one of the best oils to support the hormonal system. Chamomile is great for insomnia and other sleep related symptoms. COLOUR ENERGY's BLUE chakra oil is a combination of two essential oils, thereby amplifying the therapeutic healing properties. This blend also alleviates headaches and migraines.

**CHAKRA LIGHT ESSENCE #5** – Connects you to Creative Expression. The BLUE Chakra Light Essence connects you to the throat area and gives energy to your self-expression and your ability to communicate your thoughts. The throat is very sensitive to self-expression and is vulnerable to deviations from the truth. The BLUE Essence will help stimulate your self-confidence to be truthful. Restoring normal Chakra Five activity can improve local energy flow, as well as create more balanced activity with greater confidence, self-expression and communication of ideas.

**GEMSTONES** – COLOUR ENERGY has BLUE sodalite gemstone earrings with sterling silver hooks and beads. Also available is the sodalite stone with an information card, our chakra gemstone kit or more chakra jewellery that contains several gemstones for total chakra balancing.

**FULL SPECTRUM LIFE BULB™** – Helps to get rid of the "winter blues." Available in 15W, 20W and 26W. Daily use helps to combat light deprivation symptoms such as depression, learning disabilities, winter weight gain, etc. (Spec sheet available for additional LifeBulb info.)

**SILK SCARVES & EYE PILLOWS** – Wear a blue scarf around your throat chakra to help give you the power of clear communication. Use the blue silk eye/body pillow over your eyes to enhance a deeper blue meditation or place on any area of your body to calm and relax it.