

Colour Tips for November

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1696 West 75th Avenue, Vancouver, BC V6P 6G2 • Tel: 604.687.3757 • Fax: 604.687.3758 • Toll Free: 1.800.225.1226 • www.colourenergy.com • Email: colour@colourenergy.com

HISTORY OF FIRE

Fire is regarded as a Holy instrument. Fires from the Sun sustain life upon Earth.

Fire is the only one of the “four elements” that humans can produce themselves, bridging the connection between mortals and gods. Rituals often involve an eternal flame, and kindling a fire is equated with birth, resurrection, purification and inspiration. Fire can represent spiritual enlightenment, sexuality (light my fire) and fertility.

Fire is one of the four classical elements, as well as one of the five Chinese elements. In Hinduism fire is one of five sacred elements of which all living creatures are comprised and is considered an eternal witness essential to sacred religious ceremonies.

In Egypt, fire represented a sense of superiority and control. Many cultures view fire as a symbol of wisdom and knowledge.

Fire is viewed by Christians, the Chinese, and the Hebrews as being a symbol of divinity. In Christianity, fire can also be symbolic of religious zeal and martyrdom. Churches use candles in worship services to remind participants that God is present at the service. Today candles are used to represent hope and life in certain traditions.

In a more modern context, forest fires, from a scientific and ecological point of view are positively seen as a mode of purification – old growth that is burned away makes way for new growth to begin, and the entire ecosystem is rejuvenated.

Freud saw fire as an aspect of the libido (sex drive) representing forbidden passions, but it is also seen in psychology as destruction and regeneration and as a mediator between vanishing and appearing forms.

Healing with Candles

Using candles as therapy has been around for thousands of years, and has been practiced by nearly every religion.

Candle therapy can be used to unite the powers of mind, body, and spirit. From ancient times to the present, candles have lighted our way through every transition! From celebrations and ceremonies to proclamations and processions! The candle's flame has always been a metaphor for the soul! It possesses a tranquil and almost hypnotic atmosphere to those who allow its power to take them to a very special place.

A candle acts as a “self object”. A self object is an object that is a reflection of our self, a reflection upon which we can act. The candle reflects the spiritual and ethical changes we would like to bring about in ourselves. It burns as a reminder and symbol of our desires. Sometimes we have to hand our dreams over to a force more powerful than we are.

Candle Therapy

Prepare yourself and the candle. Begin by choosing a coloured Colour Energy beeswax candle that will empower your meditation. If you wish you can bless the candle by rubbing it with a correlating chakra oil (this will also enhance the experience as the candle burns the essential oils will emit a further colour energy fragrance).

When you light the candle, imagine that you are creating light where there was no light before. Feel its “light” energy fill your body, mind & spirit with its healing power.

When the candle is lit, the colour and vibration are released and amplified together with your thoughts. Burning a chakra candle brings light, colour and energy to you in any situation you wish it to.

Sit in a comfortable position with the candle within a few feet. Relax, take several deep breaths. Gaze at the candle's flame. Continue breathing slowly and focus on the flame. Watch the flame move. Start thinking about the attributes of the colour's energy and what you wish from it. Continue to concentrate for 10-15 minutes or until you feel that the candle therapy meditation has served its purpose.

Candle Colours

- **RED** symbolizes life, physical health and attainment of emotions such as passion and vigour. Use the Red chakra candle to help manifest a physical goal or strengthen a business or personal relationship.
- **ORANGE** reflects joy and creativity. Stare into the Orange candle's flames and envision your life filled with unlimited potential and happiness.
- **YELLOW** is the colour of fire and is connected to learning to fulfill our ideals and desires. Also focus on the Yellow candle to increase your mind power and memory abilities.
- **GREEN** is for growth as well as balance. Use the Green candle when you need to amplify health, harmony, prosperity or abundance.
- **BLUE** symbolizes the power of life and greater faith. The intent of the Blue candle is to connect you to your inner truth and knowledge – the universe's wisdom.
- **INDIGO** represents mastery of one's intuitive abilities. Concentrate on the Indigo candle when you want to enhance your intuition and psychic abilities.
- **VIOLET** symbolizes spirituality and awakens success. The Violet candle will help when you need to be inspired and connected to “spirit.” Great to improve creativity.

WHY BUY COLOUR ENERGY'S BEESWAX CANDLES?

Our candles are 100% pure natural beeswax and the wick is lead free. The aroma of beeswax emits a beautiful honey fragrance, which cannot be duplicated with paraffin-made candles. Also beeswax burns longer and brighter than paraffin wax.

Pure beeswax is a natural wax that does not contain chemicals. Beeswax is also ecologically safer for the earth as it is not made from petroleum.

TURQUOISE—YOUR EMOTIONAL COMMUNICATIVE INTELLIGENCE

Use the **TURQUOISE** energy to support your desire to express yourself! This energy enhances your ability to speak through your heart, strengthening concentration and control over your speech, and allowing you to express yourself freely.

USE TURQUOISE ENERGY TO:

- Create opportunities for a change! The **TURQUOISE** colour is the energy that uplifts the energies of your lower chakras into higher levels—thus allowing movement of optimum energy flow!
- Encourages communication of emotions. When one speaks from the heart rather than to please others, stuttering can be reduced.
- Stimulates the thymus gland and boosts your immune system. If feeling low energy, use the **TURQUOISE** frequency to decrease congestion and help remove toxic waste that may be restricting your body's protection system.

Affirmations: I choose to be in perfect balance with my emotions and mind and lift myself up to the level of knowing my true self and my soul's purpose.

Contradictions: None known.

Imbalances: Auto immune system. Low resistance to illness, infections, thymus disorders, bone marrow, lymph problems.

COLOUR ENERGY "TURQUOISE" TOOLS

COLOUR BATHING—Mix Colour Energy's Dead Sea Salts with a CE **TURQUOISE** oil (see below for suggestions) to create a deep cleansing emotional, physical and heavenly bath experience.

COLOUR ENERGY'S ESSENTIAL OILS & TURQUOISE CHAKRA BLENDS—Tea Tree oil helps to strengthen the immune system and is said to bring up hidden traumas for healing by purging the aura of harmful vibrations. Clary Sage supports one's overall emotional level and therefore helps premenstrual conditions. Clary Sage also strengthens the defense system and supports the body after illness by clearing negative residues from one's auric field. Use Thyme to support your journey to find your life's purpose as it is a grounding oil that helps us to connect to the everyday world. The **TURQUOISE** Chakra Blend (a mix of all 3 oils) cleanses your auric field, thus creating an optimum body, mind & spirit balance. This blend will also help reduce menstrual cramps and soothe a sore throat. Immune Booster is another **TURQUOISE** blend that supports the immune system.

THE TURQUOISE REGENERATING GLASSES—This colour is known to have a sedating and calming effect on our whole system. Helps reduce anxieties and relieve allergies.

CHAKRA LIGHT ESSENCE #10—Connects your body and mind to their spiritual needs. This **TURQUOISE** essence will help you to understand that your body and mind must be in balance and harmony so that your soul, or spirit being can be revealed to you. Now available as a beautiful pendant vial on a silver chain, filled with the #10 Essence and **TURQUOISE** gemstones.

COLOUR VIBRATION AND THE ZODIACAL SIGNS



SCORPIO – Turquoise

October 23rd - November 21st

Scorpio is the energy connected to the thymus chakra and this centre is about expressing one's heartfelt thoughts. Speaking one's truth on an emotional level can be difficult and if the Scorpion feels confronted with challenges it has the ability to repress.

This is the energy that creates opportunities for a change. The **TURQUOISE** colour is the energy that uplifts the energies of your lower chakras into higher levels—thus allowing movement of optimum energy flow!

THE PURPOSE OF THE TURQUOISE ENERGY IS TO HELP ONE EXPRESS HER/HIS EMOTIONS WITH CONVICTION AND WITHOUT TRYING TO PLEASE OTHERS.

Use **TURQUOISE** to help build up your immune system and remove toxic wastes. The **TURQUOISE** colour is known to decrease congestion.

Essential oils that reflect the **TURQUOISE** hue are tea tree, thyme and clary sage. Or try Colour Energy's refreshing **TURQUOISE** Chakra or Therapeutic Immune Booster Blend. Any ocean plants such as sea weed, algae or kelp belong to the **TURQUOISE** energy. Also sea salt is high in the minerals that aid in the release of body pollution. Wear the gemstones of **TURQUOISE**, amazonite, aquamarine and tourmaline or CE's #10 Essence pendant to empower your Thymus chakra.

SAGITTARIUS – Blue

November 22nd - December 21st



Sagittarius is the communicator; however, it is what one says that matters not necessarily 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 AND THE LESSON FOR THE SAGITTARIUS PERSON IS TO LEARN HOW TO EXPRESS THEIR INNER TRUTH AND TRUST OTHERS.

Aromatherapy oils that correlate to **BLUE** are geranium, chamomile, peppermint or 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 or ocean sounds represent the music of the **BLUE** ray. Calm yourself in a **BLUE** Colour Bath and release any stresses.

Wear a **BLUE** gemstone (sodalite, sapphire or lapis lazuli) or CE's #5 Essence Pendant over your throat centre to empower your communication chakra. Nurture yourself in the cooling **BLUE** energy and de-stress after a hectic day.