

Colour Tips for November

NOVEMBER 2012 – ISSUE 155



#116 - 408 East Kent Avenue South, Vancouver, BC V5X 2X7 • Tel: 604.687.3757 • Fax: 604.687.3758 • Toll Free: 1.800.225.1226 • www.colourenergy.com • Email: colour@colourenergy.com

WHAT ARE COLOUR ENERGY ALCHEMY ESSENCES?

Our high vibration Alchemy Essences contain living energies of specialty herbs and essential oils, charged with the healing power of crystalline energy and other natural structures.

Colour Energy Essences are created using the energies of nature, preserved in a medicinal grade rubbing alcohol (rather than a dense brandy that is unable to hold an energy program for long). **Made from flowers and herbs, the mother essence is then programmed using crystals, sound, colour, planets, sacred geometry and other energies found in nature.** Our Essences have a delicate aroma and, more importantly, they contain the “vibrational signature” of plants and other energy forms for optimal healing.

How Can Essences Help Me?

The human body has an electrical network within and surrounding it. This energy matrix is linked to our brain, organs and glands as well as our chakra system – our body, mind and spirit wellness.

When we are healthy this network is balanced and fully connected. When something in our life or environment threatens this balance, the electrical system responds by either short-circuiting or overloading. If this happens and our body is unable to naturally repair itself, then a physical imbalance can manifest. We may catch a cold, get a headache, or develop an allergy. Our chakras and aura are affected.

Colour Energy Vibrational essences work on our energetic field. However, when we heal our aura we also harmonize our chakras and our various levels of intelligence.

By balancing and strengthening both our physical body and subtle bodies, we allow for shifts in awareness so that we may follow our path and reach our highest potential.

When Should I Use Essences?

You can use Essences to help you adjust to the constant change and fast pace of your world. **Colour Energy high powered Alchemy Essences support you to handle shifts easier. Essences also help you to develop self-awareness and to take responsibility for life’s lessons and challenges.**

Each Essence holds a specific program. Either pick your Essence to help address a single behaviour or issue you wish to change or choose an Essence with your left hand (your left hand helps you make intuitive decisions). Choose from: Chakra Lights 1 to 12, Unconditional Love, Guardian Angel, Aura Cleanser, Rainbow Serpent or Karma Light Comfort, Release, Re-New-All, Transition or Transmute, or our new Spiritual Sprays that include White Light.

Note: Essences work by resonance. If we apply an essence that is inappropriate and has little relationship to our real issues, then it will not resonate with our soul and will have little effect.

What Can I Expect From Essences?

Generally, you will notice something within three to six weeks (it takes 21 days to break a habit). Most people will experience a shift in their mental, emotional or spiritual state after a short period of time. Vibrational Essences work subtly, so please be patient. However, some individuals may experience an immediate catharsis or a total transformation.

Our Alchemy Essences work to transform your inner life.

You may notice a change in your attitude, behaviour or views. This increased consciousness becomes the conduit for transformations. Vibrational Essences help you to strengthen your soul forces that enable you to learn and grow from life’s challenges. They assist you on your healing journey, and can be your ally and guidance along the way. Essences cannot wipe away your problems or provide instant fixes. However, through quiet reflection, meditation, self-observation and conversation

with others, it is possible to become aware of your key issues and challenges that will help you to reach a higher level of consciousness and bliss.

Create a positive changes in your life by employing Colour Energy Essences daily! Now available in Sampler sizes.

Unconditional Love

The sharing of love is the most fundamental alchemy of life. Combining love and wisdom is the essence of compassion – Unconditional Love.

Unconditional Love Essence helps to build up your self-confidence and nurtures a good relationship with yourself (encourages self-worth and self-love) as well as with others. This beautiful PINK Essence helps to release feelings of aggression and anger. Helps you to be at one with All Creation.

Allowing this high vibrational Essence to support one’s being through the Universal and Unconditional Love energy helps you to connect to your self-identity. Loving and nurturing yourself is a key factor in harmonious relationships with others.

Guardian Angel

Guardian Angel Essence is made from living energies to facilitate human life to enjoy the exciting new dimensions of being. **Guardian Angel is a powerful and precise vibrational preparation that has been formulated to strengthen the auric protective grid through its influence on all of your subtle bodies.** This deeper multidimensional patterning encourages a positive energetic response to any intrusive negative energy, thus helping to release your consciousness from any negative programmed responses that could be restricting your progress.

Guardian Angel reorganizes you protective processes, from the multiple levels of consciousness within the cell to the higher levels of consciousness of your Cosmic Being! Releasing lower frequency patterns from your energy field allows your spirit to be uplifted.

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.