

# Colour Tips for September

SEPTEMBER 2011 – ISSUE 141



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## Yellow Chakra - Solar Plexus Centre

The Solar Plexus is our most active chakra centre in North America and possibly the world. In CE's research studies we have learned that approximately 40% of Americans and Canadians have Yellow Energy as their most predominant chakra "intelligence" centre. This is no mystery considering our school system caters primarily to developing this energy centre. At an early age we are placed in schools that focus on left brain studies. Sure we have physical education to build up our Red energy and art and drama classes to support our Orange and Violet centres. Regardless, most of the emphasis for our grades is placed on how we use our Yellow and Blue analytical and masculine energies.

This is okay, but to be well rounded and balanced we need to support the development of our complete chakra system. How many schools teach about building up the feminine energies of our Indigo intuition, our Orange sensing abilities or our Green emotional centre?

So if we recognize that our present day education system focuses mainly on building our intellectual energy centres than we can understand why our Yellow centre is overactive in most people. In fact, Colour Energy's research even shows that, when Yellow is not a person's top colour intelligence centre, then it is generally the 2nd or 3rd highest. Our stats show that less than 1% of the people tested have Yellow as their lowest chakra centre.

This means if our Yellow Ego centre is the most developed centre in our

chakra system than we need to really understand this centre to fully understand more about ourselves and our energy strengths and weaknesses.

Yellow is the centre that controls our left-brain, which is connected to our "earthly" thoughts and ideas. Since the Yellow centre belongs to the lower part of our chakra system, its main function has to do with our human reasoning abilities. The Solar Plexus centre governs our upper digestive system and it is in this region that our thoughts and ideas are processed. How free flowing our elimination system is indicates how fast we process our thoughts into reality. When we are constipated it is telling us that we are not processing our ideas properly (likewise the opposite is also true). The inability to shut off one's mind indicates a Yellow imbalance. For example, when you are lying in bed at night and unable to fall asleep because you can't quiet your mind this generally means that your Yellow energy is overactive and needs to be treated with its complementary colour—the Violet energy. Violet is a meditative energy that helps to counteract the Yellow's active energy.

Many people are scared of their Yellow chakra centre because they are familiar with this energy centre's negative attributes, which connect to selfishness and egotism. But we have to remember that when we are using this centre on the positive side it is the energy centre that gives our ego the self-confidence to accomplish things. When the Yellow energy is used correctly than we will use it for many selfless acts.

Another common Yellow chakra

issue is allowing our Yellow centre to talk us out of doing things by saying, "I know I can do it but I'll do it another time." When our Red energy is strong it can support us taking control and then saying to our Yellow: "Yes, you can do it later but why wait! Let's do it now!" The Yellow centre is the energy that can procrastinate due to its strong mind power and controlling judgments.

Yellow is also the energy that the blesses our mind with its sunny disposition and keeps our thoughts positive. It is the energy that is curious and wants to learn about everything. Without this energy life would be boring and feel unchallenged... because the Yellow energy gives us the ability to be open and spontaneous, it can make us laugh or cry—it is the energy that allows us to be ourselves in all situations or moods!

### The Yellow Solar Plexus Chakra – Our Mental Intelligence

This chakra governs our life learning lessons that connect us to our Personal Power, our Ego centre. It is our right to think energy.

- Balance of intellect, self-confidence and ego power.
- Ability to have positive self-control and humor.
- Allowing more into one's life by removing the rigid control or protection (defensive) walls and allowing the release of emotions instead of controlling one's emotions.

### Yellow Imbalances:

- Digestive problems, ulcers, diabetes, hypoglycemia, constipation.

- Food allergies, hyperthyroid, gallstones. Mental and nervous exhaustion.
- Nervousness and heart palpitations.
- Difficulties in breathing.
- Skin diseases. Parasites and high toxic levels.
- Poor memory.

### Physically:

Liver—The liver organ reflects fear of the new, and is our system of digestion—digesting ideas and processing life. Control issues.

Stomach—Lack of self-issues (self-confidence, self-respect, self-approval etc.).

Pancreas—Processes the “sweets” of our life—love taken and given.

Duodenum—The diaphragm is the middle area to the upper and lower chakras and helps to direct one’s feelings.

Small Intestines—Connects to analysis and to the refurbishing of our thoughts and ideas.

Large Intestine—Problems arise here when there is a fear of letting go.

Transverse Colon—Suppressed experiences that have not yet been processed.

For a more detailed aura, chakra and organ energy analysis have your Aurastar or Biopulsar analysis done! Ask your Colour Energy store for more details.

### To Help Balance Your Solar Plexus Chakra Use Yellow Energy in:

Colour Therapy: Yellow Colour Baths. Yellow clothing. Yellow Glasses. The Yellow CE Glasses will help improve focus and concentration. Ideal for driving and sports!

Essential Oils: Rosemary, Lemon, Grapefruit, Bergamot and Colour Energy’s Yellow Chakra Synergy Oil. The CE Chakra Blend is great for stimulating one’s digestive system. Also a wonderful mental energizer!

Herbs/Vitamins: Ginger, Milk Thistle, Dandelion, Ghinko Bilko, Lemon Balm, Fennel, Goldenseal, Vitamin A. Foods: Grains, egg yolks, olive oil, butter, Yellow peppers & squash, parsnips, corn, bananas, lemons, grapefruit, pineapples, honeydew melons, coffee, cocoa.

Gemstones: Citrine, Amber, Topaz.

Exercises: Taking classes, reading informative books, doing mind puzzles. Developing one’s photographic memories. Sunshine. Jumping for joy. TaiChi. Pilates. Detoxication programs.

Music: E Note. Chimes, Brass Bowls, Reed and Horn Instruments.

Read An Introduction to Colour Energy for more Yellow information.

## Colour Vibration & the Zodiacal Signs

### VIRGO – Yellow/Green

AUGUST 23rd - September 22nd



Virgo’s strength is their adaptability to new things as well as their ability to discover the new. Fresh new thoughts make the Virgo a valuable team player. Virgos are great supporters because they have clarity of mind combined with a compassionate and giving nature. When unbalanced their struggle is to trust their heart and reconcile what they really feel with what they rationalize as being the so-called “right” or best thing to do.

#### THE PURPOSE OF THE YELLOW/GREEN ENERGY IS TO LEARN NOT TO BE AFRAID OF EXPRESSING YOUR FEELINGS AND BELIEFS.

The Yellow/Green energy helps to release toxins within the body as well as in the thoughts. When you are lacking the ability to change or if you have too many negative thoughts, the Yellow/Green vibration will help to shift stuck energy and support the mind to think more positively. Mix one cap of Yellow and half a cap of Green Colour Bath to produce a powerful cleansing and detoxifying bath. Add the oils of Rosemary and Eucalyptus to create a mentally and physically stimulating blend. A combination of Yellow and Green foods will improve your digestive system function. ☯



### LIBRA – Green

September 23rd - October 20th

Libra is the balancer and GREEN is the energy of the heart chakra and harmony. Those who are born under the sign of Libra are known to be the peacemakers. GREEN people are the ones that you can go to when you have a problem as they are the most compassionate of all the astrological signs.

#### GREEN IS THE ENERGY OF LOVE AND EMOTIONS. HOWEVER, OF ALL THE COLOURS, GREEN HAS THE MOST TROUBLE SAYING “NO.” THE LESSON FOR THE LIBRA PERSON IS BUILDING UP THEIR CONFIDENCE (TRY THE RED COLOUR BATH FOR MORE INNER STRENGTH).

Aromatherapy oils that correlate to GREEN are Colour Energy’s eucalyptus, pine & cedarwood and CE’s GREEN Synergy Chakra Blend.

Herbs that support the GREEN energy are sage, pine and hyssop. Energize your heart centre with a cup of decaffeinated GREEN tea.

There are many GREEN foods, such as GREEN beans, lettuce, peas, cucumbers, avocados, etc. Nature is the sound of the GREEN ray. Nurture yourself in a GREEN Colour Bath and with Eucalyptus or Pine oils to heal any tired bones or stiff muscles. Wear a GREEN gemstone (aventurine, emerald, malachite, peridot, jade, etc.) over your heart centre to give yourself the love you deserve. Nurture yourself in the loving GREEN energy and de-stress after a hectic day! ☯