

# Colour Tips for February

FEBRUARY 2011 – ISSUE 134



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*This Month...*

## Raise Your Love Consciousness! Spice up your love life with Colour!

**We know colour influences our mood, so why not add a bit of colour to your love life?**

Colour can enhance our lovemaking through different emotional and physical responses. Create an atmosphere of romance and make love in colour! Experiment with the different colours to stimulate an evening of intimacy.

Start the evening in a COLOUR BATH® or luxurious Dead Sea Salts with your lover, add a COLOUR ENERGY (CE) sensual aromatherapy oil, such as our new LOVE IS IN THE AIR blend, light matching coloured CE candles and play romantic music. Continue the colour vibration in the bedroom by sprinkling flower petals on the bed, diffusing oils, feeding each other aphrodisiac foods or wearing lingerie.

*Become that sexual energy!*

**RED:** Is the colour for sexual energy and passion. Red also connects you to your primal instinct. A nice sexual Red oil to stimulate your root chakra is COLOUR ENERGY's Ylang Ylang oil. Place a drop behind your ears or at your pubic bone. Pomegranates or strawberries are Red aphrodisiac foods. Read books on tantric sex. According to several surveys, men get turned on by women who wear Red.

**ORANGE:** Stimulates our emotions and aids in the release of our sensual energy. Orange helps to remove inhibitions and is a very playful energy for a fun evening of "nooky." Wear sexy peach coloured lingerie and splash some COLOUR ENERGY Neroli oil on your body's erogenous zones. Mangoes are an Orange love fruit.

**YELLOW:** Is the power that heightens awareness and curiosity. A great energy to use to explore each other's body. Yellow is also the colour of friendship. Give a gift of a Yellow rose, citrine gemstone or a Yellow COLOUR BATH to a special friend.


**GREEN:** "Affaires de coeur" – connects to the heart centre and unconditional love, compassion and generosity. It is the energy of romance. Enjoy a Green candlelight dinner or take a romantic walk in the woods. Holding hands and hugging are great Green exercises. Give a "Green" massage with lots of touching and soft kisses.

**BLUE:** Inspires affection, trust and loyalty and is the colour that reflects faithfulness and unrequited love. Tell your partner you will be forever theirs or you'll be forever "Blue." Geranium oil emits a beautiful floral fragrance, which can be worn as perfume.

**INDIGO:** Is the colour you share with your partner for an intense soul to soul connection. Use the Indigo ray for intimate sharing by increasing the spiritual bond to each other. Take a fantasy trip with the mysterious midnight energy by taking a moonlight stroll. Patchouli oil was used as an aphrodisiac in the 60's!

**VIOLET:** Indicates spiritual love for those divinely inspired. Violet is the colour of romantic charm. COLOUR ENERGY's Jasmine is the correlating sensual oil. Use Violet to help you open up to your sexuality in a creative way. Experimenting is a Violet trait!

**TURQUOISE:** Allows you to express yourself freely by combining the heart's Green emotional energy with Blue's ability to express. Bathe in a Turquoise COLOUR BATH and imagine you and your partner are on a romantic holiday in the Mediterranean!

**PINK:** Is the universal colour of love connecting to self-love and self-respect! COLOUR ENERGY's Rose oil is a soft romantic oil that helps to release one's inner beauty. Place a Pink rose quartz by your bed or wear a Pink heart pendant. 



### ♥ Recipes for Love

**Essential Oils have been used for thousands of years for their natural healing abilities. However, oils also have been used for their sensual properties. Following are a few aromatherapy recipes to spice up your evening of love-making. Enjoy!**

*Mix the following COLOUR ENERGY oils with 1 TBSP carrier oil (such as olive oil, almond, rosehip, grapeseed, etc.)*

3 Drops Sandalwood, ♥  
2 Drops Patchouli & either 3 drops Ylang Ylang or Neroli oil.

♥ • Or try the following recipe:

3 drops Jasmine & 5 drops Bergamot

• For the men in your life mix:

3 Drops Sandalwood, 2 Drops Patchouli & 5 drops Grapefruit

Also COLOUR ENERGY's Chakra Oils can be used together to create some powerful love oils: try mixing the Red Chakra blend (a root sexual stimulant) together with the Orange Blend for some fun. Or try the Red Oil with the Indigo or Violet Blends. Use your imagination...

**REMEMBER TO USE ONLY  
COLOUR ENERGY AROMATHERAPY FOR  
MAXIMUM ESSENTIAL OIL BENEFITS!** ♥

## Violet Is Your Visionary & Spiritual Intelligence.

VIOLET is the expression of the highest oscillation in the visible range and is known as the colour for meditation and spiritual enlightenment. When seeking a higher creative energy, use the VIOLET colour. VIOLET represents your connection to the highest power and deepens your spiritual beliefs and values. It integrates your consciousness with your subconsciousness, allowing you to connect to the universal superconsciousness.

### USE VIOLET ENERGY TO...

- Connect to your inspiration and strengthen your spiritual values. VIOLET is the energy of a higher knowingness and your right to aspire to and reach your visions and dreams.
- Alleviate emotional problems and clear the situation you are in. VIOLET stimulates creativity and deep insights, helping with mental blocks, opening you to trust the universe and your spiritual reality.
- Integrate your intuitive energy with your intellect (right and left brain hemispheres) as well as your feminine energy with your masculine energy. VIOLET helps in situations of equilibrium imbalance.
- Stimulate hair growth. VIOLET is also known to kill bacteria and help heal skin rashes such as eczema.

### Imbalances:

Lymphatic system blockages, headaches, photosensitivity, neuralgia, senility, mental illness, pituitary and upper brain disorders, right/left brain integration and coordination problems, epilepsy, central nervous system, varicose veins and blood vessel problems, hair loss.

### Contraindications:

Do not use VIOLET when feeling depressed or totally out of balance—use GREEN instead.

### Affirmations:

- I am inspired by my connection to the cosmic energies and let the VIOLET energy flow through me and cleanse my body to give me new life and new energy. I know that I am spirit and part of the divine plan!


## Colour Energy "Violet" Support Tools

**Essential Oils**—Colour Energy (CE) offers several different essential oils/blends, each with different healing attributes. Lavender oil helps relieve pain and fears of the mind as it is a relaxing and balancing oil on multiple dimensions. Jasmine oil is known to help with sexual problems and teaches you the joyous connection with your body. Camphor is said to aid in the manifestation of creative ideas. CE's VIOLET Chakra blend is a combination of Lavender and Jasmine essential oils – an excellent blend for strengthening your connection to your Higher Self and the universal forces.

**Chakra Light Essence #7**—The VIOLET Chakra Light Essence stimulates awakening in the 7th chakra, which in turn enhances spiritual attunement.

**Violet Colour Energy Glasses**—The VIOLET glasses help you to concentrate on our inner world and increase inspiration.

**Aura Cleanser**—A highly effective spray formulated to erase negativity from in and around us on many distinct energy levels. This Cleanser was specially created to help purify areas where it is sprayed, allowing you to shift to a higher energy level.

**Other Colour Energy Violet Tools**—Chakra Beeswax Candles, Crown Incense, Lavender Floral Water, Silk Scarf or Eye/Body Pillow, Quartz Crystal Gemstone, Violet Energy Pendant, Violet B-Note Sound Essence & Karma Light Transmute Essence. 

## Colour Vibration & the Zodiacal Signs

### AQUARIUS – VIOLET

JANUARY 20th - FEBRUARY 18th



#### VIOLET IS THE ENERGY OF OUR BELIEF SYSTEM AND FOCUSES ON WORKING FOR A HIGHER PURPOSE.

Aquarians have a spiritual mind and can be quite connected to their creative and inventive VIOLET energy. It is the birthright of one whose consciousness is in contact with the new and undiscovered truths. Aquarians promote group work and are good at uniting people for humanitarian and spiritual issues. They believe in the ideal of oneness of the whole and wholeness in the one. Aquarians are visionaries, but they have to remember to stay grounded.

#### VIOLET is the energy of our top chakra—the crown centre—and reflects the energy of knowingness and spiritual connection.

Use the VIOLET energy to create and manifest new beginnings. VIOLET accesses the universal energy, which then gives us a creative flow of energy for new ideas and nourishes artistic talent and inspiration. This calming and beautiful colour is also known to help with insomnia, headaches and eczema. VIOLET is known to be an anti-bacterial cleanser; is ideal for skin rashes and burns (including sunburns).

VIOLET energy tools include COLOUR ENERGY's lavender, jasmine and camphor essential oils and CE'S divine VIOLET Chakra Synergy Blend. Eggplant, plums, kale, broccoli and purple grapes are a few purple foods. Amethyst and Quartz Crystal are both related to the higher energies as they open us to the heavens, our higher self and God (ideal for meditation purposes).



### PISCES – MAGENTA

FEBRUARY 19th - MARCH 20th

#### THE FUNCTION OF THE MAGENTA ENERGY IS TO CONNECT YOU TO THE COSMIC ENERGIES. THE MAGENTA COLOUR WILL BRING YOU IN CONTACT WITH THE COSMOS, WHICH IS FAR BEYOND THE EARTHLY PLANE.

The Piscean person is effective in both body and spirit connection. They often feel that they have a mission to help others and they do this without wanting anything in return. People born in this zodiac period have the tendency to be actively involved in many causes. Pisceans have the presence of RED's fire as well as the VIOLET's visions. They can be very successful in tasks that combine both their zest for life and humanitarian issues; however, if they only work at satisfying their own pleasures they will feel a lack of inner guidance.

This energy—MAGENTA—is associated with awakening your heavenly links that are beyond the physical earth and will help promote a deeper self-confidence through self-identity, inspiring a willingness in you to serve mankind in altruistic ways.

The MAGENTA energy is not found in many earthly things. Colour Energy is now carrying an Essence created by the famous Alchemist Anthony Cooper of England. This Essence has been specifically created to help you to open up and channel this cosmic vibration. 