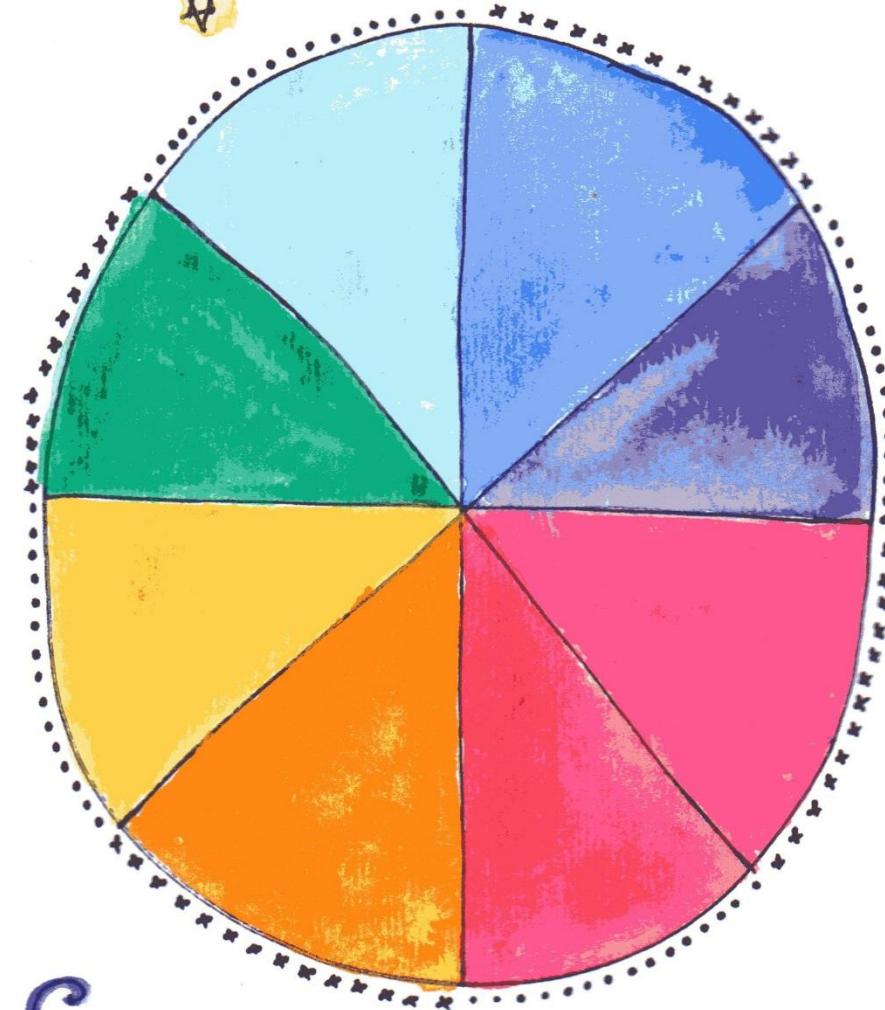


Colour



Your World

How we use colour every day without knowing it.

Colour has an enormous impact on us, every moment of every day and most of us don't realise it. We use colour constantly in our daily lives; we see it, we use it in our speech, we sense it and we even smell it. It's true. Let me explain...



Well, we clearly see colour every day. When we open our eyes in the morning we immediately see a world full of colour – our bed sheets, curtains, furniture and everything that surrounds us. It's so colourful. We continue to see colours without being mindful of them.



When you get dressed how often do you feel that you have nothing to wear even though your wardrobe is full of clothes? Perhaps it's because you don't have the right colour for you for that day and nothing else seems quite right. You will of course choose something to wear but this will be your second choice even though you didn't realise it!



RED FOODS

Fruit - Strawberries, raspberries, cherries.

Veg - Red cabbage, beetroot, radishes, peppers, onions, tomatoes, chiffies, watercress, parsley.

Other - Meat, pulses, nuts.

Vitamins - B12 (Vital for the absorption of iron.)

Minerals - Iron (helps the blood to carry oxygen), magnesium (good for nerve responses, cell energy, hormones, healthy bones), zinc (good for fertility, healthy hair, skin and nails.)

Nutrients - Fatty acids (Improve function of cells and promote healthy food, skin, hair and nails.)

Non-foods - Red wine (stimulates and relaxes in moderation), coffee (stimulates the adrenals, diuretic), chocolate (gives instant energy), sugar, the ultimate non-food (very addictive but gives instant short lived energy followed by a big energy 'low').



Put **YELLOW** in your life when there is...

- Confusion and indecision.
- Fear and anxiety caused by unknown factors leading to nervous and digestive disorders.
- A weak and confused immune system – frequent minor illnesses, intolerances and allergies to food and other substances.
- Nervous exhaustion, nervous breakdown, 'burn out', panic attacks or hot flushes.
- Poor memory, inability to concentrate or study.
- Tendency to SAD (Seasonal Affective Disorder) or lethargy and depression in dull weather.
- Digestive difficulties, malabsorption of food.

'Use yellow for upliftment'



Colour and meditation

Meditating with colour is another great way of bringing the colour you need into your body. Colour can be used to focus and still the mind for meditation. You can work with visualisations in colour when you wish to relax. For example you could visualise a peaceful scene, perhaps woods and a stream in as much detail as possible, or maybe sunrises and sunsets. Visualising in colour in your mind helps strengthen your subconscious attunement to colour.





-  Browse through your wardrobe and wear what shines out at you. Look at the grass and see how many shades of green you can see.
-  Enjoy using colour affirmations as often as you need to give you a specific colour boost.
-  Burn the essential oil that you are drawn to today. Breathe in its' colour.
-  Make a glass of solarised water for an instant boost.
-  Uplift yourself with the **Colour Your World** meditation.
-  Go out and live a newly invigorated colourful life. Go out and colour your world.
With much love,

Deborah
xxx

