

You are all aware of which colours you warm to and most of you are conscious of colours that may find confronting. More and more people now seek to understand this language. Whilst we all want to discover what secrets our choices reveal, it is often the colours we shun which are most illuminating. There is no need to judge your choices as they are simply a reflection of your true colours at this point in time and perfectly you!

Our world is alive with colour. We are all immersed in Colour! Some of this can we control. Your choice of clothing is how you present yourself to the world. Do you choose colours that make you feel good, or do you choose colours to make an impression? We would recommend you choose with your left hand clothing which best supports your needs. The choice, as always, is yours.

Your home is a domain where you can fine tune your environment to support your needs. You can engineer spaces to appear spacious, you can add colours to give a cosy feel. Some colours like yellow and gold will keep you focused whilst the cooler colours are very calming. The possibilities are endless!

You can see the beautiful spectrum of light strung across the sky in each rainbow. Each of these colours relate to a chakra. Each energy centre influences parts of our physical body with its glands, organs and functions as well as particular aspects of our emotional, mental and spiritual consciousness.

You can apply colour to your body through essences, oils and creams. These preparations are usually vibrational essences whereby the energy of colour is supported by the related essential oils and other natural vibrations such as crystals.

As you drink in colours, connect to how the colour feels. Does the colour embolden you, or does it calm you? Does the colour ground you or inspire you? Yes this energy can even change us on a physical level. Colour can move us into different emotional realms through our thinking and feeling process. The story of colour must also include the spiritual connection. These links can reach beyond the now to both the past and into the future.

Colour can be a potent tool for self-knowledge for those who want to learn the language. Are you ready to choose your colours?