

Colour Magic Online Workshop

Homework : Week 2

1. Use the Crystal Rainbows meditation (provided) at least 3-4 times during the week and notice which of the colours you have the greatest response to in each journey.

Where in your body is there a reaction?

What happens emotionally?

Tune in to this colour separately and allow your Higher Self to provide you with your own information about what this colour energy means for you.

2. Take an A4 sheet of paper and draw a clown. It can be any kind of clown and make it as colourful as you want.

If you are able to scan your picture and email it to me, that will be great as we will do some analysis of the images during our online get together.

We will have at least one image to work with and you will be provided with some additional detail after the class on Sunday so you can further analyse your own picture.