

The Magic of Colour Online Teleclasses

Homework : Week 1

1. Incorporate Your Initial Chosen Colour into your lifestyle in as many ways as you can imagine. Some suggestions are :
 - Coloured clothing (outerwear, scarves, underwear, gloves etc)
 - Food choices
 - Room accessories, candles
 - Flowers
 - Meditation and visualisation
 - Colour breathing
2. Keep a journal for the week and note how you feel each time you are exposed to this colour. Be aware of thought patterns, emotional states, behaviours, sleep patterns etc.
3. Notice if, over the course of the week, you become more aware of different colours that you were perhaps not initially drawn to. If this happens, note what kind of impact the colour may be having on you at the various levels (physical, emotional, mental, spiritual and so on).