

The Many Facets of Color



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Introduction

Colour Therapy harnesses the energies of light and the colour spectrum to assist in restoring the emotional balance which has created physical disharmony.

Colour therapy is not new to the 20th century. This understanding of self and healing was applied in the Healing Temples of light and colour at Eliopoulos in Egypt, in ancient Greece, China and India. We are simply re-remembering the healing and balancing power of colour that were used in the past, and using it in a form that works for us right now.

Even in this day and age, colour therapy has been kept almost a closed secret, and only those that had knowledge of it, as well as the financial independence which allowed them to see a therapist, were privy to its amazing benefits.

The time for this is over. Every tool possible is now needed to help the earth and people on it to take responsibility for their own healing.

Colour can be used in many ways, examples of these are:

- the use of tinctures (charging water with specific colours and sunlight)
- the healing power of crystals,
- the beauty of nature, by extracting the flower, herb and plant essences.
- Vibrational healing resonance of colour through textiles, pigments, personal products etc

The **Oils and Angels sprays from Divine Space** combines all of the above, together with sacred geometry to create a 4 sided pyramid of light to support the healing process. This gentle system allows the individual to choose from one of the magnificently coloured bottles, simply by the colour that draws their attention.

Higher self will guide the choice, because it knows what issues you/they are ready and willing to work with. Just like an onion with its many layers, we have many issues to work through. The choice of colour and the use of the product will guide you in removing the layers around the issues.

Each colour gives insight into the emotions, physical well-being and mental attitude. When exploring the attributes of a chosen colour, you will find aspects relevant to the current 'issue', whether you have been consciously aware of it or not.

Using the oil on your body or in the bath affects both the aura, and the chakric system.

Colour & Light

Everyone has an opinion on colour and is affected by it, as it is intimately tied to our entire lives. We use colours to describe how we are feeling all the time. Take some time to think of how we use it in our vocabulary, i.e. She has the blues today

In the workshop you will learn some ways to use colour to support and enhance many aspects of self-awareness as well as provide support for your journey.

Light creates colour and form and is produced by the sun in different wavelengths. When these light waves bounce off different objects, they create the sensation of light. Everything we see is reflected light. Low frequency light waves register in our brains as the colour red, whereas high frequency wavelengths are perceived as the colour violet. (Note : we are talking here about the visible spectrum as even beyond the range that our current senses are attuned to, ALL is light).

Because the molecular structure and pigmentation of objects vary, the light rays experience interference, absorption, and reflect in varying speeds and intensity. Objects that appear dark to us have absorbed more of the light rays – and therefore don't reflect as much of the light. Lighter objects obviously reflect more light, and seem brighter.

This means that when light is broken down, either reflected or absorbed into different wavelengths, we see it as the different colours of the rainbow. An example of this is when a green leaf has the sun shining on to it: all the colours are absorbed by the leaf, except for the colour green, which is reflected back to us.

How Does Colour relate to Humans?

To understand how colour can heal, we must begin to see ourselves as an energy system. Everything in existence has a vibration, which is a result of the amount of movement of the electrons and protons. This includes inanimate objects, animals, plants and humans. The human body however, comprises many energy fields which surround, emanate from and interact with the physical body and its functions.

Vibrational medicine, such as that used in the **Antanee Technique** system, combines the entire spectrum of healing possibilities using natural elements. Movement, sound, touch and colour are used to nourish the human energy system and aid the body in recovering its own balance of health. In this natural way, consciousness is evolved as the body heals.

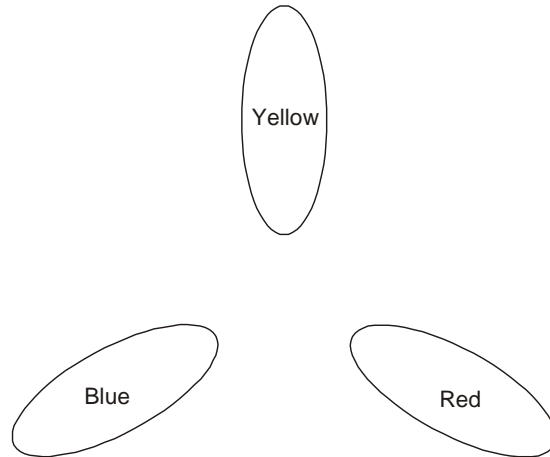
True healing is only complete when the cause of the condition or dis-ease is addressed and transformed. In most cases, emotional pain or trauma of some sort which is ignored, eventually manifests in a physical ailment. Most allopathic healing only looks at the physical imbalance. If not addressed, that which brought about the need for healing in the first place will resurface and manifest itself within the body in one form or another.

Re-establishing a flow of energy by transforming the 'issue' allows us to move forward with a lighter load to carry.

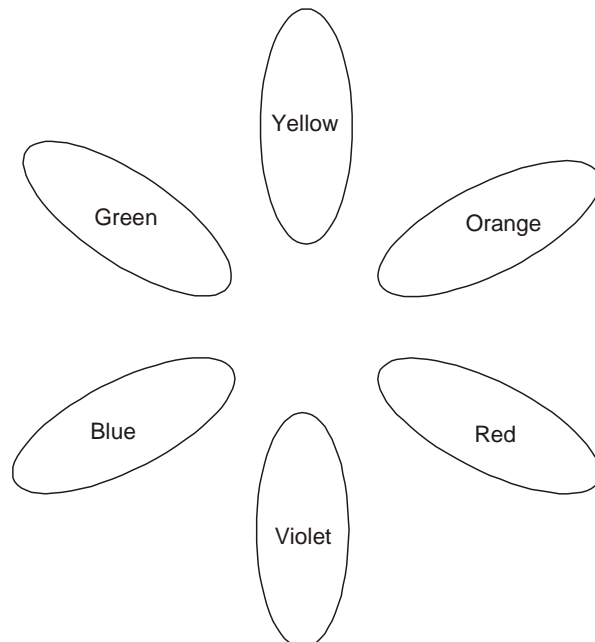
The use of vibrational medicine, which includes colour, light, crystals, plants, heat and sound, creates subtle energy stimuli that interact with the energy system of the human body and helps to stabilize it on many different levels. By providing the correct focus of energy or colour to the affected area, it begins to correct the balance. Once balance is restored, we can more effectively rid ourselves of toxins and negative patterns that inhibit our lives. Not only is it effective in healing but also in stimulating deeper levels of consciousness.

The Colour Wheel

The myriad spectrum of colours can be broken down into three categories. First there are the initial 3 primary colours of Blue, Red and Yellow. These are the foundation from which almost all other colours are derived.



When combining these 3 colours, we form the **secondary colours**. Combining equal quantities of 2 of the above colours creates this new dynamic. So if we combine red and yellow in equal proportions we create the colour orange. Yellow and blue brings about the colour green, and combining red and blue gives us violet. Thus the secondary colour holds a little of the information and energy of the 2 primary colours.



Tertiary colours are formed by the combination of a primary and a secondary colour. They are combined using $\frac{2}{3}$ thirds of the primary colour closest to it with $\frac{1}{3}$ of the other contributing primary colour.

- . eg: Magenta is $\frac{2}{3}$ red with $\frac{1}{3}$ blue;
coral is $\frac{2}{3}$ red (pink) plus $\frac{1}{3}$ yellow.

You can also carry this on by blending colours in different ratios to provide an infinite number of shades, tints and combinations. Understanding that all colour is a combination of the 3 fundamental primary colours, helps us to understand what is being communicated through the colour choices we make.



The depth of the colour depends on the amount of light that is added. When shining the light on any issue, it intensifies it. This makes the properties of the lighter or pastel shades much more powerful than the deeper colours.

Remember – white is a reflection of all the colours – therefore it includes the entire spectrum. Black absorbs all the colours, and therefore also includes them all.

Chakras and Colours

We are ultimately made of light and our physical body is like a 'prism'. It receives the pure, unfiltered light of Source and then distributes or refracts that light based upon our physical, emotional, mental patterning. This patterning is held in our chakras which are an aspect of our 'energy distribution network', hence we observe the health of our being through the colours that the chakras are emanating.

Chakra is a Sanskrit word meaning "Wheel or Circle of Light" and refers to one of the 7 major energy centers, which spins like a wheel through and around the body. Each one of these energy centers has a specific purpose in the healthy functioning of our bodies. Each chakra varies in colour, size, shape, rotation or spin, and the amount of energy that is produced by the chakra. These characteristics all affect the auric field. The chakra is "blocked" when the energy flow is restricted – thereby causing dis-ease.

As the chakra spins, it creates its own electromagnetic field, which combines with the fields generated by the other chakra to produce the auric field. The amount of energy produced by either one or more chakras dominates the auric field. Therefore, if someone is in a highly emotional state when the second chakra is dominant, the auric field will be predominantly orange, while someone who is very creative (utilizing the 5th chakra) will have a predominance of blue in their auric field.

Five of the major chakras are in alignment with the spine, while the sixth is located between the eyebrows, and the seventh is just above the crown of the head. The size of the chakras is dependent on the individual's personal development. In an underdeveloped person, the chakras would be small in size, slow in movement and dull in colour. In a more intelligent, aware or sensitive person, they would be larger, faster in movement and brighter in colour.

Exercise :

What is your favourite colour?

How do you feel when you wear it?

What are the colours you avoid?

What colours do people most respond to when you wear them?

CHAKRAS AND KEYNOTES



The Base Chakra – Red

This is the area of consciousness of the PHYSICAL BODY. All physical sensation, including pleasure or pain, is seated in this area. Powerful emotions such as rage, hatred, revenge and aggression emanate from here. It is situated in the area from the feet to the coccyx and links to the circulatory system as well as any imbalance in the feet, legs, pelvis or genitals. Blood pressure imbalances, blockages, sciatica, blood, iron levels, bone marrow and the lower back.

In addition, all survival needs and self-preservation instincts are influenced by this chakra. It relates to our power, sexuality and the “fire” in our lives; and these all connect to the “Kundalini” (which is depicted as a slumbering snake-like energy that is seated in the coccyx, waiting to be awakened). The aim of raising the Kundalini is to bring about a state of enlightenment and realisation. This must never be undertaken lightly. When a person is mentally, physically and emotionally ready, the energy will rise naturally and safely for his or her own benefit.

Identifying and correcting imbalances in this chakra

Overactive Base Chakra: This person may be aggressive, obsessive, unable to recognize limits or boundaries in others, hyperactive, power-hunger or recklessness. NB DO NOT USE RED FOR HIGH BLOOD PRESSURE, as the red will further stimulate.

Use blue or green instead. Blue is calming and will slow things down, and green balances the heart which pumps the blood.

Under-active Base Chakra: The following characteristics are noted: Manipulative, given up power, possessive, cautious, constantly needing approval and validation, exhausted, stuck and bottles anger. Bottles anger and aggression and then over-reacts at inappropriate times. Use red to balance.

The Sacral Chakra – Orange

This is the area in the body that links to the adrenal glands which is affected by shock of any kind. When experiencing a shock, which can be caused through abuse, accidents, trauma or operations, the entire aura becomes misplaced. The memory of this is then held in the first part of the aura called the etheric body. To repair this, rub the orange oil down the left hand side of the body, from the ear to the ankle ever morning.

This center is linked to the reproductive system, colon, elimination system, kidney, liver, bladder, hips. It is the area in the body that assists with elimination and detoxification. It also links to the muscular system. This colour helps to eradicate the emotional scars of abuse.

Identifying and correcting imbalances in this chakra

Overactive Spleen Chakra: This person thrives on attention and may come across as: selfish, arrogant, proud or conceited. They may also be highly strung. To calm these traits use the pink spray with orange oil, to soften their demeanor.

Under-active Spleen Chakra: These people yearn for approval and validation. They may come across as being introverted and co-dependent. They worrying what others think of them, and tend to follow the crowd. Use orange oil.

The Solar Plexus Chakra – Yellow

This area links to the stomach, digestive system, liver, gall bladder, middle of the back, the nervous system, pancreas and spleen. It assists the body in the assimilation of nutrients and links to acidity in the body. This area is known as the stress area in the body. When under extreme stress, fear or tension, this causes an imbalance of the solar plexus, which often affects the function of the kidneys and liver. This in turn throws toxins out through the skin, creating skin disorders.

This colour is supportive for any weight imbalance; either sides of the scale: being obesity or anorexia as in both cases there is a rejection of self.

This centre is the area where the clairsentient is able to sense the feelings and emotions of others.

Identifying and correcting imbalances in this chakra

Overactive Solar Plexus: This personality tends to be stressed, judgmental and critical. You may even find them to be egotistical and stubborn and can't settle down. Use yellow oil to help them find balance and joy in life.

Under-active Solar Plexus: On top of being stressed, this person may be filled with anxiety, fears and confusion. They are self critical and reject themselves, lacking confidence, and often feel isolated. They may experience psychosomatic illnesses, as they feel this is the only way to receive the attention they need, this is often a subconscious pattern. Use yellow to balance.

The Heart Chakra – Green

This centre associates with the air element, and the sense of touch.

The physical associations are the heart and lungs as well as the respiratory, immune and circulatory systems, breasts and chest area of the body, as well as the upper back. This center is influential in the function of the thymus gland and the entire immune system of the body.

The more this center is opened and balanced the more we bring about a sense of unconditional, undemanding, spiritual love. They have a love of nature and animals, and need space. This centre mediates and balances the activities of all the other chakras. If shut down it will also affect other chakras.

Identifying and correcting imbalances in this chakra

Overactive Heart Chakra: This personality will come across as overconfident, jealous and envious. They may blame others for their lot in life. They will be dominant and controlling in relationships. Use green.

Under-active Heart Chakra: This person may lack self worth and self-love, crave confirmation, be possessive, and have given up their will. They have no boundaries, and see themselves as a constant victim or doormat. Use green.

The Throat Chakra – Blue

This area relates to the throat, neck, jaw-line, glands and thyroid. As it is a rescue remedy it assists for: Sleep, fevers and flu. Pain, infection, arthritis, gout, inflammation – can be used on the pain site anywhere on the body.

A stiff inflexible neck indicates an inflexibility or inability to see things from different perspectives. The throat area is linked to communication. If this area is imbalanced, it indicates an individual who is an introvert and whose main aim is to keep the peace. Such a person often swallows his/her words and this causes sore throats or stiff necks. His/her mind is constantly active and they may have difficulty falling asleep.

Identifying and correcting imbalances in this chakra

Overactive Throat Chakra: This personality type could be analytical, fanatical, domineering, over reactive, negative or hyperactive. Use a combination of the pink and blue oils to bring balance.

Under-active Throat Chakra: You could find these people to be stubborn, moody, resistant to change or slow to respond. They repress what they need to verbalise and often surrenders to another's will. Use blue oil.

The Third Eye Chakra – Indigo

This center receives the commands or guidance from the higher self. It is situated at the center of the brow, over the area known as the third eye. It is linked to that level of the subconscious mind, which controls intuitive perceptions, creative imagination and visualization. It also links to the immune system.

Physically, it relates to the eyes, ears, nose, sinuses, headaches, face, memory and brain, as well as the pituitary gland.

Identifying and correcting imbalances in this chakra

Overactive Brow Chakra: Such a person may be analytical, impatient and belligerent. Worrisome and anti-social. Use coral and indigo.

Under-active Brow Chakra: People in this category often can be described as being forgetful, introverted, worrisome and self doubting. Use indigo.

The Crown Chakra – Violet

This chakra is situated around the crown of the head. Violet can lead us into a realm of spiritual awareness where it becomes the last gateway through which we must pass in order to become united with our true self or divine inner being. If this chakra is underdeveloped the individual may have little or no self-love.

This chakra influences the pineal gland, which regulates the body's biological clock. It regulates aging, sleep inducement and moods. For headaches or migraines on the top of the head, the mind, brain, endocrine system, depression and soul rejuvenation.

Identifying and correcting imbalances in this chakra

Overactive Crown Chakra: The key characteristics are: They feel self-important and indispensable. They may have huge Spiritual egos where they would like to be put on a pedestal. Use yellow and violet.

Under-active Crown Chakra: These people could have a negative self image, feeling misunderstood, experiencing self denial and shame. They may also be going through a time of deep grief. Use violet.

THE GIFT OF COLOUR

Pick an oil with your eyes closed and tune into the colour, make a note of any words or emotions that come up while you are holding the bottle. DONT look at the bottle or go into your knowing of what the colour means. This exercise is not designed for you to see how psychic you are and how much you know about the meaning or colour. Instead it is how you RESPOND to the colour, and how that colour is speaking to you individually.

If you feel or see nothing – write that down.

If you feel hot or cold, isolated and alone, or happy, comfortable and joyful.... Write it all down. If you see colours – write it down (even if the colour you visualized is not the same as the one you are holding).

You may see pictures or visions – like a dream – write it down. Please don't analyse and try to understand it all at this point in time.

If you had a light and easy interaction with the colour – you are ready to accept the support they will bring when you use it.

If however there was a resistance in any way – are you willing to look at what that resistance means and to begin to deal with it?

RED

The leading question helps you to establish whether to focus on the Positive or Shadow aspects of the colour. The shadow aspects are what we struggle with in relation to the colour

Tell me about your financial state. Do you have difficulty making ends meet (share challenge aspects) or have you always found it easy to manifest what you need? (share positive aspects)

Positive attributes:

This colour indicates an amazing ability to make anything work in your life. You have the passion and drive to make a success of anything you touch, and this is because you don't sit back and wait for it to happen. You take the bull by the horns and put the effort into it. You have vision and drive and are an optimist. You are easily able to manifest whatever you need to survive.

Choice of this colour is a confirmation that you have been walking in faith, following Divine Guidance and are on the right path

Shadow aspects:

Life seems to have been an uphill struggle. You feel depleted and tired a lot. Things in the pipeline around you feel stuck and are not moving. You spend a lot of time focusing on the financial side of life either because you can't seem to get out of your financial difficulties, no matter how hard you work, or because you have a yearning to succeed against all odds. In doing this you put far too much time and energy into climbing to the top. You need to find balance in life, making time for fun, family and friends.

You may have no energy or passion left in life. You find you are either too submissive, giving up your power, or react aggressively.

You may find yourself dis-interested or over obsessive with regard to intimate or sexual relationships. Using this oil reconnects with your self will, helps to overcome the exhaustion that comes with being a victim and rejuvenates inner strength. It re-connects the etheric body back to the physical body.

(Remember the challenges can be turned into positive attributes by using the color)

Physical: Poor circulation, lack of energy and drive, any imbalance of the legs and feet, sexual dysfunction, low blood pressure, blood - lack of iron, sciatica, blockages, bone marrow

Emotional/Mental: Anger, frustration – reactive because of above challenges. Feel stuck. Impulsive, may come across as abrupt, craves excitement, possessive or territorial.

Future/Potential: Lots of energy, drive and enthusiasm to make anything work. Then reaping the financial rewards for doing this. see Positive attributes

'WHAT WOULD IT TAKE FOR THIS COLOR TO OPEN ME UP TO RECEIVING ABUNDANCE IN ALL AREAS OF MY LIFE WITH EASE?'

ORANGE

The leading question helps you to establish whether to focus on the Positive or Shadow aspects of the colour. The shadow aspects are what we struggle with in relation to the colour

Do you feel as if you are stuck in a co-dependent relationship of some kind? This could be a job you dislike or a relationship you can't get out of? Being supported or supporting others and negating yourself in the process. (share the shadow aspects if the answer is yes).

Positive attributes:

You are able to use your creativity and enjoy what you do. You are social and enjoy being part of a group, yet have a strong sense of independence. You tend to be joyful, optimistic and cheerful. You have a deep inner wisdom and contentment. You have learnt to use your sense of discernment – this is especially useful when reading books or doing courses, as you won't simply accept all you are told. You will take what feels right for you and disregard the rest.

Shadow aspects:

You may have gone through a difficult situation – shock or trauma – in your life. This may have upset your balance and equilibrium. (Check chakras to see if etheric gap has opened). This could be caused through operations, accidents, abuse or trauma. If the etheric gap has opened, you will find all the chakras on the left side of the body are imbalanced, and life has been a struggle. It is simple to rectify – use orange oil down the left-hand side of the body, from the ear to the ankle. If the trauma was experienced within the previous month then do this ritual for 4 or 5 days in a row (a small size bottle should be sufficient). If however, it is a long standing issue then use a large size bottle along the left side until the bottle is finished.

You may also feel a lack of support. You may find you are stuck in a co-dependent situation of some sort – it could be within your personal relationships, home or work. Somewhere you are not happy, but stay in the situation for the sake of others or for financial security. It is time to look seriously at this. Perhaps start thinking of what you really want in life and a great way to begin this is to heal yourself first. Your circumstances or relationships with others simply mirror our inner insecurities or unhappiness. Use your creativity and find your independence. Most importantly, learn to love and accept yourself, this is finding wholeness. You must understand that your thoughts attract what you manifest.

(Remember the challenges can be turned into positive attributes by using the color)

Physical: Bladder problems – look at who is irritating you in your life. For bowel problems ask what is it you are not letting go of? Other affects are found in the reproductive & muscular systems. The spleen, pancreas colon, kidney, liver, hips and lower back may also be affected.

Emotional: You may be sensitive and over-emotional, or even feeling trapped. You must use creativity, focusing on this will help to heal the scars of abuse. This oil helps you to put caring back into the self, reconnecting you with our inner and outer worlds.

Mental: You worry a lot but don't know how to get out of the situation. You worry about what others think of you, and may tend to follow the crowd.

Future/Potential: Begin to be more creative and find your freedom and independence. (see the positive attributes).

'WHAT WOULD IT TAKE FOR THIS COLOUR TO OPEN MY CREATIVITY AND INDEPENDENCE. AND FOR ME TO ATTRACT SUPPORT INTO MY LIFE WITH TOTAL EASE?'

YELLOW

The leading question helps you to establish whether to focus on the Positive or Shadow aspects of the colour. The shadow aspects are what we struggle with in relation to the colour

Are you stressed and uptight? Do you make any time for fun or joy in life? (if so, share the shadow / challenge aspects)

Positive Attributes:

You are vibrant and fun-loving, taking time to enjoy every moment of life. You are self-confident and optimistic, always looking towards the positive. You may have the ability to sense the feelings and emotions in others – especially in your sensitive solar plexus area. You have a thirst for knowledge, for expanding your mind and for discovering new horizons. You are strong and courageous. This oil brings a purposeful awareness that promotes a positive outcome.

Shadow aspects:

You may be highly stressed and make no time to enjoy life. You have to make time to find balance in your life, and to remember to have fun. You lack confidence and, because of this, you push yourself too hard in order to validate who you are through your achievements. You thirst for acknowledgement from others so you can believe in yourself. You sometimes feel overcome with fear and confusion.

Your need to succeed drives you into learning, doing courses or studying as you never feel as if you are good enough. Your biggest lesson is to love yourself exactly as you are. While you beat yourself up, you attract others who confirm that you are not good enough. Change this dynamic by focusing on and projecting your positive attributes so that you can create this new mirror in your relationships. This oil brings courage, where you know your prayers are answered even if you can't see the evidence yet.

Physical: If you have any skin imbalances, these are caused through the stresses in your life. Constant stress creates a build-up of toxins which are released through the skin. It is supportive if you are struggling with any weight difficulties. This could be both ends of the scale, whether anorexia or obesity. In both instances, it reflects a lack of self-acceptance and self love. The digestive system, adrenals, stomach, gall bladder and the middle of the back all fall within this area. Other implications of an imbalance could include acid, pancreas, spleen and the nervous system. Together with orange it also relates to the bladder and elimination system.

Emotional: Self doubt, fears and confusion, keep you in stressful situations. You feel deprived of recognition.

Mental: You are riddled by feelings of not being good enough. Constant worry, anxiety and mental tension are experienced.

Future/Potential: There is a potential for clarity, joy and enlightenment. See positive attributes as what they will create in the future.

'WHAT WOULD IT TAKE FOR THIS COLOR TO IGNITE CONFIDENCE AND JOY IN MY LIFE?'

GREEN

The leading question helps you to establish whether to focus on the Positive or Shadow aspects of the colour. The shadow aspects are what we struggle with in relation to the colour

The heart area has to do with relationships, direction or the space you are in. It can be one, or all 3 of the above. Tell me whether there is something with which you need help, (shadow aspect) or is your life flowing exactly as you would like it too? (share the positive aspects)

Positive Attributes:

Green is specifically linked to the heart. It indicates deep compassion and its expression to others. Green shows a healing of the heart, commitment, and love of self and for others. It reflects a selfless, nurturing and friendly person, and that you have chosen the perfect direction and space for your growth and peace of mind. You know your path and there is an enjoyment in the journey you have chosen. You have the ability to manifest your needs and desires as green stimulates growth. It helps you to establish clear boundaries while enjoying your freedom. A deep connection to the earth and nature encourages you to spend time outdoors.

Shadow aspects:

You are holding on to old past rejections and hurts which inhibit your ability to find true love. There is a real need to heal the heart and believe that love is reliable and that you deserve to be loved. Emotionally insecure and uncertain, you need confirmation and recognition from others. You have difficulty with establishing boundaries and people often taken advantage of you. You may be in a relationship, career or home environment that is not suitable, and you have a need to make changes. Using the green oil really helps to open your heart to what is the truth for you, and it assists with making decisions. If you are depressed, spend time in nature – hugging a tree helps to transmute negative energy. This essence brings harmony, and releases the desire to control. It balances any thoughts or concerns with regard to material issues with faith and understanding

Look at how you were nurtured as a child, and see how this affects you today – this may have something to do with your lack of deservability. Simply change your mindset and start believing that you deserve an abundance of everything – love, support, friendship, financial support etc. You are a divinely creative being, and can manifest whatever you focus on. Start by focusing on the positive.

Physical: You may experience problems with your immune system, heart, breasts, lungs and upper back. It relates to illnesses that sit on the chest, and which are hard to budge (stubborn coughs, bronchitis, asthma, lung imbalances). Use this colour or the blue oil for High blood pressure as it balances the heart, which pumps the blood through the body.

Emotional: You are unable to enforce your will, feel emotionally insecure and need validation. Doubting yourself reflects a lack of self-love. Envy or jealousy are also common symptoms.

Mental: You are plagued with insecurities and cannot let go of the past.

Future/Potential: There is a willingness to move into a new space and to heal the heart. Start believing that you deserve, and that you are a divinely creative being, and you will begin to manifest whatever you focus on. (Look at positive attributes)

WHAT WOULD IT TAKE FOR THIS COLOR TO ASSIST ME IN OPENING THE DOORS TO AMAZING NEW POSSIBILITIES?

BLUE

Do you get a lot of sore throats or stiff necks? If you do this it is because of your need to keep the peace at all costs (share the shadow aspects). If you have an easy, honest and clear ability to communicate, then this is your strong point (share the positive aspects).

Positive Attributes:

You have a strong sense of self and an innate ability to trust. Peace and peaceful communication are important to you. Your biggest gift is your ability to communicate on a one-on-one basis, and to empathise and understand truly from where the other person is coming. Counseling is your strong point. You are compassionate and allow others the space to learn their own lessons.

You have an analytical mind with the ability to remain clear and focused. You are relaxed and enjoy your own quiet space. This oil represents support, nurturing and holding the light for the work to be done. It holds the journey through the stars.

Shadow aspects:

You have difficulty with authority which could stem from past parental relationships – have a look at whether you were able to communicate with your parents, or were seen and not heard. This results in a need to keep the peace at all costs so as to not rock the boat. You tend to swallow back what you should be saying in order to do this. This will result in regular sore throats or a stiff neck. Using the blue oil opens the throat chakra, releases the tension and pain and helps you to speak your truth peacefully.

You tend to over-analyse and have difficulty switching your mind off – even when trying to sleep. This results in an inability to fall asleep. You may have hectic dreams and experience tiredness on waking. (Rubbing the blue oil onto the neck and temples at bedtime calms the mind and allows it to rest.)

(Remember the challenges can be turned into positive attributes by using the oil, so include the positive aspects as the potential they will create if they choose to work with the oil.)

Blue is a universal healing colour for children and calms over-activity and anxiety.

Physical: Neck, throat and thyroid imbalances are experienced. You may also suffer from insomnia (see challenges for reasons).

As blue is calming, use the blue oil for any physical ailments including childbirth, as it calms, relaxes and cools the stressed or inflamed area, simply rub onto the affected area. Simply rub on to the affected area anywhere on the body. Sleep inducement, fevers and flu, pain, infection, inflammation, arthritis and gout have all been positively helped with use of this oil.

Emotional: You protect yourself by withdrawing, and then feel isolated and lonely.

Mental: You are constantly over-analyzing and you may tend to be domineering and dogmatic. Change your negative thoughts and words to positive ones.

Future/Potential: Counseling and intuitive abilities are developed or increased using this oil. (see positive attributes.)

'WHAT WOULD IT TAKE FOR THIS COLOR TO BRING ME A SENSE OF PEACE WHILE SURROUNDING ME WITH STRENGTH AND PROTECTION?'

INDIGO

Do you tend to withdraw and spend a lot of time by yourself, with no interest or inclination to socialize? (share the shadow aspects). If this does not resonate with you, then are you working hard at developing your intuitive ability? (If the answer is yes then look at the challenge attributes marked with **.)

Positive Attributes:

This colour indicates someone who is extremely intuitive and perceptive. You have learnt to trust your intuition and to follow it. You have clairaudient, clairvoyant or clairsentient abilities which open you up to higher and clearer perceptions. You find people are drawn to you, and tell you their problems. Feel better after sharing with you, even if you feel you have not done anything. This is because they sense that you are able to be discerning and non-judgmental. They benefit from just being in your energy. You are focused and have a quick, sharp mind.

Shadow aspects:

You struggle to interact with others and tend towards extreme introversion. This could be your personality or just a phase you are going through at the moment. Take time for meditation and introspection; but remember that life is about finding the joy and having fun – so don't hide for too long. Learn to bring balance into your life with both quiet and social times. Learn to open up to, and trust your intuitive abilities.

You may suffer from depression and a feeling of being separate from others. This is because of the walls you have placed around yourself. Don't isolate yourself. You have to take the first step in allowing others into your space. It will help you release the blockages and tears that will enable you to heal your heart and make you smile again. Fear is just a human's way of trying to make sense of what they can no longer remember but know that they should know.

** Should you not resonate with any of the above, you may be spending a lot of time in developing your intuitive abilities. You isolate yourself from the world and its distractions in your search for spiritual development and growth. This is fine, up to a point, but please do remember that you have chosen to be human to experience all aspects of life. Remember to have fun occasionally too.

Physical: Insomnia can be caused through too much worrying and thinking – using the indigo will switch off your busy analytical mind and allow it to rest. You may experience an imbalance of the ears, nose, face or sinuses. Headaches, sinus headaches or migraines that originate around this chakra are also common. The pituitary gland and endocrine system could be affected. This is a dynamic healing colour on a physical and spiritual level; and it assists with detox and strengthens the lymph and immune systems.

Emotional: You are over-sensitive to the impressions of others. You worry excessively and may be impatient and superstitious. You tend to extreme introversion which causes loneliness.

Mental: Authoritarian, dogmatic, impatient or analytical describes your mental state. This oil is a memory enhancer.

Future/Potential: You will open up to higher perceptions and intuitive abilities. The message is not to hide yourself or your feelings, but rather to share your insights with the world.

'WHAT WOULD IT TAKE FOR THIS OIL TO AWAKEN MY INTUITION, SO THAT I TRUST MY OWN INNER KNOWING AND ALWAYS CHOOSE THE LIGHTEST PATH?'

VIOLET

Do you get depressed or sad often, sometimes for no reason? (if so, share the shadow aspects.) Do you feel connected or disconnected from life and/or a sense of the Divine?

Positive Attributes:

You are able to balance the left and right brain effectively, making time for play, creativity and work. Learn to be aware of your dreams as they are able to guide you – keep a dream journal. You have definite intuitive and healing abilities; and people benefit by being in your space. You are here to make a difference, and would benefit greatly if you use these abilities consciously. You are guided by soul and the Divine and often feel this support. You have a strong link to your spiritual essence and must integrate this into your physical life. This oil holds the promise of the unborn future, and will help you write your own script to life by using it.

Shadow aspects:

You are on the threshold of transformation and change, but may be struggling with grief that comes with releasing your past identity. Think of the immense step a caterpillar makes when becoming a butterfly – it changes completely and does not even recognize itself afterwards. With this shift comes intense grief and sadness which is sometimes catalyzed by the loss of someone close to you, or even a feeling of loss of self. So often we only look deep within ourselves and shift when we go through trauma. Remember to ask for Angelic or Divine guidance and support constantly. Pray a lot. The divine help is out there but they cannot interfere unless invited to do so. It is extremely important for you to learn to balance the spiritual and physical parts of your life.

(Remember the challenges can be turned into positive attributes by using the oil, so include the positive aspects as the potential they will create if they choose to work with the oil.)

Physical: You may experience headaches or migraines that originate round the top of the head. Pineal gland, nerve pathways and electrical system of the body and the skeletal system, fall within this area.

Emotional: There may be feelings of being misunderstood, depression, grief or sadness.

Mental: You have a negative self image, and experience depression and/or shame.

Potential/Future: You are on the threshold of transformation and change. You will tap into and use your even more of your healing and intuitive abilities. Your connection to angelic support and guidance will increase and become even more tangible and you go through a soul rejuvenation.

'WHAT WOULD IT TAKE FOR THIS COLOR TO SUPPORT ME IN MY TRANSFORMATION PROCESS?'

TURQUOISE

Have you been through a difficult time in your past, and yet manage to always cope? (share the shadow aspects)

Positive Attributes:

You have a strong connection to crystals, dolphins and whales. This colour holds dolphin energy and brings in free-flowing freedom. Your strength is an ability to communicate to a wide audience. This can be done through the media, teaching, art, music, dance, acting or even the Internet. You will do this by any means that uses your creativity and will touch the soul of many people. You are here to make a difference in a positive and dynamic way. This colour combines the gift of communication with the energy of the heart. You love what you do and this comes across in the way that you interact with others and in the way they open up to you.

Shadow aspects:

You are sensitive and have been through very difficult times in the past. This has led you to having to protect yourself to cope; and you have done this by building and hiding behind protective walls. These walls have been firmly erected around your heart so you don't get hurt again but unfortunately, you are also not really able to feel extreme joy or love. Your feelings seem to be frozen. Your walls are so firmly in place that you don't even allow yourself to feel when someone hurts you. Your favorite response is that you are FINE. On a subconscious level, you worry that if you allow yourself to feel, you may just collapse and then who will hold everything together. You may blitz computers and cell phones - technophobia

This is not an easy colour to work with, as it starts melting the protective walls you hide behind. This can be uncomfortable, but it is necessary for your growth and healing. Acknowledge the pain, allow the tears so that they can help to bring release and healing. You will be amazed at how much your life will change if you are able to release the baggage of the past.

Use of this oil together with the gold oil, de-activates and removes implants which may have been placed in the body. (Only use it for this purpose if you are aware of this and do it with consciousness so as not to activate the implant.)

Physical: This colour alleviates pain in chest, back or in the right shoulder. Throat, thymus and the respiratory body are also affected if this area is imbalanced. This colour cools the body and helps to ease inflammation. Good to alleviate hay fever symptoms.

Emotional: You tend to be detached and cool, not allowing people to get close or to really know you.

Mental: You always seem to cope and take on too much. This helps you to avoid thinking or feeling too much.

Future/Potential: You are ready to dissolve the walls of protection you have hidden behind, so that you can discover gifts within. You have an amazing ability to change your own and other people's lives. Share your life experiences, as these lessons will help others. (share the positive attributes.)

'WHAT WOULD IT TAKE FOR THIS COLOR TO AWAKEN MY CREATIVE EXPRESSION, SO I CAN MAKE A DIFFERENCE IN THE WORLD?'

CORAL

Are you always there to support and help everyone else, but don't make time for yourself? (share the shadow aspects.)

Positive Attributes:

You are loving kind and supportive. You are always there unconditionally for others without the need for recompense or recognition. You are a humanitarian and love to serve for the betterment of the earth and all who dwell on her. You have a quiet self-confidence and acceptance of who you are. You tend to be very sensitive and are able to use this as a gift to understand your own and other's situations and needs. You deserve to receive as much as you give. Begin to dream big so you can manifest them. This oil helps you reconnect to your career/calling

Shadow aspects:

You are always helping others and tend to put yourself last in line. You do this because there is little selflove. On a deep level, you feel that if you are always serving others, they will accept and like you, which in turn helps you to like yourself. Please be aware of this and start putting yourself first rather than last in line. You find you get to a point where you are used and abused so much that you begin to resent it. This could lead to the 'poor me' syndrome. Being a victim just draws more negative situations, so break out of this immediately. You are overly sensitive and get hurt easily. You have loved more in life than was reciprocated and hold onto the pain of rejection.

(Remember the challenges can be turned into positive attributes by using the oil, so include the positive aspects as the potential they will create if they choose to work with the oil.)

Physical: You may experience hormonal imbalances, menstrual disorders and mood swings. This colour affects the ovaries, prostate, skeletal/support system, digestion, bladder and elimination systems. It is fantastic for the skin and softens stretch marks and scars. Has helped when trying to fall pregnant.

Emotional: You are overcome with fears of not being good enough and are always trying so hard that you get emotionally and physically exhausted in the process. This oil dries the tears shed in private so that the person may look at themselves in the mirror and smile at themselves again. It brings comfort and support.

Mental: You encounter bitterness and frustration at always having to be there to support others, without getting help in return. Make time to work on deservability.

Future/Potential: It is the time for putting yourself first at last. You must acknowledge your inner beauty. Learning self-acceptance and love of self, will result in you receiving love from others. Refer to positive attributes.

'WHAT IF USING THIS COLOR WOULD HELP ME TO TRULY LOVE, HONOUR AND ACCEPT MYSELF?'

MAGENTA

Do you question your religious beliefs and get confused about what is truth? (share the shadow aspect.)

Positive Attributes:

You have a strong soul connection to God and the Divine. You know that you are divinely-guided and that every step you take is part of a bigger plan. You are connected to the earth and every living thing on the earth. You have strong intuitive and healing abilities.

You are able to manage time and try never to be late or miss deadlines. You have a deep sense of what is right, with honesty and integrity being most important to you. This oil enhances one's natural intelligence and awakens self devotion.

Shadow aspects:

Because of your religious indoctrination and the conflicting ideas that are prevalent at present, there may be some confusion as to what and who God is. You may even feel a disconnection from God at the moment. Using this oil will help to open you up to your own personal truth, without following another. It heals victim status and invokes loyalty to your path.

You may have difficulty managing time, not getting through your work or being on time. Time seems to be shortening so much and you can't cope. Using the oil on the temples stretches time and help you to complete tasks. It also helps you to manage your energy levels.

You worry about things you can't control like the abuse of power, the destruction of the rain forests and ozone etc. The message is that you need to put as much energy into the small things you do, which takes the focus off the things that you cannot control. This way we stop giving energy to the disasters and they will eventually stop happening.

(Remember the challenges can be turned into positive attributes by using the oil, so include the positive aspects as the potential they will create if they choose to work with the oil.)

Physical: There is a lack of energy especially after a debilitating illness. Headaches or migraines at the very top of the head may be suffered. Epilepsy is also supported by this colour.

Emotional: Feeling lost and alone or disconnected from spiritual support may lead you to feelings of depression. You need to learn to forgive yourself.

Mental: You excessively worry and are fearful about what it happening on the planet and the earth's conditions. You have questioned your spiritual truths as the new way of thinking is so different from your past indoctrination. This oil is brilliant for managing time and helping to you focus and complete tasks

Future/Potential: You are open to the Divine and have a deep personal spiritual understanding. You are learning to put loving attention into everything you do. See positive attributes.

'WHAT WOULD IT TAKE FOR THIS COLOR TO CONNECT ME TO UNIVERSAL ONENESS AND TO KNOW THAT THIS IS MY TRUTH?'

GOLD

Would you love to change your life but make excuses to put it off till another time? (share shadow aspects.)

Positive Attributes:

You have a deep sense of contentment and peace with who you are and why you are here. You have learnt that everything you have gone through in your life is ultimately for your growth and have worked at finding the gifts in all situations. You are positive and trust in your innate wisdom. You are discerning, honest and courageous. You are able to tap into and acknowledge your own personal power. Holds the vibration of a life lived to the full

Shadow aspects:

You have given up your power, lack confidence and tend to put things off till another day. You keep waiting to discover the gold at the end of the rainbow – which is never attainable. eg: one day when the children are out the house then I can do....., or: when I win the lottery then I can travel.... It is time to acknowledge what you have already, and that the jewels were inside you all along.

You may have phobias that you don't understand. Look at what crutches you use to prop under yourself. They may be addictions to substances, work, chocolate or even a particular person. It is time to look at what your addictions are fulfilling for you, and begin to do it for yourself. Break free and find your truth. Discover your wings, this unfolding allows deep self-acceptance and has the potential to lead to bliss and abundance.

(Remember these challenges can be turned into positive attributes by using the oil, so include the positive aspects as the potential they will create if they choose to work with the oil.)

Physical: This area may show an imbalance of the bowel, bladder, pancreas, liver, kidneys, or even the potential for a hernia.

Emotional: Your experience neediness and the feeling of never feeling fulfilled. There may be addictive tendencies.

Mental: You have become familiar with phobias, stress and irrational fears.

Future/Potential: There is the opportunity for enlightenment. You will discover the jewels within. By tapping into past wisdom, you will be guided on your path, and you will re-discover your power.

'WHAT WOULD IT TAKE FOR THIS COLOR TO ALIGN ME WITH MY TRUE POTENTIAL?'

PINK

Do you feel that you are not good enough and judge yourself a lot? Do you lack self-love and acceptance? (if so then please share the shadow aspects)

Positive Attributes:

You are loving, kind and gentle, always offering help or support to anyone in need. You do this selflessly as it is in your nature. You have an inner beauty that shines through. There is a lightness of Being and elevated soul consciousness.

Everything you do comes from the heart with true love and compassion.

This is a wonderful colour for babies or children as it wraps them in unconditional love.

Shadow aspects

You are so busy guiding and helping others that you forget about yourself. You feel neglected because you neglect yourself.

You may have financial difficulties as pink is the intensified version of red.

You have difficulty in trusting and in finding love. Perhaps you don't believe you are deserving and that you are not good enough. If this is the case, start working on visualizing what it is you desire and want in life. See it, feel what it feels like to be cherished, taste it – use all your senses. Keep doing this until you start believing it and you will find it starts becoming real. Begin by first really working on loving yourself so you can create a supportive loving relationship.

This oil will give you extra zest and stamina to go when you are running against the clock on someone else's deadline.

Physical: You may have problems with your womb, ovaries, energy levels, hormonal balance, eyes, ears, tinnitus or vision. You may have had birthing difficulties when conceived yourself – or when giving birth to your children.

Emotional: There are feelings of insecurity, being too hard on yourself, lack of self-love, anger, and aggression.

Use the pink oil or spray to calm aggression and anger in yourself or others.

Mental: Self-criticism, frustration as well as a need and yearning for love need to be addressed.

Future/Potential: Learning self-love and acknowledgement and, by doing so you are open to receiving the same from others. The heart also begins its healing so that you will be open to love. See positive attributes.

'WHAT WOULD IT TAKE FOR THIS COLOR TO INVITE LOVING SUPPORT INTO MY LIFE?'

PEARL (CLEAR/TRANSPARENT)

Have you had a really hard life with many difficult experiences? (share the shadow aspects.)

Positive Attributes:

You have the potential to do and achieve anything in your life as there are no filters. You are connected to your higher purpose and are clearly guided. You are clear, positive and enthusiastic. You have an air of purity and inner-strength surrounded by a loving, gentle package.

Shadow aspects:

You have been through an intensely difficult time in your life – it may go as far back as childhood trauma. On a soul level, you have chosen this so that you are able to be compassionate and empathetic when helping others through the same thing. There was a time where it felt like there was no colour in your life. Please look at it as an initiation period helping you toward mastery. Let go of the past and move forward. Instead of finding difficulties and obstacles in life, you need to begin to look for the gifts in each experience. You find you take on other people's moods and negativity and allow it to affect you.

(Remember the challenges can be turned into positive attributes by using the oil, so include the positive aspects as the potential they will create if they choose to work with the oil.)

Physical: You may experience problems with your sinuses, lack of energy, water imbalances in the body: hydration or water retention, head colds or cystitis.

Emotional: You are extremely sensitive and insecure. You often feel overwhelmed or emotional.

Mental: There is a need to release past hurts and stop thinking and dwelling on them. Acknowledge how much you have changed and grown since the incidents happened to you. In this way you are finding the gift in the experience rather than holding onto the trauma.

Future/Potential: Wonderful opportunities are available to create anything in your life. Your clarity and insight will increase and you will feel the divine guidance that guides your path. See the positive attributes

"WHAT WOULD IT TAKE FOR THIS COLOR TO ALIGN ME WITH INFINITE LIGHT POSSIBILITIES AND CHOICES?"

COLOUR ASSESSMENTS

1 BOTTLE / COLOUR ASSESSMENT

Asking a question allows your higher self to guide you. This goes beyond what you would mentally understand.

So, before choosing a colour, close your eyes and connect with your higher self. When relaxed, imagine you are standing in the centre of a beautiful, huge diamond. See all the amazing colours that the diamond is refracting & that are flashing through your energy field.

In this space, ask a question. (Gear the question around what it is you would like to shift in your life).

Here are some suggestions (choose 1 or make up your own):

- Which colour would support my body, my life and my living right now?
- Which colour will support and ease my physical body?
- Which colour will enhance and expand my life and reality right now?
- Which colour will invite joy and lightness into my being?

Then note which colour becomes most prominent, or springs into your consciousness.

This would be the colour that has the most insight for you and should be used, as it will enhance and support your life right now.

If you choose to use one of the infused oils, then rub it on your body every morning and evening, or use it as a bath oil and soak in the gently nourishing oil. Each colour has a suggestion on where to use it on the body, but I like to trust my intuition and will use it anywhere I feel the need. It is quickly absorbed by the skin and will be taken through the bloodstream to exactly where it is needed.

3 BOTTLE / COLOUR ASSESSMENT:

1. Ask the person you are reading for to close their eyes and relax their body and mind – do some deep breathing and relaxation with them. When relaxed, get them to imagine that they are standing in the centre of a beautiful, huge diamond. Ask them to see all the amazing colours that the diamond is refracting & that are flashing through their energy field.
2. Then guide them to select 3 colours from the myriad of colours emanating from their diamond. Silently hold the intention that the first colour will represent an issue they need to work with, the second colour is the pathway that will support that shift, and the third colour will represent their potential or outcome. Write down the colours in the order they were selected or came into awareness.
3. Share your insight with them, allowing as much interaction as possible.
4. The first colour choice holds the *shadow* aspects of the colour. The second bottle holds a bit of both the positive attributes and the shadow aspects. The third bottle always relates to the positive aspects, as it is essential to provide the person with a positive vision to hold on to.
5. The best colours for them to work with, would be the greatest issue (usually the first colour choice), however sometimes I find after discussion that both 1 and 2 colour choices would support their journey forward.

Example: If the following had been chosen:

(Biggest Issue) – red , Present (Pathway) – yellow, Future (Potential) – green

It is likely that the individual has had a difficult financial time & this may be a pattern in their life. They may also have been focused mainly on the material aspects of life, with little or no energy or support, and have been on a mission of creating their own financial independence, allowing no time for anything else. They would need to look at how they handle anger and frustration in their lives as it is likely they are locking it into their body. Check for physical issues such as blood pressure imbalances, problems with bones or skeletal system, fatigue.

At the present time, they now they have to change the way they do things, but they are under a lot of stress and very fearful about how to change. This creates conflict and they can't think clearly. Remind them to enjoy life again, making time to have fun and do things that build their self- confidence again. They must learn new things, suggest that they go on courses or read books to enhance their minds or do research into what they **really** would like to do. They have a thirst for knowledge right now and need to make time for it as it will build their confidence and help them on their new path.

The future bottle shows an opening and healing of the heart. They will learn to put down boundaries, and will be in a space that is supportive and that they will love. The bottle tells us that they will eventually find their right path, with the right person to fulfill their heart's desire.

OTHER WAYS TO SUPPORT WITH COLOUR

Why not give someone you care about a **hand or foot massage**, using either their choice of oil or the pink oil as everyone needs a little extra love. When rubbing the feet or hands, all the organs in the body are affected. Add a little salt or sugar to the oil for a fantastic exfoliating treatment. Salt removes negativity and sugar brings the sweetness back into their life. Your hands or feet will feel like silk gloves after this loving massage.

A shoulder and neck massage is also a wonderful way to support your partner. Use the blue oil in the evening and not only will they be relaxed, but the blue oil also helps to still the busy mind and enhances deeper sleep. Remember to rub it right around the neck and massage some into the temples and forehead too.

DISTANT SUPPORT

Colour can also be used for **distant support**. Close your eyes and connect with the person you would like to assist. Feel or intuit which colour they need. There may be more than one. Place coloured oils/scarves/cards on a picture or the name of the person, light a candle and send them the loving, healing energies of the colours. Leave the candle burning all day and repeat this process for as long as you feel necessary.

SPACE CLEARING

Have you experienced walking into a room and instantly feeling nauseous, frustrated, depressed or generally like you have the heeby jeebies? Our sensitive human bodies respond to subtle external energy frequencies and influences, as well as energies from the spirit realms. In this way we pick up the unseen vibrations in the space. I am not referring to the sensationalist Ghost Buster type entities, but rather subtle energetic imprints that surround people or traces thereof (fragments or entities) that are left in a space after someone has moved or passed away. If you move into a new home and the previous owner was particularly negative, aggressive, ill or addictive – their energetic imprint is left in the space until it is cleared.

It is important to clear the space before that energy begins to affect you and your family. In fact, everyone can benefit from doing regular space clearings. We pick up stuff from work and from other people in our space. When you are ill or stressed, your natural defenses are lower and you are more susceptible to taking things on or being susceptible to psychic interference.

Once you have done the initial cleansing ritual, regularly use the Angel sprays around yourself to assist in strengthening your aura and building your natural defense mechanism.

Using the Angels of Transformation sprays is an extremely effective way of bringing light into any space – thereby dispelling any sludgy or negative vibration or entity. You can do this yourself.

WHEN WOULD YOU NEED TO DO THIS?

- When you move into a new home - it clears and gets rid of the old energy of the previous occupants.
- After having any builders or contractors in your home - you don't know what they may have brought in with them.
- Sometimes when people visit your home or office – if they are particularly angry or negative, they may leave a residue of that energy in your space. You will be aware of this because your energy level drops, your mood changes or you will begin to behave the same way they do. This is a very subtle energy so look out for it. Be aware that we all leave energetic imprints wherever we go.
- In the case of a stuck entity or fragments of a lower vibration that has not moved on – you will find that the people living or working in the environment may struggle with their moods, energy levels or have addictive behaviour that can't be shifted. This energy could also cause blockages in your finances or projects that just won't come to fruition.
- Children are extremely sensitive to energy, and you may find that they do not want to be in a specific room or have constant nightmares.
- There may be a definite temperature drop in different corners or areas of a room.
- If you are psychically aware you may feel ghosts or entities in a room.

WHAT YOU WILL NEED:

I use the following Divine Space Sprays:

1. Clear – Angel of Illumination,
2. Red – Earth Angel
3. A box of Epsom salts
4. Bowls (one for each room)
5. Tin foil
6. Surgical spirits
7. Incense or smudge sticks (white sage is my favorite)
8. High vibrational music - eg: Gregorian chants, 108 Sacred names, Divine Name of God (Greg Braden) or Tibetan bowls
9. Archangel Michael candle

Extra sprays: Pink Angelic wings of Love spray for children's room, and Blue Oil of Transformation to help calm the child. Blue Flame of Protection spray for an office environment - all optional

FOCUS:

Intent is the most important – so above all **do not dwell on the issue and build fear around it** – as that will feed the energy and make it harder to clear. Remember energy follows thought, so by talking or thinking about it – you re-create the dynamic. Do the clearing work and KNOW that it has shifted.

CLEANSING RITUAL:

Begin by breathing deeply and centering yourself. Set the intention that you are anchoring a pyramid of absolute clear light over the environment and that only the light is welcome in that space. Call in Archangel Michael to help you and ask him to protect you as well.

First spray the clear 'Angel of Illumination' spray over yourself and onto your hands, so that you are a clear channel for the work.

Then place a strip of tin foil into the bowl with a handful of Epsom salts and liberally sprinkle the salts with the surgical spirits. (make sure not to use too much spirits or it will dissolve the salts). Loosen the salt with a fork. You will need a separate bowl for each room. Do one room at a time.

Spray the red Earth Angel spray around yourself as a protective barrier. Pray for guidance and call in higher support, then light the Epsom salts.

Invite the Angel of Illumination to help draw light into the room, while the Red Earth Angel, assists with protecting your energy, and drawing anything that is unwanted into the Earth for transmuting and clearing.

- While it is burning notice sparking that occurs – this is the absorption of the negativity. When the flame goes out – have a look at the colour of the salts – if very black this is an indication of the amount of negativity that has been absorbed. You will need to do it again (until the salt is left with as few black spots as possible).
- After the flame has gone out – fold the salts into the tin foil – making sure to touch only the foil and not to touch the salts, then throw it into your outside bin.
- When the burning is complete light incense or smudge every room.
- Then walk around the home and spray the clear Angel Spray everywhere calling the pure source light into the space. This will polish the energy - leaving it sparkling.
- Visualise a spiral vortex of light in the room while you do this. See it collecting and drawing out residue that is no longer welcome in the space.

When that ritual is complete, play music which has a high vibration. Play it loudly so that the sound bounces off the walls. Leave the space with the music blaring for at least an hour. It is best to go for a walk, shopping or visit someone for a few hours while the music is playing - so the energy can settle.

It is only necessary to do this type of clearing every now and again. You can keep it sparkling by spraying the Angel of Illumination spray around the space weekly or even daily - depending on what happens in that space (staff, visitors or clients).

FOR CHILDREN:

When supporting children in their rooms at night – do the cleansing as above during the day when the child is not there. Tell them you have asked the angels to come and love and protect them and spray the Pink Angelic Wings of Love over them at bed time. Ask them to call the Angel and to ask them to wrap their wings around them for protection all night. If this is done every night – it will definitely change the dynamic. To add extra loving support – pour the Blue Light Matrix Oil into their baths at night – this will help to calm them and they will sleep deeper and easier. (Parents can do the same)

HELP IN THE OFFICE OR HOME:

Again, once you have done your major cleansing – preferably during a Friday evening when the staff have gone home and you can let the energy settle over the weekend. Your next step is to keep the space clear as much as possible. Use one of the following sprays as often as you feel the need (can be used as often as every 3 hours)

- Red - Earth Angel to bring in abundance and extra energy. It is grounding and stops people sucking your energy.
- Blue - Angel of Protection to assist with clearing the mind, focusing and clearing the space instantly if you feel someone has dumped their stuff there.
- Clear – Angel of Illumination to bring the light and understanding into any situation
- Pink - Angelic wings of Love to calm any aggression, bring in love and to open the heart

PREGNANCY, INFANTS AND CHILDREN

We have had amazing responses working with pregnant ladies using the coloured oils and sprays. They wrap the mother in a cocoon of loving, supportive energy while nurturing the special angel growing inside of her. It works because firstly it assists the mother in coping with the changes, her stress levels and most importantly loving herself through the process. The child in the womb is completely aware of the parent's state of mind, physically and emotionally. It therefore benefits hugely when the mother is calmer and more balanced. At the same time it absorbs those magical coloured energies itself.

This is our recipe for success:

- During pregnancy, rub the Pink or Coral Light Matrix Oil on the tummy and Blue oil around the outer edge in a U shape - this symbolizes the supportive chalice of the masculine energy (blue) while holding the loving energy of the baby (coral or pink).

- The mother would also do well to support the shift she is going through by choosing and using other colours during the pregnancy. She may be confused and stressed – in which case the yellow oil would support her. She may need a re-structuring of her surroundings, with changes to the environment, home, or work situation – all of these would be supported by using the green oil. Perhaps she worries too much and can't sleep at night- the blue oil shifts this dynamic. There are so many issues and changes that we go through that it is best to be guided through the process by the colours to which you are drawn. Do a 1 or 3 bottle reading for yourself, then use that bottle daily until it is finished before repeating the process.
- During labour, rub the Blue oil on to the tummy and legs to help ease contractions and assist the birthing process.
- After the birth, use Orange oil down the mom's left side to re-seal the aura. Then use the Blue to ease and assist the healing and recuperation. Rub either around the Caesar cut or use in the bath at night. This should be repeated every day for a week. Use Orange in the morning and Blue in the evening.
- Continuing the use after the birth, on both mother and child, keeps that supportive energy and connective link.
- Use 2 drops of the Oils of Illumination: 'Mother Mary,' oil in the baby's bath water. Mother Mary together with Archangel Gabriel both assist in welcoming new souls into life. Using them during the last stages of birthing as well as the first few weeks or even months, is extremely supportive.
- When baby comes home gently rub a tiny bit of Mother Mary oil on them in the morning and Gabriel or the Blue Light Matrix Oil at night. Mix one or two drops with cold pressed sunflower oil for a gentle massage mixture, stroke and gently rub the oil into the entire body. You could also use a couple of drops in the bathwater instead of directly on the body.
- Support the energy by using the pink Angel Spray (Angelic Wings of Love) when the baby is anxious or irritable.
- As the new little souls are extremely sensitive please do not surround the baby in strong primary colours (clothes or decor). These jar their senses and they will do far better when surrounded in the vibrations of soft gentle shades.
- As the child gets older, use a combination of the Blue and Pink Oils on all children in a single parent home, or on children of divorced parents as one of the parents is missing and the 2 oils help to restore a sense of stability and balance in the child's life. Inviting in both the masculine and feminine support. Other colours can be introduced from school going age.
- Support the energy by using the pink Angel Spray (Angelic wings of Love) when the baby, child or adult is uptight, anxious or irritable. The spray instantly calms aggression and brings in love. This affects everyone in the environment.

- Using the Pink Angel spray every evening at bed time – is really supportive. Invite the angel of protection into the space by spraying the child and room – then ask the child to feel their angel standing behind them. Ask the angel to wrap their soft wings around the child and to hold them safely like this all night. Brilliant to alleviate nightmares and to make the child feel safe and protected all night
- When the child goes through the terrible twos and threes - begins to push boundaries, goes to play-school or has to re-adjust to a new environment - the green will assist with this adjustment. Green brings the heart into any situation and helps to establish boundaries while making them feel safe in the new space. This works for adults going through any change as well. Also excellent to ease chest colds.
- School going age: when children begin to learn their ABC's and 123's - the yellow will help them to grasp the new concepts. The yellow oil or spray will support them throughout their entire schooling career, helping them with concentration, focus and enabling the information to be absorbed. It is also beneficial to use before writing exams or tests as it calms the stress

DIVINE SPACE COLOUR PRODUCTS



LIST OF PRODUCTS: from left to right

| 14 OILS OF ILLUMINATION – TOP 2 ROWS | 13 LIGHT MATRIX OILS - 2ND ROW | 11 ANGELS OF TRANSFORMATION SPRAYS - BOTTOM |
|---|---|--|
| Pink - Archangel Chamuel | Pink | Pink - Angelic wings of love |
| Coral - Mother Mary | Coral | - |
| Turquoise-Archangel Gabriel | Turquoise | Turquoise - Angel of Liberation |
| Gold – Archangel Uriel | Gold | Gold - Angel of Ascension |
| Magenta - Merlin | Magenta | Magenta - Gateway to the Divine |
| Violet - Zadkiel | Violet | Violet - Violet flame of Transformation |
| Pearl - Elohim | Pearl | Clear – Angel of Illumination |
| Indigo - Metatron | Indigo | - |
| Blue - Archangel Michael | Blue | Blue - Blue flame of Protection |
| Green - Archangel Raphael | | |
| Green Horus | Green | Green - Angel of the Heart |
| Yellow - Jophiel | Yellow | Yellow - Angel of Enlightenment |
| Orange - Maitreya | Orange | Orange - Angel of Regeneration |
| Red - Melchizadek | Red | Earth Angel |

Top row are mini versions of the Angels of Illumination oils

EXERCISE : COLOUR YOUR NAME

This tool is a way of working with colour that incorporates the numbers and letters in the alphabet. All of life is mathematics in vibrational form, therefore numbers and letters are what give structure to specific vibrational qualities. Structure and form give us safety and by giving ourselves boundaries of form to work with, we can use our energies more efficiently.

Each name has its own colour. When our name is called, we recognise the sound which has its own vibration – so do our names vibrate to their own colour. Our name will have distinctive colour characteristics. Even when we change our name (as in marriage or the adoption of pet names), our old name will continue to vibrate in conjunction with our new one. The original name will always have a spiritual bearing throughout our lives.

The chart below helps you to find your personal name colour and you can then refer to the meanings in each of the colours to see if you are working in harmony with your name vibration.

When working out your numbers, add numbers over 9 together and reduce to a single digit. Turquoise, which is missing from the spectrum colour list, will be represented by the blue and green of the principle hues.

First write out your name- DAVID BROWN is used as an example.

Using the table below, find the appropriate number for each letter in your name. Add the numbers together until you have a single reduced number for your first name and another for your surname.

COLOURS WITH NUMBER & LETTER ASSOCIATIONS

| | | | | |
|---------------|----------|----------|----------|----------|
| Red | 1 | A | J | S |
| Orange | 2 | B | K | T |
| Yellow | 3 | C | L | U |
| Green | 4 | D | M | V |
| Blue | 5 | E | N | W |
| Indigo | 6 | F | O | X |
| Purple | 7 | G | P | Y |
| Pink | 8 | H | Q | Z |
| Gold | 9 | I | R | |

Example : DAVID BROWN

D A V I D B R O W N
4 1 4 9 4 2 9 6 5 5 =22=4=green =27=9=gold

David Brown = 4 + 9 = 13 = 4 = green

David's first name is green and his surname is gold. Adding both sets of numbers together gives 4, so his overall name colour is **green**.

David's life patterns and journey will be hugely governed by relationships at all levels (green) & will manifest both challenges as well as gifts.

Name Colour Deficiency

The next stage is to find out which colours are missing from your name. Again, we use David Brown as the example and examine how many times each of the nine colours appears in his name.

| | | | | | | | | | |
|----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|
| D | A | V | I | D | B | R | O | W | N |
| 4 | 1 | 4 | 9 | 4 | 2 | 9 | 6 | 5 | 5 |
| Green | Red | Green | Gold | Green | Orange | Gold | Indigo | Blue | Blue |

Red = 1

Orange = 1

Yellow = 0

Green = 3

Blue = 2

Indigo = 1

Purple = 0

Pink = 0

Gold = 2

David is lacking in yellow, purple and pink. He will need to pay attention to these three colours and incorporate them into his body through diet, décor, visualisation or any other way that is appropriate for him. The energies these colours produce will be absent from his system which will greatly affect his daily

life. These missing name colours can give you clues as to why you are not getting what you want from life. They can have an effect on all levels – physical, emotional and mental.

Birth Date Colour

Our birthday is another fixed aspect of our lives & hence we also have a birth date colour. It quite often turns out to be the same as our name colour. If not, check to see if your name colour and your birth date colour are compatible. You can always change your name!

To find your birth date colour, simply add up all the numbers that make up your birth date and refer to the colour/number chart.

| FIRST NAME (Letters) | NUMBER | COLOUR |
|------------------------------|--------------------------|---------------|
| | | |
| | | |
| | | |
| | | |
| | | |
| | | |
| | | |
| | | |
| | | |
| | Total : | |
| MIDDLE NAME (Letters) | | |
| | | |
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| | | |
| | | |
| | | |
| | | |
| | | |
| | | |
| | | |
| | | |
| | Total : | |
| SURNAME (Letters) | | |
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| | | |
| | | |
| | | |
| | Total : | |
| | | |
| | Full Name Total : | |
| | | |

First Name Colour :

Middle Name Colour :

Surname Colour:

Full Name Colour :

Birthdate :

Birthdate Colour :

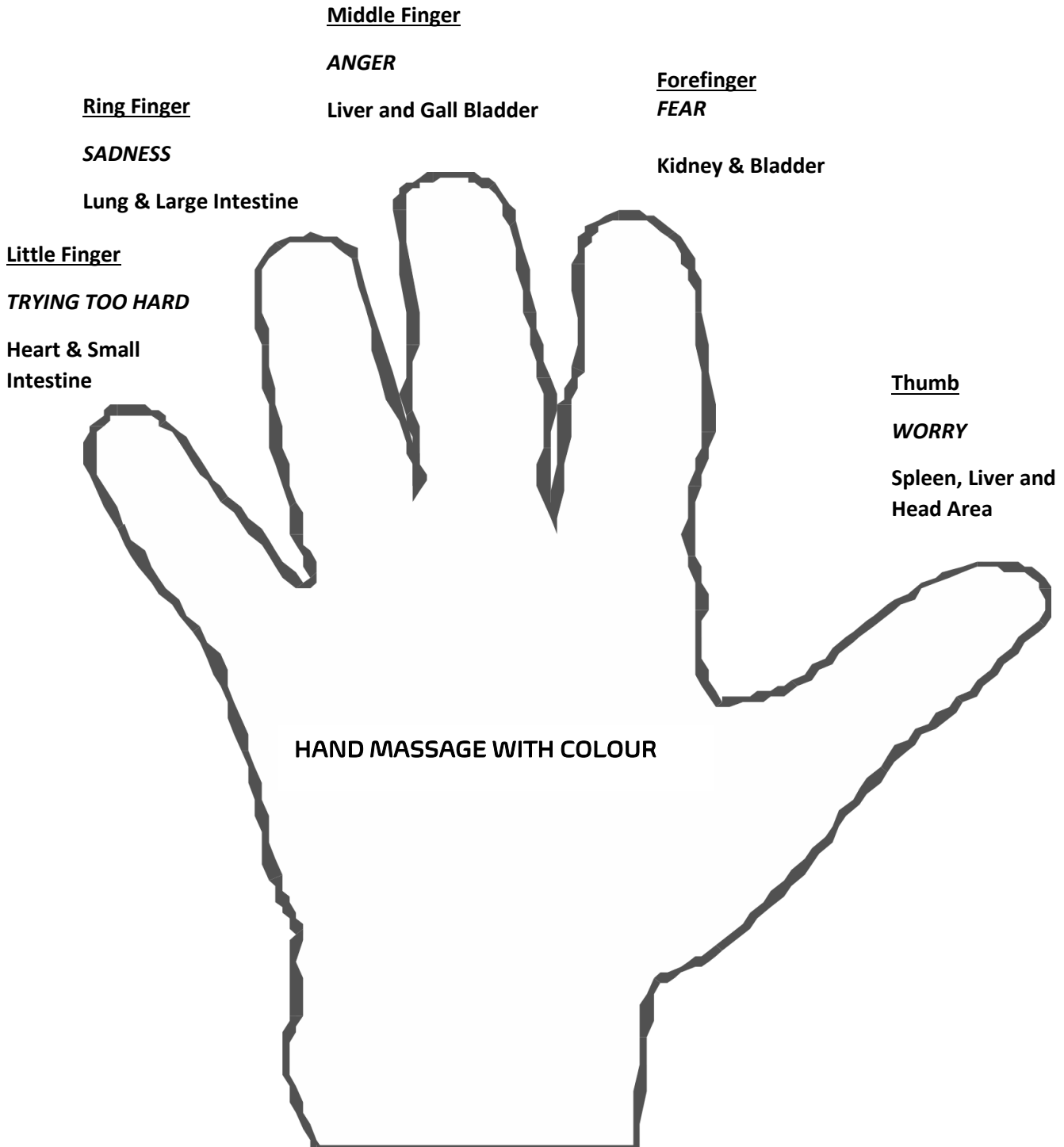
MISSING NAME COLOURS

Enter the number of times each colour appears in your name :

| Colour | Frequency |
|---------------|------------------|
| Red | |
| Orange | |
| Yellow | |
| Green | |
| Blue | |
| Indigo | |
| Purple | |
| Pink | |
| Gold | |

Colours that are missing :

What are the challenges and gifts that this may represent for you ?



LEFT HAND – FEMININE/INNER SELF
PAST

RIGHT HAND – MASCULINE/OUTER SELF
PRESENT/FUTURE

COLOUR PRODUCTS : PRICE LIST (USA)

| Light Matrix Oils | Mini bottle (15ml) | Large bottle (50ml) | Total |
|--------------------------|---------------------------|----------------------------|--------------|
| Pink | | | |
| Coral | | | |
| Turquoise | | | |
| Gold | | | |
| Magenta | | | |
| Violet | | | |
| Pearl | | | |
| Indigo | | | |
| Blue | | | |
| Green | | | |
| Yellow | | | |
| Orange | | | |
| Red | | | |
| FULL SET (X 13) | \$ 99 | \$ 250 | |
| | | | |
| COLOUR SPRAYS | | Large Bottle (50ml) | |
| Pink | | | |
| Turquoise | | | |
| Gold | | | |
| Magenta | | | |
| Violet | | | |
| Clear | | | |
| Blue | | | |
| Green | | | |
| Yellow | | | |
| Orange | | | |
| Red | | | |
| Full Set (x 11) | \$ 99 | \$220 | |

Name :

Address :

Contact Number :

Payment