

## **Colours, colours colours**

Colours form from visible light waves and thus have vibrations. Every colour has its own signature, its own wavelength and vibration that radiates outwards and inwards. It's a language we can engage to raise our vibration and shift us into a different energy. By inviting a colour into your body and sending it through it and out into your auric field, the colour of your energy field changes as does your own vibration. You will be radiating out this vibration.

You may associate colour with the colours of the chakras centre, certain emotions, memories or simply feel into each colour and find your own association. For instance, the colour yellow can be associated with joy and being uplifting, violet may be calming, rose or orange can be warming.

## **Suggested Technique**

1. Breathe the chosen colour into your aura, gold for example.
2. Sit and receive the stream of this colour coming into your body from the universe.
3. Notice the feeling, see your aura changing into this colour,
4. Take a few more breathes to anchor into this colour and feel its vibrations, like you are the colour, in a golden egg
5. See this field radiating out of your body in all directions
6. Be open to geometric symbols appearing or hearing tones,
7. Feel your body lighting up more and more and radiating this high vibration out.
8. Feel your body and mind expanding, and feeling lighter.