

COLOURING

THE

FUTURE



by

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Introduction

Yes, colour can influence the future. Love, health, relationships, emotions, work, success, can all be positively influenced by using colour. It has been said that "When you understand colour, you understand life."

"Visible" or "white" light is made up of a spectrum of colour that has bands of red, orange, yellow, green, blue, indigo, and violet. Each colour has a specific "resonance", and when used, manifests a specific effect. By identifying the various colour-influences, any aspect of life can be enhanced.

Consider the following colours, and use them in your clothes, makeup, décor, lighting, and food, to influence or attract a specific mood or aspect.

The Colours

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Colour	Attributes
Pink	Enhances well-being, and relaxation. Use this colour to attract romance, and those intimate relationships that you want
Red	Energises, empowers, and physically stimulates. This is the colour that attracts love, passion, and success
Orange	Increases vitality, creativity, and endurance. This is the colour to enhance security, and personal attractiveness
Yellow	Attracts happiness, and enhances communication. Use this colour to increase your confidence, charm, and to attract that which you want. Yellow also lifts the mood, and dispels depression

Green	Is the great healer, and regenerates and balances. This is the colour to attract luck, opportunity, wealth and prosperity. Also, use green to enhance creativity, and fertility
Light-Blue	Enhances imagination, peace, and affection. Use light-blue to promote idealism, serious communication, and to develop patience
Dark-Blue	Enhances confidence, collectedness, and ambition. This is the colour to promote concentration, wisdom, and discernment
Violet	Enhances intuition, psychic power, and spirit awareness. Use this colour to promote unification, sensitivity, and open-mindedness

Candle Burning

Other methods to use the attributes of colour include Candle Burning, and Internalised Visualisation.

Candle burning has always been a popular way to enjoy the benefit of colour. Candlelight contains all the colours mixed into a soft white light, and the candle's colour can be selected to emphasise the desired trait. To further promote the selected colour's attribute, anoint the candle with an appropriate aromatic oil:

- Lavender or Tea-Tree for healing
- Jasmine or Rose for love and romance
- Lemongrass for spirituality
- Rosemary or Clary Sage for imagination
- Frankincense to unlock the symbols of life

To enjoy the benefits, light the candle, gaze into the flame, and visualise and draw to you all that you want.

Internalised Visualization

Internalised Visualization is a powerful way to release a specific colour and its benefits into your life.

When carrying out a visualization, choose a time and place that you will not be disturbed.

To carry out a visualization, assume a comfortable position, either sitting or lying down. Start by closing your eyes and take in four long, slow, deep breaths, and concentrate on relaxation.

Next, imagine that someone has turned on a spotlight of your chosen colour and you are being bathed in a cone of coloured light. Take another four deep breaths, and with each incoming breath, imagine you are filled with the coloured light, and with each outgoing breath, visualise that all the tensions and cares of the world are leaving you.

With the first breath, visualise your body filling with the coloured light. With the second, visualise every cell in your body being filled. With the third breath, imagine the aura around your body starting to fill with the light. And with the fourth breath, visualise that your aura is completely filled, and you are now existing in a sphere of colour.

Now imagine the coloured light circulating through your body by flowing in through the top of your head, down your spine, and out of your feet. Feel the light flowing through you, imparting its attributes and benefits. Revel in the colour and visualise all that you want.

Remain in this state, visualising the colour's power working for you, for at least fifteen minutes.

Whatever it is that you want, remember there is a colour that can help you get it. So go for it, and good luck.

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