

Using Colors in Healing in Meditation:

Envision your favorite color(s). See them entering through the top of your head. With each breath, draw down this/these colors through every cell, molecule, atom and electron of your body from head to toe and then expanded into the entire bio-field (auric field).

Select the color(s) you are most drawn to by their frequencies or how they make you feel. Visualize yourself bathed in the colors you choose to resonate with, until you feel the work is complete. All variations of the colors below apply. Allow the colors to change in brightness or variation. This is natural; your body knows what colors it needs the most!

RED- Courage. Heart. In nature it is used to be noticed, to proclaim. Represents loyalty, honor, success, fortune, fertility, happiness and passion.

PINK- Divine Unconditional Love, adoration, gratitude.

ORANGE- Balance. Orange creates balance and a gentle warming. Helps in all digestive ailments, chest and kidney diseases.

YELLOW- Sun. Purification. Yellow is the color of intellect, used for mental clarity. Linked to sun and the lion, it is connected to the source of creation.

GREEN- Healing old wounds, beginning new growth, starting new. Green is used to symbolically represent the Heart Chakra.

BLUE- Truth and healing. Blue is used for serenity and harmony, by helping to soothe the mind. It is good for cooling, calming the body and mind, reconstructing and protecting and for raising the frequency of the body.

Purple/Violet- Cleansing and clearing. Divine Freedom from all afflictions. It is used to burn off karma from other lifetimes on all levels. Calms emotions, reduces pain throughout the bio-field.

WHITE: Holy light of Spirit. Peace and health. Transcendence, purity. Divine Spirit. Highest frequency of upward movement of consciousness.

