



How You Can Use **COLOUR** to Awaken Creativity and Healing

It was once I was able to feel the freedom that came with experimenting with colour and colours, that I was then able to absolve my Pain Demon from his powerful hold and empower creative expression and artistic merit into the forefront of my life where it belonged.

Most illnesses develop in the emotional, mental or spiritual body long before they show up as physical symptoms with Stress being a major contributor of ill health.

Colours can be and are used to balance energy, aid creativity and learning, release blocks and help alleviate physical, emotional and mental conditions.

It is no coincidence that the primary colours that I use when painting are the same as the seven **Chakra Colours** of the physical body.

The body's Chakra (whirling/spinning wheels of energy) Colours are **red, orange, yellow, green, blue, violet and indigo**.

The subtle energy forces of the human body Chakra System can be enhanced by easy to utilize DIY Holistic Modalities such as ...

- **Meditation** (Colour Guided Meditation ... search online, download and listen when required).
- **Colour Imagery/Visualization** (close your eyes to see the colour that you are needing and bring it to the forefront of your thoughts for at least 5 minutes).
- **Colour Breathing** (close your eyes and breathe in the particular colour that you are needing for at least 5 minutes).
- **Wearing the relevant colour** that you intuitively feel you need in your clothes and/or accessories (scarf, jewellery, handbag, shoes etc).
- **Wrapping yourself up in a specific colour** scarf or blanket and sitting still for at least 10 minutes while you focus on that particular colour.
- Using **Colour Cards** (pulling your focus colour/s from a deck of cards eg. Inna Segal's Colour Cards).
- Focusing on **the array of Colours found within the external and internal environments that we find ourselves in** (green trees, blue sky, blue ocean, yellow sand, painted green walls, cushions, curtains, throw rugs, blankets etc).

This is how you can utilize colour to awaken creativity and healing as well as assist alongside conventional Allopathic healing methods.



CHAKRA COLOURS

RED – Root/Base Chakra

- Energizes the feet, legs, pelvis, hip joints, base of the spine, prostate, testes and urogenital tract.
- It stimulates physical activity and vitality, feelings of security, stability, self-confidence and warmth.

ORANGE – Sacral Chakra

- Energizes the liver, spleen, pancreas, kidneys and bladder.
- It stimulates the metabolism, digestion, detoxification, immunity to disease, physical and emotional energies, sexuality, athletic performance and physical appetites and regulates the sugar and fluid balance of the body.

YELLOW – Solar Plexus Chakra

- Energizes the adrenal glands, the sympathetic nervous system and thereby the muscles, heartbeat, digestion and circulation.
- It stimulates the digestive tract, mental clarity, verbal reasoning and will power.

GREEN – Heart Chakra

- Energizes the thymus gland.
- It stimulates the heart, lungs, bronchial, arms, hands, skin, secondary circulation and the immune system.
- It promotes positive feelings, compassion and sensitivity.

LIGHT BLUE – Throat Chakra

- Energizes the thyroid gland and thereby the metabolism of the body's temperature control.
- It stimulates the voice, self-expression, communication, personal responsibility and hearing.



DARK BLUE/INDIGO – Third Eye Chakra

- Energizes the pineal gland.
- It stimulates the lower brain, the central nervous system and the endocrine system – notably the hormones serotonin and melatonin.
- It thereby stimulates hormonal activity throughout the body, unconscious processes, imagination, insight, intuition and psychic abilities.

PURPLE/VIOLET – Crown Chakra

- Energizes the pituitary gland.
- It stimulates the upper brain and the nervous system as well as creativity, inspiration, aestheticism, artistic ability and high ideals.

So just remember this one tip from me ...

It is the colour (or colours) that you are drawn to the most that will be the colour/s that you are needing to help you remove any stagnant energy and to help non-allopathically medicate you to better health and well-being.

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Website : energeticabstractions.com

Instagram : [@energetic_abstractions](https://www.instagram.com/energetic_abstractions)