



Which colour did you choose?



If you chose RED

it could mean that you need more physical strength and vitality. If you have been having problems achieving your goals, lacking motivation or feeling tired...then you need the RED energy. Feel the strength of the RED energy recharge your root chakra centre. RED Energy builds up your inner confidences and will power so you can participate in life and manifest your dreams into physical reality. Use RED for an extra push or for more grounding.



If you chose YELLOW

it could mean that you need mental focus and clarity to help you push your ideas into fruition. If you have also been having problems with your digestive system it indicates that your YELLOW energy system is running low. Bring in the sunny energy of the YELLOW vibration to strengthen your solar plexus centre. YELLOW balances your ego, which will help you release rigid or needless thoughts. Put YELLOW on your stomach area and feel its mentally stimulating energy.



If you chose GREEN

this could mean that you need to express yourself. GREEN is the colour of love and balance. But if you have been giving more to others than yourself, then your GREEN energy may be neglected. Indecisiveness, lacking judgement, feeling unworthy or a fear of letting go mean you need more GREEN in your life immediately. Nourish your GREEN energy, feel the strength of GREEN's energy recharge your heart chakra



If you chose BLUE

it could mean that you lack the ability to confront the truth. In our BLUE chakra is the energy where one's self image is reflected, so, if you are hard on yourself, that's when your BLUE centre needs encouragement. Tap into the BLUE energy to strengthen your throat chakra. Blue builds up your confidence to express yourself and your inner truth. BLUE encourages communication, tap into the BLUE energy if you have to give a talk or presentation or want to speak clearly and fluently.