



RED COLOUR ENERGY® (CE) RECOMMENDATIONS

COLOUR THERAPY:

- CE's RED COLOUR BATHS®
- CE's RED Therapy Glasses
- CE's RED Chakra Silk Scarf
- RED Clothing: Pants, skirts, socks, dresses, underwear, shoes, belts
- CE's RED Silk Eye/Body Pillow
- CE's RED Chakra Beeswax Candles
- CE's RED Mooladhara Incense

COLOUR ENERGY ESSENTIAL OILS:

- Benzoin
- Black Pepper
- Cinnamon Leaf
- Clove Bud
- Juniper Berry
- Sandalwood
- Spikenard
- Spruce, Black
- Vanilla
- Vetivert
- Ylang Ylang
- CE's RED Chakra Blend
- CE's Chi Therapy Blend
- CE's RED "Get Up & Go" Diffuser Mix
- CE's RED Canadian Blend

FLORAL WATERS (HYDROSOLS):

- Sandalwood

ALCHEMY & SOUND ESSENCES (SE):

- RED Chakra Light Essence & Pendant
- Serpent Rainbow Essence Spray
- RED Chakra Light Massage Oil
- Root Chakra C-Note Sound Essence
- Bb-Note Semi-Tone Sound Essence
- Meridian Sound Essence Oil

FOODS:

- Protein: Meat, beans, tofu, soy, hemp and nuts
- Fruits: Blood oranges, cherries, cranberries, pomegranates, raspberries, RED apples, RED grapefruit, RED grapes, RED pears, RED plums, rhubarb, Saskatoon berries, strawberries, watermelon
- Vegetables: Beets, RED cabbage, RED chili peppers, RED onions, RED peppers, RED potatoes, radishes, spinach, tomatoes, watercress
- Other Foods: Fatty acids

HERBS/SPICES/VITAMINS/MINERALS:

- Cayenne Pepper
- Chili, Black & RED Pepper
- Cinnamon
- Clove
- Echinacea
- Garlic
- Ginseng
- Horseradish
- Juniper
- Vanilla
- Vitamin B
- Iron
- Zinc

TEAS:

- Cinnamon
- Cherry, Raspberry, Strawberry
- Cranberry
- Echinacea
- RED Zinger
- Spicy or Vanilla Chai
- Hibiscus

GEMSTONES/METALS:

- Bloodstone
- Cinnabar
- Fire Opal
- Garnet
- RED Jasper
- RED Tiger's Eye
- Ruby
- Spinel
- Zircon

MUSIC:

- RED Song – Through The Rainbow CD
- C-Note Tuning Fork
- Crystal Light Therapy CD
- Drumming or percussion
- Primal music
- Rock, Latin American

EXERCISES:

- Tibetan Five Rites
- Hatha & Kundalini Yoga
- Physical activity such as running
- Dancing
- Good night sleeps
- Hip rotations
- Bouncing on an exercise ball

- Anchoring and releasing cords
- Gardening
- Pottery and clay

PHYSICALLY:

- Adrenal Gland
- Bones
- Buttocks
- Feet
- Hips
- Knees, Legs
- Rectum, Anus
- Reproductive System (Vagina/Prostate)
- Spine & Spinal Column
- Teeth

TREATMENTS:

- RED Chromalive Treatment
- RED Hand/Foot Bath
- RED Foot Reflexology
- RED Massage
- Chiropractic Adjustment (Hips)
- RED Pedicure

NUTRITIONAL SUPPORT:

- Omega-3 for inflammation, fibromyalgia, arthritis, rheumatism, hyperactivity, anti-clotting, prostate problems, circulatory system
- Serra-Peptidase for inflammation* of the joints, hips & from injury, arthritis, rheumatoid or osteo-arthritis, circulation problems (varicose veins), back pain, enlarged prostate
**Use to treat any RED in the Aura.*
- Tri-Salt for dehydration,* constipation, edema, bone & joint pain, obesity, exhaustion, apathy, fatigue, lethargy, adrenal gland fatigue, leg/foot cramps, circulation, depression, fatigue, SAD, osteoporosis, irritability
**Use to treat any GREY in the Aura.*

MISCELLANEOUS:

- Aura Cleanser & Aura Joy Spray
- Heavenly Scent Aromatherapy Diffuser
- Dead Sea Salts with RED eliminating oils such as Juniper
- Full Spectrum LifeBulbs™
- Chakra Gemstone Kit
- RED Tiger's eye Chakra Earrings, Chakra Jewellery & Chakra Light Pendant

AFFIRMATION:

I exist and I have the right to have what I need and confidence to manifest all of my dreams into reality. I am safe and secure in who I am and the relationship I have with my body. I am who I am. I love all of me! I am.

OTHER SUGGESTIONS:



ORANGE COLOUR ENERGY® (CE) RECOMMENDATIONS

COLOUR THERAPY:

- CE's ORANGE COLOUR BATHS®
- CE's ORANGE Therapy Glasses
- CE's ORANGE Chakra Silk Scarf
- ORANGE Clothing: Tops, belts, underwear
- CE's ORANGE Silk Eye/Body Pillow
- CE's ORANGE Chakra Beeswax Candles
- CE's ORANGE Swadhishtana Incense

COLOUR ENERGY ESSENTIAL OILS:

- Benzoin (RED/ORANGE)
- Carrot seed
- Mandarin
- Melissa
- Neroli
- Nutmeg
- ORANGE
- Tangerine
- CE's ORANGE Chakra Blend
- CE's Joy to the World Therapy Blend
- CE's ORANGE "Garden of Eden" Diffuser Mix
- CE's ORANGE Canadian Blend

FLORAL WATERS (HYDROSOLS):

- ORANGE Blossom

ALCHEMY & SOUND ESSENCES (SE):

- ORANGE Chakra Light Essence & Pendant
- Karma Light Comfort Essence
- ORANGE Chakra Light Massage Oil
- C#-Note Semi-Tone Sound Essence
- Sacral Chakra D-Tone Sound Essence
- Meridian Sound Essence Oil

FOODS:

- Water, Liquids
- Fruits: Apricots, butternut squash, cantaloupe, cape gooseberries, mandarins, mangoes, nectarines, ORANGES, papayas, peaches, persimmons, pumpkin, tangerines
- Vegetables: Butternut squash, carrots, ORANGE peppers, rutabagas, sweet potatoes, yams

HERBS/SPICES/VITAMINS/MINERALS:

- Angelica
- Borage
- Cumin
- Nutmeg
- Paprika
- Grape seed

- St. John Wort
- Vitamin A, C & E
- Calcium
- Selenium
- Copper
- Zinc (for healthy reproductive organs)

TEAS:

- Apricot
- Mango
- ORANGE/Mandarin
- ORANGE Pekoe
- Passionfruit
- Peach
- Tangerine

GEMSTONES/METALS:

- Carnelian
- Coral
- Crocoite
- ORANGE Calcite
- Spessartine
- Vanadinite
- Wulfenite
- Copper

MUSIC:

- ORANGE Song – Colour Energy's Through The Rainbow CD
- D-Note Tuning Fork
- Crystal Light Therapy CD
- Harps & Strings
- Uplifting (bouncy type) songs
- Sounds that flow (river, babbling brook, thunderstorms, etc.)

EXERCISES:

- Warm aromatic ORANGE Colour Baths®
- Tantra Yoga
- Water Aerobics
- Swimming
- Massage
- Watching emotional movies
- Comedy
- Laugh Therapy (belly laughs)
- Cooking classes

PHYSICALLY:

- Descending Colon
- Kidney
- Reproductive Organs (Ovaries/Testes)
- Spleen

- Large Intestines
- Descending Colon
- Urethra/Ureter

TREATMENTS:

- ORANGE Chromalive Treatment
- ORANGE Hand/Foot Bath
- ORANGE Hand/Foot Reflexology
- ORANGE Massage
- ORANGE Detox Program
- Chiropractic Adjustment (Lower Back)
- Skin Brushing
- Tongue Diagnosis (Brushing/Scraping)

NUTRITIONAL SUPPORT:

- Omega-3 for inflammation, anti-aging, skin elasticity, skin conditions, eczema, arthritis, rheumatism, asthma, menstrual cramps, cysts, cystic fibrosis, prenatal care, high cholesterol, kidney disease, SAD, depression, bi-polar, lupus, Autism
- Serra-Peptidase for inflammation, arthritis, osteo-arthritis, excess mucus, bowel diseases, ovarian cysts, colitis and cystitis, Crohn's disease, trauma, circulation problems, varicose veins
**Use to treat any RED in the Aura.*
- Tri-Salt for dehydration, constipation, edema, bone & joint pain, obesity, exhaustion, apathy, circulation, SAD depression, fatigue, osteoporosis, irritability, mood swings, phlegm, high acidity, poor diet, bulimia, anorexia nervosa, nausea, vomiting, urination problems, fluid retention, bloating, colon issues, food allergies, ovarian cysts, dry skin, loss of skin elasticity
**Use to treat any GREY in the Aura.*

MISCELLANEOUS:

- Aura Cleanser & Aura Joy Spray
- Heavenly Scent Aromatherapy Diffuser
- Dead Sea Salts with ORANGE rejuvenating oils such as Neroli
- CE's Unscented Moisturing Lotion
- Full Spectrum LifeBulbs™
- Chakra Gemstone Kit
- Carnelian Chakra Earrings, Chakra Jewellery & Chakra Light Pendant

AFFIRMATION:

I love life and choose to feel everything including all of my emotions. I live every minute with enthusiasm and bliss. I let the ORANGE energy fill me with happiness to live life with joy and in the present moment!

OTHER SUGGESTIONS:



YELLOW COLOUR ENERGY® (CE) RECOMMENDATIONS

COLOUR THERAPY:

- CE's YELLOW COLOUR BATHS®
- CE's YELLOW Therapy Glasses
- CE's YELLOW Chakra Silk Scarf
- YELLOW Clothing: Tops, skirts, dresses, underwear, belts
- CE's YELLOW Silk Eye/Body Pillow
- CE's YELLOW Chakra Beeswax Candles
- CE's YELLOW Manipura Incense

COLOUR ENERGY ESSENTIAL OILS:

- Basil
- Bergamot
- Birch
- Cedarwood (Atlas)
- Citronella
- Coriander
- Fennel
- Ginger
- Grapefruit
- Lemon
- Lemongrass
- Litsea Cubeba
- Rosemary
- CE's YELLOW Chakra Blend
- CE's Detox/Digest Therapy Blend
- CE's YELLOW "Smarty Pants" Diffuser Mix
- CE's YELLOW Canadian Blend

FLORAL WATERS (HYDROSOLS):

- Lemongrass

ALCHEMY & SOUND ESSENCES (SE):

- YELLOW Chakra Light Essence & Pendant
- YELLOW Chakra Light Massage Oil
- Solar Plexus Chakra E-Note Sound Essence
- Eb-Note Semi-Tone Sound Essence
- Meridian Sound Essence Oil

FOODS:

- Grains: Rice, corn, wheat, rye, etc.
- Fruits: Bananas, grapefruit, lemon, pineapple, YELLOW apples, YELLOW watermelon
- Vegetables: Corn, olives, YELLOW, peppers, YELLOW squash, YELLOW tomatoes, YELLOW winter squash
- Other Foods: Eggs, oil, honey

HERBS/SPICES/VITAMINS/MINERALS:

- Basil
- Coriander

- Curry
- Dandelion
- Dill
- Fennel
- Ghinko Bilko
- Ginger
- Goldenseal
- Lemon Balm
- Lemongrass
- Liquorice
- Milk Thistle
- Mustard
- Saffron
- Tumeric
- Vitamin A

TEAS:

- Dandelion
- Fennel
- Ginger
- Grapefruit
- Lemon

GEMSTONES/METALS:

- Amber
- Citrine
- Sunstone
- Topaz
- YELLOW Tiger's Eye
- YELLOW Zircon
- Iron Pyrite
- Gold

MUSIC:

- YELLOW Song – Through The Rainbow CD
- E-Note Tuning Fork
- Crystal Light Therapy CD
- Karma Yoga
- Brass Bowls, Chimes
- Reed & Horn Instruments
- Uplifting Songs

EXERCISES:

- Spending time in the sunshine
- Taking classes (CE's Basic Colour Course)
- Reading
- Developing photographic memory
- Doing crosswords & puzzles
- Pilates
- Sunbathing
- Tai Chi

PHYSICALLY:

- Duodenum
- Large Intestine
- Gallbladder
- Liver
- Pancreas
- Small Intestine
- Stomach
- Transverse Colon
- Sympathetic Nervous System

TREATMENTS:

- YELLOW Chromalive Treatment
- YELLOW Hand/Foot Bath
- YELLOW Hand/Foot Reflexology
- YELLOW Massage
- Chiropractic Adjustment (Upper back)
- YELLOW Massage (lymph drainage)
- YELLOW Detox program
- Colon Cleansing
- Dead Sea Salt Bath (min. 40 minutes)

NUTRITIONAL SUPPORT:

- Omega-3 for inflammation, diabetes, memory loss, Alzheimer's, high cholesterol, lowering insulin levels (diabetes), hypoglycemia
- Serra-Peptidase for inflammation, arthritis, liver impairment, circulation problems, varicose veins
**Use to treat any YELLOW in the Aura.*
- Tri-Salt for dehydration, constipation, diarrhea, edema, bone & joint pain, obesity, exhaustion, apathy, memory, gastrointestinal disorders, indigestion, acid reflux, pancreatic and stomach problems, ulcers, hepatitis, nervousness (nervous system)
**Use to treat any GREY in the Aura.*

MISCELLANEOUS:

- Natural Liquid Deodorant
- CE's Unscented Moisturizing Lotion with Grapefruit for ridding cellulite
- Aura Cleanser & Aura Joy Spray
- Heavenly Scent Aromatherapy Diffuser
- Dead Sea Salts with YELLOW detoxifying oils such as Grapefruit
- Full Spectrum LifeBulbs™
- Chakra Gemstone Kit
- Citrine Chakra Earrings, Chakra Jewellery & Chakra Light Pendant

AFFIRMATION:

I am powerful yet flexible in my thoughts. I always think positively and I am happy with who I am, because I am myself. I allow my Ego energy to shine and uplift others with my knowledge.

OTHER SUGGESTIONS:



GREEN COLOUR ENERGY® (CE) RECOMMENDATIONS

COLOUR THERAPY:

- CE's GREEN COLOUR BATHS®
- CE's GREEN Therapy Glasses
- CE's GREEN Chakra Silk Scarf
- GREEN Clothing: Tops, sweaters
- CE's GREEN Silk Eye/Body Pillow
- CE's GREEN Chakra Beeswax Candles
- CE's GREEN Anahata Incense

COLOUR ENERGY ESSENTIAL OILS:

- Cedarwood
- Champa
- Cypress
- Clove Bud
- Eucalyptus
- Fir
- Lime
- Oregano
- Pine
- Spearmint
- CE's GREEN Chakra Blend
- CE's Peace & Harmony Therapy Blend
- CE's GREEN "Forest Fantasy" Diffuser Mix
- CE's GREEN Canadian Blend

FLORAL WATERS (HYDROSOLS):

- Spearmint
- Ravensara

ALCHEMY & SOUND ESSENCES (SE):

- GREEN Chakra Light Essence & Pendant
- GREEN Chakra Light Massage Oil
- Karma Light Re-New-All Essence
- Heart Chakra F-Note Sound Essence
- F#-Note Semi-Tone Sound Essence
- Meridian Sound Essence Yin/Yang Oil

FOODS:

- Vegetables
- Fruits: GREEN apples, GREEN grapes, honeydew, kiwifruit, pears
- Vegetables: Artichokes, arugula, asparagus, avocados, broccoli, brussels sprouts, celery, collard GREENS, cucumbers, endive, GREEN beans, GREEN cabbage, GREEN grapes, GREEN onion, GREEN pepper, GREEN squash, leafy GREENS, leeks, lentils, lettuce, limes, mustard GREENS, okra, peas, snow peas, sugar snap peas, zucchini
- Other Foods: Most culinary herbs

HERBS/SPICES/VITAMINS/MINERALS:

- Sage
- Pine
- Hyssop
- Comfrey
- Parsley
- Cilantro
- Hops
- Aloe vera
- Borage
- Alfalfa
- Chlorophyll
- All vitamins & minerals

TEAS:

- GREEN
- Lime
- Mint
- Spearmint

GEMSTONES/METALS:

- Alexandrite
- Chlorite
- Emerald
- Fuchsite
- GREEN Aventurine
- GREEN Moss or Tree Agate
- Jade
- Malachite
- Nebula Stone
- Peridot
- Rainforest Rhyolite
- Serpentine
- Verdelite

MUSIC:

- GREEN Song – Through The Rainbow CD
- F-Note Tuning Fork
- Crystal Light Therapy CD
- Sounds of Nature (birds, insects)
- Flute

EXERCISES:

- Nature hikes & Tree hugging
- Gardening
- Bhakri Yoga
- Breathwork
- Visit family, friends, seniors or SPCA
- Self-development & self-love courses
- Reading romantic novels
- Scrapbooking pictures & mementos

- Candlelight dinners
- Volunteer work
- Giving compliments

PHYSICALLY:

- Armpit
- Arms & Hands
- Bronchia
- Heart
- Lungs
- Lymph System
- Thymus Gland
- Immune System
- Secondary Circulatory System

TREATMENTS:

- GREEN Chromalive Treatment
- GREEN Hand/Foot Bath
- GREEN Foot Reflexology
- GREEN Massage
- Chiropractic Adjustment (Upper Back)
- GREEN Manicure

NUTRITIONAL SUPPORT:

- Omega-3 for inflammation, cardiovascular disease, heart attacks, angina, high blood pressure, immune support
- Serra-Peptidase for inflammation, arterial plaque, pulmonary diseases, respiratory and viral infections, bronchitis, pneumonia, emphysema, carpal tunnel syndrome
**Use to treat any RED in the Aura.*
- Tri-Salt for dehydration, constipation, edema, bone & joint pain, muscle spasms, carpal tunnel, obesity, exhaustion, irregular heartbeat, tachycardia, arrhythmia, high blood pressure
**Use to treat any GREY in the Aura.*

MISCELLANEOUS:

- Aura Cleanser & Aura Joy Spray
- Heavenly Scent Aromatherapy Diffuser
- Dead Sea Salts with GREEN nurturing and cleansing oils such as Pine or Eucalyptus
- Full Spectrum LifeBulbs™
- Chakra Gemstone Kit
- GREEN Aventurine Chakra Earrings, Heart Chakra Jewellery & Chakra Light Pendant

AFFIRMATION:

I love unconditionally and permit others to love and give to me. I allow happiness, harmony, health, wealth, prosperity and abundance to flow into my life. I love who I am and I am love!

OTHER SUGGESTIONS:



BLUE COLOUR ENERGY® (CE) RECOMMENDATIONS

COLOUR THERAPY:

- CE's BLUE COLOUR BATHS®
- CE's BLUE Therapy Glasses
- CE's BLUE Chakra Silk Scarf
- BLUE Clothing: Tops, Turtlenecks
- CE's BLUE Silk Eye/Body Pillow
- CE's BLUE Chakra Beeswax Candles
- CE's BLUE Ajneya Incense

COLOUR ENERGY ESSENTIAL OILS:

- Arnica
- BLUE Yarrow
- Chamomile
- Geranium
- Marjoram
- Peppermint
- CE's BLUE Chakra Blend
- CE's Happy Hormones Therapy Blend
- CE's BLUE "Sweet Serenity" Diffuser Mix
- CE's BLUE Canadian Blend

FLORAL WATERS (HYDROSOLS):

- Peppermint
- Roman Chamomile

ALCHEMY & SOUND ESSENCES (SE):

- BLUE Chakra Light Essence & Pendant
- BLUE Chakra Light Massage Oil
- Throat Chakra G-Note Sound Essence
- G#-Note Semi-Tone Sound Essence
- Meridian Sound Essence Yin/Yang Oil

FOODS:

- Fruits
- Fruits: BLUEberries, BLUE grapes, bilberries, boysenberries, currants, elderberries, plums, prunes, PURPLE grapes, raisins
- Vegetables: Eggplant, kale, PURPLE potatoes, PURPLE asparagus, PURPLE cabbage, PURPLE carrots, PURPLE onions, PURPLE peppers
- Other: WHITE/BLUE Fish

HERBS/SPICES/VITAMINS/MINERALS:

- Chamomile
- Peppermint

- Evening Primrose Oil
- Witch Hazel
- BLUE Sage
- Vitamin E

TEAS:

- BLUEberry
- Chamomile
- Currant
- Peppermint
- Plum

GEMSTONES/METALS:

- Angelite
- Aqua Aura
- Azurite
- BLUE Lace Agate
- BLUE Topaz
- Celestite
- Chalcantite
- Hawk's Eye
- Lapis Lazuli
- Sapphire
- Sodalite
- Pewter

MUSIC:

- BLUE Song – Through The Rainbow CD
- G-Note Tuning Fork
- Crystal Light Therapy CD
- Voice
- Sounds of the wind and ocean
- Repetitive or echoing sounds

EXERCISES:

- Mantra or Agni Yoga
- Journaling
- Singing
- Toning
- Ocean/wave sounds
- New age music
- Poetry
- Stamp/art collecting
- Holistic courses
- Attending spiritual functions
- Talking to the universe/higher power
- Neck/shoulder rolls

- Cloud gazing (starting at the sky)
- Hot/cold showers
- Saunas

PHYSICALLY:

- Mouth, Gums
- Jaw
- Neck
- Shoulders
- Thyroid/Parathyroid
- Hypothalamus
- Tongue
- Throat/Voice cords

TREATMENTS:

- BLUE Chromalive Treatment
- BLUE Hand/Foot Bath
- BLUE Foot Reflexology
- BLUE Neck/Shoulder Massage
- Chiropractic Adjustment (Atlas)
- BLUE Pedicure

NUTRITIONAL SUPPORT:

- Omega-3 for inflammation, infections, thyroid dysfunction, neck pain, obesity, premature aging, stroke, post menopausal, mouth or gum disease
- Serra-Peptidase for inflammation, throat, ear or nose infections, pains, sprains and strains
**Use to treat any RED in the Aura.*
- Tri-Salt for dehydration, constipation, edema, bone & joint pain, obesity, exhaustion, dry skin, dry mouth, excessive thirst or perspiration
**Use to treat any GREY in the Aura.*

MISCELLANEOUS:

- Aura Cleanser & Aura Joy Spray
- Heavenly Scent Aromatherapy Diffuser
- Dead Sea Salts with BLUE anti-infectious oils such as Peppermint or Chamomile
- Full Spectrum LifeBulbs™
- Chakra Gemstone Kit
- Sodalite Chakra Earrings or Necklace/Choker, Chakra Jewellery & Chakra Light

AFFIRMATION:

I can express how I feel and what I think. I connect to my inner truth and holistic thoughts so that I will speak my truth. I respect and honour my being and know that I am worthy!

OTHER SUGGESTIONS:



INDIGO COLOUR ENERGY® (CE) RECOMMENDATIONS

COLOUR THERAPY:

- CE's INDIGO COLOUR BATHS®
- CE's INDIGO Therapy Glasses
- CE's INDIGO Chakra Silk Scarf
- INDIGO Clothing: Tops, Hats
- INDIGO Head Bands, Hair Clips
- CE's INDIGO Silk Eye/Body Pillow
- CE's INDIGO Chakra Beeswax Candles
- CE's INDIGO Vishuddhi Incense
- INDIGO Bedsheets

COLOUR ENERGY ESSENTIAL OILS:

- Arnica
- Frankincense
- Myrrh
- Myrtle
- Patchouli
- Yarrow, Blue
- CE's INDIGO Chakra Blend
- CE's Headache Relief Therapy Blend
- CE's INDIGO "Soul Purpose" Diffuser Mix
- CE's INDIGO Canadian Blend

FLORAL WATERS (HYDROSOLS):

- Myrtle

ALCHEMY & SOUND ESSENCES (SE):

- INDIGO Chakra Light Essence & Pendant
- INDIGO Chakra Light Massage Oil
- Guardian Angel Essence
- Brow Chakra A-Note Sound Essence
- G#-Note Semi-Tone Sound Essence
- Meridian Sound Essence Oil

FOODS:

- Pure Air
- Fruits: bilberries, BLACK cherries, BLACK currants, BLACKberries, BLUEberries, BLUE grapes, boysenberries, brambleberries, elderberries, figs, plums, prunes, PURPLE grapes, raisins
- Vegetables: eggplant, kale, PURPLE potatoes, PURPLE asparagus, PURPLE Belgian endive, PURPLE cabbage, PURPLE carrots, PURPLE onions, PURPLE peppers, turnips, wild mushrooms

HERBS/SPICES/VITAMINS/MINERALS:

- Comfrey
- Passionflower
- Melatonin
- Savory
- Valerian
- Verbena
- PURPLE Sage
- Vitamins B & K

TEAS:

- Blackberry
- Blueberry
- Currant
- Plum

GEMSTONES/METALS:

- Amethyst
- Aqua Aura
- Celestite
- Covellite
- Dumortierite
- Indicolite
- Iolite
- Lepidolite
- Pietersite
- Shattuckite
- Tourmaline
- Tanzinite
- Silver

MUSIC:

- INDIGO Song – Through The Rainbow CD
- A-Note Tuning Fork
- Crystal Light Therapy CD
- Chanting OM
- Mozart & Bach

EXERCISES:

- Meditation
- Raja Yoga
- Dream Journaling
- Eye rolls
- Intuitive exercises
- Meditation
- Star gazing

PHYSICALLY:

- Back Brain
- Back of the Head

- Cerebellum (lower brain)
- Ears
- Eyes
- Nose
- Pituitary/Pineal Gland
- Roof of Mouth

TREATMENTS:

- Chiropractic Adjustment (Hips)
- INDIGO Chromalive Treatment
- INDIGO Hand/Foot Bath
- INDIGO Ear/Hand/Foot Reflexology
- INDIGO Facial
- INDIGO Massage
- Gemstone Therapy
- Chiropractic Adjustment (Back of Head)
- Cranial Sacral Therapy
- Iridology
- Nasal Sinus Rinse

NUTRITIONAL SUPPORT:

- Omega-3 for inflammation, infections, depression, ADD, ADHD, dyslexia, cognition, schizophrenia, learning disorders, premature aging, vision disorders, obesity
- Serra-Peptidase for inflammation, eye, ear or nose infections or problems, sinusitis, snoring
**Use to treat any RED in the Aura.*
- Tri-Salt for dehydration, constipation, edema, bone & joint pain, obesity, apathy, exhaustion, dry skin, insomnia, nervousness, headaches, dizziness, disorientation, seizures, confusion, memory problems, depression, mood swings, impaired motor skills
**Use to treat any GREY in the Aura.*

MISCELLANEOUS:

- Aura Cleanser & Aura Joy Spray
- Heavenly Scent Aromatherapy Diffuser
- Dead Sea Salts with INDIGO astringent oils such as Patchouli
- Full Spectrum LifeBulbs™
- Chakra Gemstone Kit
- Amethyst Chakra Earrings, Chakra Jewellery & Chakra Light Pendant
- Candle Therapy (Meditation)

AFFIRMATION:

I have and innate ability to perceive through my sixth sense. I open up to my intuitive powers for further understanding of my life's purpose. I easily access information from my unconsciousness to assist in my spiritual awakening!

OTHER SUGGESTIONS:



VIOLET COLOUR ENERGY® (CE) RECOMMENDATIONS

COLOUR THERAPY:

- CE's VIOLET COLOUR BATHS®
- CE's VIOLET Therapy Glasses
- CE's VIOLET Chakra Silk Scarf
- VIOLET Clothing: Tops, Hats
- VIOLET Head Bands, Hair Clips
- CE's VIOLET Silk Eye/Body Pillow
- CE's VIOLET Chakra Beeswax Candles
- CE's VIOLET Sahasrara Incense

COLOUR ENERGY ESSENTIAL OILS:

- Camphor (White)
- Hyssop
- Jasmine
- Lavender
- CE's VIOLET Chakra Blend
- CE's Pain Relief Therapy Blend
- CE's VIOLET "A-U-M" Diffuser Mix
- CE's VIOLET Canadian Blend

FLORAL WATERS (HYDROSOLS):

- Lavender

ALCHEMY & SOUND ESSENCES (SE):

- VIOLET Chakra Light Essence & Pendant
- VIOLET Chakra Light Massage Oil
- Karma Light Transmute Essence
- Bb-Note Semi-Tone Sound Essence
- Meridian Sound Essence Oil

FOODS:

- Fasting
- Fruits: Bilberries, BLACK currants, BLACKberries, BLUEberries, BLUE grapes, boysenberries, brambleberries, currants, elderberries, figs, plums, prunes, PURPLE grapes, raisins
- Vegetables: Eggplant, kale, PURPLE potatoes, PURPLE asparagus, PURPLE Belgian endive, PURPLE cabbage, PURPLE carrots, PURPLE onions, PURPLE peppers, turnips, wild mushrooms

HERBS/SPICES/VITAMINS/MINERALS:

- Valerian
- Vervain

- Purple Basil
- Purple Sage
- Lavender
- Meadowsweet
- Vitamins D & E

TEAS:

- BLACKberry
- BLUEberry
- Currant
- Jasmine
- Plum

GEMSTONES/METALS:

- Achroite
- Angel Aura Quartz
- Charoite
- Diamond
- Fluorite
- Phantom Quartz
- Purple Fluorite
- Quartz crystal
- Rutilated Quartz
- Selenite
- Spirit Quartz
- Sugalite
- Tourmalinated Quartz
- Ulexite
- Pewter

MUSIC:

- VIOLET Song – Through The Rainbow CD
- B-Note Tuning Fork
- Crystal Light Therapy CD
- Crystal Bowls
- Silence

EXERCISES:

- Practice of Silence
- Journaling one's dreams & visions
- Goalsetting or hire a spiritual life coach
- Inventions
- Guided meditation
- Artwork
- Stained glass art
- Yoga
- Quiet contemplation
- Climbing to a mountaintop
- Taking spiritual & self-mastery courses
- Attending Church

- Reading spiritual books
- Fasting

PHYSICALLY:

- Cerebrum
- Forebrain
- Forehead
- Cerebral Cortex (upper brain)
- Pituitary Gland (Hypophyse)
- Pineal Gland
- Temporal Brain
- Hair, Scalp, Crown
- Central Nervous System

TREATMENTS:

- VIOLET Chromalive Treatment
- VIOLET Head Massage
- VIOLET Hand/Foot Bath
- VIOLET Foot Reflexology
- VIOLET Massage
- Chiropractic Adjustment (Upper Neck)
- VIOLET Pedicure

NUTRITIONAL SUPPORT:

- Omega-3 for inflammation, infections, schizophrenia, cognition, learning disabilities, premature aging, obesity
- Serra-Peptidase for inflammation, eye, ear or nose infections or problems, sinusitis
- *Use to treat any RED in the Aura.*
- Tri-Salt for dehydration, constipation, edema, bone & joint pain, obesity, apathy, exhaustion, dry skin, insomnia, nervousness, headaches, dizziness, memory problems, depression, mood swings, impaired motor skills
- *Use to treat any GREY in the Aura.*

MISCELLANEOUS:

- Aura Cleanser & Aura Joy Spray
- Heavenly Scent Aromatherapy Diffuser
- Dead Sea Salts with VIOLET inspiring oils such as Jasmine
- Full Spectrum LifeBulbs™
- Chakra Gemstone Kit
- Quartz Crystal Chakra Earrings, Chakra Jewellery & Chakra Light Pendant

AFFIRMATION:

I am inspired by my connection to the cosmic energies and let the VIOLET Energy flow through me and cleanse my body to give me new life and new energy. I know that I am spirit and part of the divine plan!

OTHER SUGGESTIONS: