

# Flower Essences, Colours and Chakras

With Sue Lilly



Colour is a universal language

Colour is an unconscious language

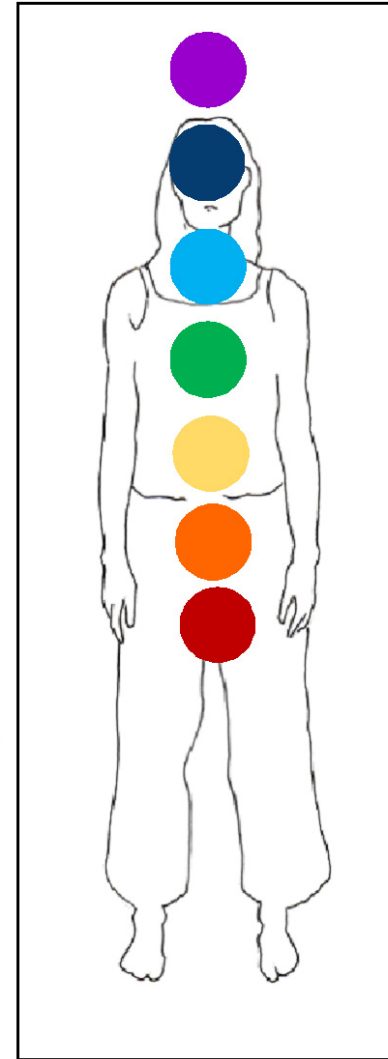
Colour directly affects the endocrine system\* in the body, regardless of the meanings of colours in different societies (\*links into the chakra system too)



There is a simple colour correspondence between colours and the chakras (The meanings cross-over)

The 'rainbow' system has been used since the 1960s.

It is not the only system, but it is the easiest to remember.

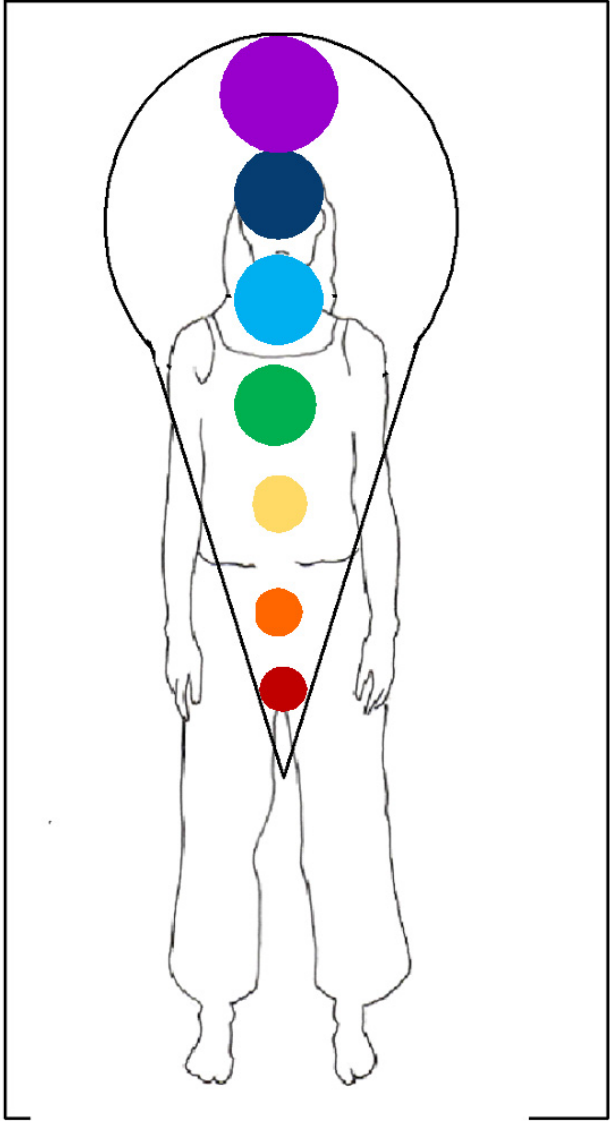
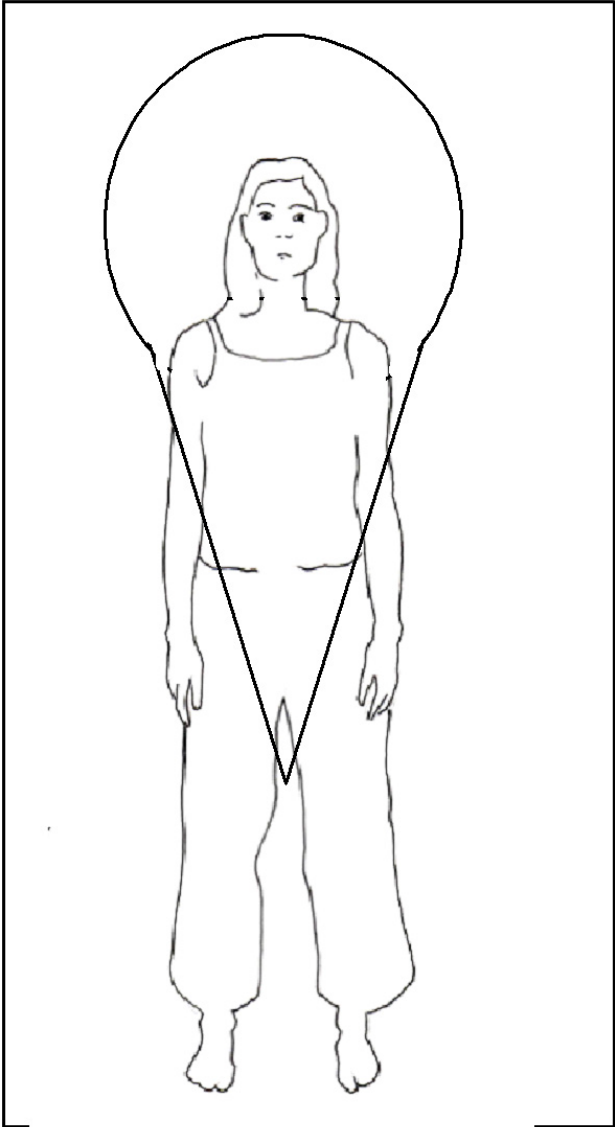
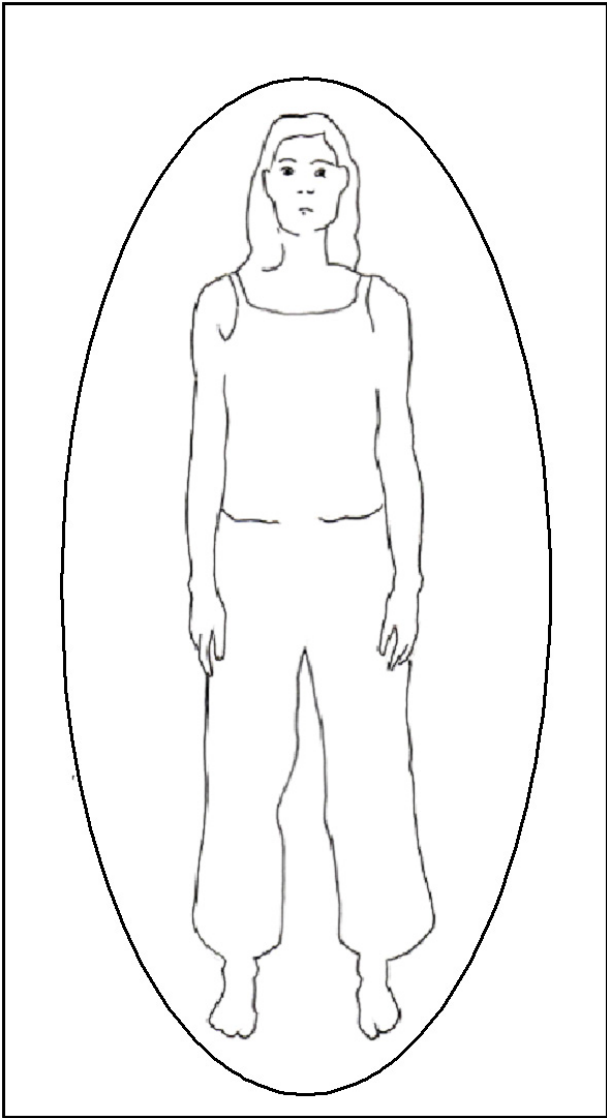


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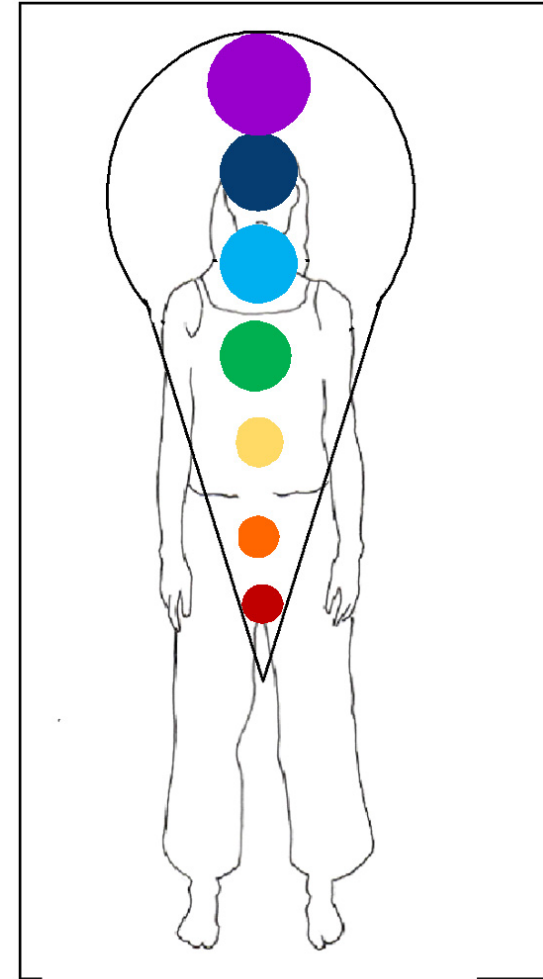
Root Chakra		Red
Sacral Chakra		Orange (White)
Solar Plexus Chakra		Yellow
Heart Chakra		Green, Pink 
(Thymus Chakra)		Turquoise
Throat Chakra		Light Blue
Brow Chakra		Dark Blue
Crown Chakra		Violet, Multi-colored



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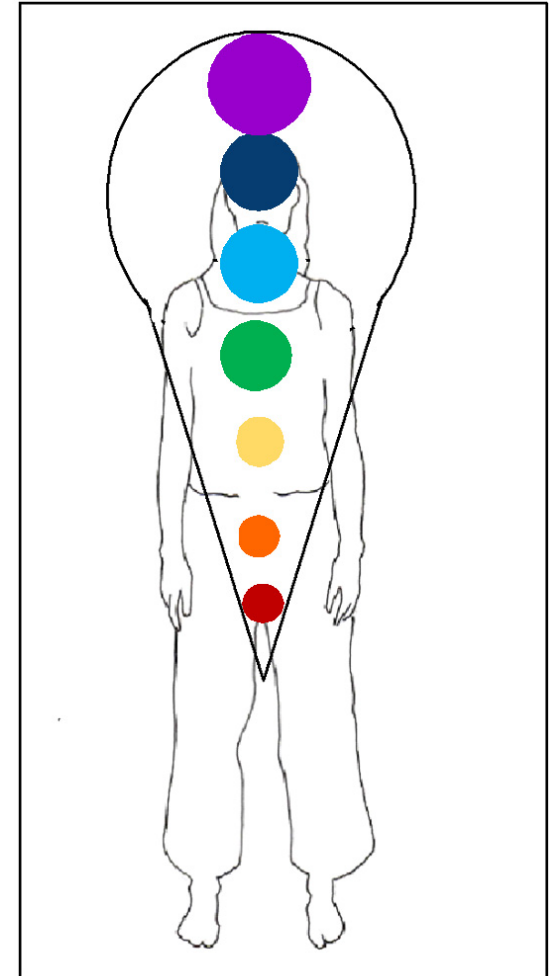


- The desire to 'not be here'
- The desire to escape, finding reality horrible
- The misunderstanding that finer levels are more spiritual levels
- The misunderstanding that chakras above the waist are more spiritual
- The misunderstanding that violet is a more spiritual colour than red





- This puts more energy into the chakras above the waist
- This starves the chakras below the waist of energy
- There are no means to properly release stress
- This leads to being ungrounded
- It will lead to the digestive problems
- This will lead to anxiety, insecurity and loss of discrimination



Apart from what your client tells you, colour assessments can be used in therapeutic situations

- Colours we are attracted to and those we avoid provide useful information
- Attracted to – colours we need because we use them a lot (reflects in chakras)
- Avoid – colours we need, these show an underlying lack (reflects in the chakras)

In general, these days, people use up yellow energy quickly (even those living in sunny climates)

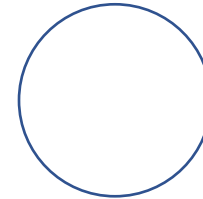
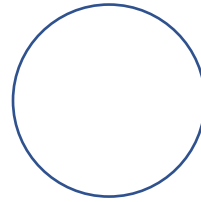
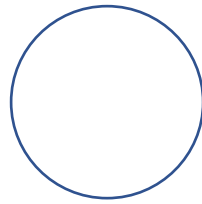




- Flowers are one of the primary ways plants communicate
- We can use the colours of those flowers as a code to support our chakras
- Looking at what colours we are attracted to
- Looking at what colours we avoid
- Using our intellect and intuition to assess where we are not being 'colour-fed'
- Using flower essences of the flower-colours we both need and avoid can bring us to balance



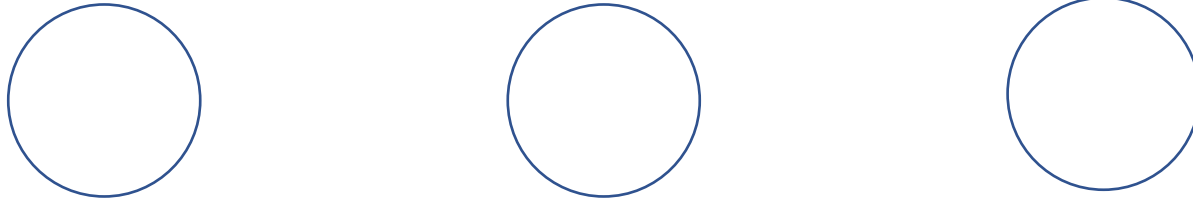
- Using assessments for clients to choose
- Design a pattern with pre-determined meanings (used in lots of skills, not just colour therapy):



- Don't tell your client, but, for example:
  - 1) to be what is really going on
  - 2) to be what they are ignoring
  - 3) to be what the client needs now



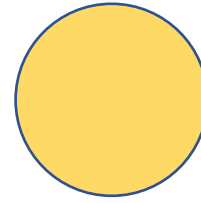
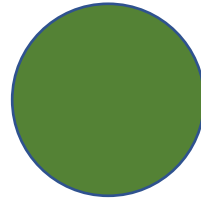
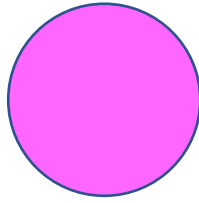
- Get them to place pictures of flowers, coloured buttons, circles, cards, candies (!)...one on each circle



- Then translate in colour and chakra words what their choice represents
  - 1) to be what is really going on
  - 2) to be what they are ignoring
  - 3) to be what the client needs now
- *You could get really precise by using double-colour choices (like Aura Soma does), but would suggest a single colour is a good place to start*



- Example: *(Simon earlier today)*



- 1) pink –heart chakra (client relating to themselves)
- 2) green – heart chakra (client relating to the world)
- 3) yellow – solar plexus chakra (mental support, discrimination, happiness etc)
  
- A flower essence(s) of yellow flowers would be helpful
  
- *You could get really precise by using double-colour choices (like Aura Soma does), but would suggest a single colour is a good place to start*



- You can use anyone's essences
- You just need to know the colour of the flower
- You don't need to know what is exactly what is 'wrong' with you or your client
- To deal with the social and collective stress of living today, the 'below the waist' chakras need to be supported and everyone needs to be grounded.

