Energetic Possibilities
A Possibility Path Course
Lesson 3

Running Colors

From chakras to rainbows, colors have been used as a symbol for health, balance, well being, and hope throughout the ages. Each color has symbolically and literally (for many scientific reasons we won't get into here) has a different feeling, purpose, and meaning to them. Yellow, for instance, is the color of the sun and makes us feel lighter and happier. Red is an intense emotional color, whose meanings go deep into even religions and branding as a symbol of grounding and basic needs met. Green is the color of nature in full bloom, healthy and vibrant. Each of the colors has a specific genre and collective purpose to it. All of these meanings, symbols, and feelings are wrapped up in our subconscious mind, bodies, and spirit and in the energy of the colors.

When we are feeling out of balance we may not know which color can help us find balance. When we take all these colors together and "run" them along our whole entire body, they can do the work for us and balance us out in the ways and areas we need them to, no knowledge needed. Finding the balance in life can be tricky, Running Colors can help!

1. BE HERE - GET GROUNDED

Find a quiet space and take a few moments to just sit and be. Take a few deep breaths and feel your feet get very heavy. Breathe deep into the ground and feel yourself in the here and now. Be in this day, here, in your body, now.

What are you dealing with and what is going through your mind today?

- How do you feel here, now, today?
- Where in your body do you feel OUT of balance?

2. FEEL INTO THE ENERGY

Now, imagine ALL the colors of the rainbow. They may be swirling in front of you. You may see a rainbow far off in the distance. You may feel the colors swirling about. However they appear, simply look at the colors, feel all the colors outside of your body in the world doing what they do, how they do. There are greens and reds and yellows and purples, and blues, and oranges. See the colors swirl in the world.

These colors have a purpose out in the world. They exist outside in the collective as we see and feel their unique attributes. All together they dance in balance. Feel into that balance that they have as they exist in their natural state.

- What do the colors look like out in the world?
- How do they make you feel?

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3. BRING THE ENERGY IN

Now, take a few deep breathes and just be with the colors. Let them dance before you. And then ask these colors to run into, along, and with your body. Ask them to come and balance you. Ask their energies to come and dance within your energy body. Ask that they come together as a rainbow of beauty to give their gifts to you.

The colors may start at your feet or your head, or simply come into you and dance all around you. They are not stagnant or still. They are energy. Let their energies flow as they rebalance you. Let the colors run throughout your body. Feel into it and let them move through you, rebalancing, recharging, re-enlivening you.

WRITE down your notes on how this all feels to you. Let the words flow.

THE COLORS GIVE ME…

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Energetic Possibilities - 2020

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These energetic experiments are set up for you to find your own answers in your own way. Allow the thoughts to come and go as they please. The insights may come later in time after you complete this assignment that is okay too! Enjoy it and let the insights flow. This is all a process and the process is infinite, as you are!

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