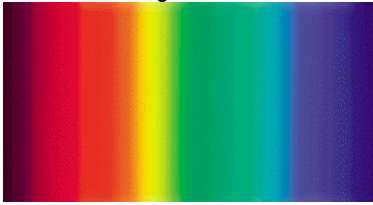


Developing Your True  
Potential Through Colour



Diana Probert

## *Introduction*

*Welcome to the beautiful world of colour. Colour has a language all of its own. We absorb colour in many ways. We can see it, eat it and breathe it, think it, drink it, wear it and feel it.*

*This little book of colour will enable you to begin to work with colour and in so doing, work on yourself. It is based on the seven colours of the rainbow and the 7 main energy centres in the body, known as chakras. The word chakra in the Sanskrit language means wheel of light. Sanskrit is the language of ancient India and is the oldest language in the world. The chakras are positioned in line with the spine and run vertically from the root (red) upwards to the crown (violet).*

*We absorb colour through our eyes, our skin and our chakra centres. The chakras are constantly interacting with each other and reacting to our emotional state. Each one is a treasure chest of past memories and events. Holding on to these, will block the flow of energy through the body and hold us back in our lives.*

*We can clear and strengthen our chakra energy system in many ways. Here I've used positive statements (affirmations) along with the vibration of the appropriate colour for each chakra. Using these affirmations in the present tense will strengthen you and help to bring about the positive state of being that already exists within you – your natural state of well-being – your true colours. Enjoy.*

## RED – ROOT/BASE CHAKRA (MULADHARA)

(1) I love life

I love life: I live life to the full, making the most of every moment.

(2) I am determined

I am determined: I have all that I need to make my dreams come true.

(3) I am courageous

I am courageous: There's no stopping me – I have no fear.

(4) I am passionate

I am passionate: I am thrilled to be here and excited about the future.

(5) I achieve great things

I achieve great things: I am motivated and allow myself to be successful.

(6) I have a right to be here

I have a right to be here: I take my place in the world with high expectations.

(7) I am safe and secure

I am safe and secure: I have no need to worry, it is all in place.

ORANGE – SACRAL CHAKRA (SWADHISTHANA)

(8) I am tolerant

I am tolerant: I am easy-going and take life in my stride.

(9) I am optimistic

I am optimistic: the best is yet to come – the better it gets, the better it gets.

(10) I am generous

I am generous: I give of myself and love to share.

(11) I am sociable

I am sociable: I love to mix and share my life with others.

(12) I embrace change

I embrace change: I go with the flow and challenge myself.

(13) I enjoy life

I enjoy life: I am here to experience joy – I love life.

(14) I am flexible

I am flexible: I am adaptable and embrace the new.

YELLOW - SOLAR PLEXUS (MANIPURA)

(15) I am positive

I am positive: I am up-beat and expect the best.

(16) I am a great communicator

I am a great communicator: I can express myself in a clear way.

(17) I have style

I have style: I am my own person and I have a natural confidence.

(18) I am full of fun

I am full of fun: I have a great sense of humour.

(19) I have high self-esteem

I have high self-esteem: I take good care of myself.

(20) I am energetic

I am energetic: I am vital and energised.

(21) I am playful

I am playful: I am light-hearted and see the joy in every-day things.

GREEN – HEART CHAKRA (ANAHATA)

(22) I am diplomatic

I am diplomatic: I see both sides, I am a peace-maker.

(23) I am dependable

I am dependable: I am trustworthy and reliable.

(24) I am balanced

I am balanced: I am even-tempered and composed.

(25) I am prosperous

I am prosperous: I have all that I need. I have abundance in my world.

(26) I live in harmony with nature

I live in harmony with nature: I have respect for the earth and all its inhabitants.

(27) I am content

I am content: I am at peace. I am free.

(28) I am compassionate

I am compassionate: I am open-hearted and have respect for all.

BLUE – THROAT CHAKRA (VISSUDHA)

(29) I speak my truth

I speak my truth: I am honest with myself and others.

(30) I am at peace

I am at peace: All is well.

(31) I am expressive

I am expressive: I am an interesting person.

(32) I am faithful

I am faithful: I keep my promises.

(33) I am serene

I am serene: I have found myself.

(34) I am calm

I am calm: I can cope. I know myself well.

(35) I have a right to be heard

I have a right to be heard: My ideas and opinions count.

## INDIGO – THIRD EYE/BROW CHAKRA (AJNA)

(36) I am strong

I am strong: I have faith in myself.

(37) I seek the truth

I seek the truth: I am on a voyage of discovery.

(38) I am pure

I am pure in thought and pure of heart.

(39) I choose wisely

I choose wisely: I know what I'm looking for.

(40) I have direction

I have direction: I know where I'm going.

(41) I am intuitive

I am intuitive: I trust my instincts.

(42) I am a visionary

I am a visionary: I have great ideas and imagination.



VIOLET – CROWN CHAKRA (SAHASRARA)

(43) I am connected

I am connected: I know where I fit into the world.

(44) I am wise

I am wise: I learn from life's lessons.

(45) I am open-minded

I am open-minded: I embrace new thoughts and ideas.

(46) I am gentle

I am gentle: I tread lightly on the earth. I love myself.

(47) I am a leader

I am a leader: I am inspirational and strong.

(48) I am dignified

I am dignified: I understand myself and my needs.

(49) I am artistic

I am artistic: I can create beautiful things.

No matter what you've done, or have not done, you are worthy of love.

Dr John F Demartini – The Breakthrough Experience