

# SPIRITUAL COLOUR GARDEN



Your Garden



Your Choice!

This was originally a set of inspiration cards manifested through me during a time when I was experiencing difficulties in my own life with my health. During those times I was inspired to write a book called “Love is the Key” and I was given the metaphor of the garden about the auric field as well as to our physical body.

Over many years of teaching Colour Therapy, I have found that this simple image helps us understand how every part of our lives is inter- connected.

We all have our Mental Level, Emotional Level, Physical Level, and our Spiritual Level, and they all work in conjunction with each other to some degree depending on what you are thinking about, how you are feeling, and if you are praying or cursing, and lastly how you are feeling physically.

I hope you enjoy the beauty of these booklets and the information they hold on many different levels. You can hold a booklet and ask a question and just open it at random and see what gift it will give you.

Enjoy, Colette.

“My spiritual life is my garden.  
My prayers are my seeds.  
If my life isn’t awesome.  
I’ve been watering the weeds.”



This garden is very special for me, and I would love to make it special for you as well. In these busy, stressful and fast paced life we are all experiencing at one time or another a need to escape the pressures of the day. For myself this is the garden out of all the other gardens I have written about is where I escape too.

In this garden I can go and sit in the quiet, listen to nature or even go for a walk in a wood or sit by a river and just be myself without any judgments, expectations or demands from the pressures of daily life. I am at peace here knowing that my energy is part of everything and I can feel whole, nourished, replenished and loved.

Let's face it we all at some time or another experience difficulties in our lives be it the loss of a friendship, a family member, serious illness, financial loss or even the loss of a pet. When this happens, we may need an escape into our own stillness where we can digest what has happened, feel the emotion and think about our next step in our lives. I feel this garden is the culmination of my other 3 gardens. Let's look a little deeper into this garden!

### **What does a spiritual garden look like?**

When this garden is content, happy and in balance with itself the flowers are full of colour, we see the colourful butterflies flitting from flower to flower, the vivid, turquoise-coloured mayflies, dragonflies, bumble bees and insects pollinating the flowers and collecting pollen to take back to the hive to produce honey.

This garden gives me a feeling of growth, regeneration and as I sit and watch, listen I understand this is a form of meditation where I can begin my day. For myself this garden is full of prayers, good deeds, helping others, being of service to yourself, nature and the environment.

Taking care of the environment is just as important as taking care of ourselves. This includes animals big and small, insects, grubs, birds, fish, reptiles, wild animals everything has their place on this amazing planet.

Remember even if it is raining or snowing, you can still sit and bring the image back into your mind of this garden. With practise you can feel the warmth and sense the fragrances even when you can't go outside because our minds are incredibly powerful.

Meditation can be just walking in a forest, doing the washing up or even the ironing. Daydreaming is another form of meditation and we all can daydream.

As for spirituality it is that smile you give to a stranger which lightens their day, or you say hello. It is also picking up that piece of litter that you did not drop and throwing it into the rubbish bin instead of just walking past it. Giving a helping hand without being asked, this for me is spirituality.

Think about when we are in the flow of life, we are being creative, we see blessings all around, and we can see ourselves as a reflection of everything.

**There is a saying;  
“I AM.....THAT..... I AM”**

When we pause after each corner it takes on a different meaning. In that pause what you are witnessing? I AM pause THAT, the thing or person you are looking at I AM pause and we realise this is part of ourselves. Once we understand this, then we understand that the energy field is part of everything, we are never separated.

**Let's look at this garden when it is out of balance.**

Here we have the other side of the coin. This is where the law of opposites come into play. Life constantly shows us contrasts.

Right and wrong.

Light and dark.

Giving and receiving.

Fear and courage.

Love and resentment.

**But how do we recognize that opposite?**

We recognise it by experiencing one side of the experience and then we experience the other side. It is through contrast that we grow.

In my previous 3 gardens the physical, mental and emotional gardens I have said we can be mentally focused, emotionally defined and physically defined but some people are more soul defined.

What I mean by soul defined is a person will have that deep inner wisdom, they can feel the pain or discomfort of others, and they can be seen to communicate in a heart intelligent way that another person totally understands what is being said to them. It is only when we access our four gardens can we begin to relate to other people and help to build bridges and rapport from a soul level.

However, when we have the opposite of positive then what is communicated to someone who's not in a space to receive what is being they are not emotionally open from a soul level it can go very wrong and be miss understood and it can cause pain, rejection and discomfort.

Having said that I need to say that everything we experience is an opportunity to grow or to stand still and consider what needs to follow. It is the contrast of that experience to be clear about who we are and how we wish to be seen and what we want. At a soul level nothing ever happens against our will, but we need to be aware of this, and this is important because we are part of what we are looking at. We could compare it to looking in the mirror and acknowledging what we don't like and then we can change it.

Sometimes spirituality itself can become an escape from dealing with our emotions. This is often called "The Spiritual Bypass". When a person uses this bypass, they are giving themselves permission to say and act in whatever way they wish regardless of the consequences to another person. In the negative this bypass keeps us from taking responsibility for ourselves. Throughout history people have caused great suffering in the name of religion, ideology and deeply held beliefs. Whenever we believe our way is the only way, we lose compassion and separation begins.

### **We use comments like.**

I have always spoken this way.

I need to give myself space.

Obsessing over negative situations.

Denying that you experience pain, anger, sadness or any emotions.

Losing touch with a sense of awe and wonder.

The only constant here is to change and hopefully if you have read my previous three gardens it has helped you see things from a different perspective. Sometimes we can become so focused on being spiritual that we forget to fully participate in life. True spirituality keeps our feet firmly on the ground while our hearts remain open. We are spiritual beings having a human experience, not human beings having a spiritual experience. We all need to be living in the moment.



We must not forget that life is our classroom and our experiences are our lessons. It is only by getting in touch with our experiences do we know when to offer a helping hand, so that we can see a different side of ourselves that we do not normally recognize. However, when we do not wish to open ourselves, we stay blind to change.

The spiritual garden can be beautiful, but you need the other gardens within it to bring it into that balance. To support this garden, you need that true creativity that can be accessed by living in the moment and take responsibility for who we are including which are our thoughts, and actions.



Sometimes it can feel as though our spiritual garden is where our sense of dis-ease first begins. From my own experience, many of our struggles seem to begin in our spiritual garden before showing themselves elsewhere.

What I am asking here, is for you to change the way you view your life, change the way you think, change the way you say things and change the way you love yourselves and others within your world. If we can change the way we look at other religions, other nations and lastly the way we look at different people we could become more balanced in our approach to change.

Do not forget that all our woes are learning lessons to be looked at with love and forgiveness. This can be illness, poverty, war, killing and many other things but what we all need to realize is that we are all inter-connected and the more hate and discontentment we carry in our hearts, the more we carry on creating dis-ease and hurt for others. Whatever one person does it will influence someone or something else.

## **The colours in the Spiritual Garden.**

Deep Magenta – Establishing contact with your own power.

Red – Being grounded in the moment.

Pink – Loving the self unconditionally. This can be difficult but with practise it can be achieved.

Coral – Being inter-dependent with everything around you.

Orange – Feeling the bliss and joy of life.

Gold – Using your ancient wisdom.

Yellow – Feeling the fear and doing it anyway.

Olive Green – It is time to O-Live.

Green – Doing what makes your heart sing. The heart is the master, and the mind is the servant not the other way around.

Turquoise – There is only one GURU it is Gee – You – R – You

Blue – Peaceful communication.

Indigo – True inspiration.

Violet – Looking at your life purpose.

Magenta – Seeing the beauty in the little things. The ladybird on a blade of grass, the ant carrying a bit of a leaf into the nest.

White – Having clarity to know when to release the tears.

## **We are at a turning point in our evolution.**

There is so much for us all to consider, but time is now short and our spiritual revolution must begin in our own garden and no one else's. It is only as we clear up our own gardens, can we be offered abundance to others.

I am asking you to grow spirituality, to be flexible and strong and during this time of growth you are aware that you are not becoming rigid and dogmatic in your spirituality and views.

One idea that has inspired me over the years is we must first smile at the universe first. Unfortunately, most people . . . are sitting in the centre of their personal house of mirrors, and they are waiting for the universe to smile at them. Please, do not adopt this attitude. Smile and the world smiles with you.

In other words, do not allow yourselves to become trapped in a state of consciousness in which you believe you have no control over your own situation and your own destiny. The universe is made from energy. Energy is a passive substance that can take on any form. Yet energy cannot take on form by itself. To take on form, energy must be acted upon by the active force of a self-conscious mind. Therefore, if you wait for the universe to smile at you before you are willing to smile at the universe, you have completely misunderstood the most basic fact about life in this world.

Ask yourselves these questions:

- How do you view your life?
- Are you able to forgive others as well as yourself?
- Do you meditate?
- Do you pick up that piece of litter, or do you walk past it?



## **Spend Five Minutes Daily in Your Garden**

### **Why do I say this?**

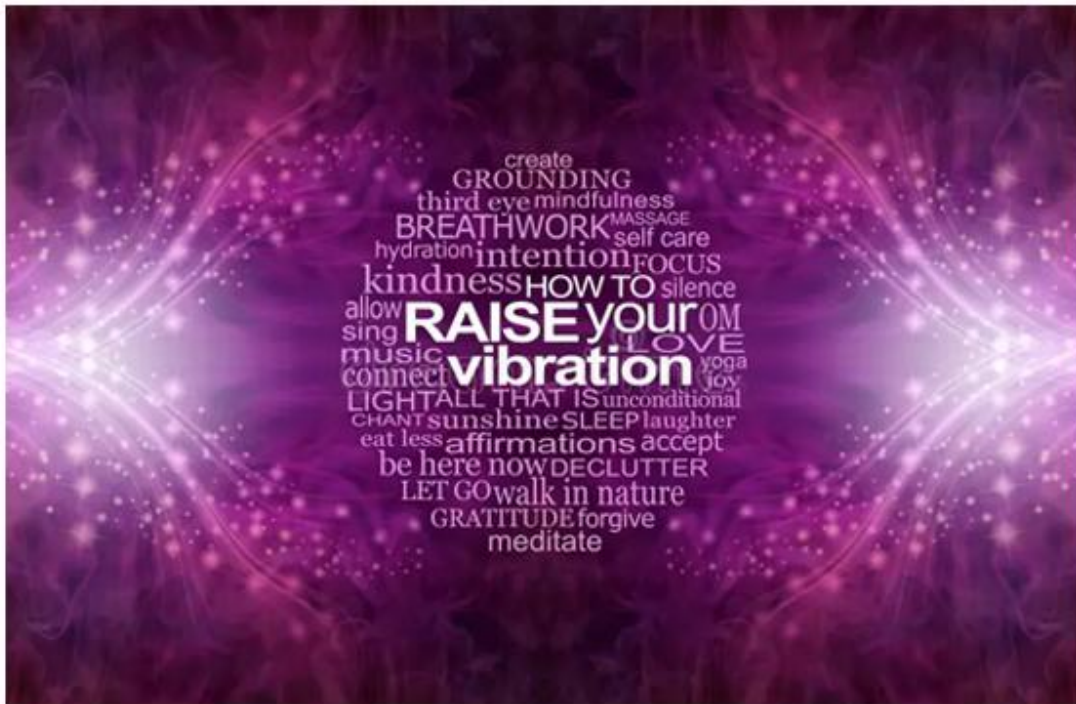
Spending just five minutes each day in your garden gives you the opportunity to gently reflect on what your mind, body and spirit may need today.

- What colours are the flowers that are blooming in your garden today?
- Are there weeds that need pulling out?
- Is the birdbath full?
- What needs watering today?
- Which colour is calling you today?
- What is one small thing you can nurture before tomorrow?
- Writing an answer to each of these questions helps to keep you in the moment.

**Have a wonderful day, smile, laugh, and embrace life!**

# Spiritual Deep Magenta Garden

The Spiritual Garden of the Deep Magenta is reflecting your light into that deep red of passion for what you believe is right for humanity. and yourself. You are the Carer and you bring the love into the little things it is time to let the light shine.



Questions to ask yourself today.

What do you care about the most in your life?

Are you afraid or worrying about something that you think is a big problem. If so bring the love into the little things and the big problem will take care of its self .

# Spiritual Red Garden

Red in the spiritual garden is the planting of ideas and helping them to grow through passion and co-operation



Questions to ask yourself today.

In your life what is your passion?

How can you be creative with what you are passionate about?

Will you share your passion with others to help them grow?

# Spiritual Pink Garden

In the pink spiritual garden when you love yourself anything is possible. Today is asking you to go for what you are passionate about.



Questions to ask yourself today.

What loving thing are you going to give yourself today?  
Are you in loving service with yourself and others?  
Can you do a charitable deed today?

# Spiritual Coral Garden

The coral spiritual garden is all about balance in everything you do. If anything is out of balance you will feel it.



Questions to ask yourself today.

Do you feel in-balance with everything around you today ?  
Are you relying on someone else to make you happy?  
Have you connected with your inner wishes today?

# Spiritual Orange Garden

The orange spiritual garden is about your dedication to own spirituality. It is your garden your choice.



Questions to ask yourself today.

Have you meditated today?

Have you prayed today?

Have you exercised today?

# Spiritual Gold Garden

Gold in the spiritual garden is to meditate & pray .  
It is to share your wisdom wisely. Not to preach, teach or fix  
because we are not broken we teach by example.



Questions to ask yourself today.

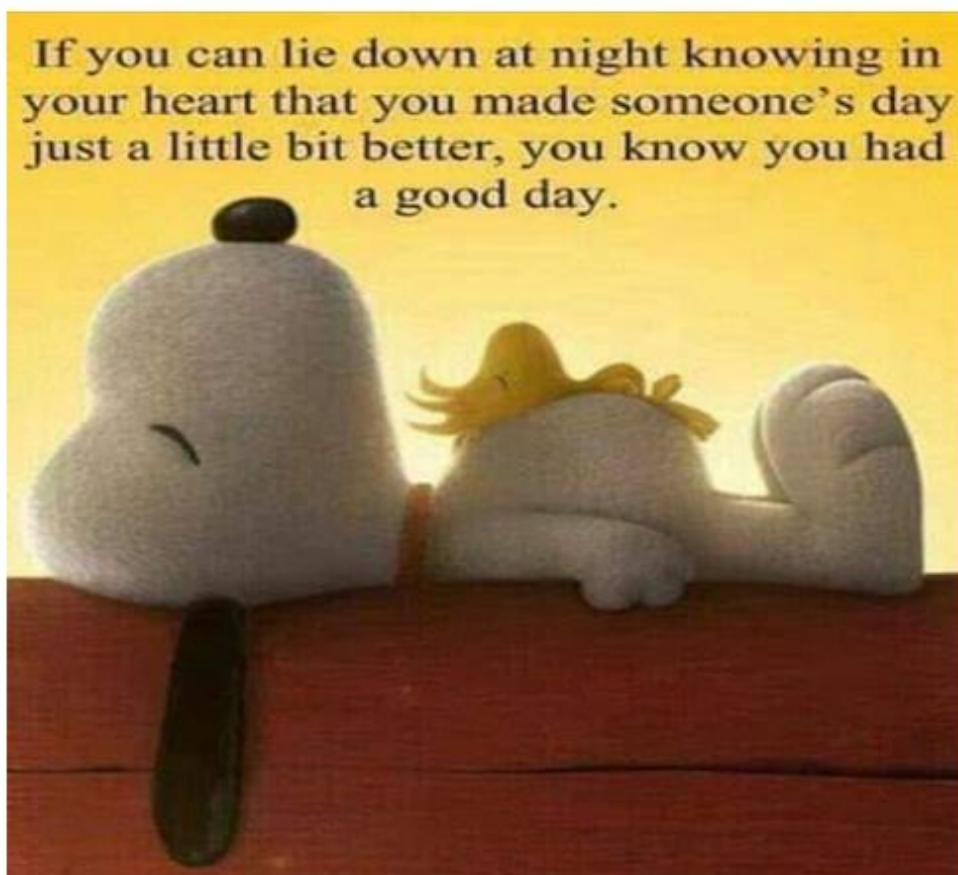
What example will you be today?

Will you meditate or be silent for a short period today.?

What pearls of wisdom can you share with another that are loving?

# Spiritual Yellow Garden

In the yellow spiritual garden it is asking you to be that individual in the global village and not to be afraid of who you are. This garden asks you to shine your own colours into your world and not to be afraid but to trust in the divine.



Questions to ask yourself today.

Can you allow yourself to feel joy with the world?

If you are afraid can you ask yourself what you need to feel safe?

What spiritual knowledge can you share today?

# Spiritual Olive Green Garden

The spiritual garden of olive green is about forgiveness. It is forgiving yourself as well as others. Do not hold onto bitterness, celebrate in living life.



Questions to ask yourself today.

Do you need to forgive yourself for a past action?  
Can you look in the mirror and forgive yourself and others?  
Can you change something you are not happy about into something joyful for today?

# Spiritual Green Garden

The green spiritual garden is all about showing us the more we are open in our hearts the more we can grow and care for nature, ourselves and each other.



Questions to ask yourself today.

What new ideas are you growing in your garden ?

Is your heart light and joyful?

Are you aware that you are part of everything and everyone around you?

# Spiritual Turquoise Garden

Turquoise in the spiritual garden is about creativity & play. Time to interact with others throughout the day and not just via texting or email it is about communication face to face with an open heart.

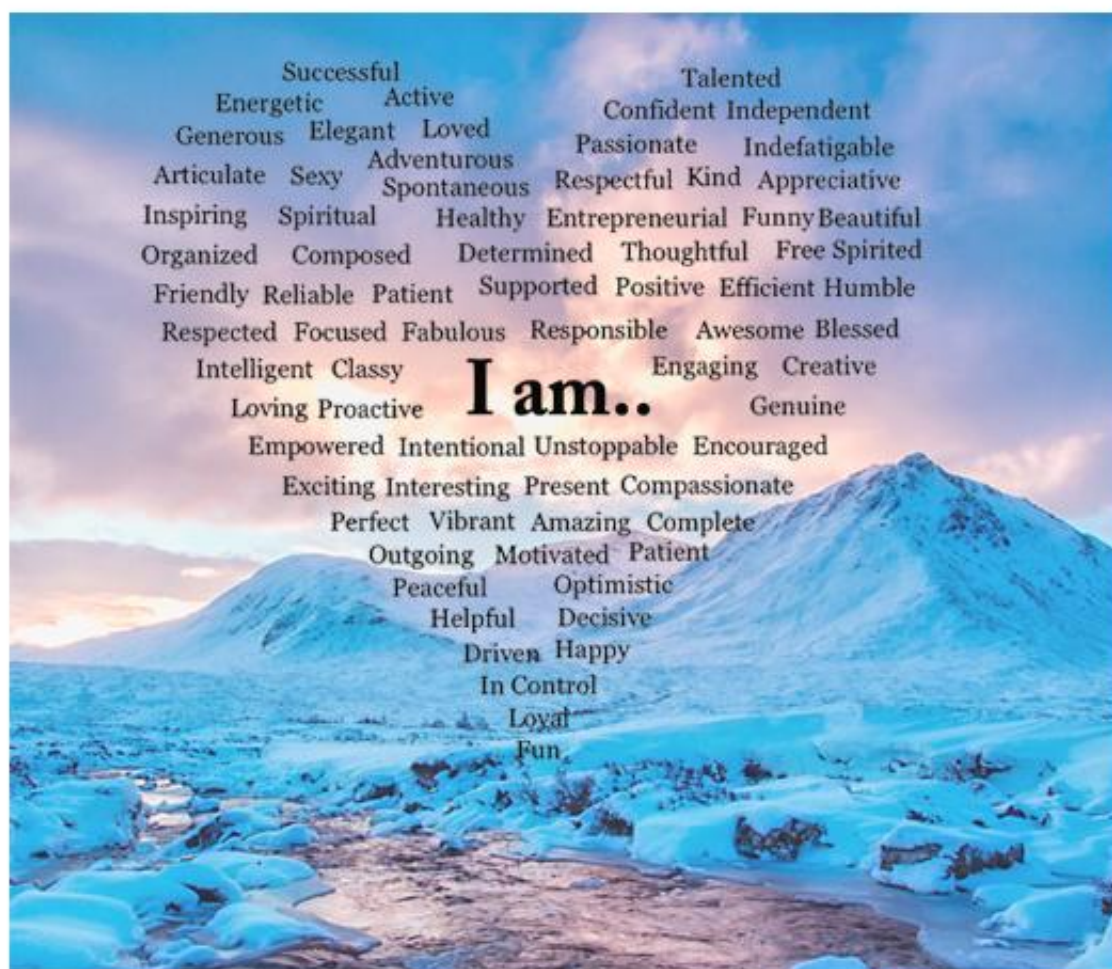


Questions to ask yourself today.

Are you seeing the beauty and creativity in nature today?  
Can you lend a helping hand in a creative way today?  
Creative community is listening and sharing ideas.

# Spiritual Blue Garden

Blue in the spiritual garden is speaking your truth without harming another person or yourself



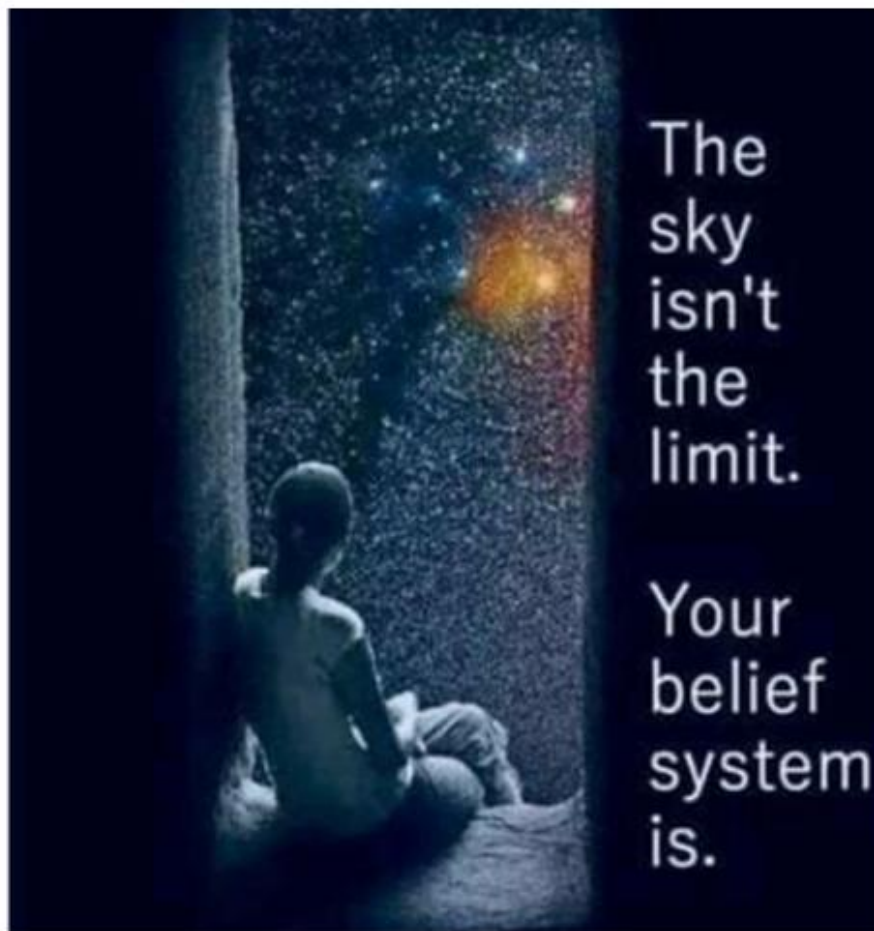
Questions to ask yourself today.

Are you feeling at peace within yourself?

Are you communicating your ideas peacefully?

# Spiritual Indigo Garden

Indigo in the spiritual garden is all about you being aware to your own creativity and following your intuition. Leave the portal open to experience something new. from your own intuition.



Questions to ask yourself today.

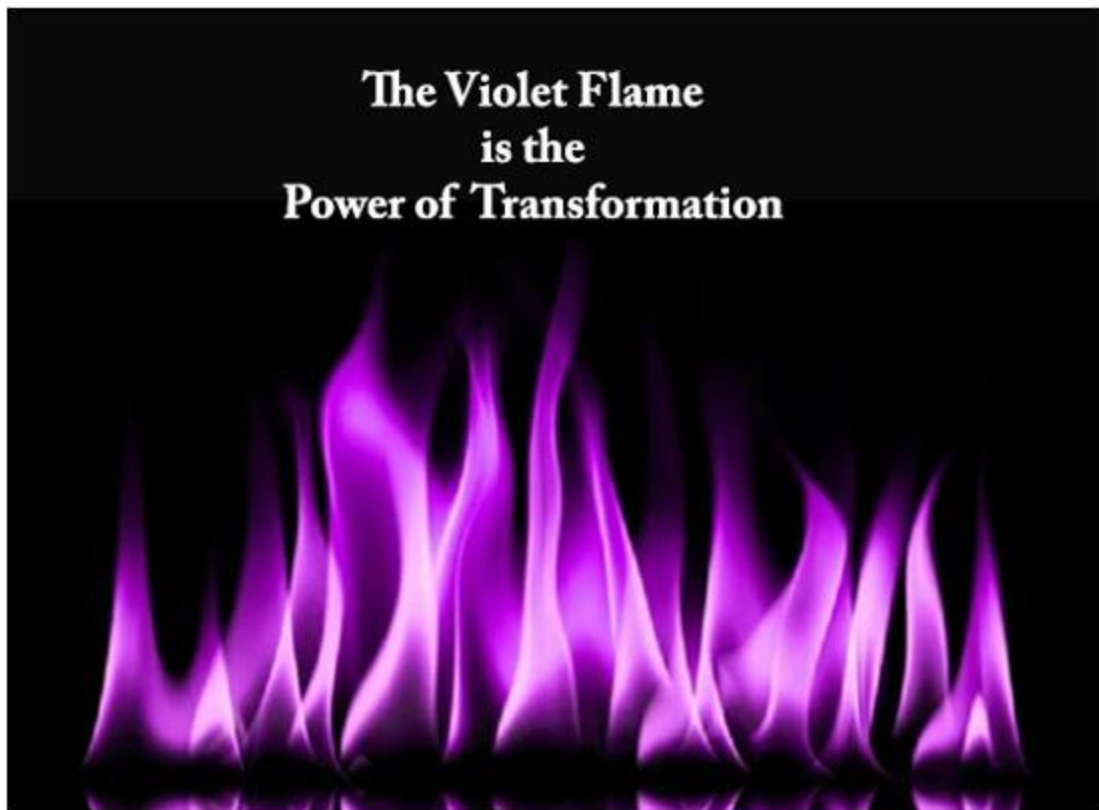
Can you be open to new experiences today?

Do you have the courage to express your own ideas?

Are you aware of your own insights?

# Spiritual Violet Garden

Violet in the spiritual garden opens the heart to transformation.  
When we transform ourselves others transform as well.



Questions to ask yourself today.

What ideas will you transform about yourself today?

Can you be open to see your own beauty.?

Can you communicate with others authentically?

# Spiritual Magenta Garden

Live today from a heart centered place by caring for yourself this is not selfish this is the love within the magenta of your spiritual soul purpose. Magenta is knowing the more you care for yourself the more love you project into your life. and your world



The questions to ask yourself:

Do you see the love in all the little things?

Do you love yourself? If not why not?

Do you feel you are the carer for everyone else & not yourself?

Can you care for yourself & treat yourself kindly?

# Spiritual White Garden

White or clear for the spiritual garden is for you to see the bigger picture. Do not forget what you do will have a ripple effect on everything. We are the mirrors of each other.



Questions to ask yourself today.

Are you clear in what your spiritual thoughts are today?  
Have you got the clarity to offer a helping hand when needed?

As we leave this Emotional Colour Garden, together, remember that every positive choice you make becomes another seed planted in your own wellbeing.

Whether that is choosing nourishing food, gentle movement, rest, time in nature, healthy relationships or exploring new advances in cellular health these small steps really matter.

My own journey has taught me that our bodies are wonderfully designed to protect, repair and renew themselves. Think about how you heal when you cut yourself. It is by supporting those natural processes which has become one of my life's passions.

After more than forty years of exploring natural approaches to health and wellbeing. I have finally found something that made sense to me at the most fundamental level of how our bodies function. For me, Redox Signaling Molecules have become another important piece of the wellbeing puzzle.

If anything you've read has sparked your curiosity about Redox Signaling Molecules and why they have become part of my own daily wellbeing routine for the past eleven years, I would love to continue the conversation with you.

Until then ...

Keep tending your garden.

It is one of the most precious gifts I can give you that you will ever own.

I do hope this is something you would like to investigate further with me.

*Colette*

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