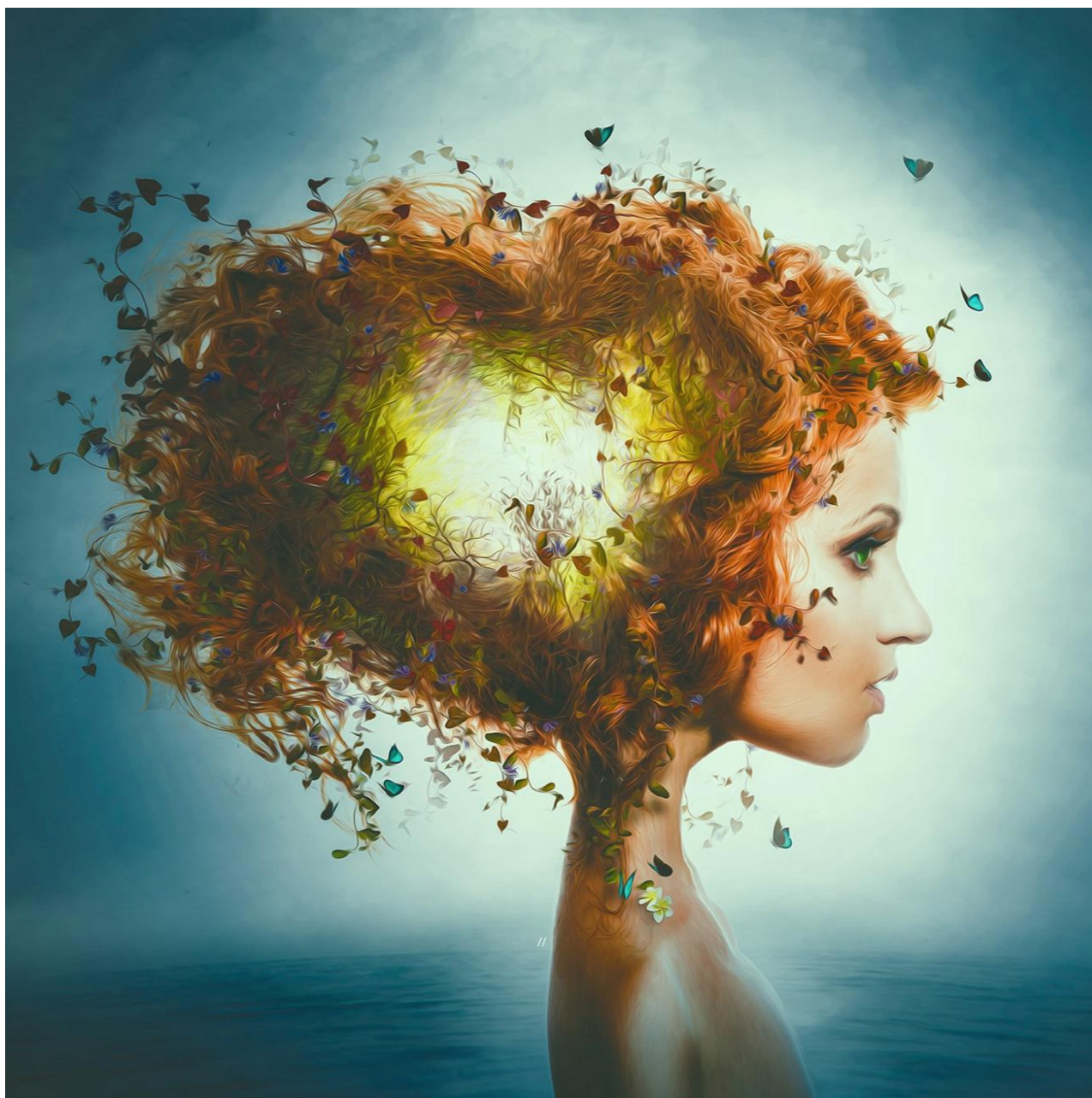


MENTAL COLOUR GARDEN



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 regarding 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 interconnected.

We all have our Mental Level, Emotional Level, Physical Level, and our Spiritual Level, and every level works in conjunction with the 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.

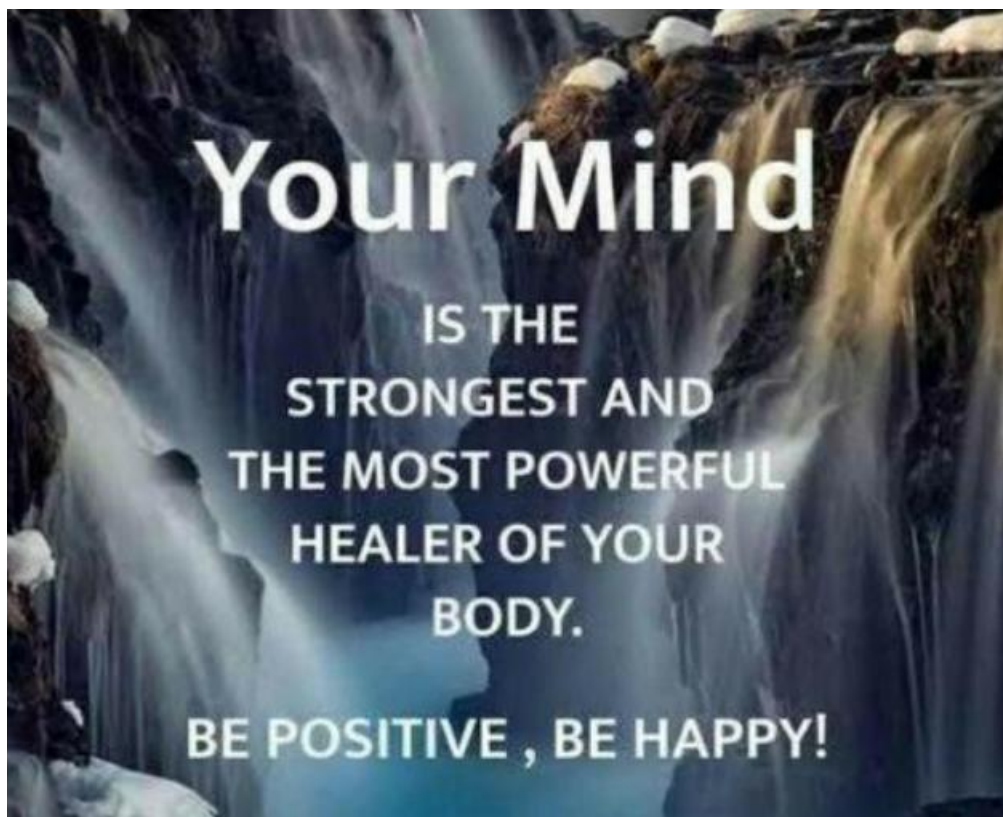
Enjoy, Colette

My mind is my garden.

My thoughts are my seeds.

If my life isn't awesome.

I've been watering the weeds.



Come and walk with me through this garden of our thoughts and let's see what we can discover. I know there will be moments when we are tempted to shrink back. We will be tempted to shrink back because we would rather face that comfortable place, that we are so used too rather than face the fear of being great.

We all have a greatness within us but intellectually our subconscious mind at times does not agree. However, when we are willing to walk away from those thoughts to gain new positive thoughts things

can change. If you are willing to step up to this challenge with me and to say enough is enough you can prove yourself limitless and embrace your greatness.

We need to see these plants in this garden as representations of our thoughts and ideas. When we ask ourselves about our thoughts we need to see them as being healthy and growing well or do we have some of our plants becoming negative and overgrown, allowing the monkey mind to chatter away and bully us from within?

Are you ready?

Then let's walk together through this colourful garden.

As we walk down the path, we see that the garden is full of different grasses, cacti, bamboos and ferns. The grasses in this garden are soft and wavy, as the breeze whispers through them. They sway gently, creating rippling waves of soft greens and yellows giving that feeling of softness and comfort.

The bamboos are flexible yet strong, with beautiful colours of greens, reds and black swaying gently in the breeze. The ferns are lush, some are tall and they are abundant. The cacti are fleshy and full of flowers. Together, they create a garden that feels alive, peaceful and full of possibilities.

This is the garden of the mind.

This garden represents the thoughts and ideas that are constantly moving through us. When this garden is in balance, the mind can become peaceful. We can think clearly, reason, be discerning and intuitive and recognise what feels right for us and what does not feel right for us.

When we feel balanced, we become creative, we allow our ideas to flow and it helps us to find what is needed in our lives at any given moment.

A healthy mental garden allows us to see different sides of a situation. It understands that the only constant in life is change. With that change comes the opportunity to become more flexible and in time, to take greater responsibility for our thoughts and actions.

The questions we need to ask ourselves are;

Are we living in the past?

Are we living in the future?

Are we living in the moment?

These questions are important because where our thoughts spend most of their time can influence how we see ourselves and the world around us.

The past can hold our memories.

The future can hold our hopes as well as our fears.

But the present moment is where life is taking place.

As the saying goes;

The past is a memory

The future is a surprise

The now is the gift

That is why we call it the present.

As we look out onto this mental garden, we need to understand it is all about ideas and inspiration. Before we even open our mouths to express a thought or idea it must have been formed in the brain and as we express that thought or idea, we are manifesting it into the physical world.

When this garden is in perfect harmony we are in the moment, taking responsibility for ourselves and creating a positive life, but when we are out of balance we are constantly questioning why, why, why?

This then allows the mind to constantly chatter to us inwardly and it can start that negative process of bullying ourselves. This can make us think we are not worthy or good enough and therefore bringing that state of the questioning “Why this or why that situation”.

We need to recognise when the mental garden is becoming out of balance. When our negative thought are beginning to take over we start to see the grasses becoming coarse and when we stroke our hand through the grass instead of it being soft it is causing cuts to our fingers this is the time to stop and ask, “What am I thinking”.

We will also notice that the cacti have stopped flowering and they are growing long spiky prickles and instead of the cacti being lush they become shrivelled and dry, and the weeds begin to really grow and take a hold, causing the garden to feel dry and arid. The bamboos and ferns will at this point become dry and brittle as this garden goes into the negative and out of balance.

Our thoughts are so important! We must be aware not to become rigid in our thinking and feelings. Another point to think about is are we thinking we are always right when sometimes we could be wrong.

To others this may feel like we are brittle or prickly, and friends and family start to become wary around us because it is like walking on broken glass instead of soft luscious grass. Another aspect here is to consider, are we making mountains out of mole hills. If we are then this garden will really begin to get all churned up.

This is why colour in this garden is important to understand.

Deep Magenta – This is getting in touch with our own power and looking at self-deception.

Red - This is being grounded and showing we can love and care for ourselves.

Pink – This helps us to see ourselves in a loving way and to release any false image of the self.

Coral – This colour helps us to see that integration is necessary to be part of everything.

Orange – This helps us to live in the here and now and is important for shock and trauma.

Gold – This brings balance and logic into situations and helps us to care for ourselves and others in a wise way.

Yellow – This helps to relieve nervousness and feelings of limitations and helps with learning.

Olive Green – This promotes hope and allowing the camouflage to be removed.

Green – This helps to bring clarity to nervous situations and to show our boundaries.

Turquoise – This help to verbalise our ideas and helps us to impart our knowledge.

Blue – This helps use verbalise what we need to express vocally peacefully.

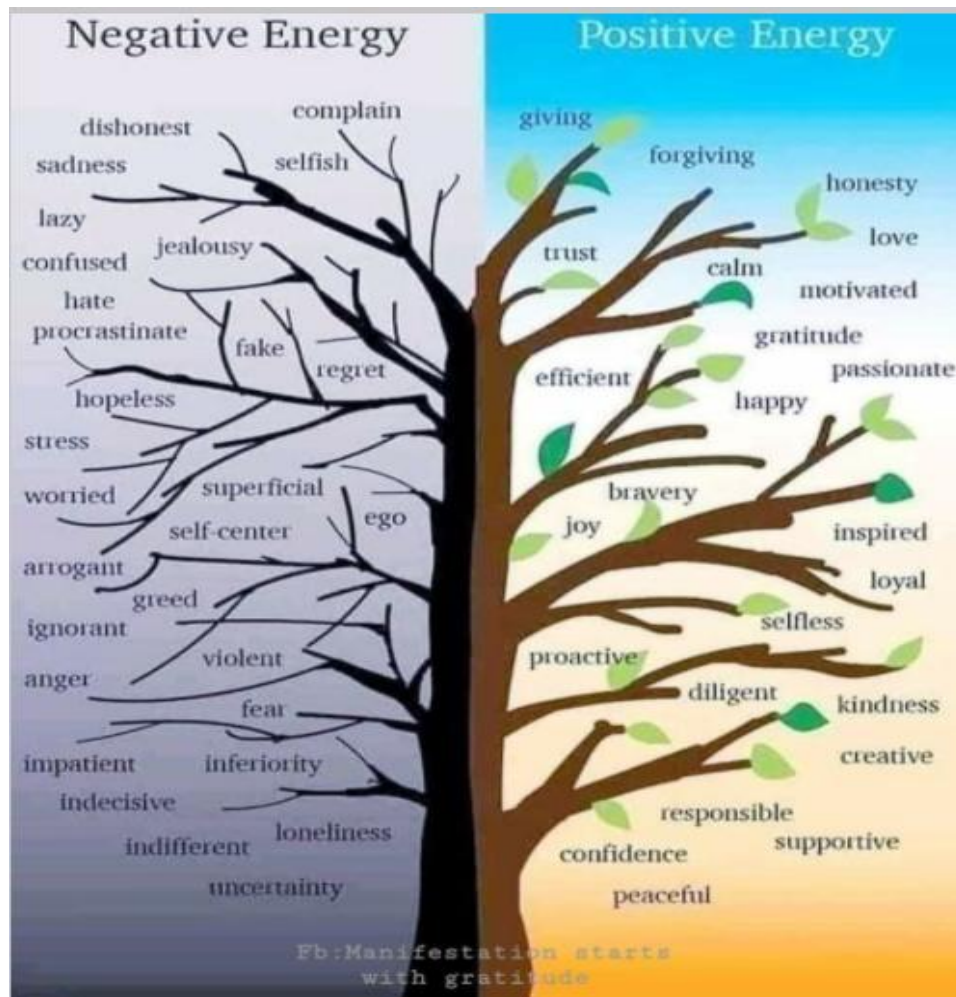
Indigo – This helps us to see the deep view of what we are thinking.

Violet – This helps us to release destructive tendencies like old patterns and habits.

Magenta – This helps us to increase our concentration and helps to stay in the silence to hear the positive inner voice.

White – This helps us to see the conflict in painful situations and gives us clarity to resolve what needs to be resolved.

When we fully understand how important colour is in our lives the mental colour garden comes into balance and takes the initiative to act instead of re-acting to situations. The reason for this is because it knows it is important for things to function successfully for us and our world. When we stop and think for a moment, to consider what is important and allow that space of silence we can form better decisions.



Silence for me helps to bring the brain into that quite space especially during meditation or it can be achieved by doing something creative for say an hour a day. The sort of things you can do is to go into your garden and physically dig or if you don't have a garden tend your plants in your house or on your balcony by repotting them or even painting the pots the plants are sat in. Or take a piece of paper and draw your hand but don't look at the paper just follow the shape of your hand that you are looking at.

This is a great exercise to get out of the mind and even though it might not look like a hand it is worth a try. Or build something so that at the end of the hour you can see what you have achieved. I have found writing down our thoughts helps to bring clarity to a situation. Having someone you can talk to who will question your answers is helpful. This helps to stop the monkey chatter. The first step is being able to ask for help when needed this is so important.

Please remember tending each of our gardens is so important to keep ourselves in balance and healthy all 4 gardens are needed.

Mental Deep Magenta Garden

Deep Magenta in the Mental Garden can be fear and confusion. Embrace what you are feeling and do not be afraid. Deep magenta has the quality of that 6th sense that inner knowing which guides you safely when you trust.



Questions to ask yourself today.

Can you trust your gut feelings?

If you feel afraid what can you give yourself now to feel better?

Can you take a small step of courage to face your world?

Mental Red Garden

The red mental garden is to bring your ideas into form with passion and to make them grow. Everyone has a gift and now is time for you to acknowledge your gifts.



Questions to ask yourself today.

What are you good at? Is it listening, singing, writing, cooking?
You will have something you are good at.
Be creative and start to journal what you wish to have in your life.

Mental Pink Garden

In the pink mental garden you are what you think. You attract to you your own thoughts.. Make sure all your thoughts are loving and gentle. What you think, feel, say, matters because it becomes matter.



Questions to ask yourself today.

Are your thoughts loving or are you disappointed, frustrated or angry ?

What are your thoughts about yourself ?

Mental Coral Garden

Coral in the mental garden has to be in balance otherwise you become the clown and hide what you are feeling behind a mask. Drop the mask be you and allow yourself to shine...



Questions to ask yourself today.

What masks are you wearing today?

Are you aware of what you may hide from yourself as well as others?

Can you ask yourself are you inter-dependent with your surrounding.?

Mental Orange Garden

In the orange mental garden it is about having self worth and giving others self worth. Everyone is your equal remember nothing is separate we are all part of each other and need to live in community.



Questions to ask yourself today.

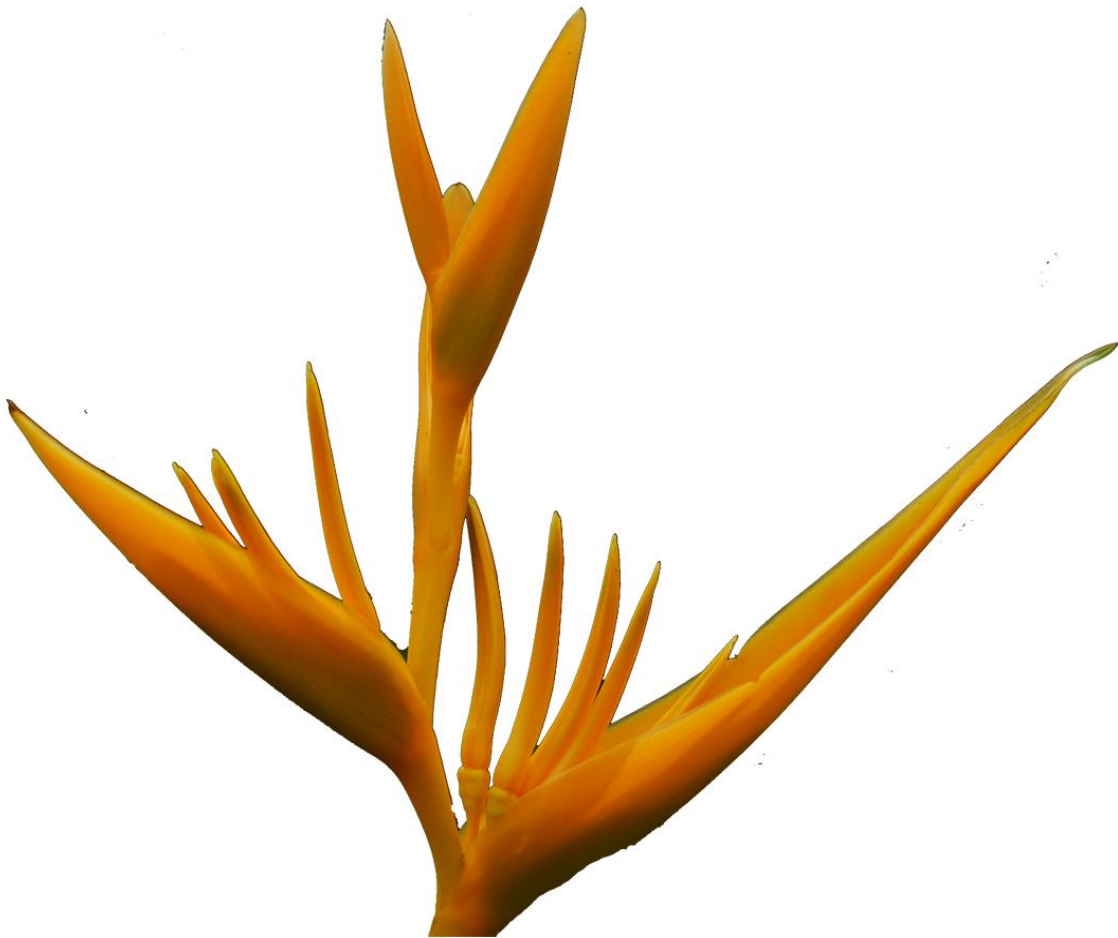
What are your thoughts in regards to your relationships with your family, job, yourself and your friends?

Are you dependant upon another's confirmation for the things you do?

Do you need anothers approval to be truly who you want to be?

Mental Gold Garden

The mental garden of gold is asking you to share. and shine your colours. Be in co-operation not competition. Have empathy with others and watch how you grow in all areas of your life.



Questions to ask yourself today.

What do you want to share?

In which areas of your life are you growing?

Are you empathetic or are you always trying to fix?

Mental Yellow Garden

In the yellow mental garden the more you learn about yourself the more you are able to see the perfection of yourself and how you can be of service to your world.



Questions to ask yourself today.

Can you follow your thoughts today?

Can you share your learnt knowledge with another?

When you are uncertain can you be still and listen to your inner guidance?

Mental Olive Green Garden

The mental garden of the olive green is all about changing the way how you think. If there is bitterness then no sweetness can enter. Dig deep to remove anything that causes bitterness. in your life no matter how small it is.



Questions to ask yourself today.

What thoughts are you going to change today?

Can you really let go of the chatter in your mind?

The mind likes to control sit in silence and ask what you need to O-Live today?

Mental Green Garden

Green in the mental garden is being able to see the bigger picture with all the gifts and talents that you possess. Get watering those creative ideas and do not take “NO” for an answer.



Questions to ask yourself today.

What creative activity are you going to do today?
What are your thoughts about how good you are?
Can you remove one doubt or negative thought about yourself today?

Mental Turquoise Garden

Turquoise in the mental garden is enjoy the new technology but not at the expense of not experiencing the world around you. Do not isolate yourself in these new technologies be interactive with others.



Questions to ask yourself today.

Are you just texting through your phone all day?
Can you sit with friends and family and just sit and chat?
Can you be creative without using a mobile device?

Mental Blue Garden

The blue mental garden is to be aware of your own thoughts and to be creative in the way you communicate with others.



Questions to ask yourself today.

Are you judging others or yourself?

Are you communicating positive thoughts?

Are you speaking up for what you believe in?

Mental Indigo Garden

Indigo for the mental garden is all about your intuition and what is expected from you. Can you begin to open to something new? Or are you confined by convention it is your choice.



Questions to ask yourself today.

Are you thinking about the bigger picture in your life?
Are you thinking outside of the box if you have a decision to make?
Are you listening to your intuition?

Mental Violet Garden

Violet allows you to transform the mental processes. Allow yourself to remove the restrictions you impose upon yourself and transform into opening the mind to let light enter.



Questions to ask yourself today.

What thoughts can you transform today?
Are you thinking positively or negatively?

Mental Magenta Garden

The mind is the master & the heart is the slave. Can you make the heart the master & the mind the slave? The heart is the way to controlling the mind. Track what you feel not what you are thinking.



The questions to ask yourself:

Will you smile at a stranger?

Will you pick up that piece of litter that is not yours?

Will you close the door on new experiences today?

Can you become still and ask is this true what my mind is telling me?

Mental White Garden

The clear white mental garden is saying do not put your ideas on ice. Bring your ideas into creation.



Questions to ask yourself today.

What clear ideas do you have for your day?

Can you silence the chatter in your mind and feel your heart's desires?

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.

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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