

EMOTIONAL 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.

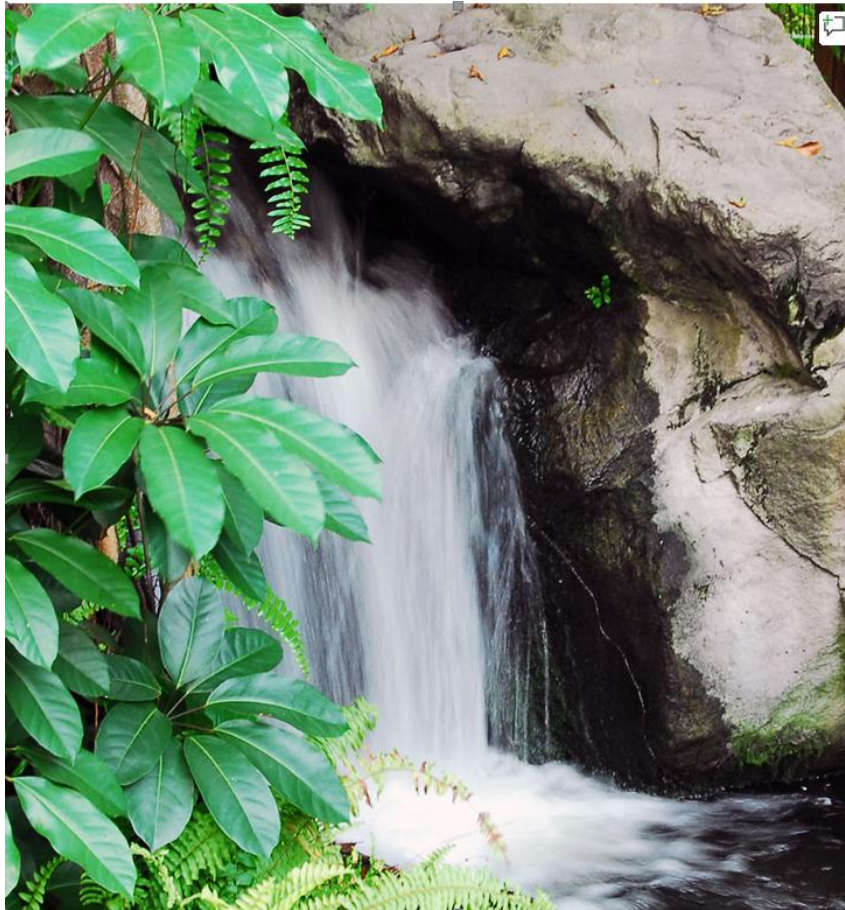
Over many years of teaching Colour Therapy, I have found that this simple image helps us understand how every part of our lives are inter- connected.

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 emotions are my garden.
My emotions are my seeds.
If my emotions aren't awesome.
I've been watering the weeds.**



This is my garden of tranquillity. I would like to invite you to come and sit with me while we drink a cup of tea or coffee together and just take in the wonder of this garden. Look at the colours that are being reflected to us. "Sit with me and notice what you feel". Is there an emotion that would like you to wander through this garden and experience its beauty?". I do hope so!

As we walk through this water garden, we will see beautiful ponds full of water lilies, lotus flowers, fish, frogs, and newts as well as dragonflies and mayflies. We will hear the bubbling of the gentle streams, and we can use the little bridges to cross the water and come to the gentle waterfalls producing the rainbows with all their colours.

In this garden the birds can drink and bathe freely, because it feels calm and safe. The water garden is all about the emotional aspect of ourselves, as well as our feelings. Understanding those feeling deep inside of ourselves is important because it helps to bring about the emotion to help us to move forward and to make changes in our lives when needed.

Feelings and emotions can be seen as two different things.

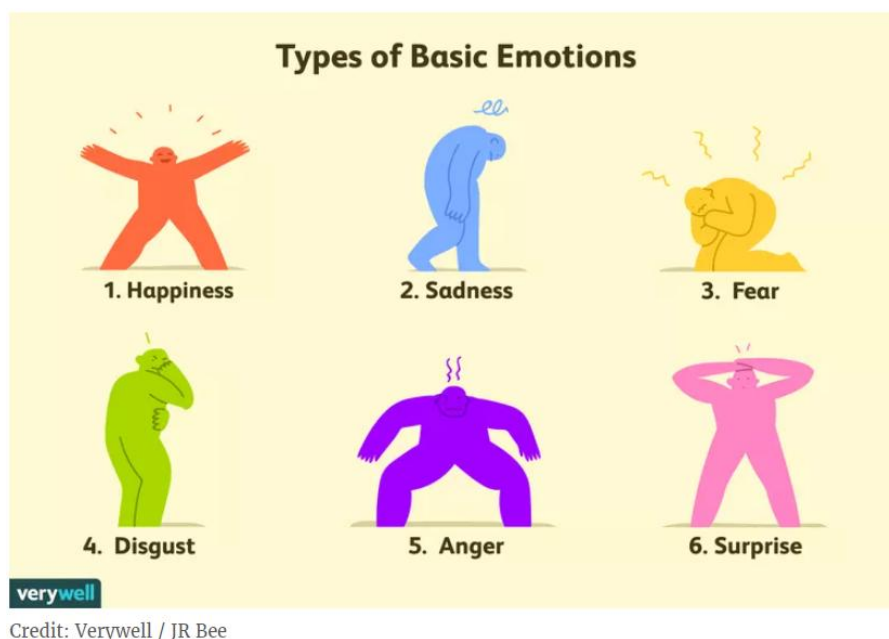
Feelings

Feelings are our awareness and perception of what is happening within us. These feelings are our judgments, those feelings of loss, feeling empty inside of ourselves, or having those joyful, blissful, feelings, and depression is another one of those feelings. When we are presented with these feeling it can be different to how we observe them. Our feelings show us the different situations that cause these feelings.

- I am feeling overwhelmed.
- I am feeling guilty about saying no to a person.
- I feel I am being followed.
- I get this feeling of wellbeing when I meditate.

Emotions

Emotions are slightly different. Emotions are the energy or fuel that moves us into action and expression. The body needs to move to do an action when an emotion is felt. Emotions makes us feel alive and what we have achieved. Emotions are physical acts that bring us pleasure or discomfort.



I personally see emotions are like water and how it finds its own course to allow it to flow. However, when that water flow has been stopped or it has dried up then there is the question; “What can we do to get that water flowing again?” By understanding our feelings deeply, we allow emotions to move, bringing the opportunity for healing, growth, and change when it is needed.

When this aspect of the garden is in perfect balance, our heart is open, loving, and we are compassionate.

At this point the garden is in full bloom.

- People turn to each other for comfort, warmth and caring.
- There is an understanding what a person needs in a time of crisis.
- We are calm, not flustered.
- We know what to do because we are present in the moment.
- We know what is needed without judgment of ourselves or another.
- Here we can express our feelings without embarrassment.

We are allowed here to cry and to let our tears flow to wash away our hurts and sorrows. When our tears fall, we are washing away our hurts and our sorrows. In this garden we can honour our emotions by listening to what they are teaching us. Here we can choose our response rather than simply reacting to the situation.

This garden gives us space for us to feel our emotions and to decide what action we need to enlist rather than re-acting to what we think we need.



When our emotional garden falls out of balance, the emotions stop flowing and they become blocked. The ponds become stagnant and full of green algae that steal the oxygen from the water. This makes us feel as though we are suffocating. Our streams dry up, the earth cracks, and the waterfalls become only a trickle then the emotional and feeling side of life gets out of control. When this happens, we find that our emotions and feelings are running riot within us and nothing is moving. But, how to we bring balance back?

At this point I need to talk about how we are breathing.

Imagine a situation you have been in where you have felt frightened, unsure of your next step, anxious or just going for a very important interview for a job you truly want. This is when our levels of anxiety increase and it causes our breathing to become short and shallow instead of deep and long.

Take a moment to notice your breath.

Are you breathing from your chest area or your stomach area?

When you are in balance your breath comes from the stomach area not from the chest.

When we are in an emotional state of non-movement, our breathing becomes shallower, the clouds appear in our feelings, and they cast the emotional garden into shadow. When we can't think clearly our light or clarity gets obscured. We can panic or become hysterical over the smallest thing in our life, causing our trust in others to be obscured. At this point it is difficult to know what to do.

I would recommend that you can place your hands on your stomach and with every in breath push your stomach out and with every out breath pull your stomach in and keep repeating these movements until you are relaxed and it will allow the emotion and feeling to change.

This panic can happen when we allow ourselves to remember the hurts of the past and it becomes hard to move on, and we bury those feelings so that we will not be hurt again. When we sit in our pains of the past and keep them alive by re-living them and constantly talking about them to anyone who will listen and who will sympathize with us, we are not allowing the emotions to flow instead we are stagnating in the old patterns.

However, there always comes a point where we can console ourselves, to understand ourselves when we truly want to make our heart sing. I realise that not everyone can immediately take a roller coaster ride of emotions but eventually we all will have to look at our emotional garden very deeply, because the shadow side of the emotional garden can cause so much sadness.

Remember the only constant in life is change.

We have all changed from a baby to an infant, from an infant to a youth, from a youth to an adult, and from an adult to an older person. Then we die, and we are recycled back into energy once again, and as I have already said, nothing stays the same and neither do our emotions.

Let us look at the colours within this garden.

Deep Magenta – Allowing yourself to trust the process.

Red – This colour helps with survival issues.

Pink – Helps with feelings and emotions of frustration and being able to forgive.

Coral – Helps to ease the feeling that nobody loves me.

Orange – Supports us through dramatic change.

Gold – This colour opens us to joy and fun.

Yellow – Helps to clear emotional confusion.

Olive Green – Gives space to enjoy life to O-Live.

Green – Gives space to see a new perspective.

Turquoise – Helps to release blockages and infatuations.

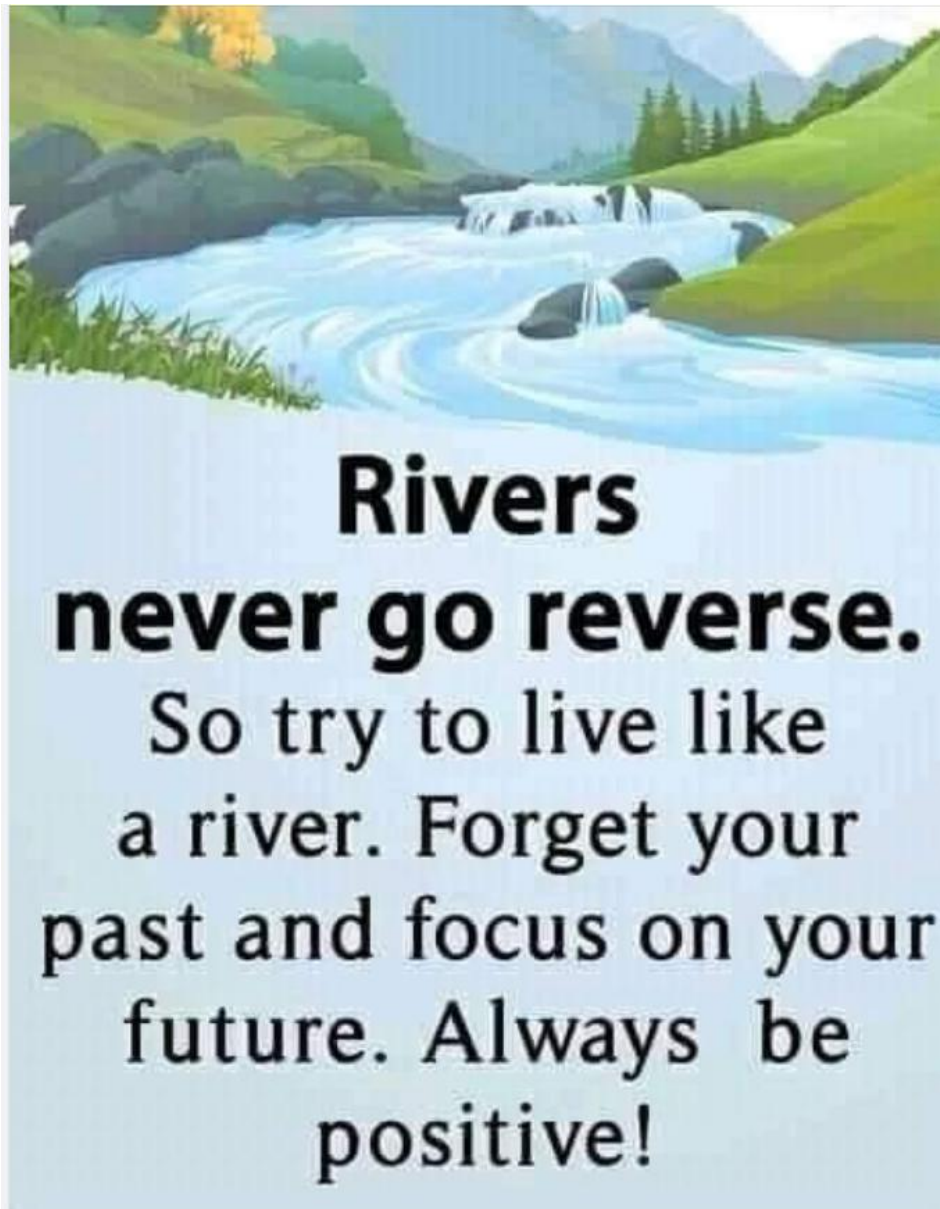
Blue – Gives strength in emotionally charged situations.

Indigo – Bringing deep inner peace to allow movement.

Violet – Allows us to see the positive aspects in a separation.

Magenta – Brings a tenderness into emotional passion.

White – Helps us to release the tears from deep suffering.



Remember this!

All emotion is intrinsically enjoyable.

Feelings can be summed up as an act of perception or awareness of the self or of others.

Emotion can only exist when your energy is moving inside of you.

Feeling is tracking what is or is not moving for you.

Remember to explore what is available for you.

You can still be safe outside of your comfort zone by taking one small step at a time.

Make sure you feel safe and supported in your environment because safety allows emotion to move and gives us the courage to explore.

Remember to breathe from the stomach not from the chest.

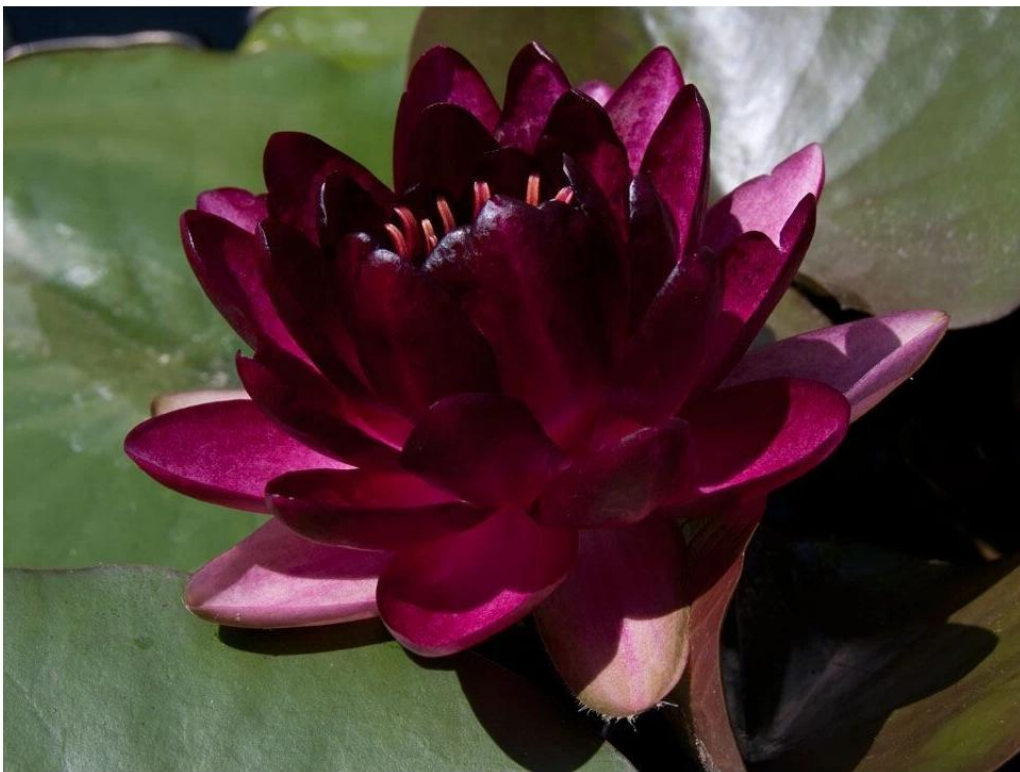
Sometimes you need to
look at things from a
different perspective.



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Emotional Deep Magenta Garden

In the deep magenta emotional garden this is red without the light and it is deep grounding of our emotions to care for ourselves on all levels of who we are.



Questions to ask yourself today.

Where are your emotions today? Are they on the surface that you recognise them or are they buried deep inside. Write down each day what you are feeling as this moves the emotion.

Emotional Red Garden

Red in the emotional garden is the passion you have for life. Now is the time to ground your passion in what will make your heart sing. If it does not make your heart sing do not do it.



Questions to ask yourself today.

What makes your heart sing?

Are you being creative and if so what are you doing that is creative?

Are you feeling stressed ?

Emotional Pink Garden

In the pink emotional garden you feel what is important for you at this moment. Do not forget you are what you think, feel and say, be sure it is always loving.



Questions to ask your self today.

Do you truly love life?

Can you stay in the moment even when it is painful?

Go out today and treat yourself.

Emotional Coral Garden

Dive into the coral emotional garden and be aware of what you are feeling throughout the day.



Questions to ask yourself today.

Are you going to mix with other people today?

Are you taking on other peoples emotions?

Emotional Orange Garden

The orange emotional garden is being at one and loving everything around you. Being in a good relationship, with yourself and your relationship to your environment will bring joy into your heart.



Questions to ask yourself today.

Are you emotionally dependant on someone to make you happy?

Will you be in a blissful state today

Are your relationships in balance?

Emotional Gold Garden

The gold emotional garden can have irrational fears. Know that your inner wisdom is guiding you to enjoy life. Let go and let God be with you.



Questions to ask yourself today.

Are you in your joy, in your fear or uncertainty today?
If you are feeling a lack of joy, finance, security in your life ask yourself what small thing can you do to help yourself out?

Emotional Yellow Garden

In the yellow emotional garden it is time to enjoy and play in life. Do not allow fear to get in the way. Fear paralyses you & you are here to enjoy your life not to be afraid of it.



Questions to ask yourself today.

Are you prepared to have fun today?

Can you promise yourself to laugh, smile, and radiate happiness?

Will you share your happiness with another today?

Emotional Olive Green Garden

In the olive green emotional garden waters can be turbulent.
Only staying in balance can the emotions be calmed.
Transmute any fear into calm, then trust and let go. You are
in the right place.,at the right time



Questions to ask yourself today.

If you are feeling out of balance can you ask yourself what
you need ?

Emotionally can you express what you are feeling?

Can you stay present with what you are feeling and see what
you desire?

Emotional Green Garden

In the green emotional garden it is time to plant new seeds of love. Manifest into your life. what will bring you joy. It is only by being present in the moment can you feel your joy.



Questions to ask yourself today.

What can you give yourself to feel joy?

Is your heart open to feel what you truly want in your life?

Can you stay present when a friend is complaining ?

Emotional Turquoise Garden

Turquoise in the emotional garden is to be spontaneous and enjoy today. Be emotionally happy jumping and playing like the dolphins.



Questions to ask yourself today.

Can you allow yourself some time to play today?

Are you feeling joyful and happy?

Are you able to have spontaneous moments of joy today?

Emotional Blue Garden

Blue in the emotional garden is to nurture who you are by trusting in your higher self and your own creative ideas. Let go of out dated ideas and be the new inspiration.



Questions to ask yourself today.

Are you feeling blue or is your day going to be a wonderful day?

Can you give something away today that you no longer need?

Can you be in your masculine authority and your nurturing femininity?

Emotional Indigo Garden

Indigo in the emotional garden is having the clarity to feel your emotions and to acknowledge what you need. Have the courage to open the door to the emotional garden and begin to dig.

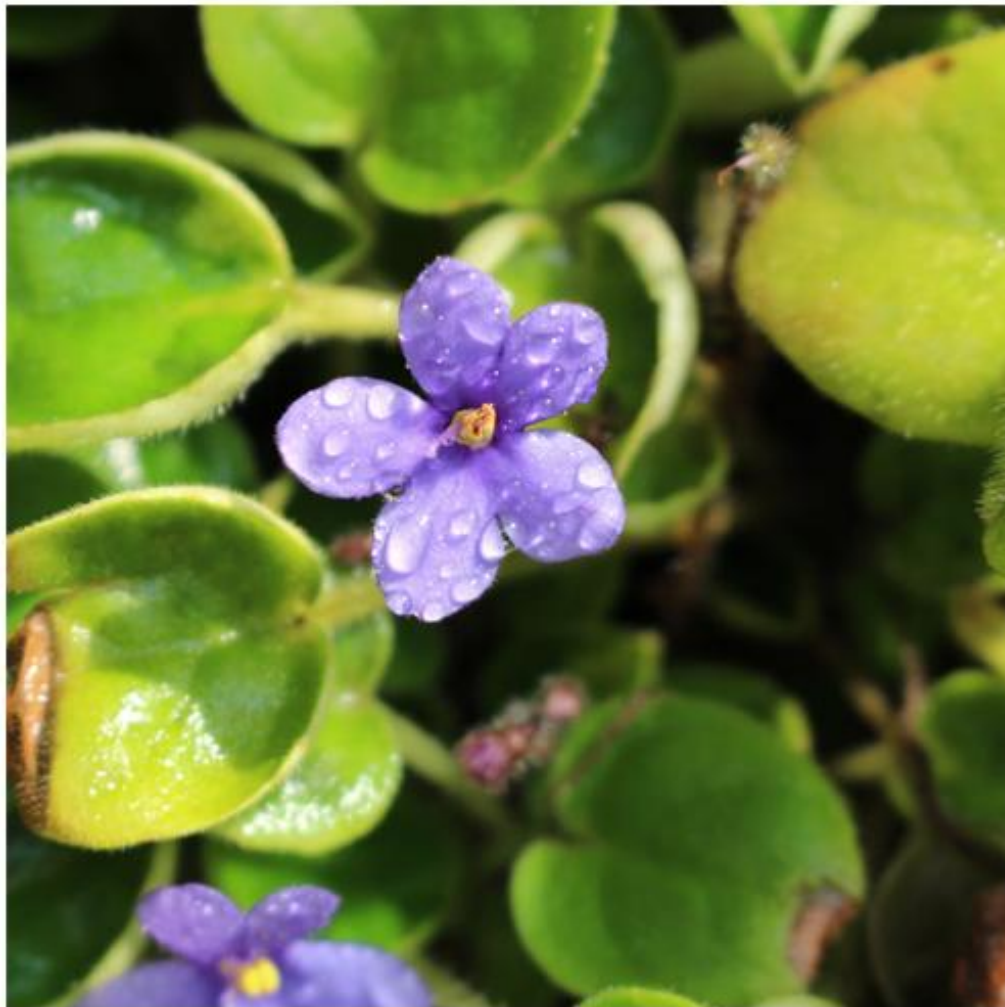


Questions to ask yourself today.

Are you feeling and acknowledging your emotions?
Do you have the courage to express your emotions?
Can you express your feelings without hurting another?

Emotional Violet Garden

Violet in the emotional garden opens the gateway of the heart. This garden can bring abundance if you can share life's bounty with all you meet.



Questions to ask yourself today.

Are you following your heart?

Are you open hearted?

Are you communicating from your heart or your mind?

Emotional Magenta Garden

This is the door way to your emotions. Enter the garden and really embrace the wonder and colours that are in your world. You are part of this whole creation shine your own colours today.



Questions to ask yourself :

Are you open to experiencing joy today?.

Can you see & feel the wonder of all that is around you?

Where are your emotions today?

Emotional White Garden

In the white emotional garden waters can be turbulent. The emotions can be a well of unshed tears or the clarity of what is needed to bring a clarity into focus.



Questions to ask yourself today.

Can you let go of feelings that are not bringing you clarity?

Can you let the tears fall to bring clarity of what you need today?

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 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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