

# The Aura-Soma® Colour Essences

The Colour Essences carry the energetic qualities of each colour. They form a contact between the mental and emotional subtle energy of the upper and lower astral and electromagnetic fields immediately around the physical body.

The Colour Essences have a centering quality that facilitates our connection to the earth, that helps us to be practical and to ground our full being in our intended creative endeavors. Use these to help attune to yourself, to be more conscious of your surroundings. They help us to find a greater sense of ease and connectedness with the environment and the natural kingdom around and within us.

The Colour Essences are on the vibration of colour, however do not have a colour and do not have a perfume as these energies are held in an Brandy solution.

## How to Select your Colour Essences

- 1 Have a Aura-Soma consultation with a Practitioner who will guide you through the process of choosing a selection of Colour Essences as indicated by the Equilibrium selection. Consult a Practitioner for more information.
- 2 You may choose a selection of Colour Essences to use based on the Chakra colour you may like to work with at this time or let your intuition draw you and/or read the information notes about each Colour Essence.

## ArchAngelo Colours/Information Notes

### White

Cleansing and harmonising on all levels, helps to sharpen the mind, bringing new insights. Helps to bring light to any situation

### Pink

Helps stimulate the ability to receive love and to feel love, caring and warmth for oneself and for others. Helps reduce fear and anxiety, helpful for grief situations

### Red

May be useful for stimulating energy and grounding yourself. Increases your level of awareness and supports you in awakening to your life situations and circumstances. Can be used to stimulate creativity when dynamic energy is needed with practical application. Connects with our Earth Star chakra

### Orange

Could be useful in shock situations. May bring deep insights, joy and understanding. Helps you release the past and access new wisdom.

### Gold

Supports you in "letting go" and centering, gaining balance and equilibrium. Release confusion and find clarity by bringing in the light of wisdom. To connect you to the Star you are!

### Yellow

Supports you in the assimilation of knowledge and realizing what you truly "know" in the depths of yourself.

### Olive

Encourages you in discovering the leader within. Compassion, equality and fearlessness.

**Green**

Brings harmony to the emotional body. New directions from the Heart. Helps you to find your space, truth and make difficult decisions. Helps in letting go of envy and jealousy.

**Turquoise**

Inspires balance between the heart and throat for the public speaker. Encourages creative energies, useful for expressing feelings, connecting with the distant past and attunement to the mineral kingdom.

**Blue**

Brings peace to the body, mind and spirit. Stimulates creativity through finding inner calmness and stillness. Supports nurturing and may help those who experience loss at an early age. Enhances communication and concentration.

**Royal Blue**

Spiritual insight into the nature of things. Stimulates intuition, helps with clarity of seeing and creativity that is fed in from above.

**Violet**

Encourages the being to renew itself in nearly all situations. Brings a meditative attitude on a moment to moment basis.

Helps integrate the thinking, feeling processes.

**Magenta**

Supports you in connecting, with "love from above". Stimulates caring for yourself and others by opening and energizing the heart's response to situations and relationships. Connects you to your Soul Star chakra.

**Rainbow**

Created by Vicky Wall for use by "rainbow workers" to support your experience of your true direction and development of your gifts. This Colour Essence can be useful in stressful situations bringing balance to all the systems of the body, mind and spirit. Encourages your connection with your inner teacher and your inner guide.

**Coral**

May be helpful in releasing situations of unrequited love and fear. Awakening to the new Christ energy within, opening to a new way of caring for yourself & others that comes from a deep sense of unconditional love. May open one to recognize the synchronicities of life by getting one in touch with their deeper creativity.

**How to Use**

You may select to use more than one Colour Essence together.

Once you have chosen, put a few drops into a small bottle of clean (not tap) water. You can then carry this with you during the day and apply 1-2 drops to your pulse points as desired, or to your evening bath.

Please Note: For external use only. Keep out of the reach of children. Avoid contact with the eyes. Do not apply to broken, irritated or sensitive skin. Do not use on polished/ painted surfaces.

Made with love and intention by Aura-Soma Products Ltd Lincolnshire England  
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