



A Week of RAINBOWS

GREEN

The energy of love, unconditional and forgiving. This vibration emanates from the heart chakra and heals all things.



Your GREEN experience:

When you meditate on this color, or take the time to really look at and FEEL the energy from GREEN, what do you feel?

What words would you use to describe how GREEN would taste?

What would GREEN sound like, if it was a sound?

What EMOTIONS do you feel as you experience GREEN?

Do you have much GREEN in your life right now (clothing or environment)

Do you think you could benefit from adding the energy of GREEN to your life right now?