



A Week of **RAINBOWS**

Indigo

The energy of wisdom, peace, knowledge and mental strength. It's center is at your third eye,



Your INDIGO experience:

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

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

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

What EMOTIONS do you feel as you experience INDIGO?

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

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