



A Week of RAINBOWS

ORANGE

The energy of Joy and Creativity, Laughter and sensual connection. The Sacral Chakra shines with this light!



Your ORANGE experience:

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

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

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

What EMOTIONS do you feel as you experience ORANGE?

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

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