



A Week of **RAINBOWS**

RED

Filled with passionate active energy, movement, warmth, and physical vibrancy. The Root chakra shimmers in a red light.



Your RED experience:

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

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

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

What EMOTIONS do you feel as you experience RED?

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

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