



## A Week of RAINBOWS

### YELLOW

The energy of Clarity and Optimism, it vibrates in your body through your nervous system and in your solar plexus chakra (around your stomach)

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#### Your YELLOW experience:

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

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

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

What EMOTIONS do you feel as you experience YELLOW?

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

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