



My Week of RAINBOWS

Journal Book

Inner Harmony 2013



A Week of RAINBOWS

The Origin of Rainbows

White Light contains all possibilities. Find a white object and hold it, or sit and look at it with your eyes open and then experience its energy with your eyes closed.



Your WHITE experience:

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

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

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

What EMOTIONS do you feel as you experience WHITE?

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

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



A Week of RAINBOWS

The Origin of Rainbows

Black is the absence of light wave energy. It holds a sense of quiet contemplation. Find a black object and hold it, or sit and look at it with your eyes open and then experience its energy with your eyes closed.



Your BLACK experience:

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

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

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

What EMOTIONS do you feel as you experience BLACK?

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

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