



NATURAL SOLUTIONS

Clinical Kinesiology, Acupuncture, & (w)Holistic Healthcare

Susan L. Levy, D.C., DABCO, FACA

Author of *Your Body Can Talk* & *Your AGING Body Can Talk*

www.YourBodyCanTalk.com

YourBodyCanTalk2@Gmail.com

Color Therapy and Chakras

AQUA or TURQUOISE — Carries the energy of “I Clearly Communicate”

Focus on your thymus gland which lies behind your breastbone and fill this area with the color turquoise.

Affirm these truths: Turquoise can help your immune system. Know that the turquoise color helps you express yourself more clearly and to have confidence in your speaking skills. Turquoise can help support your immune system and is able to help your body combat inflammation. Turquoise can help you overcome a negative state of mind and to relax and, may even help you with sleep.

Essential Oils: Tea Tree & Clary Sage Oils

Affirmations:

- *It is my birthright to be safe and strong.*
- *My immune system is strong and supports me at all times.*
- *I am confident and comfortable as I speak and interact with others.*



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MAGENTA — Carries the energy of “Understanding My Identity”

Focus on your entire being and fill yourself with the color magenta.

Affirm these truths: Magenta can help balance emotions. It is soothing and relaxing while it energizes the heart and regulates blood pressure. Magenta can help balance the circulatory system and normalize its function. It can also help balance the kidneys and adrenal glands. It can strengthen the energy field.

Essential Oils: Rose & Rosewood Oils

Affirmations:

- *My mind, body, emotions, and spirit are aligned. They are in perfect balance and harmony.*
- *All aspects of myself are full of radiant vitality.*
- *By knowing myself, I develop and maintain self-confidence.*



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VIOLET — Carries the energy of "I Know" (Crown Chakra)

Focus on your head and pineal gland deep within your brain. Fill this area with the color violet.

Affirm these truths: You are endowed with a sense of inner knowing and creativity. Connect with that sense now. You can make this connection whenever you need to. You feel connected to all that is. Love flows to you from everything in the universe. Your spiritual understanding connects you to the world in which you live. You know that you receive universal love. You allow this universal love and wisdom to flow from yourself to others. Feel the universal love come to you and flow out from you, returning this love to everyone around you.

Essential Oils: Lavender & Jasmine Oils

Affirmations:

- *I am consciously living my divine purpose.*
- *I am in total harmony, physically, mentally, and spiritually.*
- *I am one with God and all creation.*

Complimentary color is yellow.



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INDIGO — Carries the energy of "I See" (Brow Chakra)

Focus on your pituitary gland within your brain, your sinuses, nose, and sight. Fill these areas with the color indigo.

Affirm these truths: You are open and willing to see and perceive perfectly. You are able to concentrate. Your imagination helps you see solutions with clarity and accuracy. You perceive clearly. You have a wonderful peace of mind. You are devoted to seeing more and more clearly with each day.

Essential Oils: Patchouli or Frankincense Oil

Affirmations:

- *I am perfectly attuned to my vision.*
- *I use my imagination for positive, creative purposes.*
- *I move towards my vision with clarity and purpose.*

Complimentary color is Yellow/Orange.



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BLUE — Carries the energy of “I Speak” (Throat Chakra)

Focus on your throat, thyroid, lungs, and mouth. Fill these areas with the color blue.

Affirm these truths: You give yourself permission to speak your truth. Share how you feel and who you are through your speech, your artistic ability and your way of life. You express yourself with integrity and honesty. You express your commitment to be reliable, gentle, and kind to others and to your self.

Essential Oils: Geranium & Chamomile Oil

Affirmations:

- *I freely express my thoughts and feelings.*
- *I always communicate clearly and effectively.*
- *I express myself freely and easily*

Complimentary color is Orange.



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GREEN — Carries the energy of "I Love" (Heart Chakra)

Focus on your heart area, circulatory system, arms, and hands. Fill these areas with the color green.

Affirm these truths: Feel this color opening your heart. Feel the gift of compassion and unconditional love. Give this love first to yourself. Forgive yourself of anything that comes into your mind. Love yourself. Accept yourself. Let go of the past and look forward to the future. The future holds the promise of healing all sense of loss, whether real or imagined. You find contentment. You radiate harmony, which nurtures yourself and others.

Essential Oils: Eucalyptus & Pine Oil

Affirmations:

- *I am an open channel for divine love.*
- *I put my heart into everything I do.*
- *I love opening my heart and sharing it with others.*

Complimentary color is Red.



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YELLOW — Carries the energy of "I Can"(Solar Plexus)

Focus on your stomach, liver gall bladder and pancreas. Fill these areas with the color yellow.

Affirm these truths: Open yourself the lightness of joy and laughter. Remember all of your accomplishments, no matter how great or how small, and feel the confidence of knowing that you can recreate that success anytime you want to. Feel the personal power that comes with efficiency balanced with warmth. Feel the personal power that comes with being organized balanced with being flexible. You are self-aware, self-controlled, and mentally clear.

Essential Oils: Rosemary & Bergamot Oil

Affirmations:

- *I accept myself completely.*
- *I am full of radiant light and energy.*
- *My personal power is growing stronger every day.*

Complimentary color is Violet.



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ORANGE — Carries the energy of "I Feel" (Spleen Chakra)

Focus on your reproductive organs, genitals, (gonads, prostate, uterus) and spleen. Fill these areas with the color orange.

Affirm these truths: Remember a time of passion and enthusiasm. Bring this memory to the present and fill these areas with that feeling. Feel the energy of vitality and optimism. Feel the warmth and hospitality of family and friends. Feel the tolerance that comes with experiencing yourself as a separate person belonging to the Universal Family of all people.

Essential Oils: Melissa & Orange Oil

Affirmations:

- *I feel my creativity streaming through my body, soul, and mind.*
- *My creative energy has the power to create and transform.*
- *I open myself to others naturally.*

Complimentary color is Blue.



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RED — Carries the energy “I Have” (Root Chakra)

Focus on the base of the spine, adrenals, kidneys, bladder, colon, spinal column, legs, and blood. Fill these areas with red.

Affirm these truths: Become aware of your breath. Air comes to you freely and abundantly. Notice how your body carries out all of its functions without any conscious effort from you.

Essential Oils: Ylang Ylang & Sandalwood Oil

Affirmations:

- *I am safe and cared for.*
- *All my needs are provided for.*
- *I am grounded to the earth and I am connected to my body and to my “inner being” at all times.*
- *I am courageous and spontaneous.*
- *I am stable, safe, and secure.*
- *I have unshakable trust. It sustains me.*
- *I am rooted in life, and in myself.*

Complimentary color is Green.