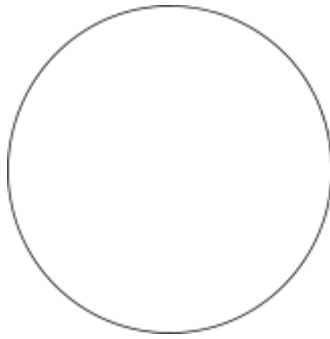


Simple Ways to Connect with Color

Activity 2: Connecting with a Non-Favorite Color

Choose a color you can't stand, don't like, or are simply indifferent to and fill it into the circle below:



Set up your space for meditation: light a candle, incense, put on some relaxing music, etc., and set your timer for 10-15 minutes. (Please feel free to set the timer to as much time as you feel.)

Sit in a relaxing position and take 3 deep breaths. Allow your body to open and relax. Feel your body merge with where you're sitting and soften your eyes.

Once your eyes are relaxed, focus on the color in the circle. After focusing for a time, allow your eyes to naturally close.

Imagine this color as a bubble in front of you. Observe how you feel.

Do you feel hesitation or resistance towards this color? How do you feel as you move closer to it?

When you feel ready, step into the bubble filled with this color. Allow anything you see in your mind's eye to be okay, and allow all feelings that come up.

When you feel ready, step out of the colored bubble and thank it for having held you.

You are welcome to return to this bubble at any time, and with any color. This is a quick and simple way to connect with colors that we normally push away, opening us to feel new or possibly suppressed emotions, and allowing us to connect with the power and the message that color transmits.

Questions for Reflection:

What feelings came up for you as you gazed at that color with your eyes open?

How was it for you to see that colored bubble in front of you?

Did you experience any kind of hesitation or resistance as you moved closer to the bubble?

How did you feel when you finally entered the bubble? Did you experience a sense of relief, or was it strange perhaps?

Did any images or memories come to you as you were inside of the bubble or at any moment throughout this activity?

How did you feel as you left the bubble? Did you feel more connected with the color on any level? Did you discover any new or suppressed parts of yourself?

How can you continue to connect with this color and your associations with it moving forward?

Conclusion

Colors bring us straight to the feeling!

I always say this because looking at color has an instant impact on our physical and emotional bodies. As we work with the colors that we don't particularly like, we can discover all kinds of subconscious associations that we have had with it, which has been preventing us from connecting with the power of this color. As we open ourselves to these colors, we open ourselves to new or suppressed parts of ourselves and life.

Feel free to do this activity with any color you don't favor, or even with a situation. You could be struggling with something and ask: what color is this situation for me right now? Once you've seen the color, you may color with it, look at it, feel it, and enter into the visualization above.

If you have any questions, please send an email to:

unconditionalcolors@gmail.com

Thank you for connecting with this color, I hope you've gotten something from this activity and continue to connect with and embrace yourself and your life in all of its colors, especially the ones you may not always like!