

Simple Ways to Connect with Color

Activity 1: Writing in Color

This example for this activity is based around self-acceptance, with the color pink, but this can be substituted with any color according to your intention and what you would ultimately like to feel.

Pink is the color of embrace, gentleness, and unconditional love. It's a color that helps us open to love and accept the parts of ourselves and others that can make us feel frustrated, blocked off, etc.

What you'll need:

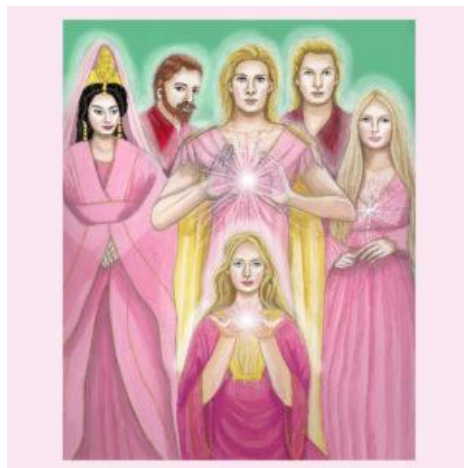
- ★ Any paper/journal that you feel comfortable writing your feelings
- ★ A space to be alone
- ★ A pink pen/colored pencil/marker/crayon

How to Begin:

Close your eyes and visualize an experience that left you with negative feelings towards yourself. This could range from something as simple as a time you felt embarrassed to a traumatic event, depending on what you feel you need to embrace within yourself.

Take your pink writing utensil and write the experience from beginning to end, in as much detail as you can remember.

When you've finished writing everything down, read it while focusing on the color of the writing.



Questions for Reflection:

How did you feel whilst writing that experience in the color pink?

How do you feel as you read the writing back in pink? Does it feel relieving or do you experience resistance?

I feel ____ as I mix the color pink with this experience. Explain:

Who am I, how do I walk, talk, and move in the world when I fully accept and love myself and this experience?

Visualization:

Close your eyes and enter back into what you imagined before you wrote, but this time everything has a soft pink filter over it. You see yourself and everyone with pink light surrounding their bodies.

Do you feel the same as when you visualized this experience the first time?

Pink Ray Invocations:

“I call upon Quan Yin to infuse me with the soft Pink Ray of Love and Forgiveness, to heal my heart and bring me comfort and peace.”

“I ask Quan Yin to fill my heart with love energy that I may forgive myself and others of any wrongs or hurts and be free to heal.”

“I invoke Archangel Chamuel to fill my heart with the light of the Pink Flame of Love so that all my relationships are in loving harmony.”

“I call upon Archangel Chamuel and Seraphina to infuse me with the Pink Ray of Love so that I see myself with the eyes of love and appreciation. I am Love.”

“I call upon Lady Charity to fill my heart with the Pink Ray to overflowing with love, that I may radiate love to others and receive love with gratitude.”

“I call upon Heros and his elementals to aid me in sending the powerful Pink Ray of Love to planet Earth to bring it into healing and balance.”

Photo + Invocation Source, Further Expansion:

<https://elementsdesigncollection.com/living-with-the-pink-ray-of-love/#.Y4l1b-xKhE>

Conclusion

Accepting and loving ourselves and all of our experiences opens us to love others and life more deeply than we can imagine. The amount of love we can feel is boundless, and the pink ray helps us to connect with the powerful force of unconditional love and acceptance.

Feel free to repeat this activity with other experiences, or even use other colors! For example, maybe you've written about the feeling or experience in pink and still feel you need to find more compassion, then maybe you could try to write it all in green and connect green with the energy of the feeling or situation.

The possibilities are limitless for this activity, if you have any questions please feel free to send an email to:

unconditionalcolors@gmail.com

Thank you for trying this activity and I hope you continue to connect with all of your colors!