

Colours & Chakras Cards

Colour Meanings & Colour Affirmations - Printable Healing & Empowering Cards

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Work with the energies of colours to cleanse, energise and align your mind, body & soul!

Colours

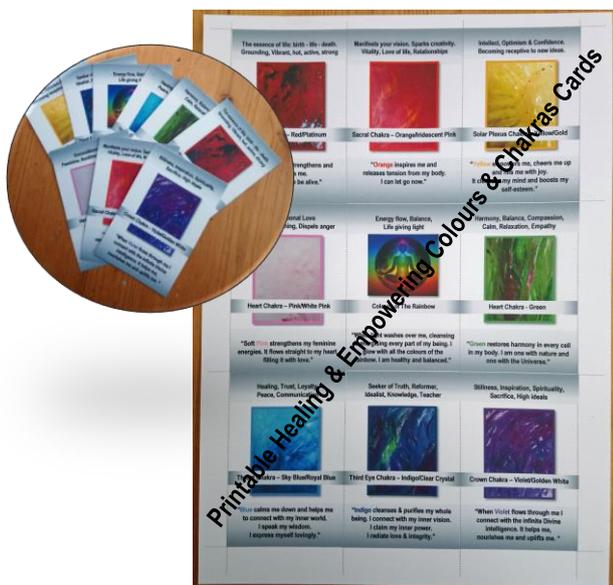
Colours are the purest healing force of the Universe, vibrating on different frequencies. They can lift your mood, reduce symptoms of mental, emotional and physical illnesses, vitalise your organs and help cleansing your energies. You soak them up in 3 different ways:

- through your eyes,
- skin and
- chakras (energy centres).

Chakras

We generally talk about 7 chakras in energy healing, yoga, etc. However as the frequency of the Earth changes and we personally are able to raise our vibrations, our dormant chakras become active, open, forming a 12 chakra system.

I created these cards specifically for working with your 7 chakras initially. However in my paintings I incorporated colours corresponding with your energy centres on different frequencies. So if you already have reached a higher frequency or aiming to do so, you can work with other colours too, accordingly. For example the root chakra, which resonates on a lower frequency will be matched with the colour Red. However it will be replaced with Platinum at a higher vibrational level. The Sacral Chakra is an interesting one. It vibrates with Orange, which is replaced with Iridescent Pink, as the frequency increases. At the same time a currently dormant Naval chakra comes to life, which basks in bright Orange.



Reference:

Chakra Colours in the 5th dimension – Diana Cooper
Colour properties – June McLeod

How to prepare the cards?

First print the cards on the heaviest card paper your printer can take. Then cut them at the dotted lines. You will have 9 cards to work with.

How to choose a card?

1. **Shuffle the cards.**
2. **Place them in front of you to see all of them at once.** Do not try to memorise them. In fact pay as little attention to them at this point, as possible.
3. **Close your eyes and take 3 deep breaths.** Take your time to focus on the air and energy flooding your body each time you breathe in, and leaving your body each time you breathe out.
4. **Now open your eyes and choose a card.** Let your intuition decide for you, so choose instantly without thinking.

How to work with your chosen card?

1. Look at the picture and really focus on it. Let the colour(s) draw you in. How does this particular colour make you feel? Do you like or dislike this colour? Write your findings down.
2. To find out more about this colour and what it personally means to you, work with the colour meanings at the top part of the card. Read the words one by one, out loud. How do those words make you feel? If there is any rejection or any negative feeling coming up, grab a pen and paper and jot everything down.
3. If you find negative feelings towards a certain colour and/or its meaning, it shows that there is a blockage in your energy flow at that particular energy centre, which this colour corresponds with. If you only have positive thoughts and feelings attached to the colour and its meanings, simply energise your chakra with the next step.
4. If you are not familiar with the location of the chakras, The Colours of the Rainbow card gives you an idea, where each chakra is. Focus on the chakra, which the colour you are currently working with relates to.
5. Now use the colour affirmation at the bottom of the card to either restore the flow in your being or energise your chakra. Read the colour affirmation out loud, if possible, and really take in what it means. Place the card somewhere, where you see it often, during the day and keep repeating the affirmation as many times as you feel the need for it.

If you happened to draw The Colours of The Rainbow card, you can use it similarly to the others. Use the picture to help you visualise yourself glowing with all the colours.

Try not to judge yourself during this process, just enjoy the experience!

Eva

The essence of life: birth - life - death.
Grounding, Vibrant, hot, active, strong



Root Chakra – Red/Platinum

Manifests your vision. Sparks creativity.
Vitality, Love of life, Relationships



Sacral Chakra – Orange/Iridescent Pink

Intellect, Optimism & Confidence.
Becoming receptive to new ideas.



Solar Plexus Chakra – Yellow/Gold

“The colour **Red** strengthens and energises me.
I am grateful to be alive.”

“**Orange** inspires me and releases tension from my body.
I can let go now.”

“**Yellow** empowers me, cheers me up and fills me with joy.
It cleanses my mind and boosts my self-esteem.”

Unconditional Love
Feminine, Soothing, Disperses anger



Heart Chakra – Pink/White Pink

Energy flow, Balance,
Life giving light



Colours of The Rainbow

Harmony, Balance, Compassion,
Calm, Relaxation, Empathy



Heart Chakra - Green

“Soft **Pink** strengthens my feminine energies. It flows straight to my heart, filling it with love.”

“White light washes over me, cleansing & energising every part of my being. I glow with all the colours of the rainbow. I am healthy and balanced.”

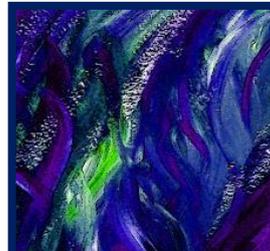
“**Green** restores harmony in every cell in my body. I am one with nature and one with the Universe.”

Healing, Trust, Loyalty,
Peace, Communication



Throat Chakra – Sky Blue/Royal Blue

Seeker of Truth, Reformer,
Idealist, Knowledge, Teacher



Third Eye Chakra – Indigo/Clear Crystal

Stillness, Inspiration, Spirituality,
Sacrifice, High ideals



Crown Chakra – Violet/Golden White

“**Blue** calms me down and helps me to connect with my inner world.
I speak my wisdom.
I express myself lovingly.”

“**Indigo** cleanses & purifies my whole being. I connect with my inner vision.
I claim my inner power.
I radiate love & integrity.”

“When **Violet** flows through me I connect with the infinite Divine intelligence. It helps me, nourishes me and uplifts me. “