

Love Love BY DESIGN



1st Red is the Root Chakra colour - The root chakra color commands attention. It signals danger to us. We act immediately. Red is the color of the life force. It is the color of blood and the first color we come into contact when we are born. Red means energy and our connection with the Earth and carries the promise of survival. On a physical level red is associated with adrenal glands - the glands whose function is associated with the "fight or flight" response - the instinctual survival response. People who are drawn to red enjoy being in their physical bodies and here on earth.



2nd Orange is the Sacral Chakra colour- This is located in the pelvic area and orange is the area of our gut feelings and wisdom. Buddhists call this "hara", the centre of being through which we connect with the deepest voice of the self, the deepest stillness and wisdom. It's where we find bliss. Living a life guided by orange color transforms even the most mundane daily experiences into pleasurable experiences. Orange is also associated with the gentle and positive nurturing of ourselves which moves us on our path of growth and development.



3rd Yellow is the Solar Plexus Chakra Colour – From here the "I" shines where you feel the strength, will and personal power. The energy is vibrant, optimistic, and full of energy. It's the color of youth, new beginnings, birth and re-birth, also wise and knowledgeable. It connects you with knowledge and your intellect. People drawn to yellow are drawn to intellectual pursuits. As you unfold the petals, you find a fire that burns within you, that gives you power and energy to stand for yourself and to assert yourself. You find trust and inner worth. That is the healing brilliance of yellow.



4th Green is the Heart Chakra colour – The colour of love; the very center of your being, the energy of love and transformation. It allows you to transform your ego and the needs of your lower chakras and open up to love, becoming more loving and compassionate. This is where you reach beyond yourself and connect with something greater, wider, and deeper. Green is the color of growth, life, and balance. Through balance, you can love, form healthy and nourishing relationships, and give and receive love.



5th Blue is the Throat Chakra colour – Blue connects you with the Divine and an association with Heaven. Blue energy is pure, soothing, calming, and healing. Blue allows you to take time, to be still and listen to your own voice. To listen to the stillness within and to express what needs to be expressed. In Buddhist philosophy, blue is the color of pure mind - the mind that is uncluttered by thought. In stillness, you can find pure mind. Blue energy is a guiding energy, enabling you to find a sense of faith and trust.



6th Indigo is the Third Eye Chakra colour – it's the color of wisdom and deep inner knowing. It opens the door to the Divine and the color that we associate with night. It is at night, when our senses become finer and a different part of us awakens. Indigo brings clarity to the sense organs - your seeing, hearing and feeling. Indigo is also connected to your sixth sense - your third eye. Indigo is a bridge between heaven and earth, between the left and right hemispheres and also between life and death.



7th Violet is the Crown chakra color - our connection with the energy of heaven, it's the color of spirituality. It offers the inner sense of wholeness; a sense of ending, completion of a process, and a promise of something new, illumination, rebirth. There is peace and tranquility in the newfound knowledge of profound change. Violet color is cleansing and purifying. It is the color of magic, ritual, cleansing, purifying, connecting, mystery, and mysticism.