

Quick Guide - Colours and Properties

Colour	Property	Use
Black	Repels negativity	Grounding, protection
Red more...	Strength, power	Lack of energy, depression
Orange more...	Self confidence, courage	Insecurity, self – doubts
Yellow more...	Happiness, stimulation	Fear, stress, tension
Green more...	Healing, balance	Selfishness, jealousy
Blue more...	Peace, serenity	Nervousness, restlessness
Indigo more...	Intuition, awareness	Lack of decisiveness, blockages
Violet more...	Creativity, enlightenment	Boredom, enlightenment, spirituality
White	Purity	Completion

It is an honour to be part of another's journey – start your healing journey

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Healing Journeys Energy