



# feed your chakras

with the energy of color

## DO YOU REMEMBER THE EXCITEMENT OF GETTING A FRESH BOX OF

crayons? What was the first thing you did? Most likely, you opened the box for a whiff of that unmistakable crayon smell as you admired all the colors in perfect symmetry. Did you select your favorites and test them on the spot ... or did you save the best for last? Either way, that box of color opened your heart and mind to new possibilities.

Consciously and unconsciously, color surrounds us and impacts us. We are made of color energy. If you have tried blending paints to make the color of flesh, you know that it takes all the primary colors to match skin tone. Varying degrees of light and dark, red, yellow and blue make our color unique and one of a kind. We encompass all the colors of the rainbow.

We have a symbiotic relationship with nature. The colors in nature's rainbow are the same as the colors in our inner rainbow, the chakra system. Chakras are energy centers that fuel our subtle energy body, also known as our essence or spirit. Each chakra is associated with a color, sense, sound, organ(s) and endocrine gland. As the chakras feed our energy body, it in turn feeds the physical body. The more you feed your chakras with the color energy from nature, the healthier you will be on all levels:

- **Spiritual:** The cure for disease is prevention, which starts when we feed our spirit. Being full of color energy keeps the "whole" person healthy.
- **Physical:** Your body thrives on color nutrients from fresh fruits and vegetables. The minerals in these foods are the catalysts for numerous cellular activities in the body.
- **Emotional:** Being full of color energy helps you feel peaceful, content and whole.
- **Mental:** The healthiest minds are quiet, free of mental chatter. In this mindset, we are able to intuit and have conscious thought.

## Energy value

Just as food has nutritional value, it also has an energy value. Our environment, as well as what we eat, think and do has an energy value that directly impacts our health and vitality. Eating fresh food from the garden, sharing a smile, feeling love and performing good deeds supplies us with the most vitality; whereas eating foods that are highly processed, thinking negative thoughts and feeling angry diminishes our energy. Negative energy depletes our subtle energy body,

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BY LINDA BERTAUT



which in turn diminishes the energy being fed to the associated organs and endocrine glands. Prolonged exposure to negative energy is the true cause for disease.

### Feed your chakras

Color determines health, vitality and energy. Show your true colors by feeding your inner rainbow with the beauty of nature. Introduce fresh fruits, herbal teas and colorful gemstones to clients in your treatments and spa environment. Just as with your box of crayons, the possibilities are endless.

Peaches are high in numerous nutrients, especially carotenoids, which are essential for a healthy heart and eyes. They provide an antioxidant powerhouse both internally and externally. For the skin, peaches' natural alpha hydroxy acids provide a gentle exfoliation, while the mouthwatering aroma offers a sensory indulgence to welcome the warm glow of summer. Enhance your clients' beauty inside and out with these peachy recipes.

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### Peach Julep

ASSORTED POLISHED GEMSTONES

2 RIPE PEACHES

1 LIME

FRESH MINT SPRIGS

¼ CUP HONEY (OPTIONAL)

- Place gemstones in the bottom of a clear pitcher and fill with ice.
- Peel one peach, removing the pit. Blend with 2 cups water in a blender. Add honey to taste if additional sweetener is desired.
- Pour mixture over ice, add water to fill pitcher and stir.
- Slice a lime and a second peach, leaving the skin intact. Place into beverage.
- Garnish with mint sprigs, pour and enjoy!

### Honey Nut Peach Glow Mask

Grind a few almonds to a sandlike consistency in a coffee grinder (a clean one that has not been used for coffee). In a clean bowl, cut a ripe, juicy peach into small chunks. Add a tablespoon of honey and a few drops of grapeseed or jojoba oil. Add the almond powder and blend into a creamy consistency. Massage onto clean skin, working in small circles, avoiding the eye area. Leave on between five and ten minutes. Rinse with warm water to reveal a radiant complexion. ■



**Linda Bertaut** is an author, esthetician, Reiki master teacher and award-winning expert on inner and outer beauty. She specializes in bringing inner beauty to the surface and inspiring others to do the same.

Known as the beauty industry's Reiki master teacher, she founded Bertaut Beauty to help professionals add wellness therapies to their menu of services. Visit Bertaut's blog [www.Chakralicious.com](http://www.Chakralicious.com) for more info on feeding your inner rainbow. [Linda@BertautBeauty.com](mailto:Linda@BertautBeauty.com) 626.405.0424