



I'm happy to invite you into the wonderful world of vibrational energy healing with Color Therapy. I created Conscious Colors over 12 years ago- a unique system of balancing the body, mind and spirit with color energy. Color energy can also be found in scents and sound, thus the creation of my *color* aromatherapy line, Color Aromas. We utilize our senses & sensory awareness here as a bridge to higher consciousness- of light.

I am continually amazed at how the simple act of consciously bringing color into one's life can create many profound and powerful energy shifts. After all, at your core you are light (energy) and light is comprised of vibrational frequencies, fractions of energy that you know as individual colors, so when you look at color, you're seeing this aspect of yourself.

When you spend time consciously and purposefully exposing yourself to color, you are both subtly and dynamically bringing yourself into the harmony and balance of light, of your light self. When you look at color you are seeing a part of yourself. Sometimes the color energy is reflecting what you're lacking, and other times the color is reflecting energy that is vibrant and robust at the time.

Your inner energy centers, the Chakras, as denoted by yoga, are focal points in your body where energy collects, circulates and distributes itself throughout your energy body. Each of the Chakras has an energetic "co-partner," a magnet, a reflection of itself in a color ray. In addition, each color ray offers a healing energy that can benefit all of the Chakras in a unique way. I specialize in Chakra Balancing, which is synonymous with energy balancing. The word energy speaks to your physical, mental, emotional and spiritual energy. So know that when you enjoy a class, workshop or private healing session with me, you receive support in balancing your energy on all levels!

Come experience the light,

Constance Hart, Founder
Conscious Colors • Color Aromas