White Light- the Mother of All Colors

©2017 Constance Hart, Conscious Colors

The energy of White is really what you're seeing when you see the rainbow. Embedded in that white frequency is each of the primary color rays, that then combine to make up secondary rays, and tertiary colors (combinations of primary and secondary colors) and so on.

So, when you want to "press the energetic reset button" on your own feeling of wholeness, reuniting with the color white can do just that.

Yet, going "all in" with the color energy of wholeness, and truly, the energy of *all* light, *all* frequency, and *all* energetic possibility, may require a little preparation. At least, that's my suggestion.

For Practitioners, be sure to consider this when working with your clients/patients/students. You may want to reconsider jumping right into white if your client has been feeling very off-balance, especially out-of-sorts, and/or disoriented.

Protocol for Wisely Reuniting With Your White Light Self:

**always practice with self 1st before sharing/instructing clients*

- Mist the **White Color Aroma Mist** in the room ahead of you
- Ground hands and feet with **Deep Red Color Aroma Oil**
- Apply **Deep Violet Color Aroma Oil** on crown for grounding
- Deep breathe with focus on and in the heart center

Continued...

- **Apply Green Color Aroma Oil** on the chest and upper back
- Practice breathing into the Aura, beyond surface of the skin
- Mist the **White Color Aroma Mist** in the Aura, around the body
- Apply the **White Color Aroma Oil** anywhere o the body that feels it is most in need.

Have further questions?

Schedule a private mentoring session or consult.

Want to get fully trained in Conscious Colors Therapy?

Enroll at ConsciousColors.com

Continued…

Conscious Colors®
COLOR AROMA™

Choose by Colors or Choose by Moods

Collect all 13 colors.
ConsciousColors.com

Continued...