Conscious Colors Deep Red Meditation

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Read, Recite, Repeat with the color Deep Red in your Consciousness:

"I am now open to a new physical and emotional foundation for my entire bodymindspirit. I'm willing to open my mind to a feeling of stability and abundance. As I open to these intentions, I allow the color energy **Deep Red** into my mind's eye. With my eyes closed, I invite the memory of **Deep Red** to fill my conscious awareness. I imagine my entire body is filling up with these stabilizing color ray. As I imagine every cell of my being receive **Deep Red** energy I know that I can and will attract everything I need and want to be taken care of in all realms (physical, mental, emotional, material). I now invite a sense of ease and contentment in.

As I inhale, I receive the **Deep Red Color Aroma** of cedar wood, vanilla, and rosewood. *(for those of you that have the Conscious Colors Deep Red Color Aroma)* As I breathe with the thought of ease, I feel more centered and secure in my bodymindspirit. I invite my entire body being to feel grounded and centered in my new abundance now. I am centering with the abundance of all that is possible and probable for me.

I give myself an image of something simple that I need right now. I also give myself the image of something I want right now. This could be a material object or an emotional quality. As I breathe with an image of abundance that is personal to me, I breathe with expectancy and joy. I let myself imagine and visualize and daydream like a child does. Playfully and with joy-- free of expectation or demand-- just simply for the joy of having the imagination.

I now welcome the joy of this daydream into my hands as I anoint the **Deep Red Color Aroma** into my palms. I inhale the aromatherapy deeply knowing it is now helping to influence my memory and create a new memory-- one of me receiving my dreams coming true. I smile and allow my nose to do the work as I inhale into the deeper part of my mind that imagines and dreams, visualizes and calls into my future. I claim my abundance fully now. I am open to my abundance and allow it to show me what I'm available for and so it is."

Practice this script with yourself and your clients/patients/students (if you're a practitioner).

Try this meditation with all three red rays-- Deep Red, Bright Red and Pink to discover which color the body is most in need of.

Visit Conscious Colors Website Here **to order Color Aroma Oils and to sign up for the Conscious Colors Course!**

Enjoy your colors!

Constance Hart