



Your Year In Color

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Lesson Seven



Hello and welcome back to Your Year in Color!

I must say, it's been really enjoyable reading your reactions to last month's color. Yellow seems to consistently make people feel more joyful and inspired, which makes sense because I have a similar reaction.

On a personal note, it felt as though the Universe was surprising me with yellow all month long. A neighbor painted their front door yellow. I started to notice blossoming yellow flowers and bushes on my daily walks. And even my weekly flower purchases for the house consistently pulled me towards yellow.

As you know from our lesson, yellow is a very invigorating color. I believe that's why we're naturally so drawn to it. It creates a boost of energy in our soul and promotes a feeling of optimistic possibilities.

I think it's important to see the differences in each color and energy, which is why I'm now guiding us into a more neutral color.

For the month of July I have decided to step into the color white.

To me, white is a perfect complement to this season. Summer is a time when things tend to slow down. Schools shut down so students of all ages can take time off, and many people choose to relax with loved ones. Even the hot weather encourages us to slow down our pace.

In this context, white is a simple, easy to use energy that I believe you'll really enjoy.

So let's explore this refreshing, clarifying color together!

Color Update



White is the color of clarity and spirituality

I often refer to it as the all-purpose cleaner when it comes to energy.

What I mean is that white covers all bases and topics. It's a wonderful "beginner" color because it feels good to the vast majority of people.

White energy can help if you are stressed about work, family, health, or literally any other area of your life. It's the first color that I talk about in my book *Your Life In Color*, because it's so easy to feel and enjoy in meditation or daily life.

If you'd like some guidance at any time, visualizing white light can bring a clear and fresh perspective.

And again, it is a perfectly timely color because of the summer season that we're in. With longer days, more socializing, perhaps some time off or a long weekend away, this is the perfect time to give your mind and heart a clarifying break.

There is no specific life area that this color focuses on, but rather it offers an overall feeling of peace and relaxation.

How White Can Help



White is helpful whenever we want to cleanse our energy quickly, to feel clearer and more open. It is probably the color that I use most when I'm "on the go" or in any setting where I need a quick boost of clarity. For example, white is very often a color that I visualize while on a plane, or if I'm stuck in traffic somewhere. It helps to put everything in perspective, which is particularly useful when in challenging situations.

White energy helps us get back to our spiritual essence. When working with it, you may find that external worries don't seem quite as urgent or stressful.

This is because the clarifying energy of white puts everything in greater perspective.

If you're feeling confused or unsure in any way, white energy will make things easier to see. It's a beautiful "fresh start" for any situation you may be in.

And it can also offer our heart a deep truth and profound spiritual revelation that we may not have seen before.

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How To Use White Energy



Look Inward:

As I mentioned earlier, summer is a time when everything tends to slow down. Which is why I find this to be a great time for reflection (rather than a time of action).

After listening to the recorded white meditation, I'd like you to ask yourself if there is any area of life where you have been feeling stuck?

It can be any challenge that keeps repeating itself, or a bigger life issue that has been weighing on you for a while.

Now, I want you to intend to welcome in and receive any additional information that could help from white energy. You can visualize white as you do this, to boost its clarifying qualities.

Note: The specific life issue that you choose isn't important right now, because I mainly want to show you the process of how I use white energy. Once you get comfortable with it, you can use this technique any time you want more clarity. The idea is to allow white energy to bring a new sense of perspective.

Take as much time as you need, and make sure to note any new insights or ideas that come to you.

When we bring the color white to any challenge, we invite in all the spiritual wisdom of the Universe to help us.

White energy can remind us that even the most challenging of problems offer a deeper lesson for us.

Exercise: Cord Cutting and letting go

The other elegant aspect of white is that it acts as the Universe's flashlight. What I mean is that it will gently highlight anything in your life that isn't serving you, offering the opportunity to release it or "cut the cord" that has been holding you to it.

Energetic "cords" are a popular spiritual concept, and they occur whenever we develop an unhealthy attachment to any person, relationship or situation *that isn't good for us*.

This exercise is about getting clarity on our energetic cords.

It's best to try this exercise after doing your white meditation, as it will get you aligned with its energy.

When you feel ready, ask yourself if there is any area of life where you're not being served. What I mean is, I'd like you to highlight any part of your life where you're giving more than you're receiving.

Examples of this could be any situation where you don't feel supported, or maybe a relationship where you feel taken advantage of. While it is always good to be generous with others, it's also important to make sure that there's an equal exchange of energy.

Once you feel clear on the answer to this question, I want you to make a conscious choice to "cut the cord" and release yourself from this attachment. It can feel good to imagine a cord that extends between you and the person or situation, and then cutting the cord in your mind.

By cutting the cord, I'm not necessarily talking about ending a relationship or specific situation. What we're doing here is releasing your attachment to it so that we can make future decisions from a clearer place of understanding.

Affirmation: My mind, my heart, and my soul are clear.