

Balance in All Areas



In the earliest days of writing for Kryschendo.com I had written an article on color and the effects that it has on the human body. If you never read it or need to refresh your memory go to

WWW.Kryschendo.com/ponder-this-archive.html and look for: For the Love of Color!, located in the left side column.

This is an addendum of sorts to that article since the popularity of adult coloring books has steadily been on an upswing. People enjoy coloring and do it on a regular or semi-regular basis having noticed how it relaxes them and centers them into the now. All beneficial, I agree.

But I would like to point out something else that you can use to your benefit from this pleasurable experience. More than likely you may have an extensive array of colored pencils that you use. I would like to ask you to occasionally color a few days in a row using the chakra colors only. After you have completed a few pictures using only the chakra colors go back and look at these pictures. If you can easily place them side by side, do so. Which color is predominant? Which color was infrequently used? Was there any color you avoided using?

The next step is to move into self reflection. Look at the predominant color. Ask: Did I use a lot of that color because I needed to increase the corresponding chakra energy or am I using a great deal of that color because I am using the corresponding chakra's energy excessively? Now ask why?

Now locate the color you use the least or not at all. Ask yourself: Is this corresponding color chakra energy sluggish; does it need to be energized? Is there a recent or current

physical concern with a body organ that has a link to that chakra? Is it that you just can't stand the color! Now ask why?

If you answer yourself quickly stop and give these questions deeper thought. The true answers may wind up taking a great deal of self-reflection that takes time and compassion on your part. The goal of this coloring experience is to rebalance the strength of your chakras. You can adjust the minimized areas through meditation: color visualizing, wearing the needed color, using certain crystals or stones, or using colored light. At the same time use the results of your inner work to discover what changes you need to make within your being to sustain the internal, long-term changes within your growth process.

You can easily go back to using all your colored pencils once you've made a note of your results. This important inner work is not meant to take up the time you dedicate to enjoy your coloring relaxation. Remember we're striving for balance in all areas.

With Gratitude,

Kai