



Feeling Blue? Green or Golden? The Secret Power of Color

By Doris Jeanette

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I have seen hundreds of people walk by a brilliant pink fully blooming cherry tree without looking at the tree or me standing beside it.

I have seen precious few who look, feel, sense and receive the tree's colors, vibrations and energy. Fewer still connect with my pink energy.

Unfortunately most people miss the stunningly beautiful colors that are in the physical space they are walking through. In addition, it is sad that so many people do not make genuine emotional connections with others.

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When you are trapped in your thoughts, thinking, you miss the colors in your world and the richness these physical vibrations are providing for you every moment of every day.

You also miss the deep intimacy that is possible with your children, friends, lovers and parents.

My desire is to increase the number of people who stop, look, hear, smell and feel the wondrous world they move through. My goal is to deepen the empathy between us so the world is a safe and joyful place to play and flourish.

In this report you discover:

- The energy of colors.
- The energy of emotions.
- More of your physical and metaphysical abilities.
- How colors and emotions are intimately connected.
- The secret to life on planet earth.
- The secret power of color.
- How to use color to become emotionally healthy.
- The amazing benefits of feeling your emotions.
- The importance of energy flow.
- How sound and color are connected.
- Color information.
- What different colors mean.
- What a vibrant moment is.
- How to create more vibrant moments.
- Actions to take to learn more about color and you.

I was born with a high degree of color awareness. Perhaps you were too; otherwise you would not be so interested in the secret power of color.

To this day, I buy everything based on color, not on function. If it is not a color that feels good to me, I do not buy it no matter what it is or how much I need it.

I don't even use numbers on my front door to tell people where I live. Instead, I say, "Look for the red door, red shutters and purple flower box."

Take note of yourself. What is your current relationship to color?

Do you:

- Stop and notice the cherry trees?
- Seek them out and hang out with them?
- Pay attention to the data and information in colors?
- Notice how different colors affect you?
- Deliberately use color to your advantage?
- Feel your emotions as separate from your thoughts?
- Enjoy vibrant moments?
- Flow with instead of against energy?
- Long to slow down and enjoy life more?
- Need to pay more attention to energy and your senses?

No matter what level you are with color awareness, you can reap the benefits of paying more attention to the colors in your world.

Do not ignore this golden opportunity to add red, passion, fire, joy, green, vitality and health to your everyday life.

You can learn to consciously use color to improve your health and help you stay strong, vibrant and joyful.

You can also practice and develop your abilities to sense and feel the emotional realities inside of you and outside of you.

What is Color?

Most people agree that different colors are composed of different wavelengths. At this point in time, humans can perceive fewer of these wavelengths than other animals.

Most humans can see the wavelengths from red to blue. Red is the longest wavelength we can see, green is in the middle and blue is the shortest.

No two people really see the same color, yet most of us agree about what color our shirt is. We see 7 colors in the rainbow and use 6 primary colors to create many other shades of colors.

Honestly, there are more questions about colors than there are answers. Scientists believe that light is necessary for color to exist and that an eye must see it.

Get ready to explore one of the most exciting, thrilling, fluctuating energies on planet earth.

What Are Emotions?

E-motions are literally energy in motion. This means that emotions move and flow. Do not confuse thoughts, unhealthy conditioned responses, knee jerk reactions and unhealthy behaviors with emotions.

Emotions by definition are healthy for you because flowing energy is healthy energy. This is the reason feeling your emotions produces vital energy for the body to use. The fastest way to improve your physical health is to feel your emotions.

The Indians who first mapped out the chakras and subtle energy around the body called the emotional body, the vital body. This is because feeling your emotions shoots healthy, vital energy into your body and energy field immediately.

The more you feel your emotions, the healthier you become in mind and body. Your vibrant, emotional energy naturally gives you resistance to diseases of any nature and improves your health if you are already sick.

Conversely, the fastest way to create disease is to inhibit your emotions. When you stop the full expression of any emotion, your energy gets stuck, which creates stagnation. This stagnant energy then creates mental, physical, and emotional diseases.

Emotions are exciting, thrilling and deeply meaningful. Most people do not feel them and enjoy them. Get ready to explore your colorful emotions.

Colors and Emotions Are Both Vibrations

Colors and emotions are composed of physical vibrations that are palpable. By that I mean you can sense them and feel them. They have substance and form. Therefore you can learn to perceive them with more detail and accuracy.

Emotions have certain wavelengths just as colors have certain wavelengths. These wavelengths are hitting your body and energy field everyday all day long.

This means the vibrations of emotions affect you even when you are not aware of them!

For example, the colors that you wear not only affect you but also the people around you, just as the colors or lack of colors in their clothes affects you. The vibrations of colors and emotions are constantly hitting you, impacting you in a multitude of ways.

The vibrations you are constantly exposed to every day could be healthy or unhealthy. Ugly or beautiful. Disharmonious or harmonious.

Imagine how powerful it would be to know the energy that is hitting you and how its vibrations are affecting you.

Right now your world may be full of anxiety, chaos, panic and hysteria. You may know that you have anxiety and be actively reducing it so your life and health improves.

Or you may not even be aware of the high anxiety in your nervous system because you grew up in an environment where anxiety was constant and normal.

Therefore you do not recognize the static, racy, jumpy vibrations in your nervous system as anxiety. To you, this vibration is your default and you don't think of it as anxiety or unusual.

If you learn to pay attention to color, you will notice that the color of anxiety is every different from the color of fear or the color of calm or the color of excitement.

Wouldn't it be great to become more aware of what is going on so you have the power to choose healthy options instead of being stuck in an unconscious, unaware state?

By paying attention to color you know more about what is going on inside and outside of you. You get closer to inner and outer realities by tuning into the vibrations in color and your emotions.

If you discover and use the secret power of color, you will be able to develop a mastery that few people possess.

With color awareness, you can move toward more harmony, love and emotional support. You can move away from disharmony, unkindness and coldness.

Physics, Metaphysics and Parapsychology

Metaphysics simply means that which is not physical. Yet the more you expand your awareness, the more it seems that the wave lengths which had not been known to you are now becoming more and more known to you.

The whole field of parapsychology and metaphysics may end up being nothing more than physical realities, which can be perceived. If you practice with patience and deep relaxation there are many new vibrations in your world that you can learn to perceive.

It is certain that you can develop your ability to see more, taste more, hear more, smell more and feel more realities than you do now.

We know that dogs can smell cancer in humans with amazing accuracy. Why would you think that you could not smell cancer? Disease has a terrible smell. Acupuncture textbooks have talked about the smell and taste of disease for thousands of years.

There is no reason under the sun that you cannot learn to trust what you feel, sense and know.

The more time, energy and effort you spend developing your innate strengths, color abilities and emotional talents the richer and more vibrant your life will be.

That is why I call my newsletter "The Vibrant Moment." Your life can become full of colorful, vibrant moments!

Emotions are Colors

People who see the energy field literally see the different emotions as different colors.

Colors and emotions are inseparable because they are composed of the same energy. Colors and emotions have the same vibrations. Absorb this information deep into your bones.

When intuitives look in your energy field they see puffy, little clouds of colors hanging in the air all around you.

These mists of "color balls" and "color clouds" generally hang out in what is called your emotional body in your energy field.

Your emotional body exists about a foot and a half away from your physical body. It is a separate layer of energy all around you, from head to foot, protecting you like a glove.

Take a moment now to notice your emotional body. Put your awareness into the space around you about a foot and a half away from your physical body. Pay attention and see what you feel there.

Can you sense the colors that are hanging around you in this moment? If not, don't give up on the first try. Your anxiety is probably blocking your ability to sense the color information that is there. Know that you can become more aware of what is around you.

Try sensing your emotional body again.

Use all of your senses to feel the colors that are around you.

Feeling blue?

Maybe green?

Golden?

What colors do you see, feel, sense, taste, smell, imagine in your emotional body? Write anything down anything that you notice.

Color Awareness is Power.

If you can perceive color, you will know what is happening to you emotionally. The colors around you are continuously communicating what is going on with you. You can sense these vibrations and so can others. They are palpable.

Naturally, you know what is going on with others when you perceive his or her colors. Words are not accurate, energy is.

I rub my fingers and thumb together with a little bit of friction to describe the energy because that is how physically I feel emotions. They are palpable, in my fingertips. Even on the phone I can sense, hear and feel physical and emotional energy.

You too can learn to sense and feel the information in colors and emotions.

The fact that your different emotions are composed of different colors means that colors have a profound affect on your emotions. Color is affecting your emotions every moment of every day.

Emotions and colors interact and affect each other all the time.

This dynamic energetic exchange between colors and emotions is occurring in each moment. If you become conscious of this dynamic interaction, you can claim more of your power and use it for your benefit.

A person who is strongly attracted to color is naturally emotional. An emotional person is naturally colorful.

Your emotions are what give color to your life.

The Secret to Life on Planet Earth

The real secret to living a full and rich life on planet earth is to learn how to live in your emotions. Not to escape them, deny them, exaggerate them or free yourself from their vital energy.

Our species is going through a major evolution in terms of our body, energy and consciousness. The next quantum leap will be when we fully live in our emotions. Just imagine how wonderful it will be when we experience our physical body, our emotions and our higher mind all at the same time.

People who choose to feel their emotions are getting ready to participate in this exciting event.

Your emotions are new and glorious. They are not knee jerk reactions or antiquated leftovers from the reptilian brain. Many psychologists, physicians, researchers and people confuse emotional energy with unhealthy conditioned responses.

The energy of conditioned responses is inhibited, heavy, dark, stagnant, and smelly. This energy has nothing to do with the vital energy of your emotions.

Emotions are literally energy in motion. They bring you closer to the physical world so you experience inner and outer realities with more vividness.

Living in the vibrations of these colorful physical realities makes everything you do rich, meaningful and epic.

When you live in your emotions, your life is grand. I am serious about this; this is why living in your emotions is the real secret to enjoying life on planet earth. Color can help you live in your emotions.

Color is a Secret Power Tool.

Color affects and effects your emotions. This means you can use color at any time in any way to improve your emotional health. You can use color to become clear, clean and emotionally stronger. You can use color to be brave in the face of real danger.

A daily practice of using the power tool of color will result in more vibrant living. Use color to transform your unhealthy defensive, unhealthy energy into healthy flowing energy.

Consciously use the secret power of color to make your emotional body, physical body and energy field stronger and more vibrant.

Using Color to Empower You

I frequently choose the clothes I wear based on the color I need for the day. First, I pay attention to where I am emotionally and then I sense the color that would be helpful to me.

Consciously choosing a particular vibration to help me feel better or give me the courage to face my fears is amazingly effective. Color helps me move through anxiety and face my real fears with more ease, awareness and success.

You too, can develop your intuitive ability to sense where you are emotionally and discover what you need to do in order to feel better and become stronger.

Then you can move through the obstacles of life with more ease and grace.

The best investment you could ever make is in your colorful, emotional self. Without your emotional self, you will be depressed, lackluster, anxious, mundane and boring.

You will miss the cherry trees when they are in bloom and the glowing pink energy in others.

Benefits of Feeling Your Emotions and Colors

Every day more research studies document what sensitive people have always known--emotions directly affect your physical and mental states.

It is becoming increasingly clear that your emotions need to be fully expressed in order for you to be healthy in mind and body.

Your physical health is dependant on your emotional health.

Without emotional health, there is no physical health. So the fastest, most direct route to whole body health is to become emotionally healthy.

E-motions are energy in motion; therefore, their movement creates and maintains a healthy physical environment in your cells.

Benefits to Feeling Emotions:

Your:

- Physical health improves.
- Mental health improves.
- Life is more meaningful.
- Children reap the benefits.
- Life is more enjoyable.
- Relationships flourish.
- Love life improves.
- Business improves.
- Creativity can be used.
- Life is colorful.

The Importance of Flow

You need to know why flowing energy is the goal. When water stops moving in a pond, it becomes stagnant. This creates a situation ripe for disease and eventually death.

Remember the old Western movies? There were dead animal skulls and bones lying around a "bad" watering hole. Scary music played in the background. You knew immediately, "Beware, this water will kill you!"

This same principle applies to the human body. When you stop the natural movement of anything, you create an environment where mental, emotional or physical diseases can flourish.

It is no surprise that the major aspect of yourself that you have inhibited is your emotions. You have been conditioned to deny and depress your feelings from the moment of birth.

When you were a child, adults made fun of, put down, and punished you when you expressed emotions. People still say:

- Don't be a baby
- Stop acting like a sissy.
- You have nothing to feel sad about.
- Don't be so sensitive
- Calm down.
- Get over it.
- What are you scared of?
- Control your emotions.
- Take this pill.

The Color in Sound

I am going to mention sound because it is also a secret power tool. Color and sound are intimately connected.

Alexander Scriabin, a Russian composer and pianist, saw the colors that exist in sound. I first heard of this phenomenon in a graduate psychology class, which was taught by a scientist who was also a musician.

Synesthesia—from the Greek word *syn*, for together, and *aesthesia*, to perceive through the senses— generated a wave of scientific interest around the turn of the twentieth century. Now synesthesia is forgotten.

Scriabin featured an organ that produced multihued light beams in his symphony *Promethium, the Poem of Fire*. He was among the first to rigorously catalog his color-note associations.

You can also begin to see, sense, feel, hear, smell, taste the colors that are in the sounds just like Scriabin did. And you can feel the emotions that are in the colors that are in the sound!

This is how Isadora Duncan, Mother of Modern Dance, danced the music exactly the way the composer felt it when he wrote it.

Composers told Isadora when they saw her dance to their music that she was expressing exactly what they had felt emotionally when they wrote the music.

Now really absorb what I am saying here. It is profound.

Isadora was able to express the same emotion the composer put into the music because she felt the vibrations in her solar plexus. When she felt these vibrations, she allowed them to move through her body without inhibiting them.

Isadora was born with a gift and spent years learning how to feel the energy in her solar plexus and keep her body relaxed.

You too can feel the emotions in the music just like Isadora. The emotions are in the music, just as the color is in the sounds of the music.

To use your color and sound power tools, remember that color affects your emotional body. Sound affects your physical body. So use color to improve your emotional health and use sound to improve your physical health.

Together they are a strong medicine.

Sound is a strong vibration that brought down the walls of Jericho. And Telsa, the genius who gave us alternating electrical currents in your walls (no, it was not Thomas Edison) also had a little tiny vibrator that was capable of disintegrating the walls of NYC's strongest buildings.

The truth is that with enough vibrations, anything will disintegrate.

Do Not Judge Your Colors!

"You cannot step twice into the same river." Heraclitus

What people do not seem to know or understand is that one color is not good while another color is bad. This is also true of your emotions. Emotions are all equal and they are all essential to the whole.

There is not one emotion that is bad and wrong while others are good and right. This is a fundamental problem in how the world views emotions. They do not understand or grasp how important all the emotions are to your survival as a species.

Just as you need different colors at different times for different reasons, you also need different emotions at different times for different reasons.

Each day and each moment is a different color. Each moment is a new and different emotion.

As soon as you feel one emotion, it moves and changes into another one. This the major way you can tell you are feeling a real emotion as opposed to a conditioned response.

"You cannot step twice into the same river." Heraclitus reminds us of the nature of reality. Reality cannot and does not repeat itself or get stuck. Each moment is new, fresh and has never existed before. This means that you cannot step twice into the same emotion.

Emotions do not linger! Or repeat!

As soon as you experience the vibrations of an authentic emotion, the vibrations change. Each moment is a different reality. If you want to be emotionally healthy and physically strong allow your emotions to flow. Let them move.

Do not hold on to any vibrations and try to control them. When you do, you move out of reality. You cannot be healthy in mind and body if you live in control.

Color and Emotion Exercise

Here is a color awareness exercise to get you started with emotional awareness. This exercise is similar to the exercises in "The Self Study Guide to Color and Sound with Exercises."

Color Exercise: Relax your body by breathing into your belly for a few moments. You cannot sense and feel with tension in your body. Anxiety impedes your performance.

If you need help learning to relax the online course, "Overcome Anxiety Naturally," teaches you the basic body tools needed for transformation and guides you into creating a relaxed body. Available at:
<http://www.drjeanette.com/anxietyonlinecourse.html>

Choose the color that you love the most.

Now look at your favorite color until you start to feel its vibrations in your own body. Notice anything that is happening in your body in terms of energy movement.

Hot, cold, heavy, dense, smells, sounds, color, light, flavors, texture--notice all the physical factors.

Then check in with your emotional self to see what you feel emotionally when you are in the company of this color. See if there is a memory or some fascinating information in the emotion. Do you have an image that is hanging around the edges or someone who needs your attention?

Breathe and take your time. Notice subtle, little movements, colors and vibrations. Write down any observations.

Next, choose the color that you dislike the most.

Do the exact same exercise sensing physical and emotional feelings with your **least favorite color**.

Breathe and take your time.

Write down any observations.

After you have finished with both colors, contrast the sensations between the color that you love and the one that you do not love. Note the differences.

Pay attention to the information in your body, solar plexus and heart.

Also notice if you feel differently at the end of the exercise than you did at the beginning. Since emotions can shift immediately, it is possible

that by the end of this simple exercise your relationship to these colors may have shifted or transformed!

Dramatic, rapid change is the reason research on energy is so hard to pen down. You can't pen energy down. **The moment you pay attention to something you immediately begin to change it.** Quantum physics has been telling us this for years.

Your process is always shifting and changing. Your energy is always shifting and changing. This is exciting and hopeful because you can change your matter quickly.

The energy dynamic of reality is exciting and full of possibilities. **You do not have to ever be stuck in any state.**

Color Information

Any colors that are missing in your body and energy field reflect an imbalance in your system.

Any color that you feel uncomfortable with or reject indicates emotions you are rejecting.

Notice the colors that you do not like and you will be aware of the emotions that you are avoiding.

For example, if red makes you uncomfortable or if you don't like red vibrations, you are avoiding the emotions that red elicits in you.

Red is the color of action. It is the root chakra, the one that keeps you safe and secure. It is a physical feeling. "I exist, I am present, I am physical, and I am strong. I am here to stay!" These are the words I use, along with body movements, for my grounding exercises in my Human Energy and Nature Workshops.

Most people are not grounded and many people are extremely judgmental about red. For example, "People who wear red just want to be noticed," is a statement I recently heard at a party. Notice if you have any judgments around red.

Red is a strong vibration and some people are afraid of it. It is an intense energy that is connected to your deepest and strongest desires. Many people have inhibited their red desires. However, without red you cannot be physically secure.

You will not have an authentic sense of safety until you become comfortable with red vibrations and allow your roots to be securely fastened to the earth.

Please remember, any color that you reject indicates a part of you that you are not accepting and loving. This means you need to find, accept and protect your emotional self from your inner critic. You need all of the colors and all of your emotions to be healthy, creative and strong.

What Different Colors Mean

My approach to color and energy awareness is different from others. I do not tell you how each color affects you. Instead, I encourage you to be intimate with your own emotions and your own colors so you develop and learn to trust your inner knowing.

You can learn to sense the energy that is present in color and allow its meaning to be known to you. You do not want to follow rules or other people's statements about reality. I suggest you experience reality directly.

Each color has a different meaning at different times. Of course, there is a universal quality to red and that is what we all agree on. Therefore we do have the "red light district" and the military qualities of red.

However, there is always an individual meaning to the red that you encounter in each new moment that you need to respect, honor and allow.

For example, red can sometimes mean anger and sometimes it can mean hostility. Authentic anger is healthy and expressive, while the energy of hostility is attacking and mean.

In addition, dark red means something different than light red. Murky red is different from clear red. The meaning of red can be very different if it is coming out of your lower body than if it is coming out of your upper body.

What red means at any point in time depends on the density of the red and the location of the red in your body and energy field.

What red is really up to at any moment in time can mean one thing with one person and another thing with another person.

Beware any system, which gives you definite answers about colors. Color energies move too fast to hold on to!

My red is different from your red. And what red means in the context of my energy field is different from what it means in the context of your energy field.

The meaning of energy is constantly shifting. Physical vibrations and emotional vibrations are real, but your interpretation of what they mean at any point in time can be down right wrong.

This is why you need to actively engage in self-development so you can perceive color realities with more certainty. You need practice sensing energy in order to know what the energy you perceive actually means.

In addition, it is essential to clean the dense energy from your own body and energy field in order to perceive others with any degree of clarity.

To be successful in clearing your energy field you need teachers to help you develop your perceptive abilities and fine-tune your instrument.

Just like any other skill, such as learning how to sing or play the piano, you need a skillful energy coach and master intuitive teacher. The best teachers teach you how to trust yourself and do not give you an external authority.

If you are interested in developing your ability to sense the information in color a good introduction to the topic is the: "Self Study Guide to Color and Sound with Exercises." Read more and order:
<http://www.drjeanette.com/colorexercises.html>

What Is A Vibrant Moment and Why Have One?

When you feel the colorful realities around you and inside of you --you suddenly become part of the whole. You enter what I call a vibrant moment.

A vibrant moment is a transcendental state. I prefer to think of it as the natural, free-flowing state. In this mind body spirit state, colors are always brighter and clearer than in a mundane, ordinary state.

A Vibrant Moment is when:

- There is no time.
- Colors jump out at you and bounce around.
- Light is all around you.
- Your body is full of delicious vibrations.
- You are part of the whole.
- Everything is fresh and new and bright.
- Your energy flows.
- You are spontaneous.
- You become color.
- You are full of life.
- You feel ecstasy or joy.
- You are fulfilled and satisfied.

When you are in a vibrant moment you feel alive. You are rich with experience, totally fulfilled and satisfied.

Everything has meaning and you know the meaning of your existence.

You feel so good and so alive you never want to stop being alive again.

How Do I Create Vibrant Moments?

Vibrant moments occur when you stop thinking and start feeling.

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The Essential ingredients are:

1. A relaxed body.
2. An open heart.
3. An open solar plexus.
4. Healthy flowing energy.
5. Body and feet plugged securely into gravity.
6. A secure place and safe space to be in.

Notice the lack of mental judgments and physical inhibition.

Seek out friends and professionals who are comfortable with their emotions to help you learn to become comfortable with yours.

The reason that therapists hold their breath when you start to emote is because they are not comfortable with their own feelings and emotions. The reason massage therapists tighten their hands is because they are scared of what you are feeling.

If a psychologist or body practitioner does not fully express their own emotions and feelings they will automatically inhibit your emotional expression. Avoid these people and seek out emotionally healthy holistic health professionals.

Perhaps you are afraid of your emotions because you think that your emotions will take you into an out of control state?

This is a false belief.

Emotional energy flowing is not out of control. Out of control energy is extremely different from healthy flowing emotional energy and you can learn to tell the difference.

As I have mentioned people confuse defensive reactions with authentic emotions. To learn the difference between a healthy emotional state and an unhealthy inhibited state you need to sense the energy in your own body. A good place to start is the experiential emotional guide, Opening the Heart. <http://www.drjeanette.com/heartanswers.com> It gives you a map of the territory and comforts you through your emotions as you heal wounds.

Do not judge your emotions or colors. My singing teacher used to say when I could not match the pitch on rainy days, "Choirs are always off key on rainy days!"

So do not worry on rainy days if you can't match the pitch and find yourself feeling blue. You are emotional, deep and colorful. Use the music of "The Blues" and nature's rain to help you feel your blue emotions.

Actions that Add Colors and Emotions to Your Life

1. Listen to harmonious music and sense the color and emotional information in the sound like Scriabin.
2. Open your heart and solar plexus like Isadora. Learn to feel the vibrations in your solar plexus. For guidance, listen to the "Opening the Heart" audio at <http://www.drjeanette.com/heartanswers.html>
3. Spend time in nature sensing and feeling her many healthy, colorful vibrations.
4. Practice sensing, feeling, tuning into the information in colors in your world. Learn more and practice with the "Self Study Guide to Color and Sound with Exercises" at <http://www.drjeanette.com/colorexercises.html>
5. Take acting classes.
6. Dance in your living room alone.
7. Reduce your anxiety so you can relax enough to sense and feel what is around you. If needed, take the "Overcome Anxiety Naturally" online course: <http://www.drjeanette.com/anxietyonlinecourse.html>
8. Hang out with cherry trees.
9. Take singing lessons.
10. Join color and sound groups and practice your exercises.

I hope you enjoyed this special report on color. Please Email me at drjeanette@drjeanette.com with any questions or concerns you have. If you are interested in joining a tele-class on sound and color, let me know.

May sure you put into action at least one of the 10 choices above to get started on a more colorful life, right now! Don't wait.

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