



THE COLOUR ATHENAEUM

The Earth Band

Strawberry Red – Deliciousness

Being embodied is a great opportunity and gift.

Strawberry Red directs your attention to deeply nourishing the body. Becoming conscious of the fruits of the earth that are healthiest and provide good nutrition, you make the most life-affirmative choices. You wear the fabrics that allow your body to breathe and you choose to avoid bringing anything toxic into your environment.

Strawberry Red Adepts know how to treat themselves to the most nourishing experiences and enjoy the deliciousness of life.



Journal, Create, Explore

1. JOURNAL :

- What have you done to create a nourishing sensuous beauty in your home so your Strawberry Red is supported? What changes might you like to make to increase the sense of nourishment in your homing space?
- When we make food, part of the appetizing aspect of it is its appearance. Our digestion begins as soon as we salivate, anticipating the taste. What are some of your favourite foods to look at as well as eat? How often do you make this food?
- Strawberry Red celebrates the sweet juice of life. Write a letter or prayer of gratitude to your body, thanking it for all your Strawberry Red experiencing and recounting your happiest memories.

2. CREATE /ACTIONS:

- To awaken your Strawberry Red body sensitivity you may want to try 'dry body brushing.' You can read up about it on the internet to discover the many health benefits – amongst them detoxing the lymphatic system and increasing circulation. *[If you have any health issues check with your doctor first if it is okay for you to add this practice to your self-care.]*

If you feel like trying it out, please get the appropriate soft natural brushes – or cloths or loofas to experiment with body brushing and follow the instructions carefully – i.e. always stroking towards your heart. In Ayurvedic healing, each morning people self-massage with raw sesame oil or almond oil before taking a shower or bath.

- Do a 'body-gratitude' meditation when you are resting, or having a shower or a bath. Give love and thanks to each part of your body for its part in keeping you healthy, whole, mobile – alive. You may want to thank your heart for beating so tirelessly, your toes for allowing you to walk, your nose hairs for keeping particulates out of your lungs ... And if there are parts of your body that don't work so well, give them an extra dollop of love and gratitude for doing what they do, despite the challenges.
- Create a Strawberry Red meditation mandala, or create a Strawberry Red image for a card, by your own drawings or collages.
- Research the nutritional properties of strawberries. Eat some strawberries. Make a strawberry lassi – a smoothie – with yogurt. Share your favourite strawberry recipes with the group.
- Create an affirmation for honouring the Strawberry Red energy in your life. Share that affirmation with the group.

3. EXPLORE: Suggested Journeys

- Ask Strawberry Red to review a typical day in your life and point out simple ways you can make small changes to enjoy more deeply, the Strawberry Red Ray.
- Ask Strawberry Red to immerse you in Strawberry Red bath where you merge and become one with the ray. Experience the sensations in your body and the awakening of your body's innate wisdom and knowing. Receive the Ray.

- Strawberry Red please show me the bigger picture in the trajectory of my life where I may need to make big changes to create the juiciest, happiest, healthiest future for myself, my family and my loved ones.