



THE COLOUR ATHENAEUM

The Earth Band

Burning Red – Passion

Passion and desire are great teachers for us. When we are bold enough to dream big and activate our dreams, miracles of creation happen.

Burning Red energies provide the fuel to ignite our engines roaring into action. It may start at the root chakra but travels through our whole system. When we have a firm base, able to channel the Burning Red, our creative flames reach glorious heights.



Journal, Create, Explore

1. JOURNAL :

- What lights your fire, gets your passion burning? What do you enjoy doing the most? Describe what your life feels like when you are completely living your passion?
- Some people need to play vigorous sports such as football, kickboxing, running or swimming to burn off excess energy and get rid of the cobwebs. Otherwise that same energy can come out as crabby or sharp. What do you do when your energy is getting pent up and jammed? How do you release your excess energy?
- Healthy competition can be good! It can get the passions and the energy moving and charging along. But when it spills over into aggression, it can create division and damage. Do you have strong competitive instincts? How do they manifest? Or do you shy away from competition? Why?
- List the top 3 excuses you use to play it safe and curb your impossible dreams. Make positive affirmations declaring the opposite of the excuses you have described.

2. CREATE /ACTIONS:

- Have a Burning Red dance, go out for a run, play tennis or basketball.
- Make a vision board or altar dedicated to your passions!
- Create index cards of inspiring quotes that nourish your passion. Place these cards in key spots around your home because “energy flows where your attention goes.” Share with the group to inspire each other.
- Create your Burning Red Portal Picture/ Mandala. Put an affirmation with it.

3. EXPLORE: Suggested Journeys

- Journey to Burning Red and ask to be shown what your life would be like if you followed your Burning Red passions.
- Ask for a dismemberment to remove obstacles blocking your full expression of your Burning Red energies.
- Ask for a ritual you can do to bring more Burning Red energy into your life.