



## THE COLOUR ATHENAEUM

### The Earth Band

#### Flame Orange – Focus

Flame Orange gives you the focus to follow the fire of your inner spirit without hesitation.

The soul driven by Flame Orange seeks the fuel that will feed conscious awakening and it burns through all obstacles.

It is a potent energy. Channeled consciously the Ray brings great awakening but when misused can bring destruction. You can move like a fire bringing light and warmth, or you can move like a fire and burn everything around you.

Flame Orange invites you to burn consciously and to follow your soul's passion to experience the light that you are.



#### Journal, Create, Explore

##### 1. JOURNAL :

- What temptations and distractions cut across your Flame Orange focus? What excuses do you use? And why do you think you do that?
- Where do you procrastinate? Do you find that it becomes easier or harder to pick up the energy later on? How has putting something off affected outcomes?
- Describe your relationship with the fiery focus of Flame Orange: "Energy flows where attention goes." What are you focusing on? Is it uplifting you and bringing you into greater growth and understanding? Does your focus bring you into harmony with your soul's desire?

- Recall significant Flame Orange moments in your life, whether you were on the receiving end of the flame or perhaps putting the torch under someone.
- "You can get it if you really want." What areas of your life would most benefit from the Flame Orange energy of directed purpose?
- How do you nourish, and sustain the Flame Orange energy in your life? What activities help you to stay focused with your fires of inspiration and drive?

## **2. CREATE /ACTIONS:**

- Prepare and eat orange coloured food with the intention of blessing and supporting the Flame Orange energy within. Call the Ray to yourself and loved ones. Choose to absorb the energy as you eat. Record your observations.
- Create an image of Flame Orange that speaks to you. Perhaps a mandala, or a collage of many images pasted together, or a drawing. Gaze lovingly at the image for 5 minutes a day with the intention to attune to the Ray. Enjoy the energy transmission. You can do this in silence or you can play music you love or chant with your mandala. (Perhaps place the image around your desired goal as a frame)
- Create a Flame Orange affirmation and share it with the circle.
- Do the Osho Kundalini Meditation and set the intention beforehand with Flame Orange to neutralise any obstacles in your Flame Orange pathway.
- Have a fire ceremony and make a talisman to embody the energy of any obstacles you are experiencing. Journey to Flame Orange to see what you may not have remembered to include, and ask how to empower the talisman when you have made it.

## **3. EXPLORE: Suggested Journeys**

- Journey to Flame Orange to ask for a healing. Ask for the element of fire to show you the obstacles in your life and then to gently dissolve them, teaching you the lessons and gifts each obstacle presented.
- Go for a divination walk in nature and ask for a Flame Orange power song.
- Ask Flame Orange to reveal its power of focused intent and drive. Ask to be shown the next simple step you need to take to align with your soul's passion and purpose.