



THE COLOUR ATHENAEUM

The Earth Band

Lime Green – Abundance

The Earth has shared in abundance all we need for our nourishment. When we give appreciation to the natural world it responds in kind. Lime Green is the Goddess energy manifest; mellow and fruitful.

Adepts know the art of feeling held and loved by relaxing into nature's blessings of abundance, enjoying the fruits. The heart relaxes and feels gratitude and the universe reflects joy and a feeling of well-being in return.



Journal, Create, Explore

1. JOURNAL :

- When and how do you allow yourself to fall into a Limey-Green refreshing yet relaxing space? How does that best happen for you?
- Lime Green lavishes us with the magic of nature's abundance. Describe your connection with the natural world. Do you feel relaxed and easy in nature and the harvest of its fruits? Do you grow any of your own food? Have you ever gone fruit picking?
- Recall a joyful moment where you felt deeply nourished and held in the Lime Green energy.
- How do you block yourself from having more Lime Green joy in your life? Make a promise to yourself to enjoy Lime Green consciously if your quotient is not sufficient.
- When is the last time you went swimming or sat sunbathing in a bathing suit?

- In what ways and how frequently do you immerse yourself in the abundance of the natural world?

2. CREATE /ACTIONS:

- Make yourself a fresh Lime drink by squeezing lime juice into water, still or sparkling. Add fresh mint and ice to create an alcohol free Mojito. Or like the song, put the lime in the coconut [water] and shake it all up. Alternatively if you are feeling cold, you can make a hot lime drink with honey. As you drink, thank the Lime Green Ray for giving you its blessing.
- Lime curd on toast is another option to explore! There are many lime dessert recipes too. One of my favourites is Key Lime pie. If you are vegan or health conscious, you can make it with cashew cream and xylitol instead of condensed milk! Find a recipe on the internet for a lime based dessert and make it. If you enjoy it, share the recipe with the circle.
- Discover the nutritional properties of eating Lime. Explore the medicinal properties of Lime essential oil.
- Make your Lime Green mandala or portal picture. Share it to inspire others.
- Plan a Lime Green day out and wear some Lime Green clothing. Observe how wearing Lime Green makes you feel.
- Make an affirmation to honour and invoke the Lime Green Ray. Share it with the group.
- Have a reiki session or a light massage and invite Lime Green to give you a blessing.

3. EXPLORE: Suggested Journeys

- Journey to Lime Green and ask for a healing to attune you to the heart-healing frequencies of this Ray to dissolve and remove and past heart aches.
- Using the Lime Green visualization in the Earth Band Book as a starting point, allow yourself to be taken to a lush, tropical island. Enjoy yourself as long as you like on the sultry shore. When you are ready, you will meet the Lime Green Master or Mistress. Ask them to help to transmute any stress you may be carrying at this time. Ask them to show you how to better dispel stress in your life. Finally ask them for a blessing.

- Ask Lime Green for some simple tasks to bring more of the energy into your home, to be reminded on a daily basis to feel more gratitude for the magic, wonder, and beauty of the natural world.
- Ask Lime Green to help you design an outdoor altar space to honour the wee folk and nature spirits where you live.