



THE COLOUR ATHENAEUM

The Earth Band

Chocolate – Gift of the Gods

Chocolate adepts have mastered the art of balancing activity and rest.

Many people push themselves beyond their limits and then self-medicate – depending on alcohol, dope or drugs to switch off stress and relax. The Chocolate Ray assists us in creating a healthy life style, giving us non-toxic alternatives for embodying deep relaxation. Rather than numbing ourselves and soldiering on, we can deepen into our sensuality and reset our nervous system for authentic replenishment and feel good restoration.



Journal, Create, Explore

1. JOURNAL :

- When you want to relax and totally let go into that lazy Chocolate state, what are your favourite activities?
- There is a lusty, decadent quality connected to Chocolate. The shadow side to Chocolate is indolence or debauchery. This is one extreme of the Chocolate Rock. The other extreme is being in a state of high tension and the inability to relax.

Where is your edge? Do some journaling for yourself, exploring how deeply you can go into the relaxation of Chocolate without getting lost – losing consciousness. The mastery of Chocolate is to go deeply into the relaxation consciously without losing awareness. Often times we do not know what over the edge is until we are there. Explore your Chocolate boundary.

- Do you give yourself permission to have a lie in? What is the latest you have ever gotten up and out of bed? When is the last time you spent the day in your pyjamas when you were not ill?
- The Mystic Osho put a meditative twist on a commonly known phrase: "Don't just do something, sit there." Reflect upon your personal comfort levels on sitting round not doing anything.
- Make an affirmation to honour and invoke the Chocolate Ray. Share it with the group.

2. CREATE /ACTIONS:

- Research the nutritional content of pure cacao (unheated, full of enzymes contained in cacao beans) and what it does for the human body. If it is right for you, eat some organic chocolate.
- Make some healthy raw chocolates. Share them with loved ones.
- Find some music evoking chocolate and have a sexy dance in the dark. In silence or with music, lie on the ground and explore movement from there.
- Make your Chocolate portal, mandala, collage or painting.
- Drink hot chocolate and reflect on the nature of Chocolate.
- Have a cocoa butter massage. Then soak in a hot bath scented with fresh herbs, lit by candlelight.

3. EXPLORE: Suggested Journeys

- Ask Chocolate to take you into the Chocolate realms so you can experience and understand the essence of this Ray. Ask for any teachings you need at this time.
- Ask Chocolate for a ritual you can do when you are feeling stressed or you are unable to sleep.
- Ask Chocolate for advice on how to create a healthy chill out zone in your home.