



Choose by Colors or Choose by Moods You'll always find exactly what you need.

PINK- I am loving

For self acceptance, non-judgments, gentleness (*love issues*)

DEEP RED- I am abundant

For centering, grounding, stabilizing (*security issues*)

BRIGHT RED- I am energetic

For energy, determination, ambition (*blood circulation issues*)

ORANGE- I am creative

For creativity, sensuality, patience (*bladder/kidney issues*)

GOLD- I am present

For healing, nurturing, soothing (*childhood wounds*)

YELLOW- I am joyful

For clarity, focus, self esteem (*digestion/acid/liver issues*)

GREEN- I am balanced

For comfort, balance, love (*relationship issues*)

TURQUOISE- I am inspiring

For purification, clearing, communication (*colds & immune system*)

PALE BLUE- I am peaceful

For calming, relaxation, peacefulness (*insomnia*)

ROYAL BLUE- I am intuitive

For insights, meditation, empowerment (*sinuses/headaches*)

DEEP VIOLET- I am meditative

For awareness, spirituality, calm (*meditation*)

PALE VIOLET- I am light

For getting out of the head & into the light (*over-analyzing*)

WHITE- I am whole

For expansion, protection, joy (*overall well being*)

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