

Delicious Healingfor women who are tired of being hampered by their health

DeliciousHealing.com

May Johnstone

Twelve Colour Meditation¹ – from Quantum Touch[®]

Introduction

Mary Derr, who can 'see' energy, saw that a healthy baby has an energetic blueprint of 12 colours, starting with an ellipse of white life force energy in the centre of the body. The next colour is violet which surrounds the white ellipse, the next indigo and so on. She found that few children or adults retain the 12 colours, so it is useful to refresh them.

Drawing in the 12 colours refreshes the energetic blueprint, energising and balancing and integrating the physical, emotional, mental and spiritual fields. This will help your healing and health.

Summary of colour sequence

Colours called from inside the body:

White, Violet, Indigo

Copper, Silver, Gold

Colours called from outside the body:

Yellow, Green, Blue-green

Blue, Magenta, Mother of pearl

What to do

1. As you breathe in
Say 'I call forth <colour> life force energy', or your own words to that effect
 - a. For colours 1-6 visualise the colour emanating from the centre of the body
 - b. For colours 7-12 visualise the colour being drawn in from outside, eg from your bath water.
2. Breathe out a little, then suspend your breath by holding the diaphragm
Allow the life force colour to fill you, spreading to every cell in your body.
Check you're not introducing tension as you hold the breath,
3. As you breathe out
 - a. Say 'I have received <colour> life force energy', or your own words to that effect.

Start with white life force energy, and work through all 12 colours in order to mother of pearl.

If you find a particular colour difficult to visualise, spend a little more time on that colour - it may take a few days to visualise it, that's fine.

¹ Information drawn from the Quantum Touch[®] book 'Supercharging Quantum Touch', and the DVD 'Quantum Touch: The 12 Color Meditation', both by Alain Herriott and available from www.quantumtouch.com

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The colours

Inner colours 1-6 support the function and maintenance of the body		
1 White	Like white paper	White represents life force energy, which is essential to life. A universal energy which works in mind, body or spirit. Works with other colours to restore cells.
2 Violet	Outer colour of the rainbow	This second colour surrounds the white. Carries your spirit. Supports intuition, which you use to communicate with the source of life, ie your Connection.
3 Indigo		Allows communication between spirit and body through the senses. Supports deeper communication within the intuitive self - inner hearing, inner seeing, inner knowing etc. the link between realms.
Colours 4-6: copper, silver and gold work together to maintain the inherent balance of the physical body and the DNA. they are the body's healing, cleansing tools.		
4 Copper	The metallic colour of a new penny	Metallic copper governs the nervous and circulation systems.
5 Silver	Metallic silver of jewellery	Metallic silver governs bones, teeth, tendons, muscles, cartilage and nails.
6 Gold	Metallic warm, yellow gold	Metallic gold governs the functions of all the organs, glands, soft tissues, skin, hair and eyes.
Outer colours 7-12 empower the emotional and mental harmonies of your being.		
7 Yellow	Mustard yellow	First of the colours to come from outside. Brings the sense of well-being and happiness you experience when you actions align with your highest ideals. 'Spiritual integrity'.
8 Green	Emerald green	Supports self-love, self-worth and self-esteem. Helps to heal emotional wounds.
9 Blue-green	Cyan or turquoise	Helps you speak your deepest Truth. Aligns your thoughts with your heart or emotional self and allows for integrity.
10 Blue	Sapphire or royal blue	Supports creativity, 'aha's', and spontaneity. the link between the brain and the mind.
11Magenta	Deep raspberry	The wisdom and compassion of universal love - your essential nature.
12 Mother of pearl	Iridescent	Your protective blanket, which protects you from harmful energies.

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Call in the colours for 21 days

If you go through the above sequence, which takes about 5-7 minutes, morning and evening for 21 days you will have absorbed all 12 colours.

Thereafter, just repeat the names of the colours

Thereafter just repeating the names of the 12 colours to yourself will refresh your energetic blueprint (this is called the 'Quickening'. Don't worry, you'll have learned the sequence after 21 days!

Any time you want an extra boost call forth and visualise each colour in turn.