

# The COLOUR

Our oracle will teach you how your chakras give you insight



**W**e've all heard of the seven chakras, which are the body's energy centres. And many of us will know they have particular associations – for example, the throat chakra is linked with communication. But do we really understand how they relate to our lives, and the wisdom we can gain from understanding more about them?

Psychic Tori Hartman found herself asking the same question. After a near-death experience more than 20 years ago, angels began to communicate with Tori, telling her fables containing life lessons. Each fable had a title that included a colour, and Tori soon realised they related to the seven colours associated with the chakras.

Tori understood each fable contained important wisdom, and that the angels wanted her to share it

with the world. So she developed a set of oracle cards based on the fables. However, there's more to these cards than the wisdom of the angels. Each one is colour-coded according to one of the seven chakras, so it will also reveal an aspect of your life on which you need guidance. Be it spiritual, emotional or romantic, whichever card you choose will let you know which part of your life requires your attention – and its associated fable will help you find your way.

For example, orange is the colour of the sacral chakra, which is linked to your emotions and how you handle them, so an orange card will reveal how you're feeling and the changes you need to make. You may find that the card's message will point to something that you either need to acquire to progress in life, such as improved self-worth, or that it simply offers you a different perspective on your current situation.

## How to use the oracle

Focus on the cards until you identify the one you are most strongly drawn to. Take a note of the card's colour, and turn the page to discover the chakra with which it is associated, and what this means for you. Once you've found your colour, and its meaning, read the fable associated with your chosen card.

If you don't immediately understand the message of the fable, there is also a meditation to help you connect with it. Follow the meditation for at least a couple of minutes and allow your mind to go on a journey. Accept whatever impressions come into your mind. When you're ready, write down the colourful new experiences you've had. ➤





# OF WISDOM

into your emotional life and can lead you on to a path of vivid enlightenment





# The colours

Learn the chakra colour match-ups to find their meaning



## NEUTRAL CARD – CROWN CHAKRA

This chakra receives Spirit messages. Neutral cards indicate the higher-minded thinking needed to decipher them.



## PURPLE CARD – THIRD EYE CHAKRA

Representing psychic powers, this chakra sits in the forehead. Purple cards reveal karmic issues you need to work out.



## BLUE CARD – THROAT CHAKRA

This chakra governs communication. Blue cards reflect how you relate to the world through self-expression.



## GREEN CARD – HEART CHAKRA

Your heart chakra relates to love and peace. Green cards reveal whether your heart is invested in the actions you take.



## YELLOW CARD – SOLAR PLEXUS CHAKRA

Located above your navel, this chakra is about thinking and planning. Yellow cards reveal what's on your mind.



## ORANGE CARD – SACRAL CHAKRA

Sitting below your navel, it governs emotions. Orange cards indicate our instinctive response to particular situations.



## RED CARD – ROOT CHAKRA

Located at the base of the spine, this chakra is about building foundations, and red cards show how to create solid ones.



## CRIMSON DREAMS

After Flo dies, her daughter learns that her parents had enough money to fulfil their ambition of moving to Florida, and wonders why they never made it happen. This card urges you not to leave your dreams unrealised. If you feel drained of energy, get plenty of rest – and stop procrastinating.

### YOUR MEDITATION

Imagine yourself doing the thing you desire, and feel the joy it will fill you with. When you're ready, move towards the joy, then open your eyes and write down your thoughts and feelings.



## GERANIUM

Geranium's leaves die and she's pried from her pot. But when she awakes she's blooming in a large park surrounded by lush foliage. Her roots reach deeper, opening her to the possibilities of her new life. Like her, you may be facing an end that actually turns into a great opportunity.

### YOUR MEDITATION

Imagine being discarded like Geranium and feel her sadness and fear. Now awake in a new place and let yourself see and hear whatever new experience and opportunity is meant for you. Imagine yourself ready to embrace change.

**WANT TO FIND OUT MORE?**

Chakra Wisdom Oracle Cards by *Tori Hartman* (£14.99, Watkins Publishing). For information about Tori, visit [torihartman.com](http://torihartman.com)



## GREEN ACORN

Green Acorn was promised top billing in a show, but his work never made it to the final cut. He insists he's content but he's in denial, and simmers away with anger. Is denial holding you back? To move forward you must be honest with yourself. Are you blaming others because things aren't going as you'd like?

### YOUR MEDITATION

See yourself sitting in a cinema. As the film begins, you watch a scene from your life about a dream that never came true. Let yourself feel that disappointment again. Now rewrite the fable, choosing your happy ending.



## PENELOPE & PICKLE

Penelope and Pickle the puppy experience everything together until the day he passes. She grieves, but knows loving Pickle is worth every sad moment and that she'll love again. Penelope & Pickle remind you to give yourself time, and that love will come into your life again.

### YOUR MEDITATION

Close your eyes and allow cleansing light to wash over you, then invite someone you miss into the light. Say how much you miss each other. If you want to, create a time and space for them to visit you again.



## BRAD BLUEBERRY

Brad Blueberry only has time for his painting. A wise blueberry reminds Brad one day he'll also be old, so he should live life to its fullest. Brad realises having fun enriches his art, and that life makes work valuable. You may be using work to hide from your life – get out there and have fun.

### YOUR MEDITATION

Imagine completing something you're excited about. Stretch your arms out, and feel yourself floating on water that's the perfect temperature and in harmony with your body. Freely twirl and play in this space.



## SAPPHIRE'S BLUE

Sapphire turns down invitations because he worries about what to wear and alterations to his routine. He has tried to meet people but hasn't found anyone of his ilk, so he stays home alone. Don't wait for the right time to live your life. You're on the verge of something big, but if you don't participate, it could pass you by.

### YOUR MEDITATION

Think about something you've been putting off – an overdue call to a friend, a holiday or even redecorating. Close your eyes and imagine yourself involved in the activity. Now take action.





## HONEY ADAMS

Honey loves her kids deeply, but she regrets not pursuing her dream. As she passes, she realises she achieved something more important – bequeathing the joy of serving others to her daughters. Though we may wish things to be different, often we create just what we need.

### YOUR MEDITATION

Imagine yourself in a safe place with Honey. Before you say goodbye, she hugs you and thanks you for meeting with her. What was the last thing you told her? Open your eyes, write this down and examine what it says about how you value yourself.



## CARROT CLOAK

Shannon's orange cloak is a gift from a famous actress and she wears it as a symbol of her own talent. One day, frustrated at her own lack of success, she takes it off and quits acting. But had she persevered, success was just round the corner. What you work towards will materialise.

### YOUR MEDITATION

Imagine yourself walking along a path wrapped in a cloak. You reach a glass wall, and through it you can see your goals. Now pass through the wall. Your cloak falls to the ground, staying with your past. Let it go, because you don't need it any more.



## GOLD COINS

Inside a treasure chest, some coins recall a girl saving them to buy a house. As cash wants to be well spent, they agree that she's wise. Don't use a financial situation to avoid doing things. Consider your thoughts and actions around money, and whether or not they are empowering you.

### YOUR MEDITATION

Hold a coin and think about how many souls touched it before you. The value we get from money is an energy exchange. Visualise the coin as a desire, then imagine having a better relationship with cash.



## DANCIN' DAISY

Dancin' Daisy spreads happiness and joy wherever she goes. No one knows where she's from, but people are healed physically due to her beneficial presence. She represents a new joyous phase in your life. You may not see where you're going, but you'll land on your feet.

### YOUR MEDITATION

Sit with Dancin' Daisy and let her joy fill you. Imagine a ball of sunshine in your solar plexus, expanding and filling the room with radiant energy. Send it out to the universe with love in your heart. Things manifest quickly after touching this energy.



## RHONDA RHINO

Her mother doesn't really care about Rhonda, but she doesn't take it personally and dreams of becoming a beloved family pet. One day gunfire rings out and Rhonda carries a child to safety. His family adopts her, fulfilling her dream. Follow Rhonda's example of focusing on intention not pain.

### YOUR MEDITATION

Take a deep breath, then exhale all negativity. Think of someone you're struggling to forgive. See them as a child, reaching out to you. Then ask yourself whether your energy is best used fulfilling dreams or feeding resentment.



## INDIGO LUCY

Lucy's best friend writes a letter to Lucy's unborn child, telling them how amazing their mum is. Lucy is supportive and sees the good in any circumstance, and her friend's gratitude shines through. Gratitude means we're putting out more positivity into the universe. Lucy reminds you that there's no mystery to being a good person. Some just are.

### YOUR MEDITATION

For 10 days spend a few minutes making a gratitude list. At the end of the period, look at the list and notice what keeps coming up. Are you on your list? And are you grateful for what you are?



## SHE SHAMAN

She Shaman bestows artistic talents on a select few. One day she rests under a birch tree, who entertains her. She Shaman vows to give everyone their own gift, not just the privileged. Your path is an artistic one, so express your love in an art form. Don't wait for someone else's permission to create your life.

### YOUR MEDITATION

Open a notebook to a new page. Shut your eyes and imagine She Shaman standing in the mist. Follow her and ask for guidance, then write down whatever pops into your mind. It may mean nothing now, but in time it will.



## WOLF OF WHITE LIGHT

Wolf climbs the unsafe rocks, his eyes fixed on the high ground. He doesn't glance backwards because his energy is needed in the future. So Wolf journeys on and doesn't look below for his enemies. You can move on and let go by following your instinct and trusting your inner voice.

### YOUR MEDITATION

Picture a waterfall of light raining down from above, before Wolf beckons you. Observe what you see. Does he talk to you? Is he friendly? Look into his eyes and write down any impressions that come into your head. ■