

SOULMED



LIVE IN COLOR

WORKSHOP WORKBOOK

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LIVE IN COLOR WORKSHOP WORKBOOK

Listen up, you have a story, one that is full of colors that tell of your triumphs, failures, love found, love lost and childhood experiences that have and continue to shape how you think, feel, live and love.

Learning to speak your story - and all it's truths - will be a powerful and strong foundation for healing your mind, body and soul.

According to researchers from the CDC and Kaiser Permanente, untreated trauma significantly increases the risk of 7/10 of the leading causes of death in the United States doubling and quadrupling the chances of a person acquiring the disease(s).

The #LiveInColor workshop will help you address this trauma and create a plan for how to move forward positively so you can live a life of health and WELLth.

During the workshop you will use a variety of writing and interactive activities to open your truth Chakra (known as your throat Chakra). Through these activities you will unlock freedom to examine how your life experiences have shaped who you are and how speaking your truth can help you move forward living life fully in a healthy and colorful manner.

This workshop is guaranteed to open your eyes, mind and heart to finding your truth and living it unapologetically, which will set the foundation for healing everything from your soul to your soles.

By the conclusion of the workshop you will be able to:

- Define chakras and list the 7 different chakras
- List how other's views of you have influenced your view of yourself
- Develop two personal affirmations that support who you are and how you want to show up to the world
- Write and implement a plan to improve your life with specific goals and deadlines

TESTIMONIALS



I had the pleasure of attending the Live In Color workshop and I am so glad I signed up to go. She got my mind going and it was nice to open up, share, and hear other's stories, future goals & colors - the colors were valuable and had a meaning! Her presentation was phenomenal!



Sitting through your workshop shifted me in a major way. I didn't know what to expect, but once you started facilitating I was like, "Yo this is good." I made a discovery in your workshop that I had never had before.

LETTER FROM THE TRAINER

I am happy that you decided to take this training. It's an important step to achieving total health and healing for your body.

Dr. Nadine Burke Harris shares in her TedX talk, "How childhood trauma affects health across a lifetime," that untreated trauma significantly increases the risk of seven out of 10 of the leading causes of death in the United States. The trauma experienced during childhood can double or quadruple the chances of a person acquiring one of these diseases.

What are some of these experiences?

- Abuse
- Neglect
- Parental substance abuse
- Divorce
- Parental mental illness
- Rape and childhood sexual abuse

The reality is that many of us have experienced one or more of these types of trauma. We've normalized the experience though - and even laugh about it.

Case in point :: The social media meme that asks :: What would get your eyes knocked out of your head in a Black household?

While the responses are hilarious, we all know at least one answer. The problem with this is twofold ::

1. We were told that our eyes would be knocked out of our head.
2. We knew that any little aggravation would cause us to get our eyes knocked out of our heads.

That's verbal abuse. It's been normalized. We have all experienced it - and much more.

It's time that we confront our childhood trauma and begin to heal from it. It's time to stop normalizing abuse and trauma and heal.

Through the Live in Color workshop you will uncover events that have had a significant impact on your life, determine how these events have impacted you and how to use them to move you forward to live a life full of color.

Let's geaux sis! Our healing awaits.

BEAhealthy,



P.S. Make sure you watch Dr. Burke-Harris' TedX speech



WHAT ARE CHAKRAS?

Literally speaking, the word “chakra” from Sanskrit translates to “wheel” or “disk,” but references a spiritual energy center within the human body, of which there are seven along the spine, and through the neck and the crown of your head. They each correspond to specific organs as well as physical, emotional, psychological, emotional, and spiritual states of being and influence all areas of your life.



Adapted from [The 7 Chakras and Their Meanings](#)

CHAKRAS

Root Chakra

This is your stability and grounding chakra. This chakra is connected to finances, family, food and shelter - your basic needs. The color for this chakra is red.

Sacral Plexus Chakra

This chakra is connected to creativity and sexuality. It's responsible for the amount of flexibility (not physical flexibility) we have in life. The color for this chakra is orange.

Solar Plexus Chakra

This chakra is in your gut. It handles your confidence. The color for this chakra is yellow.

Heart Chakra

This chakra is all about love, compassion and empathy. It is the most important because everything you do well involves love. The color for this chakra is green.

Throat Chakra

The throat chakra is all about expression and speaking your truth. The color for this chakra is light blue.

- The function of the Throat chakra is driven by the principle of expression and communication.
- The Throat chakra is about the expression of yourself - your truth, purpose in life, creativity.
- A blocked throat chakra can contribute to feelings of insecurity, timidity, and introversion. On the other end of the spectrum, an overactive throat chakra may also lead to gossiping, non stop talking, and being verbally aggressive or mean. Other ailments include not being able to keep your word, anxiety, shyness, being secretive or lying. Physical ailments include hoarseness, sore throat, thyroid problems, laryngitis and neck pain.
- You can unblock the chakra by singing, eating fruit, drinking water, talking it out, writing it down, clearing the air with jasmine, rosemary or sandalwood essential oils.

Third Eye Chakra

This chakra controls your intuition. It is located between your eyebrows. The color is dark blue.

Crown Chakra

Crown chakra connects you to a higher power and other dimensions/realms. The color is indigo.



WHO AM I?

We all believe we have an idea of who we are. Let's explore how we developed our belief about ourselves and our identity.

List life experiences that have shaped who are today. You should be able to connect a life experience to a behavior, value set or pattern of thought that is close to your identity today.

What's your lie?

According to yoga instructor Baron Baptiste, we all have a lie that we've told ourselves over the years. The lie was formed from a painful or challenging experience, most likely in childhood. We've made the experience mean something about ourselves - such as we're not good enough, smart enough, pretty enough, desirable etc. We internalize the lie allow it to become truth in our minds, thus allowing it to become a deep belief system. (Being of Power, Baron Baptiste) Example :: Crying equals weakness therefore I am weak.

What's your lie?

Declare a new way of being.

The lie that I am giving up is I am _____.

My new way of being is _____.

I AM | PERSONAL AFFIRMATION

What things have people said about you that have shaped who you are?

What story do the experiences, your lie and what people say about you tell?

Use the reflection to write your I am statement.

I am _____ .
(insert adjective that describes you)

COLOR PSYCHOLOGY

	Emotion		Used To	
Red	Excitement	Energy	Stimulate	Create Urgency
	Passion	Courage	Draw Attention	Caution
	Attention		Encourage	
Orange	Optimistic	Independent	Stimulate	Communicate Fun
	Adventurous	Creativity	Draw Attention	Express Freedom
	Fun		Fascinate	
Yellow	Enthusiasm	Opportunity	Stimulate	Encourage Relaxation
	Spontaneity	Happiness	Awake Awareness	Energize
	Positivity		Affect Mood	
Lime Green	Growth	Harmony	Restore Energy	Promote Growth
	Fertility	Kindness	Nurture	Rejuvenate
	Dependability			
Kelly Green	Safety	Harmony	Relax	Balance
	Stability	Reliability	Revitalize	Encourage
	Balance		Possess	
Sky Blue	Freedom	Self Expression	Draw Attention	Inspire Trust
	Trustworthy	Wisdom	Suggest Precision	Communicate Consciousness
	Joy		Stimulate Productivity	
Royal Blue	Trust	Responsibility	Reduce Stress	Create Calmness
	Honesty	Loyalty	Relax	Secure
	Inner Security		Create Order	
Violet	Imagination	Spirituality	Encourage Creativity	Inspire
	Compassion	Sensitivity	Combine Wisdom and Power	Create Impression of Luxury
	Mystery		Intuition	
Pink	Compassion	Love	Communicate Energy	Increase Pulse
	Immature	Playful	Motivate Action	Fascinate
	Admiration		Encourages Creativity	
Brown	Reliability	Stability	Stabilize	Imply Common Sense
	Honesty	Comfort	Suppress Emotions	Create Warmth
	Natural			
Gray	Neutral	Practical	Create Sense of Composure	Depress Energy
	Conservative	Formal	Associate Timeless	Communicate Maturation
	Quiet			
Black	Power	Control	Hide Feelings	Intimidate
	Authority	Discipline	Radiate Authority	Create Fear
	Elegance		Associate with Mystery	

Color chart is modified from [Girts Avotins](#). Girts Avotins, is a West Palm Beach, FL based graphic designer / art-director. Using his experience, creativity and knowledge, he is helping a number of clients in producing brand identity and marketing materials. Combined in the right manner, the services are able to positively impact the business and growth of the clients.

I AM | COLOR AFFIRMATION

Use the experiences that you listed from the questions to identify the colors that would describe those moments in your life.

EXPERIENCE	COLOR

Write your color affirmation.

I am committing to living life _____ .
(insert color or colors)

LIVE IN COLOR | GOALS

Use your color affirmation to write at three least give goals for yourself. Add a date to them.

GOAL	DETAILS	DUE DATE



Photo by Gift Habeshaw on Unsplash

LIVE IN COLOR | MY STORY IN COLORS

'Listen up I've got a story to tell.'

I dream in color. Vivid colors like orange, yellow, and RED...they come to life in my mind and always have since I was a little girl.

I'm a born and raised #Brooklyn girl. Save for the year my mother tried her hand at southern living, my world was concrete and mostly grey. Color for me came in a few forms, the graffiti-covered IRT lines of the 80's and the #nailpolish that my mother would let me pick out for her when she'd get her nails done every other week.

FAITHFULLY, we would make the pilgrimage from #EastNewYork to Downtown Brooklyn to her favorite nail salon where she'd let me choose the colors that would cover her long, expertly manicured silk-wrapped nails. I'd always choose the brightest red I could find and patiently wait as the technician meticulously polished each nail with the precision of #Picasso, knowing that in a moment it would be my turn.

I long for those Saturdays on Fulton Street at the nail salon, #gyros and fries from my mother's favorite Souvlaki House diner, and the occasional #retailtherapy at A&S. It was OUR time to bond in love and color.

Those days cemented my love for #nailpolish and showed me how a little bit of #selfcare and the right shade of red can totally transform the mood and confidence of the person wearing it. It was those times that also helped to foster my love for the borough that nurtured me, made me fearless and strong, and wise beyond my years.

So here's to my beloved Brooklyn, to colors that tell the story and rich history of the people, culture, and landmarks that created it, and the women who aren't afraid to live in COLOR!



COMPLETE YOUR COLOR AFFIRMATION

Complete your color affirmation.

I've lived _____ and through _____
(insert colors from your negative life experiences) (insert negative life experiences)

I've also lived _____ and experienced/found _____
(insert colors from your positive life experiences) (insert positive life experiences)

No matter what I won't break. I am _____, and I am committing to
(insert the adjective from your I am statement)

live life _____
(insert the color you are committing to live for the rest of the year)