

## Catherine's Personal Experience with Colour Essences

My very first choice of bottles was bottle number 78, a beautiful violet sitting on top of a deep magenta. When I shook the bottle it created a most spectacular symphony of colours, as the two colours merged and mingled, leaving me wondering at the beautiful patterns created.

It was only a few days later that a band of black tar-like substance formed between the two colours. I was most disappointed, as now when I shook the bottle it looked like thermal mud pools, and I was convinced I had ruined my beautiful bottle of colours.

I applied the essences daily, and to my amazement, after about a week, the black tar turned into a white cloud. It looked most beautiful. I continued to apply the essences, and again the colours changed, with long strands of "seaweed" growing in the bottle. UUgghh!! Even though I now did not like the look of the bottle, I continued applying it. After a short time, the seaweed disappeared, and I was left with a very pale violet in the top fraction of the bottle, sitting on a deep magenta. My bottle was beautiful again!!

I realised that Bottle 78 I had been using had opened my Crown Chakra, connecting me on a much higher level to spiritual dimensions. Within six weeks my focus had changed from teaching kinesiology which works on the physical, personality level to working in a much deeper spiritual way.

I am thoroughly in awe of the power of the Unicorn herbal and gem coloured essences, and have experienced many amazing changes both personally and in my students and clients over the last 20 years. My excitement over the profound changes colour can create, and my desire to share this with the world remains to this day. This forms the basis of the Soul Power Kinesiology courses, now taught at Academy of Healing Arts.