



Red as a Healing vibration

Does your personality resonate with red? These people are often extroverts, impulsive and passionate both in work and in relationships. They can be spontaneous and practical.

The red Unicorn Bottle – This oil is massaged on the body and balances the physical body and emotions held at a cellular level.

When applied, red is a stimulator, an energiser, connecting one to their passion and ambition, grounding one to become more practical. It helps one to get into action.

Physically red assists the circulatory system, the lower extremities, pelvic area, reproductive system, physical energy, and any under-active condition.

Astrologically Mars relates to Red. Leo people need red for uplift.

Academy of Healing Arts is holding classes on Colour for Life and Soul Power Kinesiology as a healing tool [Find out more](#)

The **Chakra Light** number 1 is Red. It balances the base chakra in the Light Body. It helps improve self-survival instincts, creates greater grounding, energy and circulation, making it easier to release past issues.

The **Ray of Light** number 1 is Pale Red It balances the Light body on the spiritual levels.

This stimulates the Base chakra. It activates and stabilises energy in general, strengthens adrenal energy and brings energy to the reproductive organs.