

Color is full of surprises. It shows up in unexpected places!

Dear Colorful Friends!

Welcome to the Global Color Week! The goal of this week is to make you aware of the glorious colors all around you and to lit new inner lights within you! Every day we will look for different colors in our home, garden, street, and workplace. You will also use your senses to experience the rainbow to the fullest.

It will be fun, enlightening and bring you pots of (spiritual) gold!

Already tickled pink? Then please invite all your friends and family to join in the fun!

Here, in black and white, are the details of the Global Color Week:

1. The Global Color Week consists of 8 activities **starting on Saturday, 13 March.**
2. **The details of the next day's color quest will be posted the night before. A gentle reminder will be posted again in the morning of Facebook, LinkedIn, Instagram and Clubhouse** where we will do a daily chat for 30 minutes on color.
3. **Please use #colorweek when you post your photos and experiences.**

On Saturday, 20 March at 4:30 pm CET you are invited to join our free COLOR LIGHTS week gifts to the world event. Gabrielle will be interviewing eight different colours during the event!

Day 1 is RED **Saturday March 13th**

1. For today, please take at least three pictures of anything red in your home, on your way to work, in the garden, at your place of work, anywhere and everywhere!
2. Also wear something red: A ring, a shirt, a dress, shoes, socks, a watch, bracelet, lipstick, nail polish, a tie, anything. And take a selfie with you dressed in red.
3. Engage your sense of smell today.

4. Also ponder: How does red make you feel?

Day 2 is ORANGE! Sunday March 14th

1. Engage your sense of taste! Eat something orange today, and really taste and savour the color.
 2. Take at least three pictures of the ORANGE in your home, wardrobe, fridge, garden, workplace, city, and life. Remember to use #colorweek
3. Ponder: What does Orange inspire in you?

Day 3 – Yellow- Monday March 15th

1. Get some sun and Vitamin D.
2. Listen to a song with YELLOW in the title and post the name of the song.
3. Take at least three pics of your YELLOW stuff, post your photographs, and tell us about your feeling towards YELLOW.
4. Engage your sense of sight today.

Day 4 – Green Tuesday March 16th

1. Engage your sense of touch today. Hug a tree and take a pic of you hugging a tree (we need to give the earth more love).
2. Drink GREEN tea and eat green fruit and vegs.
3. Take a picture of at least three GREEN things in your home, life, wardrobe, environment, or wherever you may wander.

GREEN is also the colour of gratitude. When we are grateful for what we have we attract more abundance.

Day 5 – TURQUOISE - Wednesday March 17th

We are moving onto the cooler colours of the spectrum now.

1. Engage your sense of creativity and innovation today.
2. Find turquoise objects in your home and garden/ office
3. Sense the freshness and calming quality of the colour
4. Imagine being a wonderful sea creature swimming in the ocean or a bird flying in the sky.
5. Visualize the future you wish for yourself.

Day 6 - Blue Thursday March 18th

1. Engage your sense of hearing today and listen to the Blues and become aware of your feelings.
3. Take three pictures of the BLUE in you.
4. Take time and space for yourself - enjoy stillness.
5. How do you feel bathed in blue?

Day 7 – Violet Friday March 20th

Today is all about violet - from mauve, to lavender, to lilac - your shade of purple!

1. Engage your sixth sense today.
2. This is a colour one should touch. Think purple velvet.
3. It is the colour of royalty and spirituality. What do you believe in?
4. Take at least three pictures of the purple in your world.
6. BE still - meditate and listen to your intuition.

Day 8- Magenta Saturday March 21st

Today on our 8th day it is all about Magenta- from Pink to Fuchsia and Rose

Connect with your soul and purpose of life today

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- Take pictures of beautiful pink objects
- Connect yourself with love- universal love
- Ask yourself what are you here for?

- Is there anything you wish to change and transform?

MARCH 20th @ 16:30 CET zoom event:

COLOR WEEK world gifts

Thank you to everyone for all the wonderful effort that you are putting into this color week. It makes our hearts sing and nurtures our souls.