

**Month 7, Week #4**

**Take a color walk**

Hi!

**Holy moly! We are deep into Month 7 of our Gutsy Goddess Society training program - Igniting Insight, Wisdom + Intuition.**

This month we're diving into **chakra #6**, the mental level of your happiness, which is located at the third eye, between your eyebrows at the bridge of the nose. We covered this in depth during our monthly training call.

**If you missed the call, I invite you to cruise on over to our forum to check it out here.** [http://jennyfenig.com/ggs-success-library-woo-hoo/](http://www.on2url.com/lnk?dao24QAEnUI%3D)

Here's an overview of chakra #6 ...

Color: Indigo blue  Signs you are OUT of balance here: Undisciplined mind. Escapism. Illusion. Ungrounded vision. Excessive daydreaming. Worry. Fear.

Signs you are IN balance here: **"The mind is a wonderful servant but a terrible master."** This saying describes your talent for gaining the best of the mental level without becoming a slave to it. You are able to rise ABOVE the noise of the everyday world to a place of inner refuge and calm where your beautiful imagination leads you to unlimited sources of inspiration. You have learned to hang out in your Observer state (we covered this on our training call) and often experience the bliss of pure observing. Your sensitivities to subtle vibrations allow you to connect with light, sound and all of nature as sources of energy.

**The goal: see what you see WITHOUT judgment. Not easy, but so worth it.**

Okay, onto the weekly assignment ...

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**INSPIRATION IN ACTION ASSIGNMENT**

**Take a Color Walk**

A wonderful method for activating this 6th stage of consciousness is to take intentional color walks - a simple stroll in any environment you choose that holds the potential of plenty of COLOR. Here's what you're gonna do:

1. On your walk, **focus on the colors you see and then dwell on them**. Essentially, you're going to absorb the essence of the color into your heart, mind, spirit.

2. **Experience the color** for a moment as you engage it, then move your attention fully to the next color that draws your attention.

3. As your mind drifts to the details of your life (and it will), gently pull your attention back to color absorption and you will **feel the colors RECHARGE you with their energy.**

4. After your walk, **think about the colors in your space, wardrobe, life.** Choose them wisely. Maybe it's time to paint your walls? Or time for a new colorful sweater? Or a pretty pedicure? Color is energy.

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By learning to skillfully navigate and play in the MENTAL realm, you have enriched your possibilities for happiness many times over. How cool is that?!

xoxo

Jenny

P.S. **Want to hang out this summer? The Retreat for Goddesses is THE power-packed experience you've been craving.** It's all going down this July and early-bird tickets are GONE as of Monday, April 30. Don't miss your reserve your spot at a STEAL of a price. Check out your chance to UNPLUG from the daily grind, CONNECT back into what matters and create a plan to ROCK life. [http://retreatforgoddesses.com](http://www.on2url.com/lnk?dqo24QAEnUI%3D)