

Colorliminals

Conscious coloring for the nonconscious mind

by Paul R. Scheele, Ph.D.
Original art by Lon Jerome



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COLORLIMINALS

Conscious Coloring for the Nonconscious Mind

By Paul R. Scheele

You listen to Paraliminals because they help you tap into your nonconscious mind to make your life better in the way you choose. Now you can use this typically closed-eye listening tool in a unique and wonderful way—conscious coloring.

Once relegated to childhood pastimes, people of all ages are rediscovering the joy of coloring because of its many health and therapeutic effects. Studies show this playful activity can quiet the mind and serve as a form of meditation. It can help you access your creativity, relax your body, and clear away anxiety, stress, and tension.

Now you can tap your Paraliminal’s “sleep learning” feature for even greater effect while you are wide awake and coloring!

This feature is normally used by setting your audio player to repeat the sleep learning track (Track 3) at a volume level that will not disturb your sleep. This is the “change work” portion of the recording at the heart of the Paraliminal experience, where the messages you hear are woven together to help your mind make the changes you desire.

You hear one voice speaking in one ear to one part of your brain and a second voice speaking in your other ear to a different part of your brain. Your conscious mind finds it difficult to process two voices speaking simultaneously, so it shuts down, putting you into a deeply relaxed, clear-headed state—which leaves your inner mind to absorb the message at a deep level.

When coloring, the attention of your conscious mind is focused on the page you are working on. Meanwhile, your nonconscious mind is guided by the messages in the Paraliminal to support your specific intention for listening.

Here are two primary ways to enjoy Paraliminals when coloring:

- **While listening to a Paraliminal** – Set your audio player to repeat the sleep learning track as you color. You will gain the most benefit when using headphones as you listen. However, you will still benefit when a Paraliminal is playing through speakers in the background, particularly when the left speaker is positioned to your left, and the right speaker to your right. This provides your mind the effect of the Paraliminal messages.
- **After listening to a Paraliminal** – Listen to a Paraliminal as you normally do with eyes closed, then enjoy coloring immediately after.

Each Paraliminal comes with a set of four coloring pages to choose from, with images that reflect in some way the metaphor within the listening session.

As you color, keep an eye out for the Learning Strategies “Vitruvian Man.” (Hint: the Learning Strategies logo!) It reflects the well-known Vitruvian Man image as described by Marcus Vitruvius Pollio, a first century B.C. Roman architect and engineer who first explained the symmetry of the human body when writing about proportion in architecture. Leonardo da Vinci’s version in 1490 most accurately reflected the proper proportions of the human body, which he believed corresponded to the workings of the universe as a whole.

How to Use Colorliminals

- Choose a medium – colored pens, pencils, felt-tipped markers, or crayons.
- Find a quiet location free from distractions.
- Select a page to color.
- Hold an intention or goal related to the page or the Paraliminal, such as “I am debt-free and financially prosperous” or “I am grateful to be surrounded by the unconditional love of family and friends” or “My body is calm and relaxed as I enjoy this time to refresh my soul” or “I clearly see the many ways I can resolve my challenge.”
- Set your audio device to repeat the sleep learning track.
- Have fun! Be playful and creative. Color as you desire, filling in all or parts of the drawing. Use solids, patterns, lines, dots, or doodles—whatever suits your fancy.
- Add to the page a favorite quote (of yours or someone you admire), a personal mantra, or “power words” that resonate with you.

When to Use Colorliminals

- After a Paraliminal listening session or any regular meditation.
- First thing in the morning to tap into your creativity.
- While enjoying a cup of tea or coffee to calm your mind and body.
- On a picnic table in the park while immersed in nature.
- With colleagues as you take a break to clear your head.
- After a busy day to relax and unwind.
- As a fun family activity with your children.
- With a group of friends as you enjoy each other’s company.

Using Positive Emotions and Colors

For additional benefit while you color, consider embracing the positive emotions and colors specifically related to the five-element theory of Chinese medicine, as taught by Qigong master Chunyi Lin, creator of Spring Forest Qigong. Each element is related to a positive emotion and color as follows.



An emotion is a form of energy with its own special signature or frequency, says Chunyi. Negative emotions can lead to energetic blockages, illness, and disease, while positive emotions purify the energy in the body and lead to greater health and vitality.

Consider bringing in positive emotions as you color in one of these ways:

- Choose a specific emotion you want to experience. Take a few moments to close your eyes, relax, and feel the emotion throughout your entire body. Then open your eyes and begin coloring. Try to hold this emotion as you color the entire page.
- Choose an overarching emotion for the page as you begin to color. Then anytime you use a color related to one of the five positive emotions, bring that emotion into your awareness, feeling it throughout your body. Hold that emotion until you switch to another color related to one of the five elements. Then embrace that emotion.

(See the *Gratitude Paraliminal* booklet for additional information on positive emotions and healing).

Using Diamond Feng Shui Facets

Every color has a unique energy and meaning. Cultures throughout the world use colors in their ceremonies, rituals, and healing traditions, and to support their environment and manifest their desires.

Another set of colors you might consider is shared by Feng Shui master Marie Diamond, creator of our *Diamond Feng Shui* course. Because colors are both energy and information, Marie says they can be used to activate the quantum level of universal energy to enhance your health, relationships, wisdom, and success.

She shares 24 Diamond Facets and Colors: 12 yang colors and 12 yin colors (used with permission). Each is connected to a quality of life, called a Diamond Facet. The yang facets are considered male and more active, and the yin facets are considered female and more receptive.

The **yang** colors and their facets:

Royal Blue – Power	Yellow – Wisdom	Rose – Love
White – Purity	Emerald Green – Health	Ruby Red – Balance
Violet – Forgiveness	Aqua Blue – Clarity	Peach – Joy
Gold – Abundance	Magenta – Harmony	Opal – Transformation

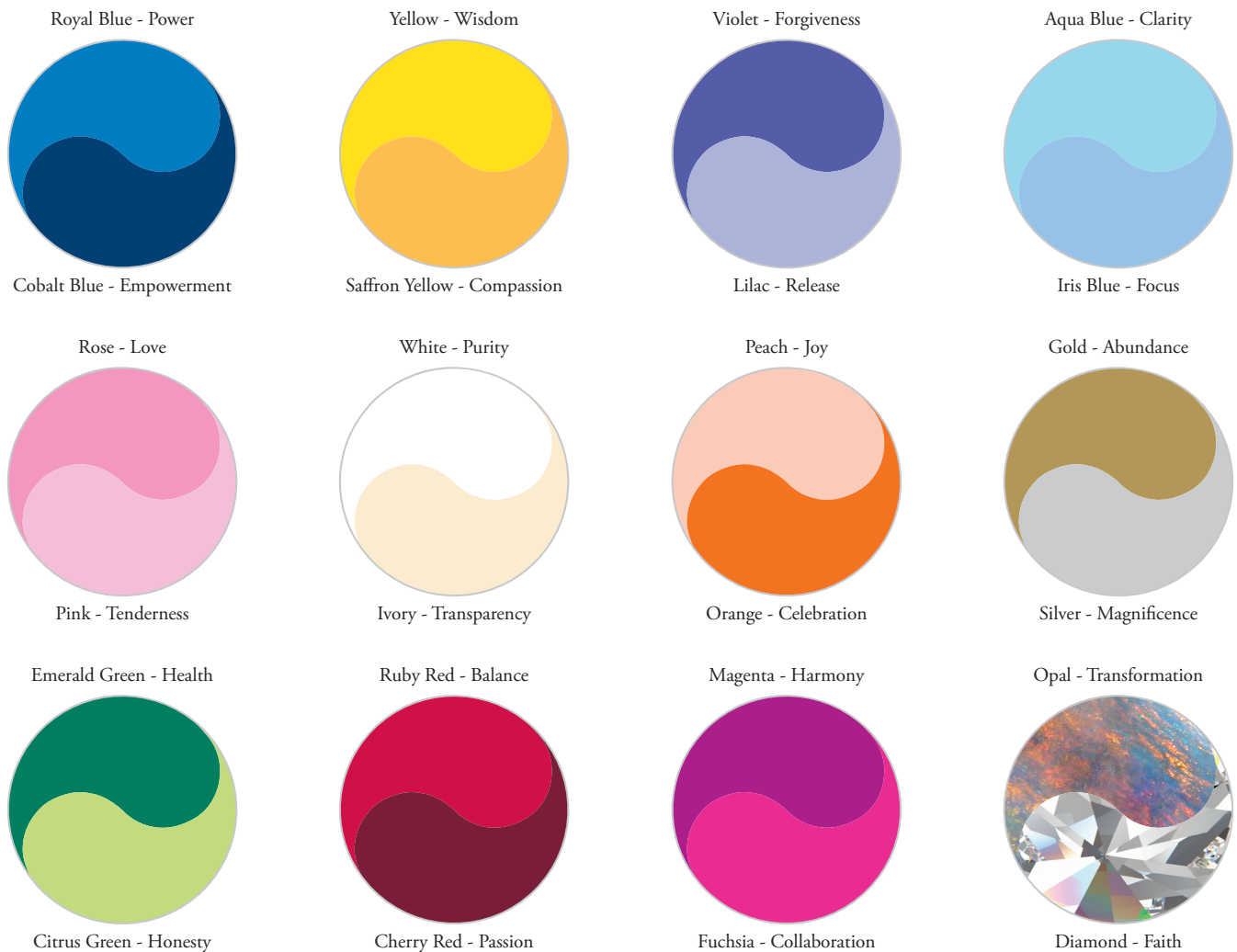
The **yin** colors and their facets:

Cobalt Blue – Empowerment	Saffron Yellow – Compassion	Pink – Tenderness
Ivory – Transparency	Citrus Green – Honesty	Cherry Red – Passion
Lilac – Release	Iris Blue – Focus	Orange – Celebration
Silver – Magnificence	Fuchsia – Collaboration	Diamond – Faith

The 24 Colors are also grouped by four major **life aspects**:

<i>Success</i>	<i>Health</i>	<i>Relationships</i>	<i>Wisdom</i>
Royal Blue	Emerald Green	Rose	Yellow
Cobalt Blue	Citrus Green	Pink	Saffron Yellow
Orange	White	Ruby Red	Aqua Blue
Peach	Ivory	Cherry Red	Iris Blue
Gold	Violet	Magenta	Opal
Silver	Lilac	Fuchsia	Diamond

Each yin, or receptive, color is associated with a yang, or active, color. The color pairs are represented in 12 yin-yang symbols.



Activate a universal rainbow of energy in your life as you color in one of these ways:

- Select a specific color for a facet or quality you wish to focus on, then hold that intention as you color. For instance, if you want to have more impact, radiate confidence, or feel protected, color with Royal Blue to activate the facet or quality of Power. If you wish to be gentle, express sweetness, or receive tender attention, color with Pink to activate the quality of Tenderness. Every time you switch to a different color, change your intention to reflect the related quality.
- Focus your intention on a specific goal you want to achieve in a specific area of your life—success, health, relationships, or wisdom. As you color your page, use the six colors within that life aspect.

Share Your Artistry with the World

Join Paul and take a picture of yourself with one of your completed coloring pages. Post it on social media with this hashtag: **#colorliminals**





Peace and well-being are as near to you
as the breath flowing in and out of your body.