



# COLOR FOR PEACE

**a gift of Peace and Healing**  
from Eleyne-Mari Sharp

# INTRODUCTION

The [Color for Peace Meditation](#) was written by writer and color therapist Eleyne-Mari Sharp.

The meditation was broadcast on Color Healing Radio in September 2015 in celebration of the International Day of Peace.

Eleyne-Mari offers the original meditation script as a gift of Peace and Healing, to be used for personal or public meditation.

Should you share this meditation in a public event, please credit Eleyne-Mari Sharp as the author.

(NOTE: This meditation is a gift and may not be sold or reproduced for sale.)

## *Tools needed:*

- One white candle
- One clear Quartz Crystal
- One Rose Quartz
- One Amethyst

# MEDITATION SCRIPT

Welcome to a “Color for Peace Meditation”.

I am \_\_\_\_\_ and I thank you for joining me...as we honor ourselves...and the world...with the gift of Peace...through a guided meditation with color and crystals.

One of the many joys of living in this world is the opportunity to experience the glorious gift of Color. Color is everywhere around us—and like everything around us, Color is energy...which we can use to transform and center ourselves...through our clear and powerful intentions.

Martin Luther King, Jr. said: “Darkness cannot drive out darkness. Only Light can do that. Hate cannot drive out hate. Only Love can do that.”

Too many of us are feeling fearful...angry...powerless...uncertain that Peace will ever come. But while we may have given up hope on our family...our friends...our neighbors and our politicians, let us not give up on ourselves. By raising our vibrations of Light, each and

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every one of us has the power to drive away the darkness of negativity.

To assist you during this meditation today, you will need the following:

One white candle...

One clear Quartz Crystal...

One Rose Quartz...

and one Amethyst.

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## *Crystal Breathing*

Please light your white candle now.

White is the color of purity and Peace. Let this candle symbolize your intention to bring Peace within yourself. To have true Peace, we must achieve Inner Peace.

Let us begin with a brief grounding meditation.

Take three deep breaths and call in your deities, your angels and your spirit guides for love and protection.....

Good. Now pick up your clear quartz crystal and hold it in your left hand—which is the hand you use to receive energy.

It has been said that crystals are a mirror of our soul... and they represent our struggles for clarity.

Look closely at your Quartz Crystal. Notice all of its lines, cracks, chips, and rainbows. Notice how you feel as you hold it.

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Now place your crystal on your heart and breathe in Peace... breathe out Peace...feeling a calm and comforting wave of beautiful white light flowing through your heart and throughout your body.

Breathe in Peace...  
Breathe out Peace...  
Breathe in Peace...  
Breathe out Peace.

Good. Now move your quartz crystal down to your Root Chakra, which is located at the base of your spine.

Imagine there is a long Red cord attached to your Root Chakra. See that cord going down, down, down into the floor...and into the ground...deeper and deeper...until you see that the cord is connected to a giant, clear Quartz Crystal in the middle of the earth.

Now say aloud:

“I am grounded with the courage of Red. I am secure with Red.”

Good! You will stay grounded until the end of this meditation.

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## *The Temple*

Close your eyes and imagine you are lying on a large crystal bed...in the center of a beautiful, open-air temple...overlooking a vibrant, turquoise sea.

The sky is a brilliant blue...and a salty breeze...is blowing between the temple's sparkly, Rose Quartz columns.

There are many lush, green plants inside the temple...and lavender...mint...and roses perfume the air.

You hear the sweet tinkling of wind chimes...and the bubbling from a clear quartz water fountain...containing dozens of bright golden coins from wishes fulfilled.

As you lie on your crystal bed...think of how perfect this day is.

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Look up at the open ceiling...at the beautiful blue sky... the white clouds...and feel yourself relaxing...relaxing all the tension...letting go of your worries...feeling calm... feeling calm...feeling calm.

At any time, should anything fearful or negative appear in your mind, gently push away these thoughts ...as if they were as light as clouds.

This is your sacred space.

Your personal sanctuary.

You are safe here.

This is your creation...your place of Peace.

Now hold your Rose Quartz in your left hand...and use it to slowly massage your body...allowing the loving... vibrational...energies of the color Pink...to soothe you.

Pink is the color of self love and compassion.

Look up at the sky...and notice that the view has changed...from clear blue...to a backdrop of deep midnight blue.

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As you watch...an image of the earth appears in the sky... and you can see the entire planet...from your crystal bed.

Take your Rose Quartz...and move it to your High Heart chakra...which is located between your Heart and Throat chakras.

See the beautiful Pink light filling your High Heart chakra...watch it grow and grow...so that it is now enveloping your body like a huge Pink bubble...

Notice how the Pink light is floating up...up through your head...through the open ceiling...until you see that the entire planet is bathed in that beautiful, soft, and Pink light.

Feel love and compassion for the earth...and say the following aloud:

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We are one world.

Everyone in the world is blessed.

Everyone in the world is happy.

Everyone in the world is fed.

Everyone in the world is prosperous.

Everyone in the world is loving.

Everyone in the world is generous.

Everyone in the world is caring.

Everyone in the world is forgiving.

Everyone in the world is Peaceful.

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## *The Garden*

Now that you have experienced the unconditional love of the color Pink...leave the crystal bed and walk outside.

Your bare feet are cushioned by the cool, soft, Emerald green grass...and you walk along...enjoying the sunshine and the sea view beyond...

Soon you find yourself entering a spectacular garden of many colors. There are birds...and butterflies...and a few rabbits here...and all sorts of flowers blooming.

Take a moment to inhale the flowers' sweet, intoxicating fragrance.

Now continue to walk...until you have reached a section where all the flowers are Violet colored.

Marking the path are large flat stones of shimmering Amethyst. See how they sparkle in the sunshine?

This is your path of transformation, the path of forgiveness...the path to reconnect you with the Divine.

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In the distance...you see a large, reflecting pool... surrounded by a beautiful Violet aura.

There is a stone bench across from the pool. Go to the bench and sit down.

Now take your Amethyst and hold it in your left hand.

Place the Amethyst on your Crown chakra, which is located at the top of your head.

Imagine that beautiful Violet light from the Amethyst is pouring down like a sacred shower...

Breathe in the Violet light...breathing in faith and gratitude.

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## *The Sacred Pool*

It is time to swim in the sacred pool. As you gaze into its mirrored reflection...you know that this pool is very special. You know it will comfort you...relax you...help you to forgive...and bring you ultimate Peace.

To enter the pool, there is a rainbow staircase containing seven stone steps.

The first step you see is Violet. Violet represents spirituality, transformation, and forgiveness.

Step down and a Violet light instantly illuminates your body. Inhale the color Violet. Exhale...then say aloud: "I am always Divinely connected to Peace."

Now walk down to the next step, Indigo, which is a deep midnight blue. Indigo activates imagination and intuition. Breathe in the color Indigo, exhale...and then say aloud: "I am always visualizing Peace."

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Walk down to the next step, Blue. Blue is about communication and trust. Breathe in the color Blue, exhale, and then say aloud: "I am always trusting in Peace."

Walk down to the next step, Green. Green represents healing, renewal, and balance. Breathe in the color Green, exhale, then say aloud: "I am always balanced in Peace."

Walk down to the next step, Yellow. Yellow helps counteract depression and stimulates mental activity. Breathe in the color Yellow, exhale, then say aloud: "I am always confident in Peace."

Walk down to the next step, Orange. Orange promotes joy and creativity. Breathe in the color Orange, exhale, and then say aloud: "I am always joyful through Peace."

Now walk down to the last step, Red. Red is used for energy, grounding, and passion. Breathe in the color Red, exhale, then say aloud: "I am always grounded in Peace."

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## *The Flame*

You are fully immersed in the water now...and you are safe. In the center is a large Silver Violet Flame, encircled in a protective ring of Gold. This is where the Violet aura seems to be coming from.

Now swim towards the Silver Violet Flame.

The Silver Violet Flame is one of the ways we may reach our goal of Peace. It is a gift for the Universe from Saint Germain, the ascended master and keeper of the Silver Violet Flame. It is used to transmute negativity into Light and to raise our vibrations.

Mother Teresa said: "If we have no Peace, it is because we have forgotten that we belong to each other."

You can send the Silver Violet Flame to people who are ill and to places in your own body which need healing. You can visualize Silver Violet Flame purifying the internet and phone lines. You can send the Silver Violet Flame to battlefields and places where there is anger and strife.

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Now imagine that everyone who is listening to this meditation is holding hands and standing in a circle.

In the middle of this circle is our Planet Earth. Watch as the Silver Violet light...shines and transforms...the oceans...the rivers...the lakes...to the mountains...the gardens...the forests.

Imagine that negativity is being cleansed completely from the planet throughout all continents...in Africa, Antarctica, Asia, Australia, Europe, North America, and South America.

Allow the cool, Silver Violet Flame to surround you... entering your heart...as you say the following aloud:

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I release all of my anger and fears.

I release all of my anger, resentment, and judgment towards myself.

I release all of my anger, resentment, and judgment towards my family.

I release all of my anger, resentment, and judgment towards my friends.

I release all of my anger, resentment, and judgment towards my neighbors.

I release all of my anger, resentment, and judgment towards my co-workers.

I release all of my anger, resentment, and judgment towards my employer.

I release all of my anger, resentment, and judgment towards my country.

I release all of my anger, resentment, and judgment towards the world's leaders.

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You now realize that the water...and everything around you...has changed to a Silver Violet color. Even your skin is glowing in that lovely Silver Violet light!

You feel calm...transformed...and you turn to float on your back, enjoying the water...the clear blue sky and the white clouds overhead.

This is what Peace feels like...



The meditation has ended.

As you blow out the candle...remember the words of the great Peacemaker, Mahatma Gandhi:

“There is no way to Peace. Peace is the way.”



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