



Natures Message

Readings & Healing for People & Animals

Negative Feeling/Emotion

Abandoned
Aggressive
Angry
Apathy
Blocked
Confused
Closed
Divided/Division
Fearful
Frustrated
Guilty
Grief
Hate
Hopeless
Hurt
Intolerant
Jealousy
Judgemental
Lacking
Lonely
Pathetic
Resentful
Restriction
Shame
Spiteful
Stubborn
Weak

Positive Feeling/Emotion

Abundant
Acceptance
Adaptable
Brave
Courage
Connected
Clarity
Creative
Determination
Energetic
Faith
Forgiving
Freedom
Gentle
Happy
Hope
Inclusive
Innocent
Inspired
Love
Open
Passion
Patience
Peace
Pure
Stoic
Strong
Tolerance
Understanding
Unity
Vibrant

Colours

Red – Root chakra – Strength, foundations, roots, grounding, passion, purpose, fire.

Orange – Sacral Chakra – Creativity, fertility, passion, sexuality, expression, purpose.

Yellow – Solar Plexus Chakra – Life force, vibrancy, clarity, instinct, intuition, optimism, soul purpose.

Green – Heart Chakra – Love, open to give/receive, hearts desire, connection to others, purity, compassion.

Pale blue – Throat Chakra – Expression, creativity, truth, honesty, purity.

Indigo blue – Third Eye Chakra – Intuition, receptive, connection to spirit/source, awareness, clarity, vision.

Violet – Crown Chakra – Connection to spirit/source, clarity, open, intuition, wisdom, truth.

Other colours

Purple – Protection

Silver – Spiritual/angelic connection

Gold – Spiritual connection/protection

White – Purity

Rainbow – When all colours needed – joy, vibrancy.

Nature

Earth – grounded, foundations, roots.

Sky – Connection to spirit/source.

Stars – Connection to galactic energies

Rain – cleansing, clearing, washing away

Oak – strength, roots.

Willow – Flexible, emotion processing

Coconut Palm tree – Resourceful, adaptable, dependable

Daisy – Stoic, strong, persistent.

Bramble – Protection, truth coming to light.

Dandelion – Perseverance, vibrancy.

Rose – Unconditional love

Lavender – Peace, gentleness

Tulips – Vibrancy, stand tall,

Gull/hawk – Freedom, soaring, clear vision, following the signs

Robin – Connection, foot in both worlds.

Eagle – Rise above, see the bigger picture

Owl – Wisdom, clarity, secretive.

Wren – Fast, intuitive, achievement, unnoticed

Squirrel – Resourceful, intuitive.

Hare – Connection to moon/rhythm of nature

Cow – Peaceful, gentle, family, love

Badger – Fire, feisty, strong, protective

Rabbit – Soft, maternal, giving, nurturing

Seasons

Spring – Renewal, regeneration, fertility, nurture, sowing seeds, patience, new beginnings.

Summer – Bountiful, abundant, sunshine, strength, balance, peace.

Autumn – Bountiful, harvest, taking stock, preparation.

Winter – Recuperation, reflection, rest, processing, trust.