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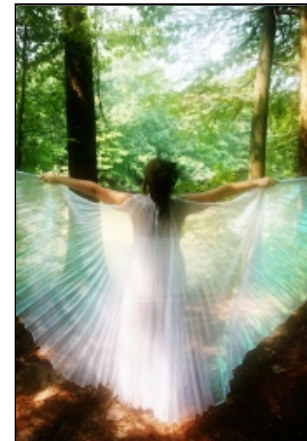
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What the 2010 Spring Color Trend Says About Our Mood

Two leading color and aura experts, Elizabeth Harper and Kala Ambrose are traveling around the US this year, to discuss the power and presence of color in your life and how it affects you on the physical, mental, emotional and spiritual levels. Teaching together at the prestigious Omega Institute in New York in July 2010, one of their first stops of the spring season begins right here in Raleigh, NC as they hold a 3 Day Event on March 4th, 5th, and 6th, hosted by Spiritual Frontiers Fellowship.

Raleigh, NC, February 23, 2010 --(PR.com)-- (Use color to transform your personal style and well-being)

Pantone, the leading authority on color, sets the professional color standards for the design industries each year. According to their Fashion Color Report for Spring 2010, the top color this spring is Turquoise. Leatrice Eiseman, executive director of Pantone expressed this comment on the spring colors - "Now more than ever, women are vigilant when it comes to spending. Instead of reinventing their wardrobe at the start of each season, consumers want pieces to complement what they already own. Pairing a bold color with a basic piece or freshening up their look with bright accents addresses the need for practicality, as well as fun."



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Kala and Elizabeth teach that... "Color is the mirror of the soul. Every day waves of color-filled energy wash over us and the colors we choose at any given moment reflect messages from the deep knowing part of our being. The choices of color can be used not only in fashion, but in the food we eat, our creative pursuits, home decoration and work environment to enhance our well-being. Color permeates everything in our lives and can generate significant emotions; pink invokes love, green creates space, and violet inspires reverence. As hue-man beings we possess an awareness of color, but much of this knowledge is buried beneath the surface of our waking consciousness."

According to Kala Ambrose, "Turquoise, the top color selected for 2010, represents self-expression and has to do with communication and healing. Turquoise worn in clothing can stimulate the imagination and bring forth creative ideas and the turquoise stone, worn as jewelry can bring transformation. The choice of turquoise this year signifies the mood of the people around the country who are ready to have their voices heard and want to bring about change in a big way. Turquoise reflects prosperity and collectively the color represents the desire by the people to heal from what has occurred nationally in the past few years and builds motivational energy to turn things around in the economy."

More information on the event at: <http://exploreyourspirit.com/workshop-sff.html>.

To schedule an interview, contact Kala Ambrose at Kala@ExploreYourSpirit.com

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