

COLOUR THERAPY

Colour is all around us. Nature uses it, we use it. It can be used to portray and instil emotions and feelings within and around us. It unites us, it separates us. It guides us, it warns us.

For light (additive colour) we use : Red, Green and Blue.

Red is Long wavelength , Green is Medium wavelength, Blue is short wavelength.

For painting we historically use : Primary Colours– Red, Yellow and Blue

Secondary Colours– Orange, Green and Violet

And of course we have our rainbow colours: Red, yellow, pink and green, purple, orange and blue”

In history, many battles have been seen as being won, partly down to the colours worn– Red seen as victorius, etc.

RED is one of the primary colours. It is the nearest visible light to infrared in the electromagnetic spectrum. It is the colour of blood. Red is a very active colour. Red can be a warning, an expression of emotion– rage, anger, impulsive, passionate and sexy. It is seen as a strong vibrant and powerful colour. Red is also a colour of physicality. Red often represents the self. Red, along with brown, represent the Base or Root Chakra. Red is also a powerful sexual colour– Scarlet Woman, Red Hot, Red light district(!)

Red has been used to represent negative emotions– Devil, Satan, facism (all with black)

Add Red into your life when you:

- Lack enthusiasm or interest
- Feel overly-tired and/or lacking energy
- Feel insecure
- To get rid of unwanted fear or anger

ORANGE is a colour of play, rather work– or playful work! is linked to the heat of the sun and the flame (a lesser heat than Red hot, a good ‘warm’). Orange is a reaching out colour, representing experience and exploration. But – that experience can be risky and orange is sometimes seen as a risky colour... do you meet the tiger or the tigger? Orange is a colour for instinctive action (or inaction) and good with physical artistic workings.

Orange represents the sacral chakra, the creation centre.

Add Orange to your life when you:

- Need to lighten up– don’t be so serious!
- Feel disinterested in what is going on around you
- Need to let go of the past
- Feel creatively blocked
- Are working through changes that you are resenting (especially family)

YELLOW is the colour of sunshine. The energy of a vibrant sunny morning, it is the vibrational energy of warmth and vitality. It represents the summer, so it is useful in the aid of seasonal affected disorders.

Yellow represents the Solar Plexus chakra.

Yellow when used with black often represents alertness or caution– A Bee/Wasp, Warning sign or hazardous/venomous creature. Construction sites.

Use Yellow to:

- Expel fears and anxiety of the unknown
- Clear confusion and indecision
- Help with digestion problems
- Help with concentration and memory issues
- remove nervous exhaustion and panic attacks, hot flushes
- help a weak immune system.

GREEN is the colour of nature. Green is a colour of balance (no wonder the colour of Libra and its stone Green Aventurine) and harmony. On the colour spectrum is in the middle– reds and yellows = hot, blues and violets = cold. Green is a colour of growth, regeneration– like the forest itself.

Use Green to help with:

- manifesting change and letting go of the need to control
- attracting love
- restoring connection with nature
- helping relationships and friendships
- new ideas

BLUE is the colour of distance and intuition. Like the oceans itself, the colour blue is cool and flowing. Blue is a colour of great depth and perspective. Blue is also linked with devotion and communication. – linked to the Throat Chakra and blue crystals. The colour can be very good at freeing the mind from normal day-to-day operation.

Light blues like turquoise (blue-green) are good for luck and deep purification/connection to the extra-sensory.

Use Blue to:

- Calm agitation or excitable/chaotic energies
- Help interpret new information or communicate clearly
- Bring in peace and calmness
- Cool down
- Detach from the 'system' of modern life

VIOLET is on the opposite end of the spectrum to red, so it can be seen as the end and the beginning of the cycle of vibration energy. Ultra Violet light (beyond Violet) is opposite Infra-red outside the spectrum of visible colours too. Violet energy is associated with dreaming and

fantasy. As a mixture of both red and blue, violet is very good for healing, especially emotional and spiritual hurt. Imagination doorway open with purple– so it is also very good for meditations and journeying.

Using Lavender in therapies is very popular, as an oil or essence.

Use Violet to:

- Speed up natural healing in physical, emotional and spiritual bodies
- Awaken imagination
- Remove obstacles in your life
- Calm hyperactivity
- Re-energise, if feeling depressive or lethargic.

BLACK AND WHITE are not colours in the same way as the others. They represent the lack of, or totality of pigmentation or light. It is often why they are used as absolutes in conversation and daily life.

White is seen as the revelation. The whole energy of equal light in the visible spectrum. This means that the two get used to explain things like cover-ups and darkness and light. White helps with clearing away clutter, new beginnings, spiritual enlightenment,

Black is seen as the concealer, the cover up. Authority. Black is the lack of all light in the visible spectrum. Black also represents the shadow, something we are often to stay far away from– stay in the light. The Egyptians knew black was an important colour as they did about the shadow, represented by the physical shadow you cast.

