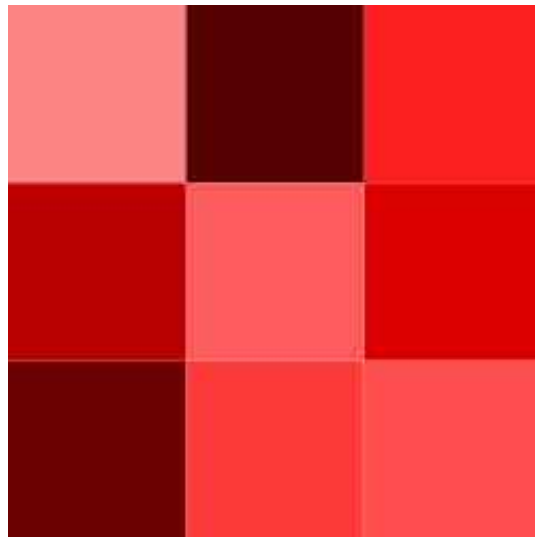


Everything is made up of electromagnetic energy vibrating at different frequencies that correspond to sound, light and color. We are drawn to the colors needed to create balance in our lives, the goal in all healing. Colors attract ... certain clothing and accessories, colors in our homes, and even the foods we eat.

Colors are frequency wavelengths that we connect with based on grid (matrix) attraction. Primary colors following a spectrum called [ROYGBIV](#) or the [rainbow spectrum](#).

Colors and Frequencies

Red



[Red](#) is any of a number of similar colors evoked by light consisting predominantly of the longest wavelengths of light discernible by the human eye, in the wavelength range of roughly 625–740 nm. Longer wavelengths than this are called infrared, or below red and cannot be seen by the naked human eye. Red is used as one of the additive primary colors of light, complementary to cyan, in RGB color systems. Red is also one of the subtractive primary colors of RYB color space but not CMYK color space.

In human color psychology, red is associated with heat, energy and blood, and emotions that "stir the blood", including anger, passion, and love.

Red is any of a number of similar colors evoked by light consisting predominantly of the longest wavelengths of light discernible by the human eye, in the wavelength range of roughly 630–700 nm. Longer wavelengths than this are called infrared, or below red and cannot be seen by human eyes.

Red's wavelength has been an important factor in laser technologies as red lasers, used in early compact disc technologies, are being replaced by blue lasers, as red's longer wavelength causes the laser's recordings to take up more space on the disc than blue lasers.[10] Red light is also used to preserve night vision in low-light or night-time situations, as the rod cells in the human eye aren't sensitive to red. Red is used as one of the additive primary colors of light, complementary to cyan, in RGB color systems. Red is also one of the subtractive primary colors of RYB color space but not CMYK color space.

One common use of red as an additive primary color is in the RGB color model. Because "red" is not by itself standardized, color mixtures based on red are not exact specifications of color either. In order to produce exact colors the color red needs to be defined in terms of an absolute color space such as sRGB. As used in computer monitors and television screens, red is very variable, but some systems may apply color correction (so that a standardized "red" is produced that is not in fact full intensity of only the red colorant).

A red filter used in black and white photography increases contrast in most scenes. For example, combined with a polarizer, it can turn the sky black. Films simulating the effects of infrared film (such as Ilford's SFX 200) do so by being much more sensitive to red than to other colors. Red illumination was (and sometimes still is) used as a "safelight" while working in a darkroom, as it does not expose most photographic paper and some films. Though many more modern darkrooms use an amber safelight, red illumination is closely associated with the darkroom in the public mind.

Etymology and Definitions

The word red comes from the Old English read. Further back, the word can be traced to the Proto-Germanic rauthaz and the Proto-Indo European root reudh-.

This is the only color word which has been traced to an Indo-European root.

In Sanskrit, the word rudra means red. In the English language, the word red is associated with the color of blood, certain flowers (i.e. roses), and ripe fruits (i.e. apples, cherries). Fire is also strongly connected, as is the sun and the sky at sunset.

Healthy people are often said to have a redness to their skin color (as opposed to be appearing pale). After the rise of socialism in the mid-19th century, red was to describe revolutionary movements. The word is also obviously associated with anything of the color occupying the lower end of the visible light spectrum, such as red hair or red soil.

Red Indians is a British term for Native Americans, American terms for this ethnic group include redskin, redhead and red man, though they are not the preferred terms.

In Nature

In **astronomy**, stars of spectral type M (the stars with the coolest temperature) are classified as red stars.

[Mars](#) is called the Red Planet because of the reddish color imparted to its surface by the abundant iron oxide present there. Astronomical objects which are moving away from the observer exhibit a red shift.

[Jupiter's](#) surface displays a Great Red Spot, a football-shaped area south of the planet's equator. Astronomers believe the spot to be some kind of storm.

Oxygenated blood is red due to the presence of oxygenated hemoglobin.

Red light is the first to be absorbed by sea water, so that many fish and marine invertebrates that appear bright red are black in their native habitat.

When used about animal coloration red usually refers to a brownish, reddish-brown or ginger color. In this sense

it is used to describe coat colors of reddish-brown cattle and dogs, and in the names of various animal species or breeds such as red fox, red squirrel, red deer, Robin Redbreast, Red Grouse, Red Knot, Redstart, Redwing, Red Setter, Red Devon cattle etc.

The usage for animal color appears similar to that for red ochre, red hair and Red Indian.

Red appears to be rarely used in names of animals which are a brighter blood-red or scarlet color (Carmine Bee-eater, Scarlet Tanager). When used for flowers, red often refers to purplish (red deadnettle, red clover, red helleborine) or pink (red campion, red valerian) colors.

Symbolism

Aggression, anger, blood, blushing, stop, Communism, courage, danger, guilt, energy, fire, hate, hell, honor, leadership, passion, socialism, sacrifice, sex, sin, violence, negativity, warning.

A biblical example is found in Isaiah: "Though your sins be as scarlet, they shall be white as snow." Also, The Scarlet Letter an 1850 American novel by Nathaniel Hawthorne, features a woman in a Puritan New England community who is punished for adultery with ostracism, her sin represented by a red letter 'A' sewn into her clothes. This all comes from a general Hebrew view inherited by Christianity which associates red with the blood of murder, as well as with guilt in general.

Another popular example of this is in the phrase "caught red-handed", meaning either caught in an act of crime or caught with the blood of murder still on one's hands. At one point, red was associated with prostitutes, or now, with brothels (red-light districts).

In Roman Catholicism, red represents wrath, one of the Seven Deadly Sins. In Christianity, Satan is usually depicted as colored red and/or wearing a red costume in both iconography and popular culture. Statistics have shown that red cars are more likely to be involved in accidents.

The color red is associated with lust, passion, love, and beauty as well. The association with love and beauty is possibly related to the use of red roses as a love symbol. Both the Greeks and the Hebrews considered red a symbol of love, as well as sacrifice. Psychological research has shown that men find women who are wearing red more attractive.

Courage and Sacrifice

Red is also used as a symbol of courage and sacrifice, as in blood spilt in sacrifice or courage in the face of lethal danger. Examples of this are found in the flags of many nations including the United States, as well as in the novel The Red Badge of Courage, in which a soldier in the American Civil War discovers the meaning of courage.

Besides the association with guilt previously mentioned, in Christianity, red represents the color of Christian martyrs who suffered death for their faith. It is sometimes used for Holy Thursday and during Eastertide, and red green and white is the color scheme of Christmas. In Roman Catholic tradition it is used for all feast days of Christian martyrs as well as Palm Sunday in anticipation of the death of Jesus.

Along the same lines, red is associated in Roman mythology with the god of war, Mars. A Roman general receiving a triumph had his entire body painted red in honor of his achievement. The phrase "red-blooded" describes someone who is audacious, robust, or virile.

In English heraldry, red (called gules) denoted ardent affection or love, while crimson (blood-color) stood for boldness, enthusiasm, or impetuosity.

Warning

Red catches people's attention, and is often used either in a negative way to indicate danger and emergency, or in a positive way in advertising to gain more viewers, or in nature, as a ripe fruit announces its readiness with its red color. Several studies have indicated that red carries the strongest reaction of all the colors, with the level of reaction decreasing gradually with orange, yellow, and white, respectively. Because of this, scientists have repeatedly recommended red for warning signals, labels, and signs. Because of these recommendations, red has seen widespread use as a danger signal, in stop signs, to warn people of extreme heat or flammability, and even to signal warnings in sports such as soccer.

In Religion

Red may represent fire and so may symbolize the presence of God.

In Christianity, red is the liturgical color for Pentecost. Also, in the Catholic Church red is the color of a martyr.

In Islam red is the color for sacrifice and courage. Many Islamic states have it as a sign of the courage of Muslims and the sacrifice of their lives for what is good.

In Metaphysics

In metaphysics red connects with the [root chakra](#).

Alice Bailey developed a system called the Seven Rays, where she classified humans into seven different metaphysical psychological types, the "sixth ray" of "love-devotion" is represented by the color red. People who have this metaphysical psychological type are said to be "on the Red Ray".

Psychics who claim to be able to observe the aura with their third eye report that a red aura is associated with a love of sports and physical exercise.

[Red Crystals](#)

In Non-Western Traditions

In China, red is the symbol of fire and the south (both south in general and Southern China specifically). It carries a largely positive connotation, being associated with courage, loyalty, honor, success, fortune, fertility, happiness, passion, and summer. In Chinese cultural traditions, red is associated with weddings (where brides traditionally wear red dresses) and red paper is also frequently used to wrap gifts of money or other things. Special red packets called hong bao as in Mandarin or lai see as in Cantonese - are specifically used during the Chinese New Year to give monetary gifts. On the more negative end, obituaries are traditionally written in red ink, and to write someone's name in red signals either cutting them out of your life, or that they have died. Red is also associated with both the [feminine yin and the masculine yang](#), depending on the source. When someone commits suicide, especially a female, and wants to haunt their loved one, they will dress in red from top to bottom before carrying out the act.

In Japan, red is a traditional color for a heroic figure.

In the Indian Sub-continent, red is the traditional color of bridal dresses, and is frequently represented in the media as a symbolic color for married women. The color is associated with sexuality in marriage relationships through its connection to heat and fertility. It is also the color of wealth, beauty, and the goddess Lakshmi.

In Central Africa, Ndembu warriors rub themselves with red during celebrations. Since their culture sees the color as a symbol of life and health, sick people are also painted with it. Like most Central African cultures, the Ndembu see red as ambivalent, better than black, but not as good as white.[39] In other parts of Africa, however, red is a color of mourning, representing death. Because of the connection red bears with death in many parts of Africa, the Red Cross has changed its colors to green and white in parts of the continent.

In the News ...

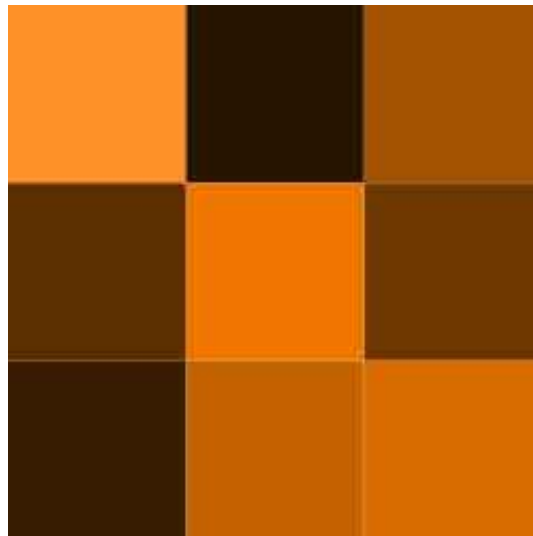
[Psychological study reveals that red enhances men's attraction to women](#) PhysOrg - October 28, 2008

[Red on Women Drives Men Wild](#) Live Science - October 28, 2008

[Reds have a sporting advantage](#) BBC - May 18, 2005



Orange



The colour orange occurs between red and yellow in the visible spectrum at a wavelength of about 585 - 620 nm, and has a hue of 30 degrees in HSV colour space. The complementary color of orange is azure, a slightly greenish blue. Orange pigments are largely in the ochre or cadmium families, and absorb mostly blue light.

The color is named after the orange fruit, introduced to Europe via the Sanskrit word naranja. Before this was introduced to the English-speaking world, the colour was referred to (in Old English) as geoluhread, which translates into Modern English as yellow-red. The first recorded use of orange as a color name in English was in 1512, in the court of King Henry VIII.

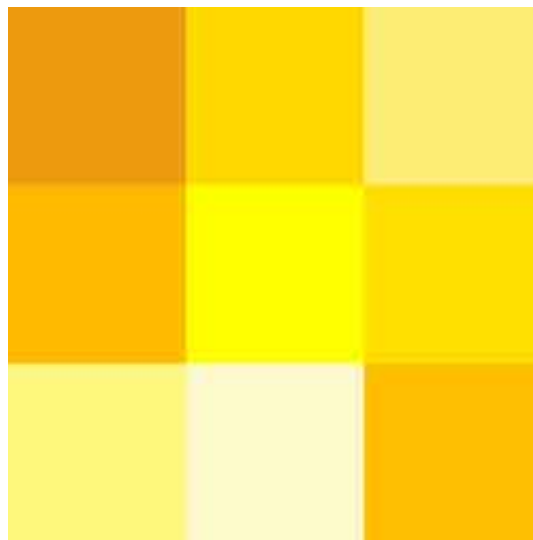
Metaphysics

In metaphysics orange connects with the [spleen chakra](#).

Orange creates balance. In terms of subtle bodies, it is linked to the mental body in both its logical and conceptual form. It is used to increase immunity, to increase sexual potency, to help in all digestive ailments, chest and kidney diseases. Orange will have a gentle warming effect if used lightly.

[Orange Crystals](#)

Yellow



[Yellow](#) is the color evoked by light that stimulates both the L and M (long and medium wavelength) cone cells of the retina about equally, but does not significantly stimulate the S (short-wavelength) cone cells; that is, light with much red and green but not very much blue.

Light with a wavelength of 570-580 nm is yellow, as is light with a suitable mixture of somewhat longer and shorter wavelengths. Yellow's traditional RYB complementary color is purple, violet or indigo. Yellow's colorimetrically defined complementary color in both RGB and CMYK color spaces is blue.

The word yellow comes from the Old English *geolu*, which derived from the Proto-Germanic word *gelwaz*. The oldest known usage of this word in English is in the Old English poem *Beowulf*, in a description of a shield made of wood from a yew tree.

In the English language, yellow is used to describe objects having the color between green and orange in the visible light spectrum (gold, egg yolks, sunflowers, etc.). The color is associated with age and aging, both with people and objects (e.g. yellowed-paper). Ethnographically, the term yellow has also been used as a slang term for both oriental persons and light-skinned African-Americans. The term is associated at times with jealousy, as well as cowardliness. Lastly, it is associated with sensational journalistic practices, or yellow journalism, and resistance to militant trade unions.

Metaphysics

In metaphysics orange connects with the [solar plexus](#).

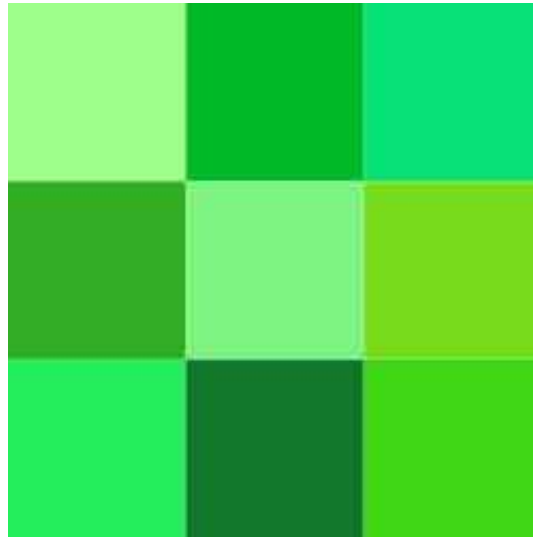
Yellow is the color of intellect and it is used for mental clarity. Linked to the sun and the lion, it is connected to source of creation as it's frequency emerges into higher frequencies.

[Yellow Crystals](#)

In the News ...

[Silencing Brain Cells With Yellow and Blue Light](#) Science Daily - January 7, 2010

Green



[Green](#) is a color, the perception of which is evoked by light having a spectrum dominated by energy with a wavelength of roughly 520-570-nm. In the subtractive color system, it is not a primary color, but is created out of a mixture of yellow and blue, or yellow and cyan; it is considered one of the additive primary colors. On the HSV color wheel, the complement of green is magenta; that is, a purple color corresponding to an equal mixture of red and blue light. On a color wheel based on traditional color theory (RYB), the complementary color to green is considered to be red.

The word green is closely related to the Old English verb growan, 'to grow'. It is used to describe plants or the ocean. Sometimes it can also describe someone who is inexperienced, jealous, or sick. In America, green is a slang term for money, among other things. Several colloquialisms have derived from these meanings, such as 'green around the gills', a phrase used to describe a person who looks ill.

Several minerals have a green color, including the emerald, which is colored green by its chromium content. Animals such as frogs, lizards, and other reptiles and amphibians, fish, insects, and birds, appear green because of a mixture of layers of blue and green coloring on their skin. By far the largest contributor to green in nature is chlorophyll, the chemical by which plants photosynthesize. Many creatures have adapted to their green environments by taking on a green hue themselves as camouflage.

Culturally, green has broad and sometimes contradictory meanings. In some cultures, green symbolizes hope and growth, while in others, it is associated with death, sickness, envy or the devil.

The most common associations, however, are found in its ties to nature. For example, Islam venerates the color, as it expects paradise to be full of lush greenery. Green is also associated with regeneration, fertility and rebirth for its connections to nature. Recent political groups have taken on the color as symbol of environmental protection and social justice, and consider themselves part of the Green movement, some naming themselves Green parties. This has led to similar campaigns in advertising, as companies have sold green, or environmentally friendly, products.

The word green comes from the Old English word *grene*, or, in its older form, *groeni*. This adjective is closely related to the Old English verb *growan* (to grow) and goes back into Western Germanic and Scandinavian languages.

The word designates the color on the visible light spectrum situated between blue and yellow. It is often used to describe foliage and the sea, and has become a symbol of environmentalism. It also is combined with other color names to increase specificity, as in blue-green, or with objects, as in emerald green. Green is also used to describe jealousy and envy, as well as anyone young, inexperienced, or gullible (probably by analogy to unripe, i.e. unready or immature, fruit).

Green is sometimes associated with nausea and sickness.

Lastly, green can communicate safety to proceed, as in traffic lights.

Overall, greens, along with blues and purples, are frequently described as cool colors, in contrast to red and yellow.

Some languages have no word separating green from blue.

The word green is found in several colloquial phrases derived from these meanings: in golf, the region of grass around the hole is trimmed short and referred to as the putting green, or simply, the green.

Someone who works well with plants is said to have a green thumb or green fingers, a physically-ill person is said to look green around the gills, and the word greenhorn refers to an inexperienced person.

A company is greenwashing if they advertise positive environmental practices to cover up environmental destruction.

Green with envy highlights another emotional association, which William Shakespeare had first described as the "green-eyed monster" in *Othello* and *The Merchant of Venice*.

In areas that use the U.S. Dollar as currency, green carries a connotation of money, wealth, and capitalism, because green is the color of United States banknotes, giving rise to the slang term greenback for cash.

Religion and Philosophy

The Libyan flag is completely green, in honor of Islam's veneration of the color.

Green is considered the traditional color of Islam, likewise because of its association with nature. This is for several reasons. First, Muhammad is reliably quoted in a hadith as saying that 'water, greenery, and a beautiful face' were three universally good things.

In the Qur'an, sura *Al-Insan*, believers in God in Paradise wear fine green silk.

Also, Al-Khidr (The Green One), is a Qur'anic figure who met and traveled with Moses. The flag of Hamas, as well as the flag of Iran, is green, symbolizing their Islamist ideology.

Roman Catholic and more traditional Protestant clergy wear green vestments at liturgical celebrations during Ordinary Time.

In the Eastern Catholic Church, green is the color of Pentecost.

Green is one of the Christmas colors as well, possibly dating back to pre-Christian times, when evergreens were worshipped for their ability to maintain their color through the winter season. Romans used green holly and evergreen as decorations for their winter solstice celebration called Saturnalia, which eventually evolved into a Christmas celebration.

The Wizard of Oz

One of the more notable uses of this meaning is found in The Wonderful Wizard of Oz. In this story is the Emerald City, where everyone wears tinted glasses which make everything look green. According to the populist interpretation of the story, the city's color is used by the author, L. Frank Baum, to illustrate the financial system of America in his day, as he lived in a time when America was debating the use of paper money versus gold.

Metaphysics

Alice Bailey, in her system called the Seven Rays which classifies humans into seven different metaphysical psychological types, the "third ray" of "creative intelligence" is represented by the color green. People who have this metaphysical psychological type are said to be "on the Green Ray".

In Hinduism, Green is used to symbolically represent the fourth, [heart chakra](#) (Anahata).

[Green Crystals](#)

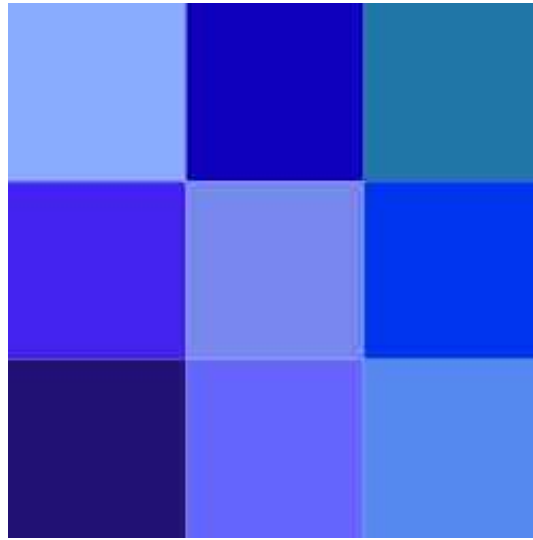
Psychics who claim to be able to observe the aura with their third eye report that someone with a green aura is typically someone who is in an occupation related to health, such as a physician or nurse, as well as people who are lovers of nature and the outdoors.

Green frequency is linked to healing and alchemy.



[Emerald Tablets of Thoth](#)

Blue



[Blue](#) is a color, the perception of which is evoked by light having a spectrum dominated by energy with a wavelength of roughly 440-490 nm. It is considered one of the additive primary colours.

On the HSV Color Wheel, the complement of blue is yellow; that is, a colour corresponding to an equal mixture of red and green light. On a color wheel based on traditional colour theory (RYB), the complementary colour to blue is considered to be orange (based on the Munsell color wheel).

The English language commonly uses "blue" to refer to any colour from navy blue to cyan. The word itself is derived from the Old French word *bleu*.

The modern English word blue comes from the Middle English, *bleu* or *blwe*, which came from an Old French word *bleu* of Germanic origin (Frankish or possibly Old High German *blao*, "shining"). *Bleu* replaced Old English *blaw*.

The root of these variations was the Proto-Germanic *blawaz*, which was also the root of the Old Norse word *bla* and the modern Icelandic *blar*, and the Scandinavian word *bla*, but it can refer to other colors.

A Scots and Scottish English word for "blue-grey" is *blae*, from the Middle English *bla* ("dark blue," from the Old English *blod*). Ancient Greek lacked a word for color blue and Homer called the color of the sea "wine dark", except that the word *kyanos* (cyan) was used for dark blue enamel.

In the English language, blue may refer to the feeling of sadness. "He was feeling blue". This is because blue was related to rain, or storms, and in Greek mythology, the god Zeus would make rain when he was sad (crying), and a storm when he was angry. *Kyanos* was a name used in Ancient Greek to refer to dark blue tile (in English it means blue-green or cyan). The phrase "feeling blue" is linked also to a custom among many old deepwater sailing ships. If the ship lost the captain or any of the officers during its voyage, she would fly blue flags and have a blue band painted along her entire hull when returning to home port.

Many languages do not have separate terms for blue and or green, instead using a cover term for both (when the issue is discussed in linguistics, this cover term is sometimes called *grue* in English). Blue is commonly used on internet browsers to colour a link that has not been clicked; when a link has been clicked it changes yellow or orange or purple.

Metaphysics

Blue is the color of truth, serenity and harmony, by helping to soothe the mind. It is good for cooling, calming, reconstructing and protecting. good for fevers, calming the body and mind, raising frequency, etc.

Blue is the color of electricity. We experience in a program created by electromagnetic energy that had a beginning and is evolving out of physical consciousness.

Blue connects with the [third eye chakra](#).

[Blue Crystals](#)

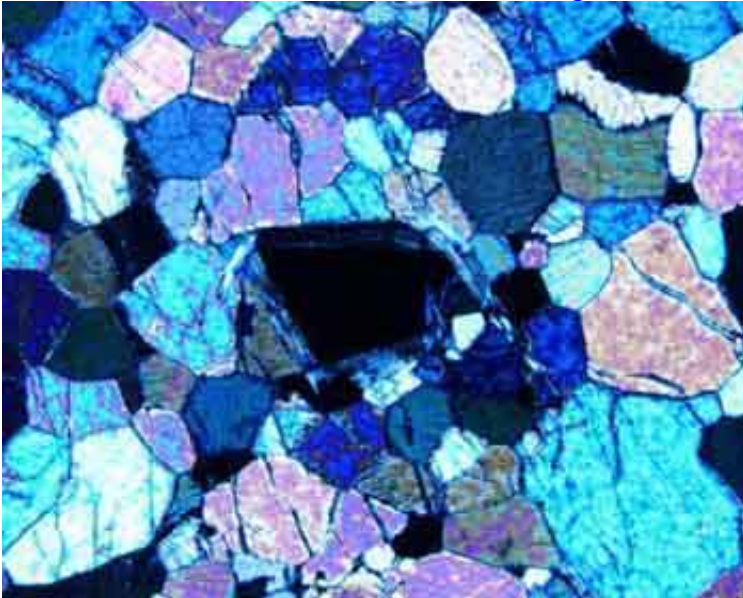
Blue relates to the future in linear time as it is a faster moving frequency than we experience in the physical. Consciousness is moving into the blue. (Midnight) Blue takes us to 12:00, [12 around 1](#) creational geometry, [2012](#) Mayan Calendar Prophecy, [Hopi Blue Kachina Prophecies](#), [Isis/Sirius](#), and more.

[Indigo Children](#)

In the News ...

[Silencing Brain Cells With Yellow and Blue Light](#) Science Daily - January 7, 2010

BR> [Prussian Blue Paint/Salt Linked to Origin of Life](#) Science Daily - December 16, 2009



[Prussian blue](#) Wikipedia



[Prussian Blue Paint](#) Google Videos

[By Happy Accident, Chemists Produce a New Blue](#) New York Times - November 23, 2009



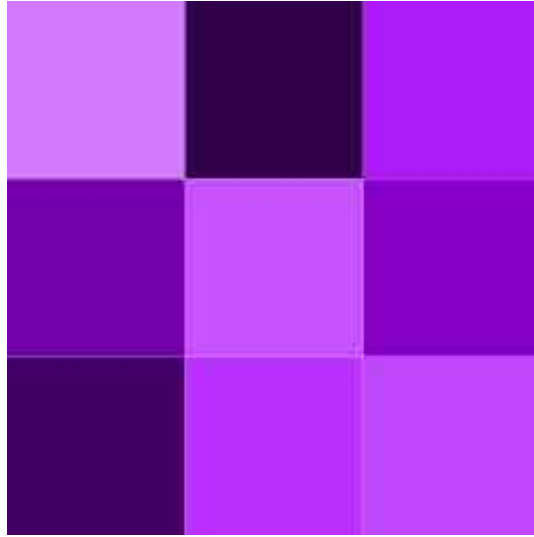
Blue pigments of the past have often been expensive (ultramarine blue was made from the gemstone lapis lazuli, ground up), poisonous (cobalt blue is a possible carcinogen and Prussian blue, another well-known pigment, can leach cyanide) or apt to fade (many of the organic ones fall apart when exposed to acid or heat). So it was a pleasant surprise to chemists at Oregon State University when they created a new, durable and brilliantly blue pigment by accident.

[Blue light 'makes you happy'](#) Telegraph.co.uk - January 6, 2009



Despite the color's gloomy connotations, exposure to blue light can increase confidence and boost happiness levels, research suggests. Researchers exposed a group of volunteers to a range of colors and lights. They found that blue and green made male subjects feel happier, while blue, purple and orange did the same for women.

Purple



[Purple](#) is a general term for the range of shades of color occurring between red and blue. In color theory, a 'purple' is defined as any non-spectral color between violet and red. The spectral color violet is not a purple.

In art, purple is the color on the color wheel between magenta and violet and its tints and shades. This color, electric purple, is shown below.

In human color psychology, purple is associated with royalty, regality, and nobility (stemming from its use in heraldry to denote gentry)

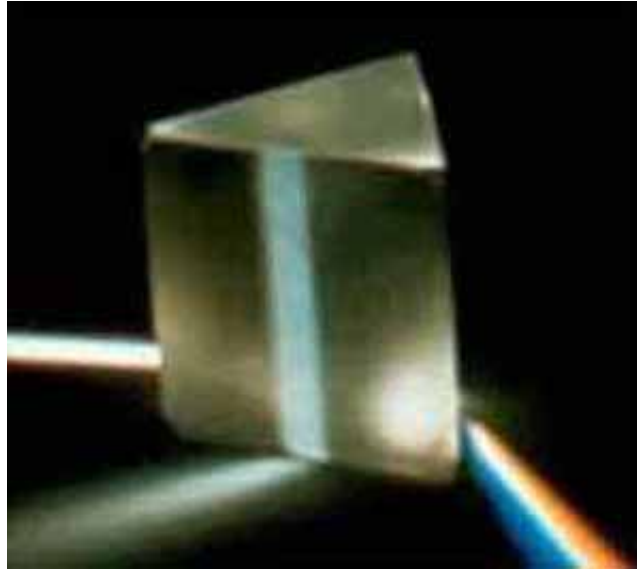
In metaphysics purple connects with the crown [chakra](#).

[Purple Crystals](#)

In healing purple is good for emotional problems, rheumatism, epilepsy, reducing pain, deep tissue work, bones.

[The Violet Flame](#) is supposedly charged with the light of divine freedom. It is used to burn off karma from other lifetimes on all levels.

White



[White](#) is a tone, the perception which is evoked by light that stimulates all three types of color sensitive cone cells in the human eye in near equal amount and with high brightness compared to the surroundings.

Since the impression of white is obtained by three summations of light intensity across the visible spectrum, the number of combinations of light wavelengths that produce the sensation of white is practically infinite.

There are a number of different white light sources such as the midday Sun, incandescent lamps, fluorescent lamps and white LEDs. The impression of white light can also be created by mixing appropriate intensities of the primary colors of light - red, green and blue (RGB) - a process called additive mixing, as seen in many display technologies.

White light reflected off objects can be seen when no part of the light spectrum is reflected significantly more than others and the reflecting material has a degree of diffusion. This is seen when transparent fibers, particles, or droplets are in a transparent matrix of a substantially different refractive index. Examples include classic "white" substances such as sugar, foam, pure sand or snow, cotton, clouds, and milk.

Crystal boundaries and imperfections can also make otherwise transparent materials white, as in the milky quartz or the microcrystalline structure of a seashell. This is also true for artificial paints and pigments, where white results when finely divided transparent material of a high refractive index is suspended in a contrasting binder. Typically paints contain calcium carbonate and/or synthetic rutile with no other pigments if a white color is desired.

Paint

In painting, white can be crafted by reflecting ambient light from a white pigment, although the ambient light must be white light, or else the white pigment will appear the color of the light. White when mixed with black produces gray. To art students, the use of white can present particular problems, and there is at least one training course specializing in the use of white in art. In watercolor painting, white areas are the absence of paint on the paper. When mixing paints in order to get a lighter color, it's advisable to mix a small amount of color to white, rather than trying to add white to the color, as it will take considerably more paint to get the desired tint.

Metaphysics

[White and Clear Quartz Crystals](#)

White light is the octave (frequency) above purple. It has always been seen as transcendence, pure, perfection, innocence, chastity, the triumphant of spirit over the flesh, purity.

In [Alchemy](#) white is the feminine principle or highest frequency of thought turning into pure consciousness.

Tradition

Wearing white links to the goddess in many civilizations.

Druid priests often wore white.

In Christian beliefs white is the highest color representing the purified soul, joy, virginity, integrity, light and a holy life. White is always worn in Christian religions at the sacraments of Baptism, First Communion, Confirmation, Marriage. In Catholicism it is symbolic of the saints not suffering martyrdom and virgin saints.

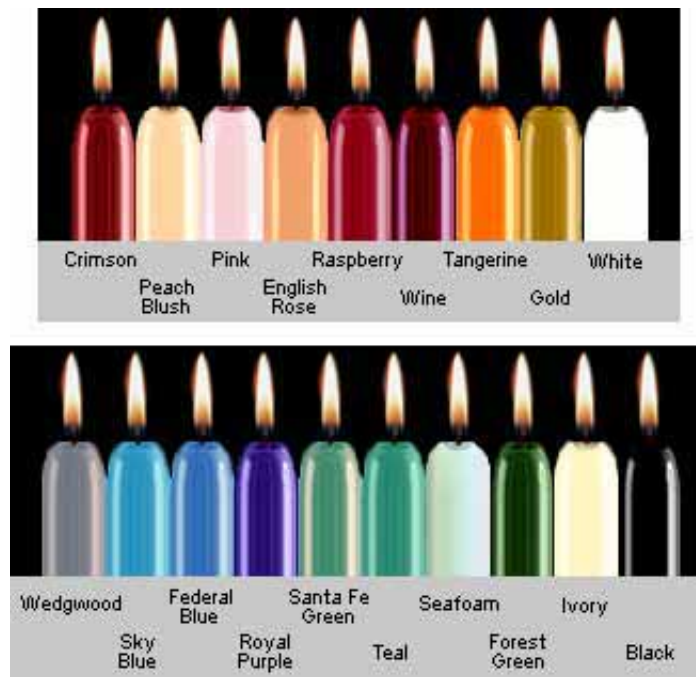
To the Buddhist tradition, white is self-mastery and redemption. It is representative of being led from bondage - the highest spiritual transformation.

In [Hinduism](#), white is symbolic of pure consciousness, upward movement, light, and manifestation.

[Maori](#) tradition holds white as meaning truce or surrendering.

In [Mayan](#) tradition it represented peace and health.

Colors and [Candle Work](#)



The color of a candle works well with the frequency you seek at a given point in time. This again follows the color spectrum and its meanings. For example if you want to gain knowledge, light a yellow candle. Some candles not only coordinate colors, but fragrances and shapes as well.

Colors and Lights



Using a lamp with a specific colored light bulb creates interesting frequencies that can allow you to see yourself in past lives, to heal, for spiritual work, and more. Fluorescent light bulbs work best in a dark room.

Color Breathing and Visualization

When meditating, envision colors entering your body with each breath. Select the color you are drawn to by frequency. Visualize it entering its color coordinated chakra as it enters and clears. Visualize yourself bathed in the colors you choose to resonate with.

Colors in the News ...

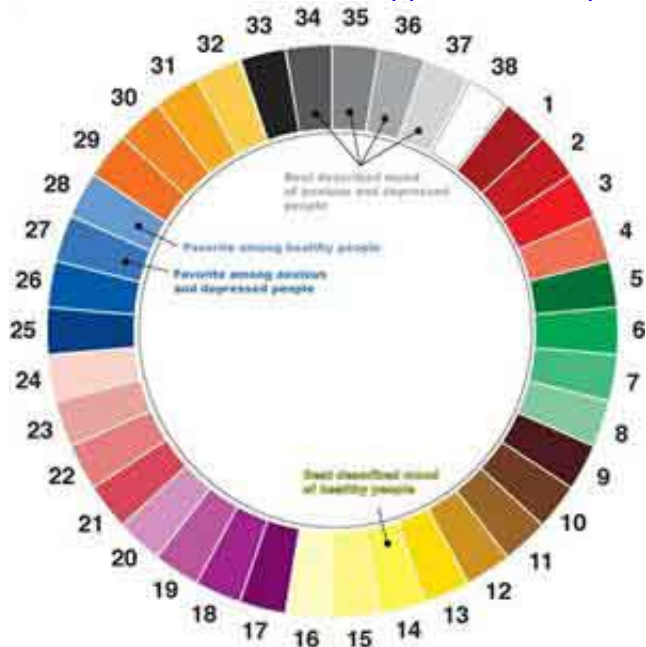
[People Can Hallucinate Color at Will](#) National Geographic - December 8, 2011

People can hallucinate colors just with the power of suggestion, a new study says. In a recent experiment, scientists asked a group of prescreened people to look at a set of gray patterns and try to visualize color. Eleven members of the group had been identified as highly susceptible to hypnosis while seven of the subjects were not susceptible. The new study found that all the subjects who were easily hypnotized reported seeing a range of colors even while not under hypnosis, McGeown said. The scientists didn't just take their word for it - MRI scans showed that the parts of the subjects' brains linked to color perception lit up when they saw the imaginary hues.

[Brain study explores what makes colors and numbers collide](#) PhysOrg - November 17, 2011

Someone with the condition known as [grapheme-color synesthesia](#) might experience the number 2 in turquoise or the letter S in magenta. Now, researchers reporting their findings online in the Cell Press journal Current Biology on November 17 have shown that those individuals also show heightened activity in a brain region responsible for vision.

[Different Colors Describe Happiness vs. Depression](#) Live Science - February 9, 2010



Are you in a gray mood today? How about a blue funk? Maybe you're seeing red, because you're green with jealousy. The colors we use to describe emotions may be more useful than you think, according to new research. The study found that people with depression or anxiety were more likely to associate their mood with the color gray, while happier people preferred yellow. The results, which are detailed today in the journal *BMC Medical Research Methodology*, could help doctors gauge the moods of children and other patients who have trouble communicating verbally.

[Red vs. Blue: Why Necktie Colors Matter](#) Live Science - February 7, 2009

In high-stakes politics and business, there are only two colors of ties: red and blue. Oh, sure, you might spot purple or yellow now and then, but those are clear statements of aloofness, be they calculated or careless. Few world leaders or CEOs want to be seen as aloof. But does it matter whether one wears red or blue? Yes, suggest several studies, including a new one out today in the journal *Science*. More on that in a moment.

[Using color as a medicine](#) BBC News - January 20, 2002

Sitting by the pool surrounded by bright reds, blues and oranges in a modern abstract design, you would be forgiven for thinking you were at a spa in a hotel rather than in the hydrotherapy room at a major London hospital. The colors in this room make you feel good. In fact, you may even want to take a dip.

[Color Preferences Reveal Your Personality - Take the Test](#) Viewzone.com

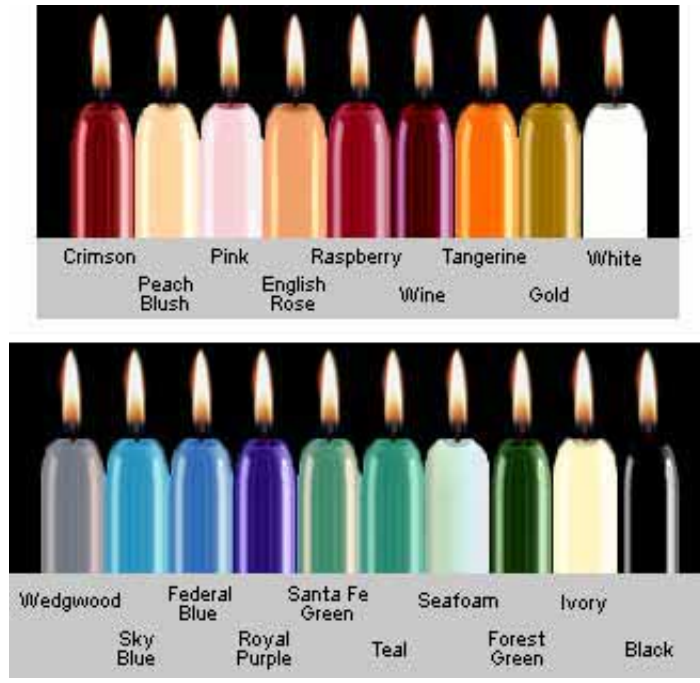
Ever wonder why there are so many colors of new cars to choose from? What about the color of your shirt or blouse? What color is your bedroom? Your preferences for certain colors is a very personal one and psychologists - as well as marketing researchers -- have studied at the best Universities and accredited online colleges to decipher the question of why certain colors appeal to certain people for years. These answers may lie in our attitudes towards life, as well as our emotional states.



[Perception of Higher Frequency Colors](#)



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