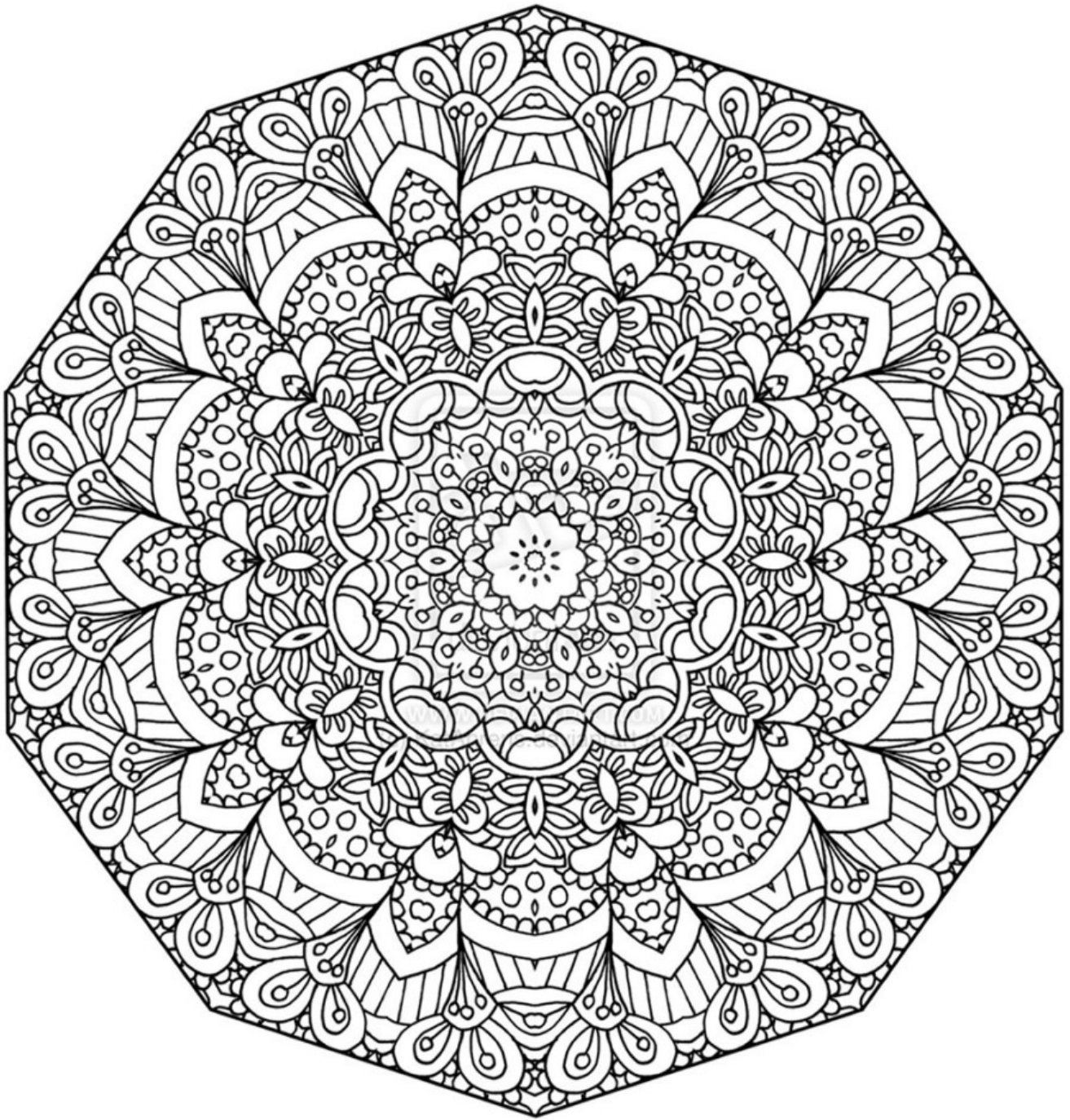




The Magic of Color
INNER HARMONY

Color and Light

We think of color as something our eye perceives...

Yet color is present even if our eyes are closed... Blind people participated in an experiment in Russia to find that they could train their hands to also sense color!

So, what IS Color....To answer the question we need to specify how color is described and how the eye receives and uses color information.

Color and light impact the entire human body, and we need exposure to it for health and mental balance.

It is only in the past 100 years that people have lived less by natural light, seasonable rhythms, and with natural colors in our environment. Our lives, our bodies, our minds are surrounded now by environments lit artificially, decorated with colors created that do not relate to colors in nature. Our way of decorating in monotonous, and striking color combinations are artistically exciting, but not natural.

Understanding color and light can assist you in creating an environment that is healthy, for body, mind and soul. Color is not just 'something pretty'. It is a physical force that affects you at every moment of your life.

Color and light have been used throughout the ages, for healing, for symbolism, for inspiration and for honoring what is sacred. In ancient times, color was created from rock, gems, plants, and other natural objects. The colors were a part of the mystical property or the magical healing quality. In the middle ages, stained glass windows in churches were not just objects of beauty, but the light shining through them was used by the healers of the time for its healing properties.

Even in modern times, color and light are used to heal and motivate.

The starting point of an understanding of color is a description of light.

Light: Photons and Waves

Isaac Newton discovered in 1672 that light could be split into many colors by a prism and used this experimental concept to analyze light. The colors produced by light passing through a prism are arranged in a precise array or spectrum from red through orange, yellow, green, blue, indigo and into violet. Actually, the violet was less perceptible, but Sir Isaac was a believer in the sacred power of the number 7, so determined that there must be seven colors.

One way to remember the colors is using the name "Roy G. Biv" where each letter represents a color. The order of colors is constant, and each color has a unique signature identifying its location in the spectrum. The signature of color is the wavelength of light.

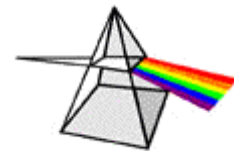
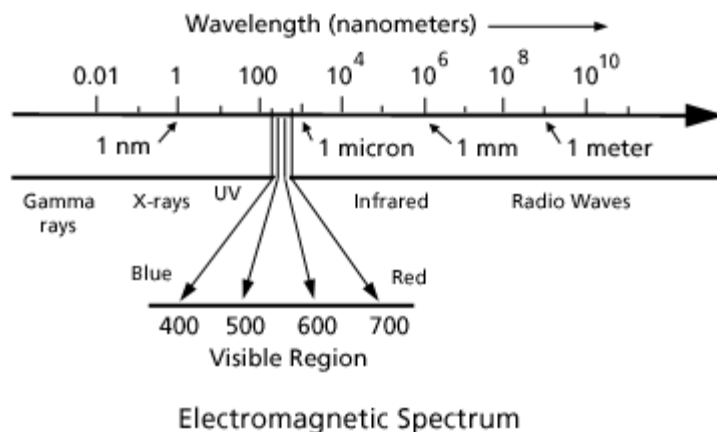


Fig. 1. The electromagnetic spectrum, which encompasses the visible region of light, extends from gamma rays with wave lengths of one hundredth of a nanometer to radio waves with wave lengths of one meter or greater.

Somewhat less than 100 years after Newton's discoveries, James Clerk Maxwell showed that light was a form of electromagnetic radiation. This radiation contains radio waves, visible light and X-rays. Figure 1 shows electromagnetic radiation as a spectrum of radiation extending beyond the visible radiation to include at one end radio waves and at the other end gamma rays.

The visible light region (what we see) occupies a very small portion of the electromagnetic spectrum. The light emitted by the sun falls within the visible region and extends beyond the red (into the infrared) and the ultraviolet (UV) with a maximum intensity in the yellow.

When we think of light as an electromagnetic wave, noting its wavelength may identify a color's spectral signature. We sense the waves as color, violet being the shortest wavelength and red the longest.

Visible light is the range of wavelengths within the electromagnetic spectrum that the eye responds to. Although radiation of longer or shorter wavelengths are present, the human eye is not capable of noting it.

Other creatures can see 'more' than we do. Cats have been shown to be able to 'see' into the far infra-red zone, and insects can 'see' ultra-violet. It is not that those other waves are invisible, just not perceived by human equipment for sensing those waves, our eyes!

As we move through the visible spectrum of violet, blue, green, yellow, orange and red, the wavelengths become longer. The range of wavelengths (400 - 700 nm) of visible light is centrally located in the electromagnetic spectrum (Fig. 1).

Infrared and radio waves are at the long wavelength side while ultraviolet (UV), x-rays and gamma rays lie at the short wavelength side of the electromagnetic spectrum. Radiation with wavelengths shorter than 400 nm cannot be sensed by the human eye. Light with wavelength longer than 700 nanometers is also invisible.

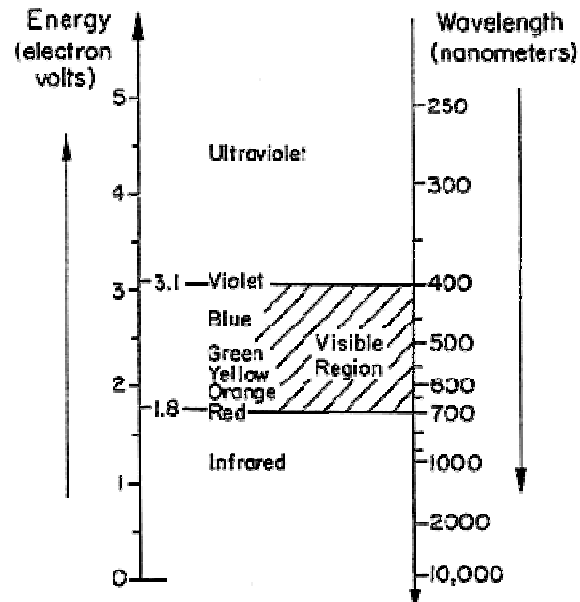
COLOR and LIGHT as ENERGY

More recent science has taken the light and color discussion into a different realm, considering light as a stream of minute packets of energy-**photons** - which create a pulsating electromagnetic disturbance. A single photon of one color differs from a photon of another color only by its energy.

In the description of light, the most convenient unit of energy to use is the **electron volt**, abbreviated eV. The electron volt is the energy gained by an electron that moves across a positive voltage of one volt (V). For example, 1.5 electron volts is the energy gained by an electron moving from a negative metal plate to a positive plate which are connected to the terminals of a common 1.5 volt "C" battery.

Visible light is composed of photons in the energy range of around 2 to 3 eV (Fig. 3). As the energy of the light increases, the wavelength decreases. Orange light with a wavelength of 620 nanometers is composed of photons with energy of 2 eV. It is the energy range of 1.8 to 3.1 eV which triggers the photo receptors in the eye. Lower energies (longer wavelengths) are not detected by the human eye but can be detected by special infrared sensors. Higher energies (shorter wavelengths) such as x-rays are detected by x-ray sensitive photographic film or again by special devices.

Figure 3. Diagram showing the visible region of the electromagnetic spectrum in terms of wavelength and corresponding energies. The visible region extends from 400 nm to 700 nm (wavelength) with corresponding energies of 3.1 to 1.8 electron volts (eV).



Light rays are composed of photons whose energy specifies a color from red to violet. The intensity or brightness of the light is defined by the flux, or number of photons passing through a unit area in a unit time, i.e., number of photons per cm^2 per sec.

If we specify a **wavelength** in the visible range on the electromagnetic scale, we can attribute a color to it. That is, laser light with a single wavelength of 650 nanometers looks red.

We show the major spectral colors in Fig. 4a as a linear sequence from red (at 700nm) to violet at 400 nm. A circular sequence of these same spectral colors, the color wheel first attributed to Isaac Newton, is shown in Fig. 4b. The progression of colors from red through violet is identical to that on the linear scale. The circular wavelength scale outside the color wheel shows the wavelength connection between the linear and circular sequences. The purple region in the color wheel is a notable difference between the two sequences. Colors in this purple portion of the color wheel are composed of mixtures of wavelength and cannot be represented by a single wavelength. Magenta is the true combination of violet and red, and represents this blend of waves.

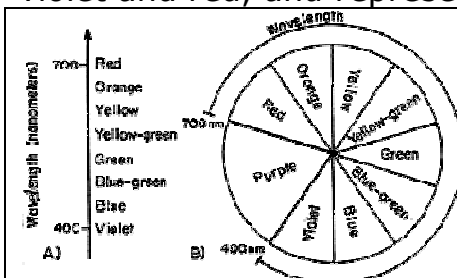


Figure 4. The region of visible light in wavelengths shown as a linear arrangement (a) and as a circle (b) as conceived by Sir Isaac Newton. The color purple shown in the color wheel (b) is composed of a mixture of light in the red and violet regions of the spectrum. Purple cannot be represented by a single wavelength of light. No single wavelength exists for the color brown just as none exists for purple. Purple can be created with a mixture of wavelengths in both the red and the violet. Brown requires a more complex mixture of wavelengths from at least three regions of the sequence.

The Color of Objects: What COLOR is it?

So, if color is light waves or particles that our eye can detect, what does that mean about the objects we 'see'. What color are they?

Color is produced by the absorption of selected wavelengths of light by an object. Objects can be thought of as absorbing all colors except the colors of their appearance which are reflected as illustrated in Fig. 5.

For example: A blue object illuminated by white light absorbs most of the wavelengths except those corresponding to blue light. The object reflects these blue wavelengths, so we perceive it as blue.

Objects that are brown or purple, are absorbing some wavelengths, and bouncing off those that combine to make the eye 'see' brown or purple.

Objects that appear black, are absorbing all waves lengths. Objects that appear white, are bouncing them all off!

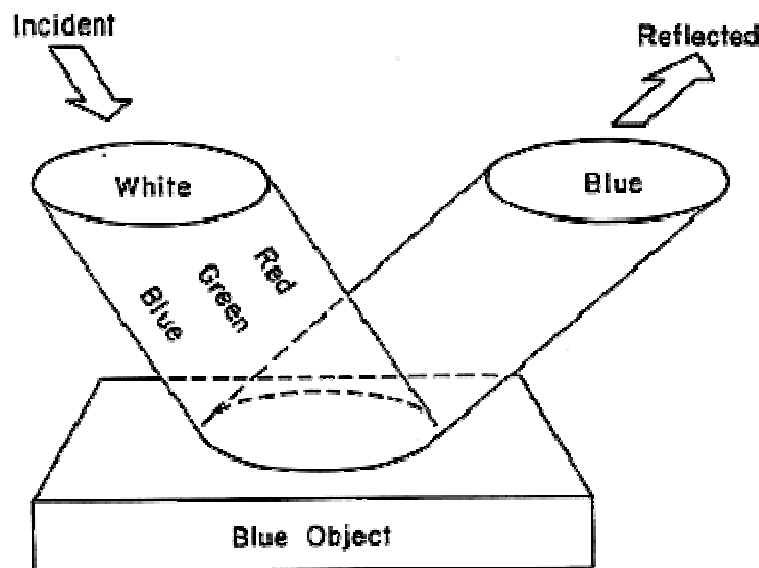


Figure 5. White light composed of all wavelengths of visible light incident on a pure blue object. Only blue light is reflected from the surface.

The Eye and Color Sensation

As humans, we use our eyes as the way we perceive color. Our perception of color arises from the composition of light - the energy spectrum of photons - which enter the eye.

The retina on the inner surface of the back of the eye (Fig. 6) contains photosensitive cells. These cells contain pigments which absorb visible light. Of the two classes of photosensitive cells, rods and cones, it is the cones that allow us to distinguish between different colors. The rods are effective in dim light and sense differences in light intensity - the flux of incident photons - not photon energy. So in dim light we perceive colored objects as shades of grey, not shades of color.

While science does not talk about this, it is almost like our eye can be designed to perceive yin and yang, and then the elements of color!

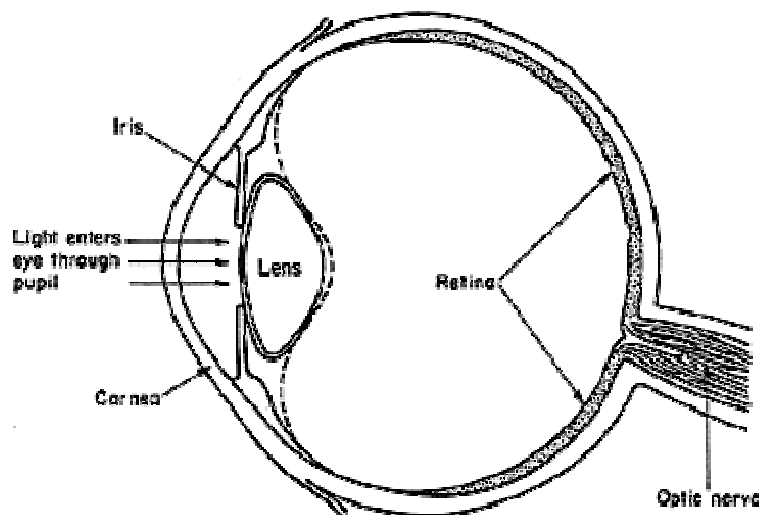


Figure 6. A cross-sectional representation of the eye showing light entering through the pupil. The photosensitive cells, cones and rods, are located in the retina: cones respond to color and rods respond to light intensity.

COLOR TERMS:

Saturated or bright colors: Pure hues containing, theoretically, no white, black, gray or complementary colors. However, this definition can be stretched to extend the range of complementary colors. For example, the range of saturated blues is not limited to pure blues. Blues containing white or black may still be considered saturated. On the other hand, orange containing black, even in small quantities, is considered unsaturated because it becomes brownish.

Unsaturated or gray-tinted colors: Hues containing more or less gray, or of their complementary color. Theoreticians also use the expression "dull colors" to designate those colors. The expression does not carry a derogatory meaning.

Harmony: In decoration, harmony refers to a combination of colors that is pleasing to the eye.

Hue: It is the quality that distinguishes one color from another. It is, for example, what differentiates blue from yellow.

Value: It refers to the position of a hue relative to the vertical gray scale. Value allows to qualify hues as pale or dark, or light and dark.

Tint refers to any hue or mixture of pure colors to which white is added. Pastel colors are generally tinted colors. Tinted color remains the same color, but it is paler than the original. When mixing a tint, always begin with white paint and gradually mix in small amounts of color until you've achieved the tint you want.

Tone is a hue or mixture of pure colors to which only pure gray is added (equal amounts of black and white). Adding gray to a color will make the intensity much duller. Beware of mixing too much gray into a hue as it can become over-dulled and virtually impossible to restore the brilliance.

Shade is a hue or mixture of pure colors to which only black is added. It contains no white or gray. Shade darkens the color, but the hue remains the same. When mixing a shade, begin with the color itself then add black one drop at a time.

Pale or clear colors: Hues containing more or less white.

Dark colors: Hues containing more or less black.

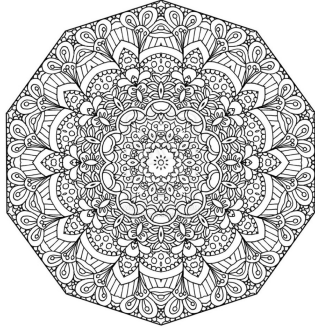
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White		
Ancient Symbolism	Chinese Medicine	Active or Receptive Magnetic or Electric Earth or Sky Warm or Cool
	Chakra Relationship	Preferred by age group:
Bagua area	Modern Health Reactions	Body Systems:
5 Element association: 4 Element association:	Physical conditions that should avoid this color.	Personality negatives
Rooms where this is great	Rooms that should avoid using a lot of this color:	Personality Positives
NOTES:		



A Week of RAINBOWS

The Origin of Rainbows

White Light contains all possibilities. Find a white object and hold it, or sit and look at it with your eyes open and then experience its energy with your eyes closed.

Your WHITE experience:

When you meditate on the color white, or take the time to really look at and FEEL the energy from WHITE, what do you feel?

What words would you use to describe how WHITE would taste?

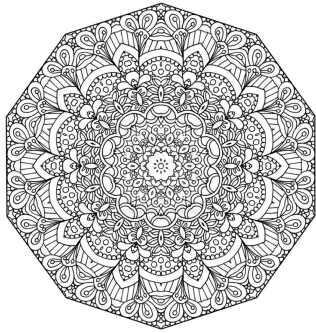
What would WHITE sound like, if it was a sound?

What EMOTIONS do you feel as you experience WHITE?

Do you have much WHITE in your life right now (clothing or environment)

Do you think you could benefit from adding the energy of WHITE to your life right now?

Black		
Ancient Symbolism	Chinese Medicine	Active or Receptive Magnetic or Electric Earth or Sky Warm or Cool
	Chakra Relationship	Preferred by age group:
Bagua area	Modern Health Reactions	Body Systems:
5 Element association: 4 Element association:	Physical conditions that should avoid this color	Personality negatives
Rooms where this is great	Rooms that should avoid using a lot of this color:	Personality Positives
NOTES:		



A Week of RAINBOWS

The Stillness

Black is the absence of light wave energy. It holds a sense of quiet contemplation. Find a black object and hold it, or sit and look at it with your eyes open and then experience its energy with your eyes closed.

Your BLACK experience:

When you meditate on the color BLACK, or take the time to really look at and FEEL the energy from BLACK, what do you feel?

What words would you use to describe how BLACK would taste?

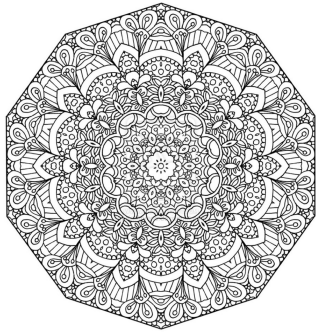
What would BLACK sound like, if it was a sound?

What EMOTIONS do you feel as you experience BLACK?

Do you have much BLACK in your life right now (clothing or environment)

Do you think you could benefit from adding the energy of BLACK to your life right now?

RED		
Ancient Symbolism Passion, warmth, gaiety, power, revolution, marriage, new life,	Chinese Medicine Heart	Active Magnetic Earth Warm
	Chakra Relationship Base chakra	Preferred by age group: Teenagers
Bagua area Fame/Illumination	Physical Reactions Affects the most dense part of the body, warming, moves the blood, build strength and stamina	Body Systems: Kidney/Bladder Adrenals
5 Element association: FIRE 4 Element association: FIRE	Physical conditions that should avoid this color High blood pressure Rashes fever	Personality negatives Irritability Anger
Where to use this Small areas Hallways Kitchens Playrooms Dance studios Exercise rooms Community halls Reception areas Anywhere in small touches	Where to avoid this: Workshops Doctors waiting rooms Studies Healing rooms	Personality Positives Motivating Outgoing Active Physical movement Physical love
NOTES:		



A Week of RAINBOWS

RED

Filled with passionate active energy, movement, warmth, and physical vibrancy. The Root chakra shimmers in a red light.

Your RED experience:

When you meditate on this color, or take the time to really look at and FEEL the energy from RED, what do you feel?

What words would you use to describe how RED would taste?

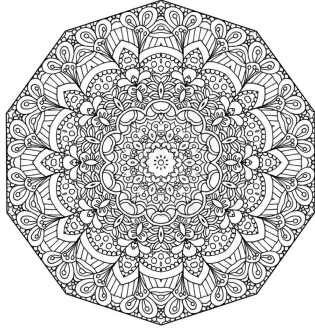
What would RED sound like, if it was a sound?

What EMOTIONS do you feel as you experience RED?

Do you have much RED in your life right now (clothing or environment)

Do you think you could benefit from adding the energy of RED to your life right now?

Orange		
Ancient Symbolism: Friendly! Warm, creative, social, Buddhism, humility	Chinese Medicine:	Active Magnetic Earth Warm
This includes peach colors: Welcoming, warm, caring	Chakra Relationship: Sacral, sexual areas and colon	Preferred by age group:
Bagua area: Relationship Health	Modern Health Reactions Digestive systems are stimulated and aided, reproductive systems, effects on all bodily fluids	Body Systems: Spleen
5 Element association: none specifically, earth and fire combination 4 Element association: none specifically	Physical conditions that should avoid this color: Overweight people (this stimulates appetite)	Personality negatives Overstimulating Over sentimentality Low self esteem
Where to use this: Kitchens Playrooms Dining rooms Recreation rooms Bathrooms Halls Commercial areas	Where to avoid this: Study Office Bedrooms	Personality Positives Practical, Joyful, Creative, Supportive, Charitable Social, helps you meet challenges
NOTES:		



A Week of RAINBOWS

ORANGE

The energy of Joy and Creativity, Laughter and sensual connection. The Sacral Chakra shines with this light!

Your ORANGE experience:

When you meditate on this color, or take the time to really look at and FEEL the energy from ORANGE, what do you feel?

What words would you use to describe how ORANGE would taste?

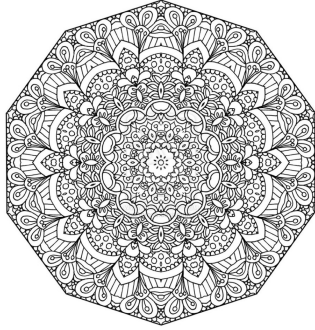
What would ORANGE sound like, if it was a sound?

What EMOTIONS do you feel as you experience ORANGE?

Do you have much ORANGE in your life right now (clothing or environment)

Do you think you could benefit from adding the energy of ORANGE to your life right now?

Yellow		
Ancient Symbolism: Sunny, warm, cheerful Fruitfulness Uplifting, bright Longevity (Chinese) Jealousy	Chinese Medicine: Spleen / Gall bladder	Active Magnetic Earth Warm
	Chakra Relationship: Solar Plexus	Preferred by age group:
Bagua area: Self Knowledge Health	Modern Health Reactions Stimulates the brain Hardest on the eyes	Body Systems: Panceas Nervous System
5 Element association: none specifically, earth and fire combination 4 Element association: none specifically	Physical conditions that should avoid this color: People with nervous system issues or attention issues (too much stimulation)	Personality negatives Egocentric Nervousness
Where to use this: Dining rooms Family rooms Kitchens	Where to avoid this: Study Bedroom	Personality Positives Quick alert mind Sunny ideas Bright and Happy Direct communication
NOTES:		



A Week of RAINBOWS

YELLOW

The energy of Clarity and Optimism, it vibrates in your body through your nervous system and in your solar plexus chakra (around your stomach)

Your YELLOW experience:

When you meditate on this color, or take the time to really look at and FEEL the energy from YELLOW, what do you feel?

What words would you use to describe how YELLOW would taste?

What would YELLOW sound like, if it was a sound?

What EMOTIONS do you feel as you experience YELLOW?

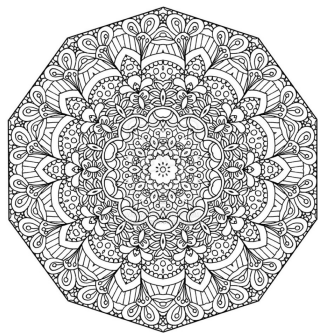
Do you have much YELLOW in your life right now (clothing or environment)

Do you think you could benefit from adding the energy of YELLOW to your life right now?

Green

Ancient Symbolism: Spring and Nature Hope Restfulness Harmony and Balance Lazy, greedy	Chinese Medicine: Liver	Receptive Electric Sky Balanced between warm and cool
	Chakra Relationship: Heart	Preferred by age group: 30 – 50's
Bagua area: Family Abundance	Modern Health Reactions Equalizes blood pressure. Easiest on the eyes	Body Systems: Circulatory, Thymus
5 Element association: Wood 4 Element association: Earth	Physical conditions that should avoid this color:	Personality negatives Indecisive, feeling trapped, Overly cautious.
Where to use this: Kitchens Bedrooms Hospital rooms Commercial restaurants Offices	Where to avoid this: Activity rooms Lecture halls	Personality Positives Caring, empathetic, natural, abundance, harmony, uplifting

NOTES:



A Week of RAINBOWS

GREEN

The energy of love, unconditional and forgiving. This vibration emanates from the heart chakra and heals all things.

Your GREEN experience:

When you meditate on this color, or take the time to really look at and FEEL the energy from GREEN, what do you feel?

What words would you use to describe how GREEN would taste?

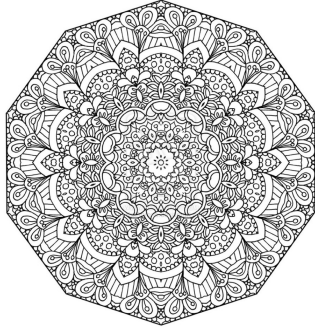
What would GREEN sound like, if it was a sound?

What EMOTIONS do you feel as you experience GREEN?

Do you have much GREEN in your life right now (clothing or environment)

Do you think you could benefit from adding the energy of GREEN to your life right now?

Blue		
Ancient Symbolism: Restful, sky, truth, loyalty, Fullness, content ness, peace, trust, males	Chinese Medicine: Kidneys	Receptive Electric Sky Cool
	Chakra Relationship: Throat	Preferred by age group: 30 – 50's
Bagua area: Family Abundance	Modern Health Reactions Causes the body to breath more slowly and deeply. Helps claustrophobia and asthmatics	Body Systems: Thyroid, Parathyroid Lungs
5 Element association: Wood and Water 4 Element association: Water	Physical conditions that should avoid this color: Severely depressed people	Personality negatives Depressive, withdrawn.
Where to use this: Treatment rooms Relaxation rooms Bedrooms Offices Bathrooms	Where to avoid this: Dining areas Entertainment/recreation	Personality Positives Loyal honest, calming Peaceful, quiet, Introverted, protected
NOTES:		



A Week of RAINBOWS

Blue

The energy of truth, communications, relaxation and security. It's center in your body is at the base of your throat.

Your BLUE experience:

When you meditate on this color, or take the time to really look at and FEEL the energy from BLUE, what do you feel?

What words would you use to describe how BLUE would taste?

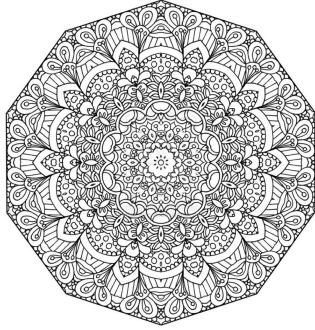
What would BLUE sound like, if it was a sound?

What EMOTIONS do you feel as you experience BLUE?

Do you have much BLUE in your life right now (clothing or environment)

Do you think you could benefit from adding the energy of BLUE to your life right now?

Indigo		
Ancient Symbolism: Justice, Royalty Power Abundance/wealth Spirituality Creativity	Chinese Medicine: Reduce inflammation.	Receptive Electric Water Cool
	Chakra Relationship: Third Eye Chakra	Preferred by age group: 50-70s
Bagua area: Career Knowledge	Modern Health Reactions relaxing, can be an antiseptic, purifies and cleanses	Body Systems: Pituitary and Pineal Brain
5 Element association: Water	Physical conditions that should avoid this color: People with mental disorders	Personality negatives Disconnected to others
4 Element association: Water		
Where to use this: Treatment rooms Bedrooms Studies Libraries Meditations room	Where to avoid this: Can cause depression if overused	Personality Positives Truth, loyalty, trust, wisdom, structure
NOTES:		



A Week of RAINBOWS

Indigo

The energy of wisdom, peace, knowledge, and mental strength. Its center is at your third eye,

Your INDIGO experience:

When you meditate on this color, or take the time to really look at and FEEL the energy from INDIGO, what do you feel?

What words would you use to describe how INDIGO would taste?

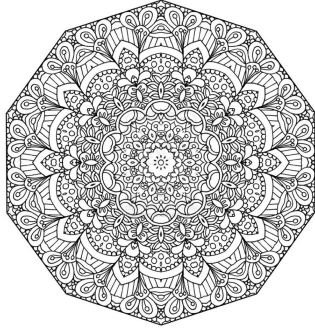
What would INDIGO sound like, if it was a sound?

What EMOTIONS do you feel as you experience INDIGO?

Do you have much INDIGO in your life right now (clothing or environment)

Do you think you could benefit from adding the energy of INDIGO to your life right now?

Violet		
Ancient Symbolism: Justice, Royalty Power Abundance/wealth Spirituality Creativity	Chinese Medicine:	Receptive Electric Sky Balanced between warm and cool
	Chakra Relationship: Crown Chakra	Preferred by age group: seniors
Bagua area: Family Abundance	Modern Health Reactions Both a stimulant and relaxing, can be an antiseptic (violet light), purifies and cleanses.	Body Systems: Pituitary and Pineal Brain
5 Element association: Wood 4 Element association: Earth	Physical conditions that should avoid this color: People with mental disorders	Personality negatives Obsessed with power.
Where to use this: Treatment rooms Bedrooms Studies Waiting rooms Meditations room	Where to avoid this: In any anyone with mental disorders may spend a lot of time	Personality Positives Luxury, royalty, mystery, creativity, spirituality, lift out of involvement with the day to day world
NOTES:		



A Week of RAINBOWS

Violet

The energy of royalty, spirituality and divinity. It resonates from your crown chakra and is your gateway to your angels and guides.

Your VIOLET experience:

When you meditate on this color, or take the time to really look at and FEEL the energy from VIOLET, what do you feel?

What words would you use to describe how VIOLET would taste?

What would VIOLET sound like, if it was a sound?

What EMOTIONS do you feel as you experience VIOLET?

Do you have much VIOLET in your life right now (clothing or environment)

Do you think you could benefit from adding the energy of VIOLET to your life right now?

Magenta

Ancient Symbolism

Chinese Medicine

Active or Receptive
Magnetic or Electric
Earth or Sky
Warm or Cool

Chakra Relationship

Preferred by age group:

Bagua area:
Fame

Modern Health Reactions

Body Systems:

5 Element association:
Fire

Physical conditions that
should avoid this color

Personality negatives
Chaotic

4 Element association:

Rooms where this is great
Mediation space
Offices

Rooms that should avoid
using a lot of this color:
Bedrooms

Personality Positives
Exciting
Spiritual

NOTES:

Brown		
Ancient Symbolism Earthy Grounded	Chinese Medicine: grounding	Active or Receptive Magnetic or Electric Earth or Sky Warm or Cool
	Chakra Relationship	Preferred by age group:
Bagua area: Center Self Knowledge Relationship	Modern Health Reactions	Body Systems:
5 Element association: Earth 4 Element association: Earth	Physical conditions that should avoid this color	Personality negatives: Stuck, unmotivated. Stubborn, lethargic
Rooms where this is great. Bedrooms Library Study Family room for relaxing	Rooms that should avoid using a lot of this color: Fitness rooms Rooms with activity	Personality Positives: Stable, grounded, dependable, nurturing
NOTES:		

Pink		
Ancient Symbolism Love	Chinese Medicine	Active or Receptive Magnetic or Electric Earth or Sky Warm or Cool
	Chakra Relationship (heart)	Preferred by age group:
Bagua area Relationship	Modern Health Reactions Calmness Peace	Body Systems:
5 Element association: Earth 4 Element association:	Physical conditions that should avoid this color	Personality negatives
Rooms where this is great	Rooms that should avoid using a lot of this color:	Personality Positives
NOTES:		

Grey		
Ancient Symbolism	Chinese Medicine Strengthen Lungs Overcome grief	Active or Receptive Magnetic or Electric Earth or Sky Warm or Cool
	Chakra Relationship	Preferred by age group:
Bagua area: Creativity Helpful People	Modern Health Reactions	Body Systems: lungs
5 Element association: Metal	Physical conditions that should avoid this color	Personality negatives: Rigid, strict, overworked, cold
4 Element association:		
Rooms where this is great	Rooms that should avoid using a lot of this color:	Personality Positives Focused, logical, calm,
NOTES:		

Turquoise		
Ancient Symbolism	Chinese Medicine	Active or Receptive Magnetic or Electric Earth or Sky Warm or Cool
	Chakra Relationship	Preferred by age group:
Bagua area	Modern Health Reactions	Body Systems:
5 Element association: 4 Element association:	Physical conditions that should avoid this color	Personality negatives
Rooms where this is great	Rooms that should avoid using a lot of this color:	Personality Positives
NOTES:		

Aura Soma



What does your choice mean?

How does this related to life now?

COLOR PERSONALITY : Rank in order

1 for most like you :: 8 for least like you

-
- You enjoy a peaceful environment in which to relax and appreciate life.
 - You have a refined sense of beauty.
 - You are capable of persisting against all odds when determined to reach a goal.
 - You are intent on establishing a personal attitudinal framework within which to accomplish your goals.

-
- You have incredible will-power and you are capable of overcoming obstacles that would stop others.
 - You enjoy a pleasant and colorful environment.
 - You are capable of bursts of high energy spontaneity, though generally more "laid back".
 - You are energetic and interested in many areas of life.
 - You are capable of accomplishment when consciously focused and persistent.

-
- You are very strong-willed and determined and can accomplish much when left alone and undisturbed.
 - Easy-going and original, you are capable of relaxing and enjoying the finer things in life.
 - You have an eye for art.
 - You work hard to improve your life and to surmount the tensions involved in the struggle.

-
- You demand a calm environment, free of conflict and disagreement.
 - You prefer natural to artificial.
 - You are capable of being comfortable in conditions that would bother others.
 - You are not easily disconcerted.
 - You enjoy attention, but are unsure of how to handle it. Just treat others as you'd like to be

-
- You enjoy a calm environment. You are easy-going and original, and will try anything once.
 - Gentle, relaxed, and self-assured, you are capable of being everyone's friend.
 - You have an eye for the aesthetic and you work well with others.
 - Although outwardly appearing self-possessed, you are constantly reappraising your own situation.

-
- You are very spontaneous; you have a quick and original mind that knows no boundaries.
 - You are comparatively conservative and appreciate beautiful surroundings, especially in nature.
 - You are relaxed and self-assured. You work well with others.
 - You are a unique individual, and have unusual tastes, but you're quite comfortable among more conservative peers.

-
- You are natural and easy-going, you prefer a calm environment.
 - You are attracted to the outdoors. You have a refined sense of beauty.
 - You have a rather conservative and well-ordered mind, you are not attracted to the bizarre.
 - You are comfortable with your current value system, you are not entertained by fads or styles.

-
- You are an original and powerful thinker, capable of overcoming great obstacles.
 - You are easy-going and enjoy the finer things in life.
 - You have an eye for art.
 - You are calm and relaxed and you try not to "rock the boat".
 - Searching for new ideas, methods and styles, you can be very productive when focused on a course of action

COLOR YOUR PERSONALITY

BLUE

- You enjoy a peaceful environment in which to relax and appreciate life.
- You have a refined sense of beauty.
- You are capable of persisting against all odds when determined to reach a goal.
- You are intent on establishing a personal attitudinal framework within which to accomplish your goals.

RED

- You have incredible will-power and you are capable of overcoming obstacles that would stop others.
- You enjoy a pleasant and colorful environment.
- You are capable of bursts of high energy spontaneity, though generally more "laid back".
- You are energetic and interested in many areas of life.
- You are capable of accomplishment when consciously focused and persistent.

GREEN

- You are very strong-willed and determined and can accomplish much when left alone and undisturbed.
- Easy-going and original, you are capable of relaxing and enjoying the finer things in life.
- You have an eye for art.
- You work hard to improve your life and to surmount the tensions involved in the struggle.

BLACK

- You demand a calm environment, free of conflict and disagreement.
- You prefer natural to artificial.
- You are capable of being comfortable in conditions that would bother others.
- You are not easily disconcerted.
- You enjoy attention, but are unsure of how to handle it. Just treat others as you'd like to be

GRAY

- You enjoy a calm environment. You are easy-going and original, and will try anything once.
- Gentle, relaxed, and self-assured, you are capable of being everyone's friend.
- You have an eye for the aesthetic and you work well with others.
- Although outwardly appearing self-possessed, you are constantly reappraising your own situation.

PURPLE

- You are very spontaneous; you have a quick and original mind that knows no boundaries.
- You are comparatively conservative and appreciate beautiful surroundings, especially in nature.
- You are relaxed and self-assured. You work well with others.
- You are a unique individual, and have unusual tastes, but you're quite comfortable among more conservative peers.

BROWN

- You are natural and easy-going, you prefer a calm environment.
- You are attracted to the outdoors. You have a refined sense of beauty.
- You have a rather conservative and well-ordered mind, you are not attracted to the bizarre.
- You are comfortable with your current value system, you are not entertained by fads or styles.

YELLOW

- You are an original and powerful thinker, capable of overcoming great obstacles.
- You are easy-going and enjoy the finer things in life.
- You have an eye for art.
- You are calm and relaxed and you try not to "rock the boat".
- Searching for new ideas, methods and styles, you can be very productive when focused on a course of action

Color Addition

Color perception, is a complex subject involving the disciplines of psychology, physiology, biology, chemistry and physics. When you look at an object and perceive a distinct color, you are not necessarily seeing a single frequency of light. Consider for instance that you are looking at a shirt and it appears purple to your eye. In such an instance, there may be several frequencies of light striking your eye with varying degrees of intensity; yet your eye-brain system interprets the frequencies which strike your eye and the shirt is decoded as being "purple."

The complexities of color perception can be reduced if we think in terms of primary colors of light. We have already learned that white is not a color at all, but rather the presence of all the frequencies of visible light.

When we speak of white light, we are referring to ROYGBIV - the presence of the entire spectrum of visible light. But combining the range of frequencies in the visible light spectrum is not the only means of producing white light.

White light can also be produced by combining only three distinct frequencies of light, provided that they are widely separated on the visible light spectrum. Any three colors (or frequencies) of light which produce white light when combined with the correct intensity are called **primary colors of light**. There are a variety of sets of primary colors; yet, the most common set of primary colors is red (R), green (G) and blue (B). When red, green and blue light are mixed or added together with the proper intensity, white (W) light is obtained. The addition of the primary colors of light is demonstrated by these circles, and is called the **Additive method** of creative color.

Any two colors of light which produce white are said to be **complementary colors** of each other. The complementary color of red light is cyan light. This is reasonable since cyan light is the combination of blue and green light; and blue and green light when added to red light will produce white light. Thus, red light and cyan light (blue + green) represent a pair of complementary colors; they add together to produce white light. This is illustrated in equation form below:

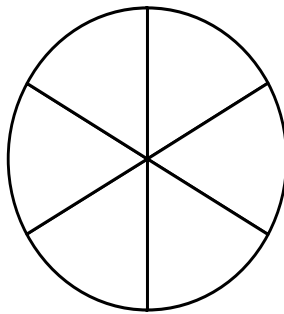
Each primary color of light has a secondary color of light as its complement. The three pairs of complementary colors are listed below. The graphic is extremely helpful in identifying complementary colors. Complementary colors are always located directly across from each other on the graphic. Note that cyan is located across from red, magenta across from green, and yellow across from blue.

Complementary Colors of Light

Red and Cyan Green and Magenta Blue and Yellow

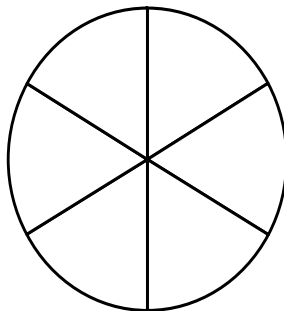
Create your ADDITIVE COLOR CHART

Red – Green – Blue Primary



Create your SUBTRACTIVE COLOR CHART

Red – YELLOW – Blue Primary



Colors in the Home

What rooms in my home need a color adjustment?

How can I bring my personal colors or colors that I need right now into my home?

IDEA FILE:

Personal Colors

What colors are my physical colors:

What is my personal color for HEALTH and HEALING?

What is my personal color for Vitality and Strength?

What is my PERSONAL POWER COLOR(s)?

IDEA FILE: