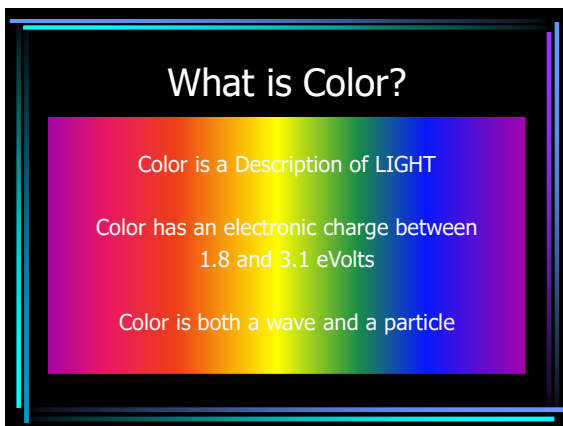




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•3

How does COLOR affect us?

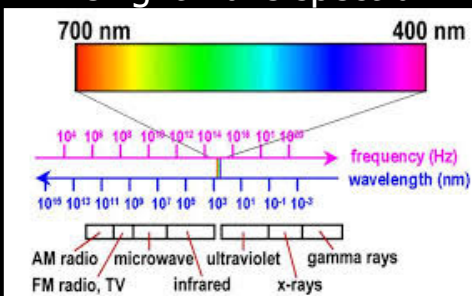
COLOR waves are perceived mainly with our eyes, but impact our entire body

We 'see' the wavelengths between infrared to ultraviolet, but animals can see more

Our bodies are impacted by all these wavelengths, even when we cannot see them

•4

The light wave spectrum



•5

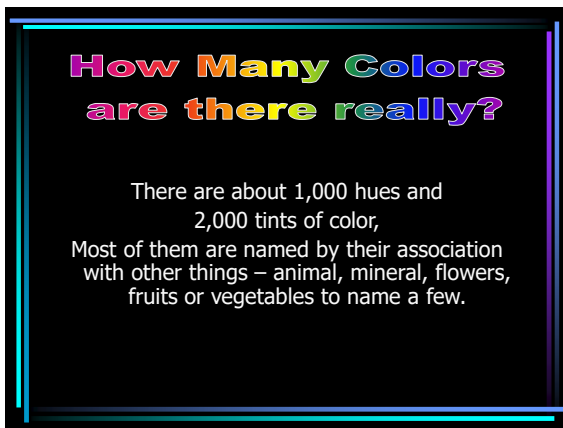
Our eyes have cones that are sensitive to red, blue and green light.



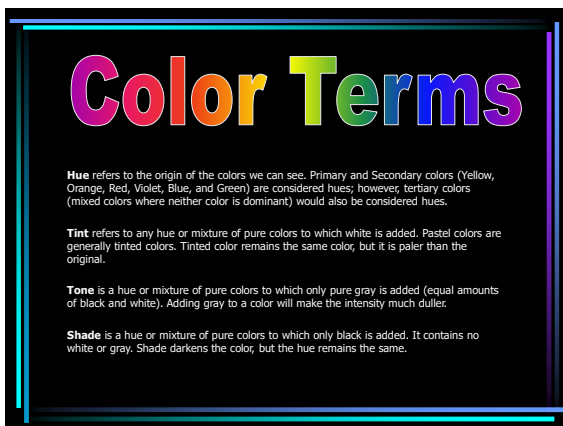
•6



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•9

The importance of the
LIGHT in your home...

- Unfiltered SUNLIGHT has all the spectrums, and all can be important to our bodies
- Light bulbs – Full Spectrum bulbs simulate sunlight
- Check any colors you are adding to your home in your homes lighting or with the same type bulbs
- Remember how COLOR works, and the effect of wall, floor and ceiling color on the other items in your space.

•10

Break Time

•11

•12

The Impact of RED

MOTIVATING AND WARMING

Red is related to physical survival, passion, and a strong life-force.

Red is stimulating, activating, energizing, motivating, warming and grounding.

It is the most physical of all colors.

•13

RED

LOVE and IMPORTANCE

Aggression, Anger and Shame,
It should be used carefully.

Too much red in your environment can 'inflamm' the negative qualities of red.

•14

Healing Effects of RED

Red helps to counter physical apathy and/or depression, inertia, fear or sadness.

It stimulates the adrenal glands, influencing strength and stamina.

Red raises blood pressure (avoid in large doses if you have high blood pressure), and aids low blood pressure and sluggish digestion.

It can also build up the red blood cells. It stimulates the heart and circulation.

•15

RED in the HOME

Game Rooms,
playrooms,
dance studios,
hallways,
party rooms,
exercise rooms



•16



•17

The Impact of ORANGE

CREATIVITY SEXUALITY

- Orange encourages sociability and the sense of community.
- It symbolizes communication, optimism, happiness, enthusiasm and confidence.
- Orange enhances creativity and the ability to concentrate.

•18

ORANGE

- In the system of Chakras, it is related to the reproductive organs and libido and is considered sexually appealing.
- Too much orange is said to cause you to be in extreme empathetic states where you can easily take on the emotional states of others.

•19

ORANGE

- Orange helps to stimulate digestion;
- Eases stomach cramps,
- Relieves pain and stimulates the appetite.
- It may also be helpful to reduce asthma, by strengthening the lungs.
- It is an antidote for general lethargy, procrastination and unhappiness, and low self esteem.
- Orange raises the pulse rate, but does not increase blood pressure.
- It does stimulate digestion, but also can make you feel 'hungry' when you are not.

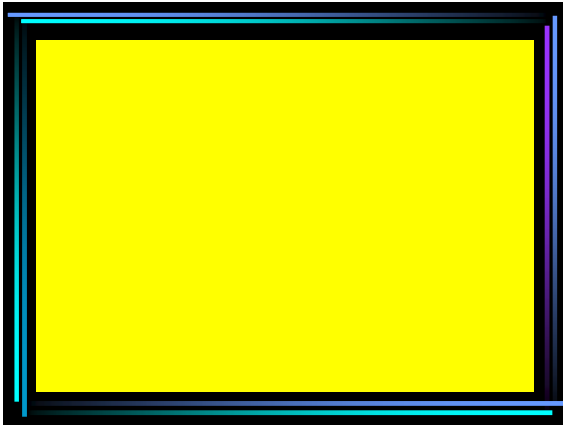
•20

ORANGE in the Home

Kitchens,
playrooms,
living rooms,
dining rooms,
bathrooms,
halls
(Peach counts as Orange!)



•21



•22

The Impact of YELLOW
BRIGHT HAPPY COMMUNICATION

- Lifts energy.
- Bright, cheerful, alert and open.
- Intellect, rational thinking, communication
- Yellow is said to bring good luck.

•23

Healing Uses of YELLOW

- Alleviate apathy and feelings of loneliness.
- It gives hope where little exists
- It combats fear.
- Overcoming nervous exhaustion.
- Assists the digestive processes.
- Clear-headedness, good communication, to complete projects and overcome inertia.
- Yellow increases liver activity and raises low blood pressure.
- People with overactive thyroids and jaundice should avoid too much yellow.

•24

The Impact of YELLOW

- Too much can be mentally exhausting.
- May cause sleeping problems.
- Too much yellow: manipulative and controlling.

•25

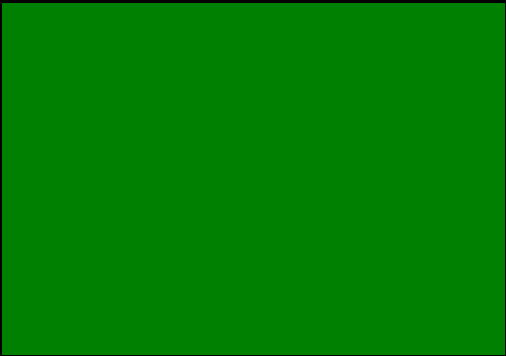
YELLOW

In the Home

- Family rooms
- Kitchens
- Study Areas



•26



•27

The Impact of GREEN

BALANCE HARMONY ABUNDANCE

- Green is the most relaxing, calming and balancing of the colors.
- It is a symbol of growth, fertility, harmony, hope, optimism, freedom and balance.
- On the cool end of the spectrum, Green brings restfulness and coolness.
- Associated with the heart chakra, green stands for love for ourselves and the universe. It is the center overseeing all healing.

•28

The Impact of GREEN

If you have too little green in your environment, you can be indecisive and unable to relate to others.

If you use too much green there is a tendency for your energy be scattered, and it can promote envy.

INDECISIVE FEELING TRAPPED
CAUTION ENVY

•29

Healing Uses of GREEN

Reduce mood swings and increase self-esteem.
Green eases heart-ache.

Green reduces pain, inflammation and irritations, and eases eyestrain.

It reduces stress and high blood pressure.

Green settles the digestive system, eases tiredness and headaches and eases neuralgia.
It increases our ability to remember things.

•30

The Impact of GREEN

Green in the home:
 Kitchens,
 bedrooms,
 hospital rooms,
 bathrooms
 Any place you want to really relax



•31



•32

The Impact of BLUE

CALM RELAXATION TRUTH SECURITY

- Blues is an uplifting, relaxing, soothing color. It is excellent for unwinding from mental fatigue.
- Blue is related to insight, intuition, wisdom, finding meaning in life, and your spiritual connections.
- The deeper hued blues — sky and cobalt, help you understand who you are. Use for greater communications and "speaking your truth".

•33

The Impact of BLUE

If you find yourself unable to express your feelings, lighter shades of blue will help you open up.

The deeper navy blues relate to intuition and receiving messages.

Too much blue can be depressing and isolating, so are not good choices if you are low on energy.

•34

Healing Uses of BLUE

Physically reduce pain and inflammation.

Relieve headaches, burns, stings, insect bites or other skin problems, arthritis

Throat problems.

Lowers blood pressure.

Counteracts shallow breathing by increasing respiration rate and may be useful to treat asthma.

Blue is cooling, so can be used to reduce fever relieve tired eyes, and to treat hot flashes in menopause.

•35

BLUE

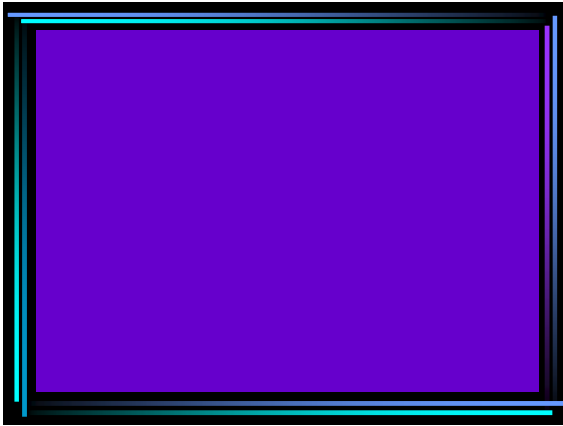
In the Home

Treatment rooms,

- relaxation rooms,
- bedrooms,
- bathrooms,
- offices



•36



•37

In Impact of Purple/Indigo/Violet

POWERFUL SPIRITUAL SENSITIVE

Purple is both stimulating and relaxing.
Associated with psychic awareness /intuition
Purple is related to spirituality and creativity.
Purple is useful if you are seeking inspiration
and validation for the path you are on in life,
or want to tune into higher forces.
Avoid purple however, if you are feeling
oversensitive.

•38

Healing uses of Indigo/Violet

Purple helps to calm the mind and nerves.

Good for mental and nervous disorders,
because it sedates and subdues.

Purple is said to halt the growth of tumors.
It also balances the left and right brain.

Purple is sometimes used for inner purification.
Violet light can be used to purify and cleanse,
like an antiseptic.

•39

Indigo/Violet in the Home

Treatment rooms,
Bedrooms,
Study,
Waiting rooms,
Meditations rooms



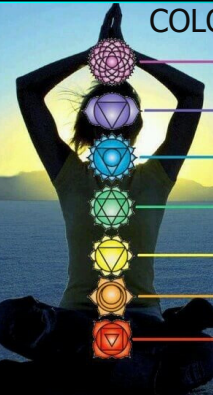
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COLOR and Chakras



•41

COLOR and Chakras



Crown Chakra Sahasra	Understanding Cosmic Consciousness Enlightenment	White Jade, Diamond Clear Quartz
Third Eye Ajna	Clairvoyance Intuition Psychic Senses	Amethyst Moonstone Sage
Throat Chakra Vishuddha	Communication Creativity Healing	Lapis Lazuli Turquoise, Aquamarine Blue Topaz, Sodalite
Heart Chakra Anahata	Love Hope Compassion	Aventurin, Jade Rose Quartz, Kunzite Bloodstone
Solar Plexus Manipura	Energy Vitality Desire / Power	Citrine Calcite Topaz
Sacral Chakra Svadhista	Sensuality Intimacy Emotions	Aventurin, Ruby, Carnelian Citrine
Root Chakra Muladhara	Security Grounding Survival Instinct	Carne Bloodstone Garnet, Ruby

•42



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•48



•49

Colors for Emotional Support

Emotions	Colors to Avoid	Colors to Use
Depressed	Brown or muddy colors Blues	Yellow Orange
Low energy	Brown or muddy colors	Red Green
Tense	Super Bright colors Whites/Greys	Pinks / Browns Greens
Overwhelmed	Whites & Greys	Browns & Blues
Angry	Red	Green
Reckless	Red or Super Bright	Browns or Muddy
Scattered	Red or super Bright	White or Grey
Lonely	Black	Orange

•50



•51

COLOR and the FIVE ELEMENTS

•52

Color and the Five Elements

Feng Shui works with balancing five traditional Chinese elements in a space

- »FIRE
- »EARTH
- »METAL
- »WATER
- »WOOD

•53

FIRE energy

Passion for life, Reputation, Success
Physical Ability, LOVE!
Sacredness and Richness!

Colors: Red and Purple

•54

EARTH energy

Stable, Solid, Spiritual
Grounded
Self Knowledge and Spirituality

Colors: Golds and Browns



•55

METAL energy

Creativity, Completing Projects,
Helpful people
Concentration and Celebration!

Colors: Whites and Metallics



•56

WATER energy

Wealth, Ancestors, Career, Life Journey
Inner Sensitivity
MONEY and FEELINGS!

Colors: Black and Dark Blues



•57

WOOD energy

New Beginnings, Growth, Children Health!

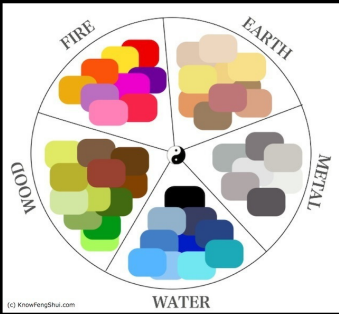
Ideas and Plans!

Colors: Greens and Light Blues



•58

Color and the Five Elements



•59

Color is an important part of balancing the energy of a space.

Notice the subtle use of greens, blues, purples, and earth tones elements of Water, Wood and Earth soften and balance this white METAL space



•60

Color and Bagua

- Red
- Orange
- Yellow
- Green
- Blue
- Purple
- White
- Black
- Brown
- Pink
- Metallics

These colors are all used to create an energy or feeling in a space.

•61

WEALTH + PROSPERITY SE or Rear Left Purple, blue, red Wood Element	FAME + REPUTATION S or Rear Middle Red Fire Element	RELATIONSHIPS SW or Rear Right Pink, red, white Earth Element
FAMILY E or Middle Left Green Wood Element	HEALTH (CENTER) Yellow, orange, earth tones	CHILDREN + CREATIVITY W or Middle Right White Metal Element
KNOWLEDGE + SELF-CULTIVATION SW or Front Left Blue, green, black Earth Element	CAREER N or FRONT DOOR Black Water Element	TRAVEL + HELPFUL PEOPLE NW or Front Right White, Gray, Black Metal Element

•62

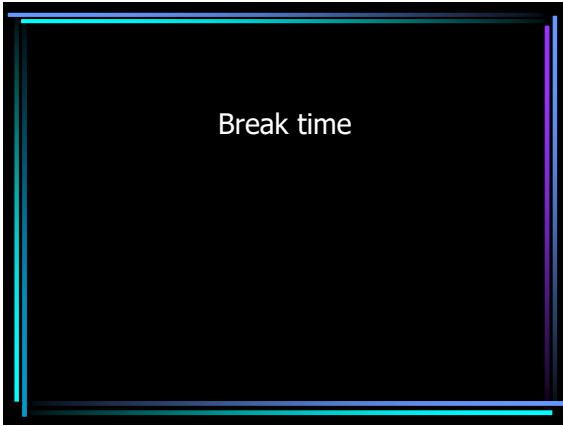
Color can make things beautiful..
But color has an impact on your body
and your mind

Because of this,
some colors are
better used in
certain situations
and not in
others.

Keep this in mind
when apply feng
shui solutions!



•63



•64



•65



•66

Ways to bring color into your Home



•67

Determine: Permanent or Temporary



•68

Temporary Enhancements

- Pillows
- Flowers
- Colored Lights
- Foods
- Tableware/napkins
- Accent wall
- Colored Water
- Clothing
- Crystals
- Artwork



•69

Why work with COLOR?
Shouldn't you do everything
you can to:

- Achieve your goals
- Support your health
- Enjoy your life

•70

Enjoy a WEEK OF RAINBOWS
on my website to dive even more
deeply

•71
