

How Your Favourite Colour Heals You



You are drawn to certain colours for more than just the way they look.



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How Your Favourite Colour Heals You

We have noticed how we are all drawn to different colours. Ask anyone what is their favourite colour and most people will have an answer that differs from the next person asked. The question is: what makes individuals drawn to different colours? We wanted to know the answer to this and discovered lots more interesting information in the process!



Types of Colours

There is a whole science behind colours and if you are an arts or graphic design student you will have studied colour theory. We're going to stick with the basics in this Article.

There are two main types of colours:



Light Colours are produced by light. Light colours are electromagnetic waves whose frequency falls within the visible spectrum. The electromagnetic spectrum is used to describe a whole range of waves of different frequencies including radio, microwave, infrared, ultraviolet, x-rays and alpha-, beta- and gamma- radiation. The frequencies of light colours sit between infrared and ultraviolet. When you view any digital image on your phone or laptop or a cinema screen, you are viewing light colours.

The actual colour of a light colour is determined by its frequency and you see this in a rainbow. The red light has the lowest frequency in a rainbow and the violet has the highest frequency with green sitting in the middle.



Pigment Colours are produced by pigments that only create the effect of colour by the way in which they absorb and reflect light. Pigments are selected because of the frequency of light they absorb and reflect as it is this frequency that produces the effect of colour. So a red pigment would be chosen because it reflects light frequencies between 400 and 480 Tera Hertz. Tera means 1 trillion or a 1 with 12 zeros, so 400 Tera Hertz is 400,000,000,000,000 Hertz which is way too many zeros to write in full! When you view any printed image, such as a picture in a magazine or a painting in an art gallery, you are viewing pigment colours. What's interesting about pigment colours is that they have no colour without light which is why you can't see printed images without a source of light, such as at night.



Black and White Colours

We talk about black and white as colours but they are special colours. This is because if we're talking about light colours, then black is the absence of colour and white is all of the colours together. We see this in rainbows where the white light from the sun has separated into different frequency bands, producing different colours within the rainbow. Then we see how a digital image is black when there is no source light or when the device is switched off.

For pigmented colours, it's different, since black pigment reflects no light, creating a black effect whereas white pigment reflects all light colours, creating a white effect.



Each Colour has a Corresponding Frequency

The important point to note here is that, whether you are viewing light colours or pigment colours, you are in effect experiencing the corresponding frequency either directly from the light colour, or reflected from the pigment colour. It is this frequency that we believe is the reason that some of us are drawn to different colours. Each of us has our own unique vibrational set point that is a combination of many different frequencies.



Resonance is Key

You have seen how we are drawn to whatever resonates with us and we see this throughout our life experiences, including friendships, preferred landscapes, favourite food, choice of pet and chosen occupation. This resonance is a result of the frequencies we hold which is why we all have different preferences. Each of us is unique with a unique combination of frequencies and so each of us resonates in a unique way.



Our Favourite Landscapes are Those that Resonate With Us

Let's take landscapes: Have you ever wondered why some of us love the mountains whereas some people don't like heights; others enjoy a forest walk whereas some don't like being enclosed and many people enjoy the seafront whereas others find it to be too open. You may have seen the high consciousness landscapes that we have on our Home Page (scroll down right to the bottom of the page). We are sure that each of you will have your favourite and that it may not be the same as your friend! The reason for this is all down to resonance; when something resonates within you it feels as if beautiful music is playing within you. Actually this is not far from the reality! Music that opens our heart and makes us feel vibrant is music that resonates with one or more of the frequencies within us. We wrote an article *Levels of Consciousness: Music* which shows you how different music genres have very different levels of consciousness. In the same way, the landscapes that you love that create a blissful feeling within us are actually those that resonate most strongly with the frequencies within us.



Our Favourite Colours are Those That Resonate With Us

We wanted to know more about what it is about the specific frequency of colour that makes us drawn to it. Since everyone is different, we used Resonance Testing to discover more about our colour preferences:

- Our favourite colours are related to our vibrational set point - negative
- Our favourite colours are related to the frequencies we hold - positive
- As we ascend we hold more frequencies that are in alignment with source - positive

We have seen this in our *Armichi Method Healings* where most of you come to us resonating for millions of discordant frequencies and yet with often none or just 1 frequency that is in alignment with source. Then, after we've integrated these discordant frequencies and completed a few other steps in the session, we find that most of you now resonate for either 999 or 1000 frequencies that are in alignment with source. So

the statement above is a combination of the fact that once we have integrated the discordant frequencies, we have taken a small step towards ascension. Ascension also involves the integration with other frequencies that are in alignment with source. We were also curious to know if the frequencies of colours are in alignment with source energy since they clearly can have an uplifting effect on some people.

- *Pure colours* are in alignment with source - positive*

*Pure colours are those found in nature and include all living colours you experience in sunlight including the flowers, fruits, vegetables, trees, animals, birds, insects, earth, rock, water and sky. We do not include black as in nature this is the colour of death, for instance mould, rot and decay.



How Colour Preferences Change as we Ascend

An observation we have made is that, as we ascend, our colour preferences change. Whereas most of us would say that we each have one or a few colours that we prefer, what we have found is that, as our levels of consciousness increase, our range of preferred colours also increases. The author of this article, Sarah Diggins, used to avoid yellow as being one of her least favourite colours. Today she is wearing a yellow dress! We have observed that colour preferences broaden as we ascend and so we wondered if, once fully ascended, we would like all colours, so we Resonance Tested the following statement:

- *As an ascended being, we like all colours - positive*



Do Our Favourite Colours Have a Beneficial Effect On Us?

Then we wanted to find out if the resonance we feel with certain colours is a two-way resonance. What we mean by this is does a colour that we like also have a beneficial effect on us. If so, maybe this is the reason we are drawn to that colour?

- Our favourite colour frequency has a beneficial effect on us - positive
- We like a specific colour because of the beneficial effect it has on us - positive

Interesting! So we are drawn to colours not just because we like them superficially but because their light frequency benefits us. We wondered which aspects of ourselves are affected by colour frequencies so we Resonance Tested the following statements:

- *The frequency of our favourite colour has a beneficial effect on our layers* - positive*

- *The frequency of our favourite colour has a beneficial effect on our timelines* - positive*
- *The frequency of our favourite colour has a beneficial effect on our past lives* - positive*

*Please see our Article [The Essence of Healing](#) for an explanation of layers, timelines and past lives.

- *The frequency of our favourite colour affects all dimensions we occupy - negative*
- *The frequency of our favourite colour affects some of the dimensions we occupy - positive*

After testing more we found that the frequency of colour strongly affects the third dimension we occupy and less strongly the fifth dimension.



Do Our Favourite Colours Actually Heal Us?

We wanted to know if pure colour not only benefits us but also has a healing effect, so we tested:

- *The frequency of our favourite colour has a healing effect - positive*

So now we can see that many therapists use colour in their healing practice for good reason: it is a really effective way of infusing a particular frequency into the layers, timelines, past lives and dimensions.

The important question is, what is this healing effect and how do colours heal? This is a question that has taken us 4 months to solve; we originally started writing this Article in April 2022 and only now in August 2022 have we discovered the answers - or at least some of them!



What Aspects of Us Do Our Favourite Colours Heal?

The clue was found by delving deeper into why certain people are drawn to some colours whereas others are drawn to others and how different colours evoke different emotions. We took blue as an example which is a colour that typically evokes calm in many people. We Resonance Tested the following statements:

- *Blue is a favourite colour of 20% of the population - positive*
- *Of the people who prefer blue, 86% consider it to be a calming colour - positive*

We wondered if maybe people are being drawn to blue because it is a calming colour - even if they are not consciously picking it for that reason - because the colour helps to balance their vibrational set point?



1. Do People Who Prefer Blue (and see Blue as Calming) Resonate More Strongly for Anger?

To see if there is any connection, we took an emotion that creates a feeling that is opposite to calm; anger. We then used Resonance Testing to see how much anger people are resonating for. The results below are on a scale from 0-10 (10 being maximum).



1a. We Resonance Tested Anger in People Whose Favourite Colour is Blue (Calm)

Just so that you understand the results below, if someone resonates at zero, this means that anger is fully integrated within them. If someone resonates at 10, this shows that anger is a very predominant emotional frequency within their layers, timelines, past lives and / or dimensions. These Resonance Test results show how much anger people who like blue and see it as a calming colour are resonating for.

- *Layers = 10*
- *Timelines = 10*
- *Past lives = 10*
- *Dimensions = 10*



1b. We Resonance Tested Anger in Everyone

These Resonance Test results show how much anger the global population as a whole is resonating for.

- *Layers = 6*
- *Timelines = 4*
- *Past lives = 8*
- *Dimensions = 3*

So you can see that people who prefer blue seem to resonate more strongly for anger than the population as a whole. There does seem to be some correlation between people who are resonating more strongly for anger and their preference for blue as a calming colour.

Note: We were also interested to see that the global population doesn't resonate that strongly for anger as a whole, as we had expected the results to be higher than this. However, last week we did a global healing where we integrated the emotional frequency of anger for all of humanity. Although there has been some reduction, as you can see from the results above, we clearly still have more integration work to do for you all!

The test for anger in those who like calming blue is just one test and is not conclusive. So we did another!



2. Do People Who Prefer Yellow (and see Yellow as Happy) Resonate More Strongly for Sadness?

This time we looked at yellow which can be associated with happiness and is also the opposite feeling of sadness. First we tested how many people prefer yellow as their favourite colour:

- **Yellow is a favourite colour of 4% of the population - positive**

Then we checked to see of these people who like yellow, how many see it as a happy colour:

- *Of the people who prefer yellow, 92% consider it to be a happy colour - positive*

Next we tested the levels of sadness in people who like yellow and who also consider it to be a happy colour, compared with the population as a whole:



2a. We Resonance Tested Sadness in People Whose Favourite Colour is Yellow (Happy)

- *Layers = 10*
- *Timelines = 10*
- *Past lives = 10*
- *Dimensions = 10*



2b. We Resonance Tested Sadness in Everyone

- *Layers = 8*
- *Timelines = 6*
- *Past lives = 8*
- *Dimensions = 8*

So you can see that people who prefer yellow are resonating more for sadness. However, these are only two tests and again are not conclusive, so we did a third test.



3. Do People Who Prefer Pink (and see Pink as Love) Resonate More Strongly for Anger?

We next tested pink; a colour that can be associated with love and, one of love's opposite emotions; self-rejection. We tested how many people prefer pink as their favourite colour:

- Pink is a favourite colour of 10% of the population - positive

Then we checked to see how many people who like pink see it as a colour of love:

- *Of the people who prefer pink, 35% associate it with love - positive*



3a. We Resonance Tested Self-Rejection in People Whose Favourite Colour is Pink (Love)

- *Layers = 10*
- *Timelines = 10*
- *Past lives = 10*
- *Dimensions = 10*



3b. We Resonance Tested Self Rejection in Everyone

- *Layers = 7*

- *Timelines = 7*
- *Past lives = 6*
- *Dimensions = 7*

Remember that not everyone associates the same emotion with the same colours. This is why if you are a practitioner and using colours to heal, it's important to consider how someone feels about a certain colour.



How Do Our Favourite Colours Heal?

Now we understand more about what our favourite colours heal, the next question to answer was how do these colours heal? Specifically how does a colour help people who are resonating strongly for the opposite emotion? First it's important to understand that we only resonate for limiting emotional frequencies, such as anger, sadness, jealousy, self-hatred, that are still separate aspects of ourselves. Once all limiting emotions are fully integrated you no longer react with these limiting emotions in response to people or situations. We show you how to do this in our one-to-one session **Integrate & Liberate** and you can learn more in our Article *Revealing Not Healing*. This integration enables us to experience life from the soul perspective, rather than the ego. And it is also why the process of integration is so important in our Ascension journey.

So we Resonance tested:

- *The frequency of colour helps us to integrate limiting emotions - positive*

And this may also explain why our colour preferences are so varied, since each of us resonates for a range of different limiting emotional frequencies which need to be integrated for us to ascend.

We Resonance tested again:

- *Our favourite colours help us to ascend - positive*

Which means that colours play a really important role in our ascension so if you can pay attention to the colours you love and how you feel about them then this will help reveal to you which emotional frequencies are still separate within you and need to be integrated.



Why We Like More Colours as we Integrate and Ascend

Why, as ascended beings, do we like all colours when during our ascension journey the colours we are drawn to are those that reveal the separate emotional frequencies within

us? This initially didn't make sense to us. Since ascended beings are fully integrated and don't resonate for limiting emotions it would seem that we would like no colours as we no longer are drawn to specific ones. After much testing we realised that the title of this section is a little misleading!

We discovered that once we are fully integrated, rather than liking more colours, we simply now like all colours equally. This is because we no longer have need to integrate specific emotions and therefore are no longer drawn to specific colours. Before we are fully integrated, we perceived certain colours as being our favourite colours since we were most drawn to them. In fact, our favourite colours were simply those that we needed to help us on our Ascension journey. Once ascended we no longer need specific colours to help reveal the separate emotional frequencies and therefore like them all equally!



How We Can Use Colour in Healing

Since it is the frequency of colours that is important and because both light and pigment colours provide these frequencies, all you have to do is to surround yourself with your favourite colours. It doesn't matter how you do this - you can paint with them, wear them, decorate your rooms with them, use these colours in your office or home, or even eat them! Then, if you find yourself being drawn to the same colour over and over again, think about how you feel about that colour. This is your clue as to which emotion needs to be integrated next. Our Article [*MedBeds: Our Salvation?*](#) shows you how to integrate these emotions or you can book an **Integrate & Liberate** session with us and have a one-to-one healing lesson where we integrate the limiting emotions that you resonate for most strongly and teach you how to do this for yourself.



We hope that you have found this information to be helpful and if so we would really appreciate if you could share this Article with your friends and family. We have also created PDFs of each Article that are free for you to download and read at anytime or send to anyone who you feel may benefit.



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