



ASPW - 11

Colors and Health

Cobalt Blue: Body Health Cobalt blue is the color of body health. When cells are vibrating in health in the crystalline form, they will have a cobalt blue shimmer surrounding them.

Indigo: Intuition, Perception, and the Higher Mind Indigo is the color of intuition and perception. Indigo resonates with the third eye; it relies on intuition rather than gut feeling. Indigo stimulates the right brain or creative activity and helps with spatial skills and coping with stress. Indigo is an excellent highlight for sacred spaces, especially those used for vision quests and meditation. It supports the intuitive self and wisdom gained over many lives.

Pale violet or ultraviolet as it shines through the sun is the tone of erasure. Erasure is a transmutative tone that allows that which one is complete with to be dissipated and released in the field. Erasure is the foundation of the act of transmutation of all karma, pain, anger, fear, and trauma in ascension.

First 10 Notes of the Language of Light Defined

Divine Union (pale lavender)

Unity (pale pink)

Freedom (pale yellow)

Non-Conditional Love (silver)

Breathe of Life (golden yellow)

Compassion (turquoise)

Power (peach)

Structure (lavender)

Forgiveness (pink)

Non-Conditional Governance (ivory)