

Colour Therapy

When working with colour, consider the qualities you want to stimulate and choose the colour to help bring those characteristics to you.

Food - Use colours you're trying to work with in what you're eating, examples might be soups or smoothies as these are easy to make by colour e.g. butternut squash soup for warming energy. No need to be crazy - if you're wanting to promote green, you don't have to use ONLY green foods! You could be more subtle and choose a single vegetable or fruit to enhance your work with a particular colour.

Surroundings - Choose candles, home decor and even wall colours (depending on your budget and constraints) to use colour in your home. Be careful not to go too overboard with one colour alone in a room as this might cause an excess which brings further issues. For more subtle options use crystals (by your bed or decoratively around the home), pictures on the wall, knickknacks, wall hangings even storage containers.

Body - Look at your clothing and see if there are any patterns in the colours you tend to choose. Pick colours of clothing, accessories, jewellery, even make up, to keep that colour energy nearby, especially on important events like job interviews, big presentations. Use yellow for confidence, blue to speak your mind/feelings clearly etc

In meditation - focus on colour or choose a particular colour candle or crystal to use during your meditation to harness the energy of the colour.

Colours and their meanings

Red

Meaning: related to blood, heating properties, stimulate circulation, create energy

Can bring balance to: aggregated Vata and Kapha energy

In excess: can bring pitta to the fore and out of balance, this can show up in the body as inflammation

Orange

Meaning: warming, brings healing joyous energy

Can bring balance to: aggravated vata and kapha, relieves congestion, maintains the skin's glow

In excess: aggravates pitta

Yellow

Meaning: Stimulates understanding, intelligence, portable sunshine

Can bring balance to: excess vata and kapha

In excess: excess bile, aggravates pitta

Green

Meaning: Calms the mind, creates freshness, healing, grounding, related to the heart,

Can bring balance to: excess vata and kapha,

In excess: aggravates pitta

Blue

Meaning: Pure consciousness, calming, cooling, clear communication, soothing, creativity

Can bring balance to: excess pitta,

In excess: may aggravate vata and kapha, congestion

Purple (Violet)

Meaning: Cosmic Consciousness - awakening of awareness

lightness in body

opens doors to perception

Can bring balance to: aggravated pitta and kapha

In excess: aggravates vata

Black

Can bring balance: Stimulates ability to resist negative emotions

In excess: can increase fear and paranoia, exacerbates all doshas when used excessively

White

Can bring balance: to vata and pitta Calming energy

compassion, vitality, spirituality