

Color Psychology

Light consists of the seven color energies: Red, Orange, Yellow, Green, Blue, Indigo and Violet. Each color is connected to various areas of our body and will affect us differently emotionally, physically, mentally, and spiritually. By learning how color psychology influences us, we can effectively use color therapy to give us an extra boost of energy when we need it. If you wake up in the morning with little energy, or you need to prepare for a business meeting, this is where the power of colors can help. All you have to do is reflect on the type of day you have planned; choose the color that will help you meet the demands of the day; and then absorb that particular color. It's like fueling your system with the right kind of gas! Following is a brief description of the different colors, the color energies, and the effects of color psychology on us as humans.

Red Color - VITALITY, COURAGE, SELF CONFIDENCE

Use red when you need to meet a demanding day, if your immune system is suffering, or when you feel drained of energy. The color red provides the power from the earth and gives energy on all levels. It connects us to our physical body. Everything that is to be commenced needs the life vitality of red. Red Personality Traits: Courageous, confident, humanistic, strong-willed, spontaneous, honest, and extroverted. The Root Chakra is governed by the red energy

Orange Color - HAPPINESS, CONFIDENCE, RESOURCEFULNESS

Orange brings joy to our workday and strengthens our appetite for life! Orange is the best emotional stimulant. Great color to bring you back to life on a dull, cloudy day. It also helps depression. It connects us to our senses and helps to remove inhibitions and makes us independent and social. Personality Traits: Enthusiastic, happy, sociable, energetic, sporty, self-assured, and constructive. The Spleen Chakra is governed by the orange energy

Yellow Color - WISDOM, CLARITY, SELF-ESTEEM

Yellow gives us clarity of thought, increases awareness, and stimulates interest and curiosity. Yellow energy is related to the ability to perceive and understand. The yellow energy connects us to our mental self and is great for

your memory, studying for exams and creating confidence. Personality Traits: Good-humored, optimistic, confident, practical, and intellectual. The solar plexus Chakra is governed by the yellow energy

Green Color - BALANCE, LOVE, SELF CONTROL

Green helps relax muscles, nerves, and thoughts. Cleanses and balances our energy, to give a feeling of renewal, peace and harmony. Green connects us to unconditional love and is used for balancing our whole being. Excellent color to replenish when you feel emotionally drained. Personality Traits: Understanding, self-controlled, adaptable, sympathetic, compassionate, generous, humble, nature loving, and romantic. The Heart Chakra is governed by the green energy.

Blue Color - KNOWLEDGE, HEALTH, and DECISIVENESS

Blue is a mentally relaxing color. Blue has a pacifying effect on the nervous system and brings great relaxation. Ideal for sleep problems, and hyperactive children. Connects us to holistic thought, and gives us wisdom and clarity enhancing communication and speech. Personality Traits: Loyal, tactful, affectionate, inspiring, inventive, caring, and cautious. The Throat Chakra is governed by the blue energy.

Indigo Color - INTUITION, MYSTICISM, UNDERSTANDING

The indigo energy connects us to our unconscious self, and gives us the experience of being part of the whole universe. Strengthens intuition, imagination, psychic powers, and increases dream activity. Personality Traits: Intuitive, fearless, practical, idealistic, wise, and a truth seeker. The Brow Chakra is governed by the indigo energy.

Violet Color - BEAUTY, CREATIVITY, and INSPIRATION

Violet purifies our thoughts and feelings giving us inspiration in all undertakings. The violet energy connects us to our spiritual self-bringing guidance, wisdom and inner strength. Enhances artistic talent and creativity. Personality Traits: Inspirational leaders, kindly and just, humanitarians, self-sacrificing, visionary, creative, and strong mentally. The Crown Chakra is governed by the violet energy.