

# The Effects of Colors

Colors can often reflect the energy we wish to incorporate into our life. They can also be a reflection of our emotional or spiritual state, which inevitably affects our health. The vibration of colors creates an unspoken yet realized energy. Color is a language all of its own. When we are drawn to certain colors, we need to look at what we are saying to ourselves. No color is negative, as each one has its own meaning and empowerment. Colors can help us have more awareness of ourselves and those around us. They are powerful because they can set the tone, make a statement, get a reaction or create an energetic force field. Every color is distinctive, just as we are. Our unique and individualistic attributes partner with the colors we choose to bring into our space, so they can take on a different meaning for each person. Every color represents a personal value and energetic infusion.

## Colors that more infuse the Physical

### Red

passionate, manifestor, powerful, security, confident, ambitious, foundation

### Grey

Yang energy, action oriented, powerful, assertive, mentally sharp, courageous

### Brown

getting the job done, transformation, making it happen, grounded, making a point

## Colors that more infuse the Emotional

### Green

openhearted, compassionate, loving, encouraging, understanding, charitable, kind

### Yellow

strong feelings, listener, sympathetic, responsible, nurturer, energetic, fun-loving

### Pink

harmonious, authentic, soulful, gentleness, innocence, peacemaker, flowing, fluid

## Colors that more infuse the Mental

### Blue

guidance, communication, truth, dialogue, logical, concentrative, direct, clear

### Orange

intelligent, creative, birthing new concepts, a doer, a mover, initiating, outspoken

### Black

straightforward, strong, courage, decisive, glamor, respectful, dignified, vehement

## Colors that more infuse the Spiritual

### Purple

sacredness, divine thoughts, faith, leader, motivator, enthusiastic, high-minded

### Gold

yin energy, rewards, riches, opportunistic, importance, nobility, regal, grace, royal

### White

cosmic, purity, expanded viewpoint, open-minded, divine, high, all encompassing

## Off shoots of each Color

**Red** – cranberry, mulberry, garnet, magenta, sienna

**Blue** – light, sky, periwinkle, ocean, navy, cobalt, indigo

**Green** – emerald, forest, hunters, lime, olive, moss, teal

**Yellow** – mustard, pale, bright, golden

**Orange** – camel, apricot, salmon, clay

**Brown** – bronze, beige, dark tan, desert

**Grey** – silver, pewter, taupe, charcoal

**Purple** – lavender, violet, dark orchid, grape

**Pink** – bright, pastel, shocking

**Gold** – bronze, flat, rose gold

**White** – ivory, pearl

**Black** – has no off shoot