



## Chapter 14

# COLOR: THE LANGUAGE OF ENERGY

*Mere color, unspoiled by meaning and unallied with definite form, can speak to the soul in a thousand different ways.*

— Oscar Wilde

You have a visceral, emotive relationship with color. Imagine living in a world where everything and everyone are shades of gray: you drink gray water, eat gray food, and hug gray people. Now imagine that all things exist in shades of red: you drink red liquids and eat red foods, and your hair, eyes, and skin are red. Do you think you would feel and interact differently in a monochromatic world than you do in our multichromatic world? Even imagining such a stark reality may have stimulated an emotional reaction that gave you the answer to that question. Probably imagining the gray world elicited dull, flat feelings and the red world gave rise to heightened, faster feelings. You probably would not choose to live in a one-colored world. You are emotionally affected by the multichromatic physical world, and also by the visualized colors of your inner world. Color intention and visualization, as well as seeing color with your physical eyes, transmit distinct physiological, mental, and energetic information throughout your system.

Color is not an easily defined perception, language, or science. It is

part of our intuitive language. It heightens perception in daily life and is a core tool in healing and meditation. Color precedes words and antedates civilization, connected as it is to the limbic system of the brain. It is both a subjective experience and an objective feature of the world — both energy and entity. Color is tied to emotions as well as being a physical reality. The intellectual left side of the brain becomes stymied when attempting to describe the experience of color.<sup>1</sup>

From the atmospheric phenomenon of rainbows to the structure of the atom, from the artist's palette to the multihued clothes we wear, color is a key that reflects our physical, emotional, and spiritual world.

## COLOR AND SCIENCE

*Color is energy made visible.*<sup>2</sup>

— John Russell

The source of all color is light. Without light, there is no color. Light is the messenger and color is the message. Leonardo da Vinci observed that color does not exist without light, and was criticized by his peers for such radical thoughts. Robert Boyle, a seventeenth-century English physicist, concluded that colors are diversified light. Isaac Newton demystified the relationship between color and light by passing sunlight through a triangular glass prism; he saw that the rays of white light were bent or refracted, spreading out like a fan. He called the resulting range of colors a spectrum: red, orange, yellow, green, blue, indigo, and violet. He concluded that white light contains all colors, while blackness has none. This analysis of white light was to become one of the most meaningful and famous of all scientific experiments.<sup>3</sup>

We experience color in the world because objects absorb different quantities and frequencies of white light. A green leaf, for instance, contains pigments that absorb certain wavelengths of white light and reflect or transmit others, producing the color of the unabsorbed light: green.

Five discoveries — ranking among the most profound insights in the history of science — were influenced by the study of the color spectrum: the composition of the stars; the relationships among magnetism, electricity, and light; the genesis of quantum mechanics; the structure of the atom; and the expansion of the universe. In 1927, astronomer Edwin Hubble's use of the spectroscope in analyzing the "red planet" established color as a valid, measurable property; from that point onward, color figured into scientific calculations. The spectrum of color thus became a quantifiable constant in scientific measurements. It is interesting to note that Isaac Newton coined the word *spectrum* from a Latin word meaning "apparition." For him, the spectral qualities of color and light occupied a liminal position between this world and another.<sup>4</sup>

In the 1990s, laboratory research using photometers and color filters demonstrated that the human energy field is composed of light/color emissions. Interestingly, the researchers found that the vibrations of the human subtle-energy field did not correspond with biological signals: were as much as a thousand times higher in frequency than the bioelectrical signals of nerve and muscle. To determine the specific color correlations with these signals, professional intuitives observed the auric fields around the bodies of the test subjects while the instruments recorded the signals. The resulting data were subjected to a frequency analysis to determine the frequency spectrum of each color. The resulting comparisons showed that the intuitives' readings correlated with the spectrogram readings at 95 percent accuracy. Further, this research demonstrated that human energy-field colors change rapidly based on will and needs; generally, individuals have a unique, consistent pattern of limited colors (their life force). Only people in peak health and performance had all the colors of the spectrum present in their auras.<sup>5</sup>

## COLOR AND CULTURE

Have you had a conversation with someone in which you were both looking at a color but could not agree on the name or shade of that color? This is a historically documented conundrum. The recognition and interpretation of color are determined by many factors — cultural,

religious, spiritual, biological, and psychological. The natural development of color recognition is participatory, and the perception of the mind is unconsciously influenced by these factors. For example, ancient Greeks had no word for the color blue, so they described the sea as wine-dark and the sky as bronze. To them, blue was not a color in our sense, but the quality of “darkness.” The terms used to describe color were psychological attributes such as “fresh,” “dark,” “moist,” or “alive.”<sup>6</sup>

Historical and cultural contexts also influence perception; a Coke bottle dropped from an airplane into a society of Bushmen in South Africa’s Kalahari Desert in the movie *The Gods Must Be Crazy* is seen as many things, but never as a container for carbonated beverages. It has been reported that some pre-Columbian Native Americans literally could not see the large sailing vessels of the first European explorers to approach their shores because they had no cultural precedent for such an event or object, and no appropriate words in their vocabulary to describe it. Thus, in their reality, such things simply did not exist.<sup>7</sup> You may be like a European standing next to a Native American, describing a colored aura around a person, to which the Native American replies, “I see nothing.” Even the “objective” cognitive act of seeing in the material world requires a synergy of senses.

The human eye can discern the differences among several million variations of hue. *The Pantone Book of Color* displays 1,024 color plates. There are 50,000 different hues (spectral locations), tints, and values of color. In advanced language systems with vast vocabularies, thousands of hues have been given names. But even the most advanced languages contain no more than twelve basic color words.<sup>8</sup> English has eleven basic terms; Russian twelve; the language of New Guinea has two.<sup>9</sup> Many languages have no word for the term *color* itself.<sup>10</sup>

History records color as a silent language used in religion, politics, government, hierarchies, royalty, medicine, war, art, and science. Color wordlessly speaks in allure, authority, beauty, caste, heraldry, marriage, mourning, mysticism, nationalism, nobility, pageantry, patriotism, potency, power, rank, sexuality, and valor.

## THE INTUITIVE LANGUAGES OF COLOR AND SOUND

Color is a silent but universal language. Without words and across differing cultures, color can be used for communication among people. Color holds information and transmits messages. Intuitively and instinctively, human memory is stored within a color-coded resonance, like liquid crystal oscillating through the physical and subtle body.

Emotion and memory live in your molecules. They live in the color frequency of your grounding, aura, and chakras. Your energy-colors represent your consciousness. Visualization of color in meditation unlocks stored emotional and psychological information. The color-energy in your body is the container that holds your stories. When you say that your “memory is colored,” it may be a literal communication in the practice of Intuition Medicine.

Visualization of color is an intuitive tool to induce healing and orchestrate changes in the arrangement of your energy-information. For example, when you visualize pink life force, you are synchronizing your energy to stimulate and release memories and emotions stored in the pink color frequency. In a healing application, pink life force resonates with love and caring, and therefore injects love-information into your body and energy field. This is like tuning a radio receiver antenna to oscillate at the same frequency as the transmitter in order to receive a specific broadcast of information. This narrows the noise reception to a specific message. In our example, what is being received is the message within the color spectrum of pink. An emotional healing via color meditation can occur instantaneously while you are in a quiet state of mind.

A first-year Intuition Medicine practitioner and veterinarian used color in her meditations to uncover her confusing feelings about love, experienced through her strong dislike of the color pink. She discovered that her aversion to pink was associated with painful childhood memories of incest.

*In meditations and in life, the color pink always gave me great trouble, causing a wave of nausea. Working with Intuition Medicine, I discovered that pink brought up both cultural gender issues and memories*

*of my sister's room in childhood, where some not-so-nice things happened for a period of four years. It brought up memories of being "a good little girl in pink." Once I realized the connection and cleansed that energy imprint, I no longer wanted to vomit when I saw or visualized the color pink.*

In the intuitive world, it is generally more comprehensible and sensible to agree on a specific language of energy. I find that color works best as a common intuitive language — better than sound, emotions, or electromagnetic signals.

Isaac Newton related the seven colors to the seven notes in an octave, for which he was chided by his colleagues as perpetrating mystical nonsense. But sound was later shown to affect the perception of color. High-pitched tones make colors appear lighter, while low-pitched sounds tend to deepen perceived color. Both the eye and the ear respond to waves of energy.<sup>11</sup> If you are inclined to work with color as frequency, the following table, created by Dr. Valerie Hunt, may be helpful.<sup>12</sup>

COLORS' APPROXIMATE CENTRAL FREQUENCY	
COLOR	APPROXIMATE CENTRAL FREQUENCY IN HERTZ
Low blue	200 Hz
Green	300 Hz
Yellow	400 Hz
Red	500 Hz
Orange	600 Hz
High blue	700 Hz
Violet	800 Hz
Cream	1,000 Hz
White	1,100 Hz and up

If sound, tones, or music stimulate color sensation for you, you can experiment with this table created by Charles Klotsche.<sup>13</sup>

COLOR-SOUND CORRELATIONS		
COLOR	NOTE	SOUND
Red	G	Crickets
Orange	A	Harp
Yellow	A#	Wooden flute
Green	C	Bells/drums
Blue	D	Ocean waves
Indigo	D#	Bees buzzing
Violet	E	Om sound

## COLOR, LIGHT, AND ENERGY

*Take away the motion of light or color, and we would have no awareness at all of the appearance of matter.*<sup>14</sup>

— Roger Lewis

Color is light energy. Energy is stored in light. Matter is frozen light. On the scientific front, light is the cornerstone of quantum mechanics. This new physics postulates that the reality of life is actually light energy that appears solid only because of an illusion created by the mind. Physicist David Bohm summed up this theory in the phrase “All matter is frozen light.” With concepts such as these, there is little distinction between the tenets of quantum physics and those of the ancient mystical traditions. The resulting scientific revolution has now given rise to new models of reality in which light has a starring role. Light is powerful and all-encompassing. It constitutes both solid form and life-sustaining

energy. Light is fundamental. The artificial lines of separation that we have drawn between physiology and spirituality are blurring; light is their convergence point. There is a growing awareness of the role light plays in maintaining optimal health. Our bodies are biological light receptors. They transform inner light and sunlight into life sustaining energy. However, we have become increasingly removed from both our internal store of light and our external source of light (the sun). Since we have forgotten that light is the core of our being, it is easy to overlook the potential light has to be a formidable ally in the strengthening of life force. Light in the body holds information about health and illness. A lack of sunlight leads to physical malillumination, and a lack of life force leads to spiritual malillumination.<sup>15</sup>

We may ask ourselves: How can light be such an integral part of our reality, scientifically, spiritually, and physically, and not impact our well-being? In fact, light and life are the same energy. When we remember this, we are able to harness the life-sustaining properties of light.<sup>16</sup>

Matter, both dense and subtle, absorbs light and refracts color. The light energy that initiates color sensations has two fundamental dimensions: intensity and wavelength. Intensity determines how bright a light appears. Since light energy is transferred in discrete packets of energy called photons, intensity can be specified in terms of the number of photons that fall on a given area. Newton theorized that rays of light had size. He proposed that light of various colors might be small bodies of various sizes, and that our sensations of color, therefore, were to be understood as our subjective response to the objective reality of the “corpuscular” size of the light’s color.<sup>17</sup> Following a Newtonian color-as-size theory, you might experience red as big or green as small.

When you clairvoyantly see color in an aura, it might appear as moving dots of light clustered together. I see these light clusters as uniformly sized corpuscles within each specific color spectrum. When you consistently observe and categorize these packets of light, you can develop a color vocabulary based on this perception of intensity and size. In this way, although you may be unable to see a color in a particular instance, you can recognize the intensity and size of the light — the packets of moving light and the size of the corpuscles — as a particular color.



The wavelength of light is the distance between successive crests in the sine wave. Wavelength determines whether you can see the light with your ocular vision, as well as determining the color sensation it evokes. Light at wavelengths between roughly 400 and 700 nanometers can be absorbed by the photoreceptor cells of the eyes.<sup>18</sup> The rods and cones in your eyeballs absorb this visible light and carry its energy messages to your brain via the optic nerve.

Beyond the 400-to-700-nanometer range of visible light are X-rays and cosmic rays. Interestingly, researchers have documented the human ability to detect cosmic rays with the eye.<sup>19</sup> The degree of functionality of this path of “light news” is determined by a person’s genetic makeup (possibly a tetrachromatic gene is responsible), but it can be psychologically altered via cultural influences or physiologically developed via subtle-energy training. Even if you are not born with the genetic sensory system for subtle color perception outside the range of so-called visible light, you can increase your spectral sensitivity to perceive subtle light as color.<sup>20</sup>

Many women in my family have the genetic predisposition to perceive subtle light. However, receptive individuals also need to pay attention to their perceptions when they intuitively register them within, recognize that they perceive more information than most of the people around them, accept the fact that subtle energy is a valid dimension of their experience of reality, and integrate this subtle reality into their lives. If any one of these conditions is not present, the ability may diminish, hamper a person’s ability to perceive subtle energy, or create internal chaos.

I accepted my color-seeing as a natural part of sight without question, although I did not realize until my teens that not everyone around me saw subtle light-energy. I feel that my right-brain, introspective, introverted personality maintained my subtle sight at a high degree of functionality. My sister also saw subtle energy in its many forms, but she would not accept the reality of her perceptions. She operated primarily with a left-brain, analytical, extroverted personality. After our mother died, my sister began to see (with her eyes open) our mother’s spirit walking through her house. I remember entering my sister’s house one day and

witnessing her looking disheveled, chain smoking, and pacing frantically. I looked at her energy and saw that our mother's spirit had been visiting her, and that these contacts were disturbing to her. Often people who choose to negate or shut off this perception use prescription and recreational drugs to move out of the realm of subtle reality. The methods used by such naturally sensitive people to keep themselves in dense reality too often become an addictive way of life. Subtle sight can threaten the security of a world built on a culturally agreed-on "sanity." Some decide that it is better to be blind to the preternatural world.

## THE PRACTICE OF COLOR HEALING

*Colors, like features, follow the changes of the emotions.*<sup>21</sup>

— Pablo Picasso

In your Intuition Medicine toolbox, color is a language you can develop based on your own personal and empirical experience.

One Intuition Medicine practitioner found great delight in personalizing her relationship with color:

*As I practice with colors and the chakra system, I've become aware that colors have "attributes" ascribed to them, but that those qualities or attributes can be mixed and matched. Early on, I used to just stick with rote-learned colors from books for the chakras. Now however, much to my delight, I've discovered that expanding the limits of colors with chakras to include using whatever color feels right for a particular chakra in that moment can be very potent. "Listening" to what color is being called to that chakra is empowering, as I realize that there is an inherent wisdom at work. And then analyzing the color message for its carried information is always humbling and fascinating, as it almost invariably is accurate for the issue that I am working on in my life.*

In the system of Intuition Medicine, the lists of qualities attributed to various colors are collected from thirty years of empirical classroom and clinical data involving thousands of people. The following color list is probably a good base for you to experiment with. In your meditations and healing work, you may find that all applications of the colors elicit the same experiences and results as are found on this list — or you may find your own unique definitions and applications. Your practice of color in healing and meditation is based on your own experience with interpreting each color.

INTUITIVE COLOR ATTRIBUTES	
COLOR	ATTRIBUTES
Aqua	Mental and emotional calm
Sky blue	Knowing, intuition, sensitivity, and spirituality
Navy blue	Hypnotic; trancelike
Royal blue	Self-assurance, trust, integrity; indicates physical strength when color is perceived around the body
Cobalt blue	Anesthetic
Teal blue	Soothing panacea
Turquoise blue	Humor, folly, and play
Neutral gray	Doubt, sadness, and depression
Charcoal gray	Somber; earth qualities
Emerald green	Psychic information and intuitive awareness
Forest green	Prosperity and abundance
Apple green	Growth, new information and integration
Red	Passion, courage, physical power, and vitality

COLOR	ATTRIBUTES
Fuchsia	Loving and caring; creative inspiration
Pink	Love, affinity, and humanitarian qualities
Citrus orange	Creative expression and vitality
Burnt orange	Physical health
Peach	Biological healing
Brown	Somber feelings and worry; related to earth
Terra-cotta	Grounding and earth connection
Lavender	Personal spirituality and self-acceptance
Purple	Spiritual seeking and esoteric study
Lemon yellow	Analysis, intellect, and logic
Butter yellow	Abstract intuition
Gold	Embodied harmony, wisdom, and emotional protection
Silver	Personal power
White	Etheric wisdom
Black	Death, fatality, dissolution, and distress; absorptive

## COLOR IS IN THE EYE OF THE BEHOLDER

Color is processed differently via the intuitive senses than it is by the brain. Physiological, anatomical, and clinical findings indicate that color is processed in different regions of the brain than those that handle other types of visual information. Surprisingly, the brain cells that transmit color information carry more than one message about the wavelength and spatial distribution of the light and interpret the information by decoding the color through a pooling and comparison of the data.<sup>22</sup> Therefore, it is no wonder that people have difficulty agreeing on a color, shade, or hue. This greatly underscores the need for a consistent, agreed-upon intuitive language of color interpretation based on a common practice and

methodology to facilitate communication about color as a language and its use in healing and meditation. Adding to this quandary, most people are able to remember color for only three seconds or three feet, giving “color memory” a very brief recall.<sup>23</sup> Color is truly in the eye, memory, and brain of the beholder.

## COLOR IS A MULTISENSORY LANGUAGE

Decoding the energy-message of color may involve a combination of intuitive skills utilized through a multisensory approach — synesthesia. Your pineal gland (associated with clairvoyance) receives and transmits light-energy and is photoreceptive even when your eyes are closed. Humans are photosynthetic (like plants) and absorb light directly through the “solar energy cells” located all over the skin and throughout the body. Meditation with color and light has been used in traditional Chinese medicine to entrain the body’s rhythms and to reset the emotional brain for five thousand years.<sup>24</sup> Western medicine recognized light therapy in 1903, when Dr. Niels Finsen was awarded the Nobel Prize in medicine for his work on light and color in healing disease.

Your skin is your largest sense organ, and because it is also photoreceptive, you can think of it as dermal optics — you can see color via any area of your skin! It is possible to learn how to perceive the color of pieces of paper or other objects through sensations in your hands. Your hands and the skill of psychometry are the most commonly utilized intuitive synergy of touch and seeing receptors, but any area of your skin may also be as photoreceptive. Interestingly, the skin emits thirty photons per square centimeter per second.<sup>25</sup> There is also evidence that infrared radiation and microwaves are emitted from the body.<sup>26</sup> This would provide enough light for a photosensitive person to see the human energy field in the dark. Using your hands to detect energy — psychometry — increases your clairvoyance. Brain waves are conducted from the fingers to the brain via the perineural and circulatory systems. This data validates what I have observed for years — that utilizing psychometry in energy work stimulates and develops clairvoyance.

Many people can hear color — about one woman in twenty and fewer men. That is to say, sounds produce mental sensations of color for them.<sup>27</sup> Pay attention; color may be singing to you! Maybe that is what Walt Whitman was referring to when he wrote, “I sing the body electric.”<sup>28</sup>

In your practice, begin to develop intuitive color perception by meditating with your eyes closed; this disconnects the information pathway from the optic nerve to the brain.<sup>29</sup> Eventually, you will be able to distinguish the brain-decoded message of color from the intuitive perception of color. I suggest that you use a blend of intuitive skills to perceive color via synesthesia: psychometry with clairvoyance, clairsentience with knowing, and so forth. Color perception is in the eyes, hands, ears, and skin of the beholder. When you are in a store looking at rows of bottles of vitamin C and cannot decide which brand will work best for you, try this fun experiment. Place your hands about 3 inches in front of the row of bottles and move your hands slowly in front of them. The psychometric detection in your hands will register an energy signal reporting which vitamin C is in affinity with you. Similarly, the subtle-energy (light) emissions of food tell us how much life force it contains.

A common language for describing color requires more than functional physical organs. Without the inner light of a formative visual imagination, we are all blind. *New Scientist* magazine reports that new ways of probing the brain are transforming the established view of sensory perception, yielding the current consensus that we have at least twenty-one senses; and that the boundaries between them are blurred.<sup>30</sup> The idea that our sensations are determined by the sensory organ that picks up the information is being challenged.

## PRACTICAL COLOR HEALING IN DAILY LIFE

How much are you influenced by color in your life? I recall two vivid experiences. The first was seeing the awe-inspiring spectacle of a triple rainbow in the American desert. The second was clairvoyantly seeing a uniquely colored aura. In this second case, I was on a boat in the Caribbean Islands, taking bell-diving lessons. I was mesmerized by

the instructor's highly unusual green aura — a green that I had never seen. Actually, his entire energy system was this unique green, with no trace of any other color. When it was my turn to jump off the boat with him and submerge, I was stunned to see that everything underwater was that same unique algae-green color! This lifelong diver had immersed himself so completely in his aquatic reality that he had thoroughly matched his aura to the color frequency of this specific algae-green underwater world.

Your daily moods are influenced by color in your environment, the colors of food, nature, and all the other objects around you. All these colors have a potentially monumental influence on your well-being. You can discriminatingly manage their influence by observing and applying your intuitive color awareness. Eat a rainbow diet — a daily menu of many differently colored foods, as prescribed by Dr. Gabriel Cousins in his book *Spiritual Nutrition and the Rainbow Diet*.<sup>31</sup> Surround yourself with colors you love. Try on different colors in your aura and clothing as you walk through life, and observe their effect on you. Consciously use color throughout your daily activities to create the most comfortable environment in which to live.

Here are some daily situations and color solutions from Intuition Medicine practitioners:

*Occasionally I am with an individual or a group and feel disagreeable pressures. In this situation, I first try to determine what color or colors that group or individual is emanating. Then I try to energetically match it or use a complementary hue.*

*A pony I was working with was extremely nervous and would not calm down. So I decided I would touch-heal the pony with an earthy brown color so that he would ground better and feel more comfortable about the situation. Sure enough, after no more than five minutes, the pony became calm and gave amazingly gentle rides to children at a party.*

*In my artwork, I meditate on which color best represents the emotional energy of the art piece I am working on, and then I work with that color.*

*When I enter a room that feels uncomfortable, I visualize a comforting color and fill the room with that color. The mood usually changes immediately.*

*I visualize my essence colors in my aura in order to flow more easily with a group that I am not in energetic harmony with. This gives me confidence to be myself.*

*When I am feeling sad or out of sorts and want to change my mood to a more uplifting level, I intend that my personal healing colors surround and fill me.*

*During my five-minute walk to work, I fill myself up with a color. It is eye-opening to see the powerful effect on me and the people I meet during the walk. This is a great way for me to set my mood for the day!*

*I was standing in front of my acrobatics equipment at the circus school where I teach, with no inspiration or energy to do anything. I started meditating with red and orange — fire colors — and within a couple of minutes, I was inspired to create a new aerial acrobatics routine.*

*I often surround myself with gold energy as a personal protection against other energies and to mirror healing to those around me.*

*I get nervous when I have to speak in front of a group. I had to address a large group at a recent board meeting. These people were incredibly successful financially and were educated at prestigious institutions. I was feeling a little intimidated, or at least experiencing some performance anxiety. Half an hour before my presentation, I went into the storage room in my office. I began to meditate, ground, and heighten my life-force energy with brilliant colors; then I created a rainbow of energy around my aura. Feeling vibrant and relaxed, I entered the conference room and delivered my presentation with confidence and without butterflies in my stomach or a crackly voice. The response was extremely favorable, with several members seriously considering an addition to my budget.*



*I visualize a blue egg with pink inside it around me. I affirm that only harmonious, positive energies reach me and that all negative energy is repelled. I am astounded by the power and simplicity of using color to establish an effective boundary.*

*One morning, I encountered a situation that made me very angry. I was not sure what color my aura was, but I bet it was red because I feel the same fiery feeling when I meditate with red. I tried to change my aura to pink, but it was too drastic a change. Instead, I tried hot pink, which still felt passionate but took the edge off. Then I proceeded to rectify the situation that had angered me. I could deal with people in a direct yet respectful way and communicate my grievances without blaming anyone. I was able to clear up the problem in this way.*

In the 1970s, when I was a medical intuitive at the Academy of Eastern Medicine, we created a color healing system for the clinic patients using chromotherapy and color meditation. The practice of chromotherapy involves using colored gel slides inserted over a lamp. The patient would lie down on a table and the colored light would bathe the area of the body being treated. The choice of color and length of the color bath were determined by the clinic medical doctor, a neurologist who was also trained in chromotherapy and ayurvedic medicine. I would follow this treatment with a guided color visualization meditation, which would be tape-recorded and given to the patient as daily meditation/medication. This dual procedure of color meditation and chromotherapy proved to be an efficacious treatment for a variety of problems: nervous system disorders, high blood pressure, pain management, and skin conditions.<sup>32</sup>

It is now common hospital practice to give jaundiced babies blue-light baths rather than blood transfusions. In general, it has been found that blue light lessens newborn crying and overactivity. However, the blue light irritates nurses working in these wards, and many hospitals add gold lamps to impart a soothing quality.<sup>33</sup> If you have prayed in a church with colored stained-glass windows while the light streamed through and bathed you in resplendent colors, you were partaking in an ancient chromo-healing ritual.

## CONTEMPLATIVE COLOR MEDITATION

*When the body is in a normal condition, it filters out from the white light or sunlight whatever color vibration it needs. However, if a person is not in normal health, the necessary color must be supplied.*<sup>34</sup>

— C. G. Sander

In meditation practice (see the next chapter), color resonates with a rhythmic pulsation that entrains your energy to respond to the information-laden hue. The concept and practice of entrainment are important to understand in order to receive the intended healing outcome. *Entrainment* is a term used in physics to describe a situation in which two similar frequencies become coupled with each other until they both vibrate at the same frequency. For example, two pendulum clocks set next to each other eventually synchronize their swings, and women living together find that their menstrual periods eventually synchronize to the same time of the month. In meditation, our energy can be entrained when our brain waves are in a free-run or silent period — that is, when they are uncoupled from the entrained brain frequency and susceptible to external influence. In meditation, the “influence” is the intentional visualization of color. This free-run or quiet state of mind, or still-point period, occurs intermittently and lasts from five to twenty-five seconds.<sup>35</sup> Therefore, a full minute or more of focused meditation, in repeated sessions, is necessary for any sustained healing outcome to occur. This is the transformative occurrence that many refer to as the “healing state of mind.”

Meditation slows our brain waves, creating greater coherence among all the frequency oscillations in our systems. This releases us from physical and mental perceptions, producing expanded perception during all the still points. In this state of expanded subjective time, we can better absorb, collect, and manifest information. That is why being in a quiet, meditative state of mind is so powerful and effective.<sup>36</sup>

## LIVING IN COLOR

*I sensed a scream passing through nature. I painted . . . the clouds as actual blood. The colour shrieked.*<sup>37</sup>

— Edvard Munch, on his painting *The Scream*

Do you hear color? Does it shriek, laugh, and cry? Do you feel color as happy, sad, or calm? Can you taste color as a quality? Does color affect you spiritually, psychologically, and physically?

Color in meditation is a tool for self-healing, releasing blocks, restoring vitality, tapping into information, and providing emotional protection. Color can alter moods and subtly communicate emotions. All people radiate color around themselves and throughout their physical bodies. Everyone has “essence colors” in their energy field that display their core personalities. Most of your essence colors remain the same throughout your life, while your mood colors shift according to your circumstances. Have you been “red with anger” or “in the pink” — or maybe “green with envy” or enveloped by a “gray cloud”? Many people feel in color and use color to describe their emotions. You have probably felt unspoken joy or sadness emanating from other people; the human energy field emits moods, carried on a color-light-information frequency like an emotive telegraph message.

The effect of color in meditation falls into one or more of the following categories:

- Physical and material: colors that affect the body and the material world
- Vital and power-giving: colors that impart strength and the ability to perform or act effectively
- Mental and psychological: colors that open and stimulate the mind and psyche
- Harmonizing and unifying: colors that create a mood of calm or well-being

- Specific healing: colors that have a defined use
- Inspiration and intuition: colors that open and access psychic and creative senses
- Spiritual and of a higher consciousness: colors that expand one's perceptions of God/Goddess or the Divine

## PERSPECTIVES ON COLOR

*I see colors in the aura as a reflection of the soul and the spirit, the mind and the body.<sup>38</sup>*

— Edgar Cayce

Your perspective on color and your experiences with it are valuable teaching tools. Create a daily and weekly chart of the colors you meditate with — those you use as healing tools — and the color moods you experience during the day. You can chart colors before and after meditation, after a day of work, after lovemaking, when feeling stress, on a good day, and so forth. Experiment with adjusting your color frequently during the day, then compare your moods and experiences. You will learn a tremendous amount about how you are affected and how your conscious manipulation of color can change your reality.

### *Reflections and Journaling*

From your daily-life experiences as well as your meditations, give each of your colors a personal word to describe its mood or quality. Here are some frequently used color-description words: alien, calming, cleansing, cold, dirty, dull, dynamic, earthy, expansive, familiar, fast, feminine, fertile, flat, fuzzy, happy, hard, harmonious, harsh, hot, jagged, loud, masculine, neutral, nurturing, passionate, peaceful, powerful, quiet, regal, restful, robust, rough, sacred, sensual, serious, slow, smooth, soft, spiritual, sterile, strong, subtle, sunny, tranquil, vital, weak.

*Journaling*

Because there are no absolutes in the study of the human energy field, you will find that some entries in the following lists overlap with or are the same as entries on other chapter lists. When cross-referencing your personal journal lists, you may find repetitive or similar entries; this indicates a theme or a lesson for you to pay attention to in the management of your energy. Use personal experience and discernment in your assessment of all the entries.

<b>HOW IT FEELS WHEN YOUR ENERGY-COLORS ARE . . .</b>	
<b>IN HARMONY</b>	<b>OUT OF HARMONY</b>
The color immediately appears during meditation or with intention	The color is dark, black, or mixed with a murky color
The color resonates with your body	The color appears fragmented or not fully formed
It is effortless to see, experience, and embrace the color	You have difficulty integrating the color
You feel empowered and uplifted by the color's healing properties	There is a distortion of the frequency
You experience a natural attraction to and resonance with the color	You feel general discomfort when attempting to hold the color's vibration
The color cleanses your energy or brings in the desired application effectively	The color brings up uncomfortable feelings or memories
The color feels good in your body; it looks bright and positive	The color feels distasteful or incongruent
You sense an internal validation	Application of the color to an area creates disharmony
When filling up your chakras or other systems with the color, you feel calm	There is a feeling of effort with the application
All your body energies feel like they are vibrating at a comfortable and joyous rate	The color is dull or lacks luster
The color is easily absorbed into your body and/or energy systems	The color feels draining or life-taking; there is a basic discordant feeling
The color looks or feels in synchrony with your systems	When filling up chakras, the color creates dissonant feelings
	The color creates agitation
	The color ungrounds a system
	The color feels oppressive or suppressive
	The color dissipates or disappears in application

### *Reflections*

Take a moment to think about the following self-reflective questions. Trust the first insights that come to you as your intuitive answers.

- Think about times in your life when you have noticed indications of color in your energy field; what were you doing then?
- Think about times in your life when you have noticed indications of color in other people's energy fields; what activity were you engaged in when you intuited this color information?

Using your color perceptions as an intuitive language of information, you can become more aware of subtle communications and messages when you interact with others. Next time you notice any perception of energy-color, stop and interpret the meaning of the color message in relation to the immediate interaction, thoughts, or situation. Your color perceptions are a subtle language that validates your active involvement in intuitive communication. Learn to notice and act on these color messages and perceptions, and you will be using a universal human language.

## **ARE YOU AWARE OF YOUR ENERGY-COLOR HEALTH NEEDS?**

*The purest and most thoughtful minds are those which love color the most.*<sup>39</sup>

— John Ruskin

Color as energy is information. Diagnostic health information is provided by the intensity of color in a person's energy field: bright colors indicate mental harmony, a healthy body and mind, and happy moods; pale, cloudy, or murky colors indicate dissonant emotions, a tired and unhealthy body, or sad moods. When you visualize bright colors in your meditations, you are working toward raising the health vibration of your energy. You then naturally raise the health vibration of your body,

mind, and spirit. The body stores color vibration in the way that electrical potential is stored in a battery — waiting to be drawn on when needed to maintain an optimum level of life-force energy.

The lists following contain information about how the qualities of colors affect healing and the use of specific colors in particular healing applications. The information in these lists is compiled from thirty years of empirical classroom and clinical data, involving thousands of people. It also has been cross-referenced with information about other subtle-energy systems. As color can be a personal, subjective energy experience, you might agree or disagree with these entries.

<b>TRANSLATION OF COLOR QUALITIES FOR HEALING</b>	
<b>COLORS ENHANCE A STATE OF HEALTH WHEN THEY ARE...</b>	<b>COLORS DEplete A STATE OF HEALTH WHEN THEY ARE...</b>
High amperage Full of light Translucent Clear Bright Pure Vital Coherent Held with an intention for greater good	Low amperage Dark, without light Opaque Murky Dissipated Static Flat Chaotic Held with an intention to do harm
<b>COLORS ENHANCE A STATE OF HEALTH WHEN THEY ORIGINATE FROM...</b>	<b>COLORS DEplete A STATE OF HEALTH WHEN THEY ORIGINATE FROM...</b>
Your essence energy God/Goddess energy Divine guidance Light, unchanged by emotion or thought	Electrical equipment Your or another's negative thoughts Other people's energy (near or far) Light in a state of entropy

### COLORS WITH APPLICATIONS FOR HEALING AND MEDITATION

COLOR	APPLICATION
Cobalt blue	Anesthetizes
Gold and copper	Cleanses unhealthy memories and emotions
Platinum	Induces out-of-body experiences
Pearlescent violet	Connects to universal abundance
Golden white (pearl)	Connects to universal consciousness
Rose-gold	Buddha/Christ healing energy
Black pearl	Induces access to mystical realms
Clear or crystalline	Amplifies energy
Ice/glacier blue	Stops flow of kundalini energy
Metallic color(s)	Brings clarity to kundalini energy
Rainbow obsidian	Induces astral/dream travel

Think about the preceding lists and reflect on these questions:

- How does the “enhance and deplete” information compare to your experience of energy and color, both in meditation and as it surrounds you in your home, life, work, and so forth?
- Are you more attracted to “enhance” or “deplete” colors?
- Do you use the “enhance” or “deplete” colors in your healing meditations, and do you resonate in the “enhance” or “deplete” color range?
- What is your experience with the applications in the “Healing and Meditations” lists? Do you agree or disagree with the listed usages?

Take a moment to think about these questions and write your responses in your journal. As you become more aware of how color affects you, you will be able to immediately change your energy-colors to alter your mood and state of mind. This will help you come into an awareness of the



profound effect that color has on your physical, psychological, and spiritual health.



I hope that this chapter on color has given you a new way to look at human communication and stimulated a practical perspective on living life in a body of health.

When you feel ready to put what you have learned from this chapter into a language of intuition, go to the next chapter, “The Color Meditation and Healing Practice,” and practice using color as a language and a healing tool.

From the book *Body of Health*.

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