



Volume 1

by

Thelma van der Werff

www.colourcomfort.com

"Colour is a simple tool but very powerful and effective."

The Colour Comfort Method uses colour to allow you to gain a deeper insight into life through your colour choices in life. The Colour Comfort Method is especially suited for those who wish to develop themselves and wish to fully realise their potential.

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Introduction

I wrote this book specifically for anyone interested in making changes in their life. Through my book this can be achieved by using colour as a self-help tool; this is a book of colour therapy for everyone, for every day!

Behind every colour is an emotion and a message, and by consciously changing colours in your environment, clothing or by simply visualising new colours, you can support different feelings and emotions.

Every colour has specific characteristics and communicates different messages. We subconsciously chose our colours but by changing these subconscious choices into conscious choices we allow new emotions and experiences into our lives.

If you wish for changes in your life, you are not going to achieve this by routinely using the same colours. In this book you can learn how to achieve the desired results by integrating different colours into your life. For example, if you have always worn the colours blue, white, grey and brown and then you start integrating and using different colours like yellow, burgundy, red or violet, you will notice that you start to feel differently. Because your new colours communicate a different message, those around you will also see you in a different light and people will start to interact with you in a different manner.

You can also apply this to your environment, as changing the colours in your surroundings will give a different 'feel'.

In this book I have mentioned different emotions and situations where you can use colour to bring change or harmony.

I encourage you to bring colour into your life.

Be colourful, be you!

Thelma

How to accept change in your life with confidence



Do you find it difficult to allow change in your life? Are you afraid of the unknown and/or do you feel insecure about making changes? Are you always wearing black clothes because that way you can easily blend in and not be noticed?

When you change your routine or decide to do things differently, it can make you feel vulnerable when others are not taking you seriously. Because of that you might not feel very confident and become hesitant about making changes in your life.

How can you make it easier to allow changes in your life and find the excitement and confidence to go ahead?

The two colours that can help with this are White and Fuchsia.

Both colours have different characteristics, but each or both could support you in overcoming your hesitancy and insecurity.

White is a colour that reflects openness and you can compare it to a blank sheet of paper, where all possibilities are open. White can support you to start with a clean slate and can give you clarity of direction. White will also help you to be open-minded to new directions and ideas with an optimistic view and can give you the freedom to be independent.

Fuchsia is the colour of excitement and being open for change, doing things in an innovative manner and thinking outside the square. This energetic and bright colour will help you to find a readiness for change, a new venture or a new direction with renewed enthusiasm and appreciation for life.

Fuchsia is a combination of violet and red. Violet represents inspiration and red allows for the need to materialize any ideas.

You can integrate these two colours into your life by adding them to your wardrobe, either as clothes or accessories. You can add these colours to your home or office environment, by adding White and Fuchsia cushions and/or candles.

You can carry or wear a White crystal such as milky quartz, moonstone or white topaz, and/or a Purple crystal such as amethyst, alexandrite, purple fluorite, selenite, or aragonite.

You can also surround yourself with gorgeous white and fuchsia flowers and remind yourself that you are allowing change into your life.

How to ask for support and help

It is a trend at the moment to live life unsupported, do it all yourself. We now have DO-IT-YOURSELF anything, from DIY plumbing, DIY painting, DIY website building, DIY growing vegetables etc.

We are all becoming very self-sufficient and independent and whilst this is good on the one hand, we can on the other hand miss the opportunity to learn from each other and experience working together: the synergy. Synergy with other people can not only help us to bring out the better part within ourselves but more importantly, it allows us to achieve greater results than we could have done on our own.

In our culture, we have grown up with the expectation of being independent; this is considered as behaving in a mature manner.

The emotion of being vulnerable, asking for support and/or the inability to do things by ourselves are considered to be childish, not grown up.

However, it is ok to ask for help or support; don't be too hard on yourself and especially do not be judgemental or too critical. Allow yourself to be gentle and to care for yourself and others without expecting something back.

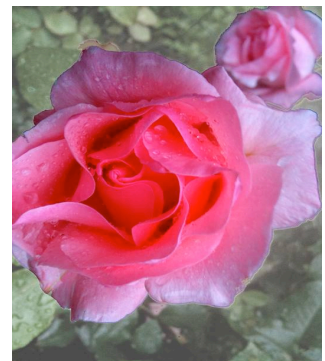
You can make this easier by allowing soft pink into your life.

Soft pink is indeed a soft and gentle colour and often one of the most favourite colours amongst young girls. Little girls love their pink dresses, shoes, toys and accessories. We accept that it is ok for these girls to wear and love this colour, but lots of us don't want to give the impression that we are too vulnerable, too romantic and/or too caring. The interesting aspect is that being vulnerable, romantic and caring often takes a lot of courage, especially in adults.

Soft pink is seen as a soft colour but I believe that it is one of the strongest colours that can actually show the true nature of someone. In colour therapy, soft pink is associated with unconditional love. Unconditional love is the strongest love there is, it surpasses judgment and strong criticism. I think we all need these emotions, especially for ourselves.

We are beginning to experience a permission to show more of our emotions now, to be more vulnerable. Even men are no longer looked at when wearing pink; they too are showing their true emotional and vulnerable nature.

Whether you are a man or a woman, take tender care of yourself. Introduce pink into your life; buy yourself a bouquet of pink flowers, a pink polo-shirt or blouse and remind yourself that it is ok to look after and pamper yourself and to ask for support and help. After all, together we can do so much more!



How to be more creative and comfortable with computer technology

In current times, our traditional family life as we know it with its traditions and routines is moving into the computer age, where technology is taking over. We are facing technology overload and have to learn new ways of how to deal with this. These are challenging but exciting new times and create a need for us to change our old mindset and find new and innovative ways to deal and adjust to the changes that are happening all around us.

To support us through this transition it is so important that we learn to value and listen to our own intuition. We need to trust the 'inner teacher' and follow 'what feels right', accept that the 'feeling' deep within us is what we should truly believe.

The colour that can support us through change and adjustment is TURQUOISE, which is a combination of blue and green. Blue is a colour that represents trust, communication skills and self control. The colour green represents our 'heart's desire', healing, peace and harmony. These combined colours support us to listen to our intuition; the combination enhances the ability to 'create' and 'move with the times,' to 'think out of the box' and grow and expand our mindset to move ahead.

Turquoise is synonymous with the 'New Age' and because it is 'non traditional', the diverse properties associated with this colour can give us the clarity to change and adjust to our new environment and all the inherent challenges that this fast-moving time is bringing us. This colour will also bring tranquillity which is also important to help us support change.

We all need to evolve, to learn to use technology, and feel comfortable with its presence. Businesses, through the use of turquoise, can learn to be more pro active in creating new ideas to deal with the recession. A downturn in the economy does not necessarily have to herald doom and gloom, nor require you to be overly competitive. You can use the challenging time to create new ideas and projects to move ahead.



We can create, through the process of changing our clothing colour choices, or within our living environment, the strength to deal with daily challenges and bring about happiness and inner peace.

So, embrace the changes and challenges around you by using turquoise within your home, office or clothes to bring happiness, spontaneity and trust of intuition into your life!

How to become more cheerful and contented



We are living in a time where we are swamped with news about world-wide recession, rising oil prices and global warming. We cannot avoid these messages, as we read them in the newspapers, see them on TV and hear them on the radio. We are surrounded with news about the stressful situation in our world and this does not encourage cheerfulness and contentment.

With so much negativity around us we cannot help but to be affected and worry about it. This can affect us personally and we start to lack joy and laughter in our daily life and can start to feel physically and mentally exhausted. We easily become discontented with life, experience feelings of disillusionment and wonder what life is all about.

To overcome this exhausting, depressing feeling and to get back to a happy life, we need to bring more laughter and joy into our lives. We can experience renewed cheerfulness, enthusiasm and contentment with the help of the colour Orange. Orange is a true colour of cheerfulness, contentment and happiness. This colour can support you in dealing with daily challenges or overcoming difficult times and finding renewed enthusiasm in your life. Orange is seen as a natural anti-depressant and can support us in experiencing joy and happiness. It is hard to feel down when you see a sunrise with its warm orange glow.

To help you overcome being overwhelmed by a feeling of doom and gloom, you can introduce orange into your life; you can start wearing orange tops, t-shirts, blouses or shirts. Buy a bouquet of orange flowers or an orange candle to brighten up your table, eat orange fruit and vegetables like pumpkin in winter, and oranges and mangoes in summer. Orange foods can act as a very powerful tonic which gives us physical and mental stimulation.



How to create an Impression of Trust and Reliability

My friend got lost at a foreign airport and was confused where to go. She wasn't too sure who to ask for directions, but in the end she approached a man wearing a blue shirt as he looked professional, reliable and trustworthy. What made her turn to him and feel he was trustworthy and reliable?

Would you like to be seen as a reliable and faithful person for whom sincerity and integrity are important? Someone that friends and colleagues can depend on? Are integrity, trust and faith important characteristics you look for in others and want to display within yourself?

Sometimes, we might have the feeling that even though we are trustworthy and reliable, we are not quite seen this way by our friends and colleagues. We would like to communicate that we are dependable and loyal.

You can achieve this with the help of the colour blue. The colour blue is all to do with reliability, loyalty, integrity, honesty, trust and dependability. Blue is one of the primary colours and perceived as a constant in our lives.

We see this colour being worn around us in all sorts of professions where trust is of great importance: customs officers, police officers, firemen and bank tellers for example.

This colour has a calming and soothing effect on others and this is why teachers, diplomats, counsellors, nurses and caregivers often appreciate and wear this colour. Blue radiates trust; it says that you are allowed to speak freely, that you are allowed to be yourself; it says: 'I trust, I can trust myself and I am able to communicate well'.

The two most important aspects of the colour blue are trust and communication.

Trust, and in particular trust in self, allows for successful expression of emotions and therefore good communication.

Surrounding your work or study area with the colour blue will induce calmness and support vocal and written communication.

Introducing blue into your wardrobe will help you feel at peace, serene and calm and allow you to have faith and trust in yourself and the future.

You can start wearing the colour blue when you want to express yourself in any form and it can support you to communicate with authority and diplomacy conveying your message in a calm and trustworthy manner, as well as portray confidence and invite people to confide in you.



How to create more self-discipline

Sometimes we feel like we have no control over our own lives. It might feel as if situations or even other people are writing our life stories and that our actions are not effective. This might makes us feel isolated, depressed and insecure at times.

Perhaps this is due to a lack of vision, goals or self discipline, resulting in a lack of authority over our lives. Confusion in our lives is caused by an inability to distinguish important things from insignificant ones. Making sense of orderly familiar patterns in our lives and making sense of information received by the brain helps to overcome confusion and indecision.

The colour indigo/navy blue will assist you when you need focus, discipline and clarity of direction. Indigo/navy blue communicates a message of being organised, of possessing self discipline, of being professional and responsible, to name just a few. It gives an impression of intelligence, self-reliance with an inner awareness of life's truths.

Self discipline cannot only help you to be more productive, organised and collected but will also portray you as credible and trustworthy. It will assist you in being both subjective and objective and in distinguishing the important issues from insignificant ones.

Indigo/navy blue can help you in finding a way to inner peace and self-discipline allowing you to better express your ideas and vision.

Introducing the colour indigo/navy blue into your wardrobe helps to create more authority and self-control in your life. As you experience more focus, discipline and clarity of direction, you will allow yourself to become the author of your own life. In other words, you will become trusting your own authority.



Authority = the author in thee.

Introduce navy/indigo into your wardrobe by wearing indigo/navy blue jackets, tops, t-shirts, blouses or shirts in order to experience more self-discipline and present yourself as being confident and trustworthy.

How to create more structure in your life



When we look at our young people these days, we notice that the old family structure is not something most of them are familiar with. Their lives are not ones of routine family traditions and often there is very little structure in their lives. Even adults are finding it hard to establish a daily routine, with so much to do and so many distractions.

We can be affected by the changes in our society; we are all using computers now; everything we want to know or buy is available to us at the click of a button. The milkman is not delivering the daily milk. Traditional family meals are often replaced by microwave dishes or takeaways. Group games are replaced by individual computer games. Life has become so changeable and the traditional routine is no longer there.

Although I am in favour of innovation, new technology and ideas, there is as always a need for balance. We all need some structure in our life, as this gives us a feeling of protection, of being nurtured and being safe.

So how can we rediscover and reintroduce these important values?

We can do this with the help of the colour Brown. The colour Brown stands for stability, reliability, wholesomeness, nurturing and dependability. Brown has a calming effect on the emotions and helps with clear and logical thinking because it gives us a sense of security and warmth.

Brown is also the colour of the earth, of wood and stone. Houses are built from brick, wood and/or stone and these give stability and structure to any building.

Structure makes us feel in control and subsequently content and secure.

The colour brown in our homes and offices gives a warm protective, stable and safe effect.

There are several ways to introduce Brown into your life. You can start introducing this colour to your wardrobe, as wearing brown will communicate the message of being down-to-earth, reliable and dependable. With this colour you are also very approachable. It is a non-threatening colour.

Surround yourself with some Brown in your home and/or office to remind yourself to integrate some routine or structure in your life and re-focus with a down-to-earth practical attitude.

Go for a daily walk on the beach on bare feet, or take a walk through the forest to ground yourself.

It is no coincidence that brown foods like wholemeal bread, nuts, coffee and of course chocolate are comfort foods when in need of a break!!



How to create private space

We live in busy times, where we are almost constantly surrounded by other people and their disruptions. 'Time out' is becoming more and more difficult without having to remove ourselves physically from those around us.

Sometimes, we all need some time without being disturbed, a time where we are allowed to just 'be' without being disturbed by people around us.

I travel to Europe regularly and whilst the 24 hour journey may seem an ordeal to most people, I actually relish the opportunity to have some 'my time'. I love to watch the movies, read, write down new ideas and sleep whenever I want to but more importantly, I want to be totally on my own. How do I achieve this? Quite simply, I wear the colour black.

Black, whilst being seen as a sophisticated and classy colour, also communicates a message of 'do not come too close, just let me do my own thing'. Black is a great colour to wear when you just want to 'hide away' or feeling vulnerable and not want to be noticed. The properties found in black effectively create a 'barrier' between you and anyone else. When wearing black you are very difficult to 'read', the barrier created reveals nothing about your emotions or personality, creating a certain amount of mystery about you. Traditionally

teenagers go through a black phase. They do not want any interference in their lives from parents or teachers. The message is: 'just let me be, do not disturb'.

Wearing mostly black is an easy colour to 'hide away' in and to use as a defence mechanism. You can go unnoticed in black and divert attention to someone or something else. With this colour you can blend in and be accepted with a sense of dignity and mystery.

The colour black gives the wearer a sense of protection, a safe place in which to hide away from the hard outer world, especially when feeling vulnerable, confused and/or unhappy with your body. If you have the feeling you cannot control the outside world, dressing in black will give you a feeling of at least being in control of yourself. The colour black will enable you to go unnoticed, deflecting attention from yourself and at the same time communicating to others to stay at a distance.

So, wear black not only when you want to feel classy or create mystery but also to just 'blend into the background'! Just be careful not to wear it too often or too much; nobody likes to be invisible for too long!



How to enhance your abundance of talents

We all feel that in some areas of our lives we experience scarcity, a lack of something or a void that needs to be filled. We feel that we lack abundance, often in an area that we would most desire to see fulfilled and is freely given to us.

Is this because our own expectations of abundance are exaggerated, or are we living with the acceptance of scarcity? I was taught an important lesson by nature about abundance:

When I started my vegetable garden for the very first time, I went to buy seedlings of lettuces, tomatoes, capsicums, broccoli etc. I bought six of everything to plant in my garden. My thinking was based on scarcity because I thought that I needed lots of everything.

Well, nature taught me three important lessons in the following months:

You have to nurture and look after the seedlings.

I learned was that nature always gives in abundance! I bought seedlings; tiny plants and thought I needed lots of them. But once the plants had grown there was fruit and salad leaves in abundance.

Be patient. During the first couple of weeks after planting my seedlings nothing happened and then, all of a sudden they all started to grow and flourish.

If we apply the law of nature to ourselves, because we are part of nature, we have to realize that within each of us is an abundance of talents, strengths, options and possibilities that need to be nurtured. We need to enhance our balance, hope and growth and the colour green is the colour that can help us with that.

Whenever you actually start wearing green it signifies that you are allowing yourself to grow on an emotional and spiritual level and follow your own heart's desires and not what is expected of you by others. When you do this you can see that by nurturing your talents, gifts and strengths, you are able to give back to others and in return experience the abundance of life. There are seeds of creativity and inspiration, ideas within each of us. Are you allowing these seeds to grow and feed/help others with the fruit of these seeds or are you keeping these seeds tucked away? You only need one little seed to grow a tree with many fruits.

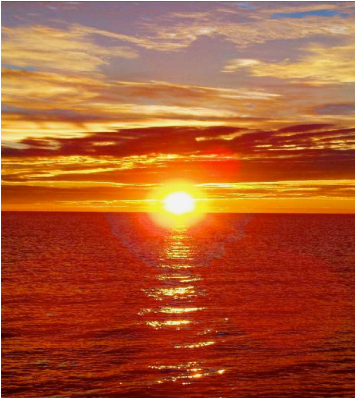


So, start introducing green in your life, either by adding this colour to your wardrobe or your home, or also by taking walks through nature. Whenever you see the colour green, say to yourself: 'I am allowing myself abundance!'

Pay attention to the not yet sprouted seeds of talents within you, nurture them and allow the seeds time to grow, don't be as impatient as I was with my plants, and you will reap the harvest in abundance.

Interestingly, the colour green is also the symbolic colour of money!

How to find courage and encouragement



Do you ever start your day knowing that although you should be doing certain tasks you cannot find the energy or enthusiasm to carry them out? Are you sometimes desperate to find the courage to attend to a demanding situation or perform the physical act of facing a new day with its unknown challenges?

Sometimes we feel lacklustre in our approach to every day dilemmas and need encouragement to carry out even the smallest tasks. Encouragement and support help us to move on after we have suffered shock and/or trauma, disappointment, or when we need to renew our enthusiasm for something after we have felt discouraged or frightened.

We have all witnessed many disasters around the world, with people losing loved ones, homes, jobs and future. Where to start rebuilding lives from there?

Nature gives us encouragement every morning when the sun comes up. The bright orange glow of a new day is telling the entire world: 'here are new opportunities and challenges - have the courage to face each and every one of them and enjoy each moment!'

The colour orange is giving you the (en)courage(ment) to start the day with renewed enthusiasm and energy. Orange is seen as a natural anti-depressant and can support us in understanding where we're at, as well as giving us hope in getting our lives back on track. Orange will enable us to regain enthusiasm and joy after a difficult period, creating a feeling of motivation and optimism, allowing us to move forward in life.

To help you overcome the effects of tragedy or shock, you can integrate this colour in different ways in your life: you can wear this colour in clothing and/or you can buy accessories for your home, e.g. orange cushions or orange candles etc. Also, try eating orange foods, like oranges, mangoes, apricots, pumpkins or capsicums.

You can either use this for yourself or help someone else by adding orange treats to your or their life, e.g. buying a nice bouquet of orange flowers; (orange flowers have been known since ancient times as a cure for depression), or eat orange fruits and vegetables because this colour can be a wonderful aid to overcome trauma, shock, disappointment, nervous anxiety, depression and tiredness.

How to find and follow your heart's desire in your life



Do you know where you want to go in life, which direction you want to take? In my work as a colour interpreter I come across many clients who find it difficult to actually live according to their heart's desire. Often they will not give themselves the 'green light' to go forward. The colour for knowing and following your heart's desires is green.

We all wonder at times in which direction to go and ask ourselves questions that are not always easy to answer. We all have times where we struggle making decisions or

finding our personal sense of direction.

The colour green can be a great support whenever you need to make decisions, especially in matters close to your heart like relationships, family and work.

Green is even of use in industry, as this article I recently came across explains:

Land birds migrating at sea during inclement weather frequently become disoriented and are attracted to the lights of offshore oil platforms. In the Gulf of Mexico, as many as 300,000 birds die in collisions with pipes and wires on rigs each year. These deaths could be avoided if it were possible to develop lighting that did not attract birds.

A Dutch petroleum company has teamed up with Phillips Electronic to develop a new light bulb with a greenish light that provides good visibility for workers, yet apparently does not attract birds. The lighting system is currently being tried on one major platform in the North Sea of the Dutch coast. More than 380 floodlights have been changed to the new green lights, and far fewer disoriented birds have been observed so far. "More research is needed to see if these lights really work, and whether or not they can be applied to other uses, such as lighting on communications towers, that also threaten millions of birds," said Michael Fry, ABC's Director of Conservation Advocacy.

So birds, too, are influenced by colour and the colour green is helping them to find their 'migrating sense of direction', as they are no longer being distracted.

When you struggle with making decisions or in finding your personal sense of direction, a trip out into nature and to be surrounded by the colour green would be highly beneficial. Let nature's colour green help you to make decisions and choices, following your own emotions rather than the opinions of others. The frequency of our heart corresponds with the frequency of the colour green and so this colour encourages you to follow your heart's feelings. 'Eat your greens' has been sound advice for generations. Green vegetables are rich in antioxidants and contain such important phytochemicals as Vitamin C, flavonoids and carotenoids. Green vegetables are especially good for heart conditions and lungs.

Give yourself the 'green light' to go forward in the direction you choose. Whenever you see the traffic light turn green, just think a moment whether you are following your heart's desires!

How to gain more clarity and confidence in your life

Have you ever been to a city you have never visited before? A city where you do not know the streets or anyone there? No street map, no travel plan, no guide? Most people would feel uncomfortable and insecure when they find themselves in such a situation. However, if you have a street map you can at least identify where you are, where you want to go, which attractions you want to see, and which areas, shops or buildings.

Our life, without a focus or clarity of direction, (street map) can make us feel uncomfortable and insecure. It is similar to walking or driving in an unfamiliar city without street map or directions. If you have a focus or clarity of direction in your life you have one of the main ingredients for confidence. To know where you are at the moment, what your talents and strengths and goals are, where you want to go in life and what you want to achieve will result in focus, purpose and clarity of direction. Have you noticed that those who have clear focus and purpose are confident with determination to achieve their goal? They do not always know how they will reach their goal, but because they are focussed and have clarity of direction, they are confident they will. How can you become more confident in different areas of your life?

Confidence is the result of clarity of mind, focus, and direction of concentration, keenness, unwavering attention and single-mindedness. If you can support these emotions your confidence will grow.

There is a colour that specially increases clarity of mind, focus, concentration and attention.

To achieve the emotions mentioned above can use the colour yellow! Yellow is a colour that demands attention, alertness and concentration or focus. Why do you think that traffic signs, sticky notes, highlighters or school buses are often yellow? The colour is shouting: 'Pay attention! Be alert!'



It is the colour of joy, happiness, fun, optimism, enthusiasm and confidence. It is the colour of the sun, our source of life, energy and light. Start integrating yellow into your life. You can gradually start your journey with yellow by walking outdoors, enjoying the sun and yellow flowers. You can eat yellow fruit and vegetables or paint your walls yellow but also wear this colour. When you have found the right hue, start wearing this colour as a blouse, t-shirt, top or shirt; this will influence your own emotions and also the message you are giving to others around you. This colour can support you to be more optimistic about life; more focussed and clear-minded. Yellow is a great colour to help with concentration. Remember, the colour yellow demands attention! It takes confidence to wear this colour because you will be noticed!

How to increase your emotional stability



Many of us are generally guided by our emotions. We all have times where we feel challenged somewhat when we have to work or live in a more structured and organised manner.

Emotions are part of being human. At times though, our emotions can overtake our logical thinking and we might desire a less emotional state where we have a feeling of more stability. How can we increase our feeling of stability in such an environment and tone down those emotions?

We can achieve this with the help of the colour grey. Grey is a neutral colour and expresses neutrality and impartiality; it is not an emotional colour and stands for precision because it acts mainly from the intellect. Grey is a mixture of black and white and when people think black and white, it is one way or the other, there is no in between. The saying: A 'black/white thinker' explains it well; it can be either one or the other, without any emotional involvement however. Therefore, grey can also be related to quality, straightforwardness and professionalism where emotions are not allowed to interfere with the intellect or the mind.

Grey is also a corporate colour, which is why it is seen as a colour of self discipline, emotional stability and self control because it functions completely through intellect and rationality. Grey stands for intelligence, wisdom, efficiency, great self-control and fair judgment. The colour grey is the colour of our brain cells, the intellect, or when our emotions are ruled by our intellect.

It is also a colour that expresses wisdom. That is why when people get older and wiser they get grey hair, representing the experiences and wisdom of the years gone by.

People who love the colour grey or wear lots of grey are driven by their intellect and have the ability to work as an individual without emotional involvement. They can approach life and its problems in a professional and methodical manner.

This colour can be a challenging colour for many because it stands for structure, coolness of mind and self discipline, supporting one to be more methodical, neutral and organised.

However, it is a good idea to start introducing this colour into your wardrobe whenever you need to make decisions based on an intellectual rather than emotional level. By doing so, you give yourself emotional stability in situations that could otherwise have been ruled by emotions.

Wearing the colour grey will allow you to be more led by reason than emotion, portraying intelligence, professionalism and efficiency.

Have fun with the colour grey and portray yourself as reliable, professional, dependable and emotionally stable.

How to materialize your dreams



We all have moments where we feel that no matter how hard we try, we don't seem to be getting where or what we want. It is as if our goalposts in life keep moving further and further away and nothing seems to come to fruition. We just want to make things happen; we want to get the reward for trying so hard.

This feeling, that our dreams are just illusions, can lead to a lack of determination, motivation, drive and passion.

Whenever you want to achieve something you need to display determination, passion and willpower. But how can you revive your determination, willpower, passion and drive?

The colour red can certainly support you to materialize your dreams. Red is a very powerful colour, a physical colour that supports determination, motivation, energy and passion, drive, get going, materialize, making things happen.

Reuters and The Daily Telegraph wrote the following article about the colour red and China:

'Red is thought to bring good luck in China and is used for items ranging from lanterns to wedding dresses. Now scientists agree there might be something in it.

Red might be more than just a lucky colour for Chinese athletes competing at the Olympics.

A study has found choosing the color red for a uniform in competitive sports can affect the referee's split-second decision-making ability - and even promote a scoring bias.

Tiger Woods famously wears red on the last day of a golf tournament for luck.

Now psychologists Norbert Hagemann, Bernd Strauss and Jan Leissing from Germany's University of Muenster have found referees tended to assign more points to taekwondo competitors dressed in red than those dressed in blue.'

You can start introducing red into your life by adding this colour to your wardrobe. Not only will wearing the colour red motivate and encourage you, but it counteracts negative thinking and feelings of rejection. This colour can help you to materialize your ideas with renewed motivation and willpower.

Eating red foods can also increase your levels of energy, drive and vitality. Red is stimulating, warming and strengthening for the body.

How to overcome anxiety and fear



We have all experienced that uncertain fearful feeling when we have to attend an important meeting, or a job interview. Most of us will feel uncomfortable and insecure when we find ourselves in situations like these and have a feeling of dread when having to deal with something that appears intimidating. This fearful feeling is called anxiety.

Anxiety is a normal response to stress but some suffer more severely than others. This feeling of discomfort or fear may show up in symptoms such as sweating, trembling, palpitations and the like.

Fear arises in any situation where the outcome seems beyond the capacity of the mind to determine and there is an inability to simply relax. The mind makes up limitless scenarios and gets locked into self-defeating thought processes of 'what if'. These feelings are often caused by self doubt and a lack of self-confidence.

Not having clarity and lacking focus can result in nervousness and anxiety. If you have focus or clarity in your life you have one of the main ingredients for confidence.

How can we overcome this debilitating feeling of anxiety? A colour that can help you to feel more positive and confident is the colour Yellow.

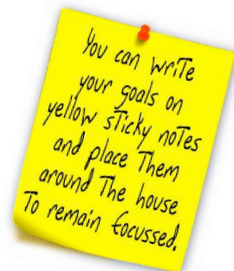
Yellow is like the sun: bright, uplifting, happy and full of joy, enthusiasm and confidence. True joy and happiness can only be experienced when there is no fear and confusion. Yellow also stimulates logical thinking and brainwork, increasing self-control and an optimistic attitude. You could introduce the golden-yellow of wisdom to help you think clearly and feed your nervous system.

You can start integrating yellow into your life in several ways. You can gradually start your journey with yellow by walking outdoors, enjoying the sun and yellow flowers.

You can also add this colour to your wardrobe by wearing a yellow blouse, t-shirt, top or shirt; this will influence your emotions and can support you to be more optimistic about life; be more focussed and clear-minded and feel less anxious.

Eat plenty of yellow fruit and vegetables such as corn, grapefruit, melon, banana, lemon, pineapple, egg, cheese etc.

You can also carry a yellow crystal with you, either in your pocket or as a pendant. Some suitable crystals are: Citrine, Topaz, Tiger's eye, Yellow sapphire, Yellow zircon, Gold, or Gold topaz.



How to overcome fear of speaking in public or expressing ourselves

‘Most people would rather die than talk in front of a live audience’, is a well-known statement and a fact proven by many research results. Fear of speaking in public, also known as Glossophobia is no 1 on the global list of the 10 biggest fears in the world. So, if you feel threatened by speaking in public, or even have problems expressing yourself effectively, you are not alone.

The fear of verbally expressing yourselves comes not only from being unable to speak one’s truth, but also from a lack of self confidence and trust to express ourselves, allowing us to feel that we are better off not expressing our feelings and ideas, which causes us to freeze when asked to speak.

How can we communicate effectively as well as feel supported to communicate with authority, loyalty, dedication and diplomacy and bring a message of calmness, peace and trust? This can be done with the help of the colours Turquoise/ Blue; these colours are calming and support communication and self trust.

Turquoise is about creative communication such as writing or speaking. This colour can help you to verbalize your ideas and express your own emotions. Turquoise will also support you in reaching many people with your message because this colour is related to the silicon technology, the computer and therefore mass communication.

Blue represents loyalty and trust and relaxes the higher mind and connects you to your intuition.

Blue can support you to communicate with authority and diplomacy, conveying your message in a calm and trustworthy manner.

To assist with easing the difficulties with either public speaking or expressing yourself, you can start introducing these two colours into your life by adding these to your wardrobe, home and/or office. Also, try some blue foods like: fish, blue-skinned fruit such as plums, blueberries, bilberries, asparagus, sea vegetables, dried prunes or raisins.

Whenever you have to speak out, visualize yourself relaxing and floating in a tropical sea (turquoise) or swimming pool (blue) as this will enable you to relax and go with the flow. It is the first step, to actually let go of fear and control that is the most difficult.



How to overcome feelings of claustrophobia

The word claustrophobia originates from Latin *claustrum* which means "a shut-in place" and Greek *phobos*, which means "fear".

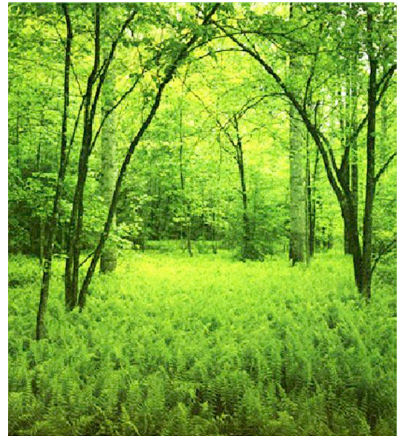
Claustrophobia is a fear of enclosed spaces and the associated panic attacks can be triggered by certain situations such as being in an elevator, a room without windows, sitting in an airplane or being in a crowd. Claustrophobia can severely limit your life, causing you to miss out on things you would otherwise enjoy.

When experiencing a panic attack as a result of claustrophobia, it feels as if the walls are coming toward you and your personal space/boundary is getting smaller. Could this be an indication that someone or something has overstepped your boundaries? Or, could it be that others are not respecting your space, your boundaries and/or decisions?

There is a colour that can help you overcome these feelings of being closed in, of having no escape. That colour is Green. The colour Green is in the middle of the colour spectrum (rainbow) and has a balancing, healing and calming effect.

When the colour green is lacking, it is an indication that it can be difficult to define your own 'space'.

When you accept Green into your life, you are able to allow everyone their own "space" just as you need your own "space" and freedom to do the things you value. Whenever you feel closed-in, visualize yourself on an open green grass field.



You can start introducing Green in your wardrobe, home and/or office, reminding yourself that your space is safe and peaceful. You can add many green foods to your diet like: lettuce, green cabbage, cucumber, green bell pepper, zucchini, celery, green beans, peas, broccoli, apples, sparsely and avocado.

It would be very beneficial, at least once a day, to go for a walk into nature and surround yourself with the green colours nature offers in abundance. When this is not possible, you can also visualise yourself in a green space that completely surrounds you.

It can help with letting go of the fear of enclosed spaces, as nature does not have boundaries and allows for a sense of freedom.

How to reconnect with your true value

Do you value yourself and allow yourself some extra attention? Or do you feel unworthy of pampering and attention? Do you allow yourself any luxury? Do you prefer bargains over quality?

Perhaps this is because there isn't enough money or perhaps you were brought up with the attitude that money does not grow on trees. We have all heard the sayings: "who do you think you are", "you must not waste money" and "money is evil" etc. You might believe that life is not abundant and money should not be wasted or spent frivolously.

If your attitude towards life is one of hard work and scarcity, you need to ask yourself: "Do I value myself for who I am?"

Do you want to develop a greater sense of self-worth? Do you want to feel deserving of the finer things in life?

The colour Burgundy can help with that, as it is the colour of luxury and indulgence.

Burgundy is the colour of mature wine or port, which is to be savoured, to be enjoyed. You too deserve to enjoy the finer things in life, to savour life and value yourself.

You can start with making some changes in your life, by valuing traditions and adding some style and elegance to everyday living: add nice napkins and candles when you have a meal, instead of eating in front of the TV. Enjoy a good bottle of wine and drink it out of your best glasses.

Give yourself valuable time, have a massage or take a bath with bath salts, candles and nice music. Pamper yourself because you value yourself.

Believe in abundance; enjoy good food and drink and when there is an opportunity to have a party or meet with your friends, enjoy it.

Introduce the colour Burgundy into your wardrobe, or add this sophisticated colour to your home and/or office. Carry or wear a Burgundy crystal, such as jasper, red quartz, garnet etc.

Enjoy a glass of good red wine or port and remember to value yourself; always act like you're wearing an invisible crown.



How to reduce worrying and mental chatter

Worrying is something we all do at times. This is not surprising with all the stresses we live with in today's economic climate, as well as living with day-to-day pressures. However, sometimes we just can't stop worrying; we no longer have trust in the outcomes of life. Even when we try to relax, the mental chatter is going on, thoughts and worries keep flooding our minds.

Where do these worries come from? What are the restrictions that might be blocking our trust in life? Do we feel vulnerable and out of control because our lives have taken another turn or direction that we did not anticipate? Perhaps we have a fear of the unknown and need to be in control of the future?

One of the big challenges in our lives is to maintain inner peace even in uncertain circumstances.

Once we learn to trust and find inner peace, the worries seem to diminish.

When the mind is so busy with worries, we need some calmness and allow ourselves to relax and go with the flow.



Blue is a colour that can help us to find trust and inner peace in our lives again.

Blue represents loyalty, trust, protection and faith and is also the colour of the water and the sea. Visualizing floating in the sea will very quickly allow us to experience more calmness and peace. Water helps us to feel calm and supported, allowing us to go with the flow (of life). The first step is the most challenging one, to actually let go and float. When done, you feel you are supported by water

and all is effortless.

Remember the association of water and the colour Blue, to regain trust in life, others or yourself and have faith in yourself and in the future. You will be willing to go with the flow of life and let go of control and all the daily worries.

Blue can also assist in solving problems in an analytical and practical manner.

You can start with introducing Blue into your wardrobe; this can be either by buying some clothes or even a scarf or accessories or add Blue to your home and/or office; you can add some cushions, vases, candles or flowers.

You can also carry or wear a Blue crystal such as: turquoise, azurite, kyanite, blue lace agate, blue topaz, lapis lazuli, sodalite, sapphire, and aquamarine.

Also, try adding blue foods to your diet: blue-skinned fruit as plum, blueberry, bilberry, asparagus, sea vegetables, dried prune, and raisin. Blue food is known to relax our mind.

How to regain passion and energy for life

We all have the feeling sometimes that we are suffering from exhaustion or lack of energy. We feel tired and it feels as if we cannot change the circumstances or situations in our life. Perhaps it is because we are uncomfortable with our bodies which can result in a lack of drive or motivation and an aversion to getting involved in practicalities or physical exercise.

Emotional or physical burn-out can cause us to feel that we are not fully satisfied with our daily life; we feel low on energy and this means that we need to work on lifting our energy levels.

How can we do this? We all know that we need to take action by improving our diet, making sure we get enough relaxation and exercise that is suitable for our capabilities.

However, we can also achieve this with the help of the colour Red.

Red will motivate and encourage and gives us a new sense of determination, willpower and strength. It counteracts negative thinking and feelings of rejection.

This colour can help us to materialize our ideas with renewed motivation and willpower. When we are feeling uninterested, frustrated with life and suffering from an emotional burn-out, the colour red can assist us to express greater energy and power. The colour red will motivate us to look after our bodies with a healthy and balanced lifestyle.

Red is stimulating, warming and strengthening for the body, and we can start introducing red into our life by adding this to our wardrobe, or by surrounding ourselves with red in our home and/or office. We can add red foods to our diet, like strawberries, radishes, red peppers, tomatoes, red meat, etc.

Red food can increase our levels of energy, drive and vitality when feeling light-headed or low in energy or stamina.



How to relax and enjoy a good night's sleep

In these busy times we live in, most of us have at times experienced anxiety, fatigue, insomnia and/or a general feeling of not being able to 'slow down' and relax.

For most of us, there is so much is happening during our busy days, that at night our brain doesn't seem to want to slow down or settle, resulting in insomnia or restless nights. Even our bodies are finding it harder and harder to relax and unwind.

There are colours that can help to calm us down, but there is one in particular which has a positive effect on the nervous system and brain and has, for centuries, been proven to aid insomnia and restless nights. This wonderful colour is violet/lavender.



Visualising and integrating this colour can calm mental hyperactivity, allowing the brain to 'settle' and recharge during a good nights sleep. The balance between melatonin (the hormone for sleep) and serotonin (the feel-good hormone) is essential to produce both a good sleep as well as letting us wake feeling refreshed and invigorated.

It is essential to 'nurture' the brain as this incredible organ controls our hormone systems, all our body systems, temperature, pulse, sleeping and eating patterns. Violet and purple foods are relaxing to the mind and have a diuretic and sedative effect on the body, supporting metabolism and have been found to suppress hunger. These foods are: all purple berries, aubergines, purple grapes, purple plums, purple broccoli, purple onions and artichokes.

The colour violet can be seen in lavender, the calming and relaxing herb/flower. Lavender is known for its calming effect and has been used for centuries to aid relaxation and sleep, it will help you to surrender and relax your mind.

Not only does lavender smell lovely, but it brings peace and calm to the brain and body. You can use a few drops of lavender essential oil in a bath before bed or on your pillow. You can also wear violet accessories or clothing to experience more relaxation or to communicate a message of calmness.

Perhaps even try wearing a violet/lavender crystal as jewellery or carry a crystal like amethyst or purple fluorite in your pocket.



How to remain grounded in our computer era



We are living in a time where computers are a big part of everyone's life. Every company now uses a computer for their administration processes and most businesses have a website that not only promotes their products and/or services but is also set up for selling their products online.

The computer technology plays not only a big part in business but also in our private lives. We communicate with our friends by email, Skype, Facebook and other social media. It is a challenge for many not to either sit and use their computers or be texting

friends and family all day. How many couples do you see sitting in restaurants where either both or one of them is on the phone chatting away or texting? How many have their laptops on the table while enjoying a cup of coffee?

The symbolic colour for the computer era, the era of communicating to the masses, is the colour turquoise.

In the Colour Comfort method the opposite of turquoise is the colour brown. Brown is the colour of the earth, of wood, bricks, nurturing and home. There are no good or bad colours, but we need to find balance with all colours, a balance where we can use the best of both. In this time, we need grounding and to find our way back to basics (brown), not losing ourselves in cyberspace (turquoise).

Grounding ourselves has become necessary and this can be done by reconnecting to nature and mother earth. I suggest that if you want to feel more energized and healthy, walk barefoot on either grass, soil, or the beach for an hour at least once a day. This will also enable you to clear your head and allow your body to physically connect with nature.

And how can you personally use colour to be and feel more grounded? You can start by adding some brown colours to your wardrobe; this can be in the shades of camel or chocolate brown.

Add brown to your nutrition by including some raw nuts in your diet, like almonds, walnuts, Brazil nuts etc. And yes, of course: chocolate!!! High quality chocolate without sugar has properties which can positively influence your health.



How to stand out of the crowd and attract attention

Have you ever been in a situation where you felt you were treated so well it made you feel special? It happened to me a few times. Once, when waiting longer than usual for our dinner to be served in a restaurant, we were offered a complimentary drink and little appetizers as tasters. We felt special because we were very well treated. On another occasion, having a coffee with my friend who was visibly upset and tearful, the waiter silently placed a packet of tissues in front of my friend.

These two incidents are typical ‘magenta/fuchsia moments. This colour has the characteristics of empathy, eye for detail, for being noticed or standing out and going the extra mile.

If you want to be noticed and stand out, you can achieve this with the colour magenta/fuchsia. This colour is not only bright and vibrant but also communicates a message of enthusiasm, empathy, openness for change and eye for detail.

You will find it intriguing that when you start to introduce this colour into your life, openness for change and transformation will come about. It also signifies that you are not afraid of doing things in a new, non-traditional manner.

Wearing magenta will help you with increased energy, and you’ll find yourself putting your hand up for excitement and doing innovative and happy things. Because of this, you can easily attract the attention you seek.

Magenta/fuchsia is a bright and joyful colour that attracts attention. Because it is such a notable colour, and doesn’t mind the attention, it is colour that says; ‘I don’t mind doing things differently, I am open to change’; it can make you ready for change and a new direction in life as well as support you to regain your enthusiasm and appreciation for life. This colour increases your sensitivity and eye for detail as well as your appreciation for the simple things in life.

So, if you’d like to be noticed or want to be open to change and transformation, surround yourself with Magenta/fuchsia. This can be achieved by wearing a magenta/fuchsia top, scarf or accessories. Or, you can place magenta/fuchsia flowers, candles or cushions in your home to start the process.

This colour will not only get you enthusiastic, but will also get you noticed....in the nicest possible way.



How to suffer less from allergies

How many people do you know, perhaps yourself included, who suffer from allergies and the symptomatic nuisance of sneezing, itching eyes, runny noses and sometimes swollen faces? I have had allergies since I was a child, and know only too well the discomfort of these symptoms.

For some people, when exposed to usually harmless substances in their environment, their body's defences react and trigger the immune to response abnormally. This results in symptoms such as described above. Almost anything can trigger an allergic reaction. The most common of allergies we know is hay fever, which is very much a seasonal nuisance.

You will be pleased to know though that there is a very simple and easy way to lessen or eliminate these symptoms and yes, that is with the colour turquoise!! Turquoise is a wonderful colour to create an easy flow of energy through the physical body which helps with relaxation both physically and emotionally.

You can enhance this effect by looking through specially coloured spectacle lenses. A specific colour will stimulate and support different organs in our body and help with a problem we may be experiencing. We can use the colour turquoise to calm the symptoms of allergies.

Also stimulating deeper breathing and relaxation of tense muscles, especially in and around the upper back and shoulders will be of great help. Turquoise also aids the thymus gland in supporting our immune system to deal with daily physical and emotional pressures.



The use of turquoise-coloured lenses for approximately 20 to 30 minutes a day can lessen or eliminate the awful debilitating symptoms of allergies. If you suffer from allergies, try the turquoise spectacles. You can also try wearing a turquoise top or scarf to wrap around your neck and chest.

You can purchase the glasses as well as the scarf through my website
<http://www.colourcomfort.com>

About the Author and the Colour Comfort Method

Colour Comfort was founded by Thelma van der Werff, a chartered colour therapist, creator of the Colour Comfort Method, International Speaker and author of five books: *Why are you wearing those Colours?*, *Dress to Impress*, *Colour explained in Black & White*, *Colour First Aid*, and *How to understand your children by the colours they choose*.

Colour Comfort is based on a desire to share with you exactly how you can understand your colour choices and make conscious changes wherever you want in order to empower yourself and fulfil your full potential.

Thelma's mission and vision is to make the powerful and effective tool of colour available to everyone in a practical and easy manner. She wants to give people the option to use colour pro-actively every day in order to influence emotions, behaviour and thought patterns. As Thelma states: it does not take years of in-depth probing to find out how to clear old thought patterns and become more confident, creative, inspired or focused... she believes the answer is as close as an investigation into your wardrobe. A balanced use of colour will stimulate and support the uniqueness of every human being, allowing you to live up to your own full potential.

When Thelma starts talking about the language of colour, many are impressed to see that colour can actually reveal so much about them. With her passion and empathy and her deep desire to see somebody tap into potential that they were never aware of, she has developed a non-intrusive and easy method to apply the power of colour on a daily basis. This method is called "The Colour Comfort Method" and is unique in the world. The Colour Comfort method is the art of translating and interpreting the language of colour to reveal hidden talents and potential, identify and re-program unwanted behaviour, influence thought patterns and feelings and using the language of colour to get your message across to others. The Colour Comfort Method interprets the language colour to get insight into yourself and others!

Thelma is very passionate about sharing her Colour Comfort Method; this has resulted in hundreds of people around the world being infected by this passion. Her clients and coaches alike have been astounded by the profound effects of this method; many couldn't believe how a simple translation of colour choices could give so much clarity and insight about themselves and others.

Today, her Colour Comfort Method is used by many practitioners around the world. It is available through personal consultations by Thelma and her team of coaches, her books and the unique Colour Comfort Course curriculum.

For more information please visit **www.colourcomfort.com**.