

Colour and Symptoms

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RECOMMENDED BOOKS

- **Your body's telling you: Love yourself!**
By Lise Bourbeau
- **Heal your body**
By Louise L. Hay
- **The secret language of your body**
By Inna Segal
- **The healing power of illness: understanding what your symptoms are telling you**
By Rudiger Dahlke and Thorwald Dethlefsen
- **The healing power of illness: the meaning of symptoms and how to interpret them**
By Rudiger Dahlke and Thorwald Dethlefsen

THE MEANING OF COLOUR

RED

- I'm not happy with my work, my life, my key relationships
- I'm anxious about separation or survival issues
- I am feeling sluggish, low in energy, motivation
- I worry about my sexuality, fertility, menstruation or impotence
- I'm over-cautious of involvement with a person or situation or job
- I'm worried about money
- I have ideas but feel overwhelmed and can't seem to make them happen
- I feel bad about not having enough determination
- I don't care about my work or day-to-day life
- I'm still suffering from past violence or aggression
- I hate attracting too much attention
- I feel all wrong, as in too old or too young, too big or too small

ORANGE

- I'm feeling overwhelmed or pressured by a person or situation
- I'm depressed, with little enthusiasm for life.
- I'm anxious or nervous about the unknown
- I feel really lost after an unresolved trauma, shock or accident
- I'm unmotivated and lack the courage to make changes
- I'm stuck in old habits and patterns
- I am dissatisfied with my social life and connections
- I am struggling with addictions
- I show a 'mask' to others to keep my true self safe

YELLOW

- I'm worried or anxious about something
- I'm insecure, pessimistic or feel unnecessarily guilty
- I'm upset that someone has criticised me or a loved one
- I can be crushed by negative feedback
- I get confused and struggle to concentrate
- I doubt my own knowledge, skills and grasp of the big picture
- I can't articulate or explain my problem clearly
- I am uncertain and stressed out
- I'm muddle-headed, with too much clutter in my mind or my life
- I'm hazy about my identity, direction and/or purpose in life

LIME GREEN

- I'm envious or resentful
- I feel sick and nervous if any confrontation is looming
- I feel disappointed, dissatisfied and discouraged
- I feel repressed and frightened of someone or their power
- I feel helpless, defenceless and/or weak
- I'm prevented from speaking my own truth
- I'm constricted by a power struggle with someone
- I'm phobic about something in a way that holds me back
- I'm cross that I suppress myself to avoid upsetting others
- I'm fed up with always accommodating others
- I'm depressed over not being good enough, lacking confidence

GREEN

- I'm struggling with relationships, personal or professional
- I feel claustrophobic and struggling to breathe
- I'm feeling controlled by a relationship or situation
- I have to protect myself by keeping others at a distance
- I can't decide where to go and what to do
- I'm prohibited from choosing what I want to do
- I'm sad about my broken heart or hurt feelings
- I'm still not healed after being abused in some way
- I'm frustrated over being unable to move forward or grow
- I feel unacknowledged, misunderstood and unappreciated
- I yearn for more time or space for myself

TURQUOISE

- I've got too much going on, too many options
- I've failed to achieve the way I want to
- I'm scattered in my energy and can't think clearly
- I feel my creativity is blocked
- I'm stuck, procrastinating, and everything feels like hard work
- I want more inner calm, am feeling nervous and jittery
- I'm unable to demonstrate my talents and gifts
- I'm averse to change
- I feel too old, too shy and too reserved
- I feel disconnected, unable to network with other people
- I feel that there is with no place for my ideals and values

BLUE

- I'm feeling depressed and blue
- I'm worried – can't relax, am so uptight
- I need to let go of stuff, but just can't
- I'm anxious about having no control of an area of my life
- It's always me who keeps the peace and maintains harmony
- I'm weighed down by too much responsibility
- I want to speak my truth but am being prevented
- I'm feeling insecure and don't know who to trust
- I'm afraid of being misunderstood
- I'm tired of trying to keep the peace and prevent conflict
- I don't think anyone wants to hear what I have to say

INDIGO / NAVY BLUE

- I feel depressed, alone, isolated
- I feel dominated by family, teachers, bosses or friends
- I feel excluded or separated in some way
- I am worn down by life's harshness or difficulty
- I'm forced to comply with a system, boss, parent or friend
- I resent being pressured to follow rules and regulations
- I feel I've taken on, or have been given, too much responsibility
- I'm conscientious and get stressed by trying to please others
- I'm scared or anxious about making mistakes or failing
- I feel judged by others or by someone in particular
- I doubt my own judgment, wisdom or intellect

VIOLET/LAVENDER

- I'm daydreaming or living in the past
- I'm avoiding responsibility as it feels too heavy
- I'm unable to relax, life feels insecure
- I'm afraid of dying or, I have the feeling of wanting to die
- I'm grieving over the loss of someone or something
- I have misplaced guilt or worry too much about others
- I feel disconnected, out of place, I don't fit in
- I feel overpowered, overwhelmed
- I'm struggling with forgiving someone, I just can't forget an old wound
- I have great ideas or inspiration but can't make them happen
- I'm held back by spiritual or religious beliefs
- I'm afraid of failure

PURPLE

- I'm sad, grieving, lonely or separate
- I'm over-sensitive to other people's energies and attitudes
- I give too much attention to what other people think or say about me
- I'm hurt by injustice to me, other people and the planet
- I'm held back by old feelings of guilt
- I'm annoyed over being misunderstood or seen as eccentric
- I'm nervous of making mistakes and getting it wrong
- I'm not confident about using my psychic, intuitive powers
- I get blocked when I want to use my creative, artistic gifts
- I long to be of service to humankind but don't know how
- I'm afraid of the unknown and the future
- I worry too much about death and dying

MAGENTA/FUSCHIA

- I'm unsure of which direction to take
- I don't want to rock the boat
- I'm reluctant to stand out
- I am tired of trying to please, often sacrificing myself or my time
- I'm overwhelmed – can't see the wood for the trees
- I am concerned about failing
- I am fearful of not doing things perfectly
- I feel smothered by someone's love or attention
- I feel overpowered by a person or situation
- I'm sad that someone no longer loves or appreciates me
- I'm drained by always giving and not receiving anything in return
- I tend to resent, resist or be fearful of change
- I block my own progress by being too critical of myself

PINK

- I feel vulnerable and unsupported
- I am too critical of myself or feel criticised by others
- I resent having to battle on alone but it's also hard to ask for help
- I am overloaded by the care of one or more family members
- I'm worried about conceiving or becoming a parent
- I'm hindered by unresolved birth, childhood or family issues
- I can't handle spoilt and immature behaviour from others
- I am physically and/or emotionally exhausted
- I long for a safe haven where I can rest, unwind or be consoled
- I'm sad that other people don't take my needs seriously
- I'm annoyed I don't put myself first more often

WHITE

- I'm frozen and unable to choose
- I am bewildered by too many options
- I feel vulnerable, exposed and sensitive to outside energies
- I am chilled by the world's coldness and harshness
- I am weak, not strong enough to cope
- I am emotionally drained
- I am undermined by criticism, whether self-directed or from others
- I am needy for someone's forgiveness or reassurance
- I feel awkward about not fitting in
- I'm controlled by obsessive behaviour in myself or someone else
- I am hampered by my need for things to be perfect
- I am affected by injustice

GREY

- My mind keeps going blank
- I'm stressed by trying to do everything right
- I don't fit in, I feel isolated, disconnected
- I can't think straight, my mind feels foggy
- I'm drained from overthinking the same thoughts
- I've lost sight of my goals and sense of direction
- I'm alone and depressed and everything looks grey
- I doubt my own knowledge and intellect, afraid that others know more than me
- I'm stuck in my problem, lacking faith in my competence
- I've weakened myself by giving away my power
- I'm too strict with myself or with others
- I'm annoyed that someone else has authority over me
- I hate being seen as old, don't like the thought of ageing

BURGUNDY

- I feel 'less than', not valued, not as good as others
- I feel unworthy and low in self-respect
- I know I do too much people-pleasing
- I'm held back by the beliefs I've been raised on
- I don't deserve the good things in life
- I'd do more if I wasn't bound up by old traditions
- I feel restricted by money, class, education or nationality
- I'm struggling to be as smart, successful or rich as others
- I feel always the junior, not mature or experienced enough
- I don't handle compliments well
- I long to fit in, so I wear the right clothes, labels or looks
- I know my big-spending ways are bad for me
- I'm addicted to gambling

BROWN

- I don't feel safe in the world
- I feel trapped by circumstances
- I'm bound by old traditions, rigid thinking, family beliefs
- I am drained by people who are closed to new ways of thinking
- I feel stuck because others don't want to change
- I'm bored by same old, same old routines
- I'm sad my life is so full of hard work and little fun
- I'm bogged down and have lost my imagination and creativity
- I'm overburdened by responsibility
- I'm stuck in a rut I don't like and doing all the chores
- I can't get anything going, I can't get my ideas off the ground
- I'm reluctant to rock the boat

BLACK

- I'm stuck in a black hole
- I'm scared of revealing myself
- I'm overwhelmed and intimidated
- I'm daunted by the huge task ahead
- I resent being expected to be strong and carry on
- I'm emotionally shut down
- I feel so isolated and alone
- I can't move forward
- I've got no control
- I'm so frustrated by not being in charge
- I'm exhausted from trying to please others
- I'm weighed down by a secret
- I demand too much of myself and maybe others too