

## MODULE 1

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## **Part One**

# **About colour**

## WHAT IS COLOUR?

Colour influences the physical, mental, emotional and spiritual level of humankind.

Colour is universal.

Colour cannot lie, it will always speak the truth.

Colour is one of the fastest ways to communicate.

Colour can reflect as well as influence your emotions.

Colour is honest, straightforward and has no hidden agenda.

Colour reveals the truth and essence of the beholder.

Colour is a simple tool but very powerful and effective.

Colour is a 'child of light'.

Colour is available to all.

### ***The colour wheel***

Colour is an aspect of everything we touch, drink, eat and see. We can use colours to describe our emotions, attitude and experiences. Although some people take colour for granted, colour is a part of our being and life.

From light come all the colours and without light there is no life possible.

Three primary colours:     *red*  
  *yellow*  
  *blue*

Three secondary colours:   *orange*  
  *green*  
  *violet/lavender*

Three tertiary colours:     *purple/navy blue*  
  *turquoise*  
  *olive/lime green*

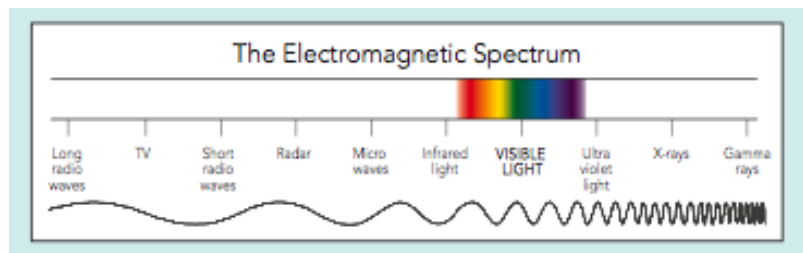
Opposite colours:            *blue ↔ orange*  
  *yellow ↔ violet/lavender*  
  *red ↔ green*

When there is a balance of all colours, the result is white light. Is it for this reason that all religions and cultures are searching for 'enlightenment' or 'seeing the light'? Can the right balance of colours support you to achieve this?



***What is colour and why does it affect us?***

In rainbows we see colour, but this is only a fraction of the colour and light within our Universe. Not only our Earth, but the entire Universe is a magnetic field filled with different wavelengths or energies called the electromagnetic spectrum. These range from radio and TV waves to higher frequencies like radar, microwaves, infrared light, ultraviolet light, X-rays and Gamma rays. The human eye cannot see these frequencies or wavelengths, except from the wavelengths in the middle of this scale, which is visible light. The spectrum of visible light is between 760 nm (violet colour) and 380 nm (red colour). These frequencies are measured in nanometres, with one nanometre being a millionth of a millimetre.



It is known that these frequencies or wavelengths of radar, microwaves, Infrared, Ultraviolet and X-rays can have an effect on you. The frequencies of light or colour affect you as well because you 'see' colours with your brain, via the eyes and you absorb light and colour through your skin.

Light enters your eyes and goes to the centre of your brain, the hypothalamus. Some call this organ the CEO of the brain or the brain's brain. Every colour or frequency gives the hypothalamus a different signal, which in turn passes the message to other parts of the body. One of the

most noticeable reactions to your body is from the colour red.

If you sit in a completely red room, your heartbeat as well as blood pressure will increase and you will feel restless, hot and become agitated. On the other hand, a blue room will calm you down, lowering your blood pressure and help make you feel peaceful and calm. A blue room will look larger and feel cooler, while a red room will feel warmer and appear smaller.

Experts are discovering the effects of colour on living things, therefore it is used in various areas. Numerous prisons around the world use pink cells to calm violent inmates and the effects are usually seen within minutes. The medical world also administers colour in different sectors. For instance, newborn babies with jaundice are placed under blue light to cure their condition, wounds are healed quicker by using coloured light or LED light, and certain forms of cancer are treated with Photodynamic Therapy.

Beauty treatment includes photo-rejuvenation, by applying coloured light to the skin, thus stimulating the regeneration of cells. Light is also used for permanent hair removal.

We surround ourselves with different colours in our homes to create a safe and comfortable environment. Observing the colours of a house, shop or office can reveal information about the owner!

The marketing world knows how to apply colour to express their messages effectively. Companies may hire a colour expert or designer to advise on the best colour(s) to communicate the image of their product or service. Because red is a *fast* colour all fast-food restaurants incorporate this in their logos.

These are just a few examples of how colour is applied in various methods. Just imagine a world without colour. We observe colour daily in traffic lights, cars, the sky, birds and animals and as individuals we use colour in our make-up, homes, jewellery and, of course, our CLOTHES!

***Clothes: your personal advertising***

The fashion industry is a multi-million dollar business. The clothes you buy not only reflect your identity but on a practical note they are bought for comfort and weather protection. Clothes are selected to make you 'look and feel good'. Intuitively, you will choose the colour(s) that represent your feelings, individuality and personality.

Every colour has specific characteristics and you choose particular colours with properties to resonate with your character or personality. The colours that feel most comfortable to wear reflect that aspect of your personality.

At certain times in your life you will wear colours that communicate a particular mood, and sub-consciously you are selecting colours that identify with this emotion.

It is interesting to note that you will start wearing a colour when the properties of this colour are relevant in your life. The same applies to an event or experience with a negative impact, and you stop wearing a colour related to this issue. You can also overdose on one colour with the resultant negative properties overriding the positive characteristics of the colour. For instance, red will give you more motivation, courage and determination, but an overdose can result in being stubborn, over-materialistic and even aggressive.

***You are like a diamond***

If you look at a diamond you see the many facets, all reflecting light and colours. The human being is like a diamond, with many different facets of personality. You may be very successful in business but not in personal relationships or you can be spiritual but not able to deal with day-to-day life. You may be caring and compassionate with others whilst neglecting your own needs. True fulfillment and happiness in life can be achieved when there is balance between all aspects of your being.

Different colours can support you in different areas of your life. Red for instance, can give you more motivation, courage and determination whilst violet can create calmness and spiritual reflection. Using all colours on a regular basis generates emotional balance and well-being. Not only will you feel different when incorporating new



colours, but you will notice a changed reaction from others.

### *Fashion and trends*

Nowadays fashion trends are numerous and colourful. Even though there are colour preferences each season, we live in a time where all colours are available and acceptable to both men and women.

It is important to follow your own intuition and choose the colours you are drawn to. However, you may not be able to find the right colour or garment straight away because of fashion trends. Should this occur, it is very easy to accessorise your clothes with a scarf, tie, jewellery or belt to create the image you want to communicate.

At certain times in your life you may find yourself leaving your colour 'comfort zone' by introducing colours you have never chosen before. Always follow your inner guidance and not be swayed by fashion trends, high street shops and peer pressure. Have you ever been shopping with your family or friends and been persuaded to buy a garment which you have never felt comfortable with and is it still lying in your wardrobe with its price tag attached?

Many believe they cannot wear certain colours because it does not go well with their skin or hair colour. I believe that, except for the colours black and white, everyone can wear every colour but you have to look for the right shade or hue of the colour. People with dark hair can use strong and bright colours, but if you have blonde hair I suggest you look for softer shades and if your hair has a red colour, go for the more rusty or burnt shades.

### *Clothes for work, clubs and uniforms*

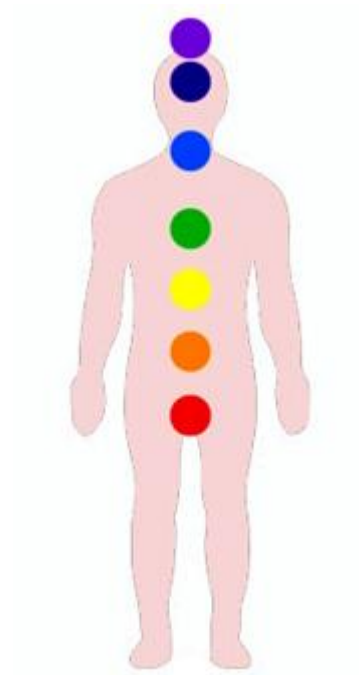
Businesses, schools and clubs can require you to wear certain clothes and colours to define their image. These colours choices are representative of the business, school or club and are not always yours!

Wearing a uniform for years, particularly in a colour you dislike, can override your own feelings causing negative associations with that colour. To combat this, the clever use of undergarments and accessories can bring balance by incorporating your own colour choices.

## COLOUR AND THE HUMAN BODY\*

### ***Colour and the human body***

The colours of the rainbow are the same as the colours of the human body, only reversed. These colours are known as chakras or energy centres. The organs of the body all resonate on a different frequency.



Ancient cultures knew “as above, so below”. You can see the universe as a reflection of the world. The stars above are reflecting (astrology) what is happening here on Earth. The same applies to our body. Our ‘world’ or situations are a reflection of our thoughts and emotions. Therefore, colours will not only change our emotions but also change our entire life and experiences.

\* Fragments taken from ‘Healing with crystals and chakra energies’ by Sue and Simon Lilly.

### ***The colour red***

Base chakra = chakra of manifestation  
Foundation of energy  
Seat of passion - The pioneer - The fortress

Bodyparts: skeletal structure and its flexibility, adrenal glands, circulatory system and blood supply. Body temperature, bones, teeth, nails, arms and legs, prostate, anus, blood, cell structure, prostate gland, suprarenal glands (adrenaline).

The pioneer, always willing to go where no one has gone before and to do things that have never been done. Exploring, mountain climbing, white-water rafting and all other activities where people voluntarily put themselves in a completely self-reliant situation. The experiences that are most enjoyed are those that are life-threatening. Creating something new is far more important than the uses to which it is put. 'Doing' becomes the only comfortable state and 'being' is intolerably boring.

Such states may arise from habit patterns that develop when there is actually a significant underlying lack of security. There is a need to keep busy, which is often an attempt to disguise a sense of emptiness, a huge void that seems to threaten the existence of the individual. Can show an obsessive focus on one thing to the exclusion of everything else, or else a rigid and materialistic outlook that usually also masks deep insecurities about personal survival issues.

### ***Lacking the colour red***

In terms of ill health you may be suffering from exhaustion or lack of energy. It could be you are feeling tired and need to work on lifting your energy levels. You need to take action by improving your diet, making sure you get enough relaxation and exercise that is suitable for your capabilities. It could be you are uncomfortable with your body and this may result in a lack of drive or motivation and an aversion to getting involved in practicalities or physical exercise. An imbalance in the base chakra can increase a continual need for stimulation.

Is your head in the clouds? Is there a false sense of detachment, disinterest or even disdain, where nothing is

truly valued and nothing is appreciated?

Emotional burn-out. A loss of awareness and interest in the real world and in practical survival issues. There may also be a lack of discipline, an unfocused attitude, wishful thinking and fantasizing or a disassociation from the body and its requirements, often accompanied by a desire to escape the physical world. In general, a sense of not being grounded.

### *The colour orange*

Sacral chakra = chakra of manifestation  
The pleasure principle  
Feeling the need  
The artist within  
Healing the wounds

Bodyparts: pelvic girdle, reproductive organs, kidneys, bladder, all liquids such as blood, lymph, gastric juice and sperm, gonads (ovaries, prostate gland, testicles).

Its activity is focused on flow, movement and exploration of surroundings. Its motivation is enjoyment and pleasure and its reward is sensation. The priority is to explore the potential of the body through play, and to explore the surroundings using all the senses (young animals, children).

Enjoyment and happiness are important emotions and this chakra maintains the flow of communication between body and mind through sensation and emotion. Flowing in harmony with our own energy and surroundings requires a level of flexibility as well as the ability to change focus, to let go when things are no longer useful or helpful. There is an imbalance when we become fixated on something or someone and refuse to admit that this is inappropriate or unrealistic which can result in emotional over-sensitivity, or unhealthy emotional dependency.

Imbalance in this chakra can result in rigidity with a lack of physical or emotional flexibility. Repression of feelings, a fear of sensuality, sex, pleasure or enjoyment as well as guilt over feelings and desires which can result in frustration and bitterness. Trauma and pain are registered in this chakra and are held there if they are not released. In the Aura-Soma system, the orange equilibrium bottle is used to overcome trauma.

### *Lacking the colour orange*

A lack of orange could indicate a worn-out immune system or problem relating to low self-image and esteem. Perhaps you could take up some form of dancing or movement, which will connect you to your body. Giving or receiving a therapeutic massage can be of great help. You need to bring more joy into your life.

### **The colour yellow**

Solar Plexus = Chakra of relationship

The organizer

Sun of contentment

The librarian

Know thyself.

Body parts: lower back, abdomen, digestive system, stomach, liver, gallbladder, pancreas, spleen, autonomic nervous system.

The immune system is like a library, recognizing a virus as an enemy and activating the defense mechanisms. Problems with this identification process show up when the body reacts to harmless or even beneficial substances as if they are dangerous, experienced as an allergy or intolerance. Or when the body harbours an infection without recognizing its presence and neglecting to fight it and sometimes it fails to recognize its own enzymes, hormones or neurotransmitters. Inability to recognize minerals and vitamins that should be absorbed by small intestine can result in deficiencies.

Threats and rules that restrict our natural exuberance easily block this chakra and therefore undermine our self confidence, personal power and feelings of joy and contentment.

The unknown cannot be controlled because there is a lack of information and the mind can become anxious and fearful. 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.'

Like a librarian this part of our mind catalogues and files away experiences and information for reference and retrieval when it is required. Necessary to identify clearly, label correctly and file them in right place. Confusion and fear often arise from false identification. Learning problems can arise as well as difficulties in retrieval, remembering and inability to integrate experiences.

Know thyself. It is necessary to turn our attention away

from outer stimuli if we are to see ourselves clearly. When we shine the clear light of understanding on ourselves, the first thing we tend to notice is faults and problems that have apparently been created in us by others. The only way forward is to transform the way we judge others and ourselves. Progress along the path of wisdom is accepting that the world owes us nothing and that we are no more important than anything or anyone else.

Solar plexus issues often arise from how we perceive ourselves in terms of our personal power. Yellow has everything to do with ego issues and knowing our own identity. Embrace and accept yourself in the same way as you love and appreciate your closest friends.

When in balance with yellow, you are able to accept happiness in your life. You can feel and appreciate joy in the simplest of situations.

*Lacking the colour  
yellow*

You may be nervous or tense regarding a decision that needs to be made in your life. You should introduce the golden-yellow of wisdom to help you think clearly and feed your nervous system. Yellow also relates to the ego and you need to examine any problems you may have relating to your personal power.

### ***The colour green***

Heart chakra = chakra of relationships  
Embracing the world  
Touching others  
Freedom to be  
Following the heart

Body parts: heart, upper back, thorax, lower lungs, blood and blood circulation system, skin, thymus gland.

Action of expansion and contraction, drawing in and pushing away and regulates our interaction; making sure that we become neither too involved nor too remote from the world around us. Arms and hands are the executors of the heart chakra. They reach out to hold, or to ward off the world around us.

Keeping the balance between personal needs and the needs of others is the function of the heart chakra. It is the ability to accept ourselves, other people and all sorts of situations. When we feel comfortable with ourselves, we are less likely to be insecure or threatened by others. If envy, jealousy or lack of self-worth arises in us, we may try to dominate or control the people and the situations around us.

In relationships that are unhealthy, love is conditional to the point of being a weapon used to coerce the other into behaving or responding in a certain way. When a balanced state of individual self-discipline is achieved, self-acceptance and freedom become possible. Chains, restraints and restrictions are only recognized as such when the individual grows beyond the need for them. Before this point they offer security.

When there is a realisation that everyone is responsible only for themselves and each has their unique direction in life, we can follow our own path while allowing others to follow theirs with any envy or jealousy, envy (seeing green with envy). If you love somebody, you are able to set them free.

Balance between ourselves and everything outside ourselves opens the way for a mix of compassion and caring.



*Lacking the colour  
green*

A rejection or insufficiency of green will take its toll with stress and relationship problems. We all need green to be able to relax and to enable us to give and receive selfless love. Green can help us attract abundance into our lives both materially and spiritually. A lack of green can indicate difficulty in making decisions and allowing yourself to go forward.

### ***The colour blue***

Throat Chakra = chakra of communication

Finding peace

Getting the message

The teacher

Finding your voice

Body parts: neck, throat and jaw, ears, voice, trachea, bronchial tubes, upper lungs, esophagus, thyroid gland.

Communication is not only personal expression but also listening to what others are expressing. Blocks or excess energy can often distract from the true meaning of what someone else is trying to communicate for there is a tendency to react to each word or phrase as it is heard, rather than comprehending the meaning of the whole.

Any creative artistic occupation, creative expression, will work as long as the focus is on the activity itself. This chakra allows us to communicate how we feel and what we think. Every form of expression reveals the emotions and thoughts of the individual.

The voice allows us to express what we are feeling in the heart and mind. Expressing what is going on inside ourselves to those around us gives a shared understanding and a sense of belonging.

Lack of expression denies our existence, our individuality and our right to be heard.

The effective teacher is a person who feels excitement and interest and can express it to their students in a way that allows the knowledge to become their own. This requires an exploration of the views and opinions of others with the possibility of dissent and disagreement. New information should be integrated with what is already known and believed, not simply asserted as inflexible dogma. Learning to explore alternative views, even taking up opposite viewpoints in a debate is a useful way of developing attitudes of flexibility and tolerance. Without these skills there is the danger that whatever is communicated to us will be automatically believed.

This chakra should be bringing out our own truth into the

world. Speaking from a level of personal truth means that whatever is said carries the conviction of our whole being. All our communications are filtered and distorted by the many energy blocks that have arisen from the stresses and traumas of the past, not allowing ourselves to speak our truth in order to keep peace. Only with the gradual removal of these stresses can a more honest and open relationship with the world emerge.

### *Lacking the colour blue*

Blue represents loyalty and trust, and when missing, it may indicate that you feel let down or rejected by someone you trust. Blue relaxes the higher mind and connects you to your intuition. When you tune in to this inner wisdom it will help you understand your situation and bring more peace and harmony into your life.

Blocks may be a stiff neck, throat infection or tension in the shoulders. Headaches or problems with swallowing or eating and metabolic disorders point to throat chakra problems. What are the restrictions that might be blocking your ability to express yourself, whether they arise from others or whether you are putting unnecessary limitations on yourself?

***The colour  
indigo/navy blue***

Brow chakra = chakra of communication

Seeing the picture

Creative dreaming

Visions

Body parts: face, eyes, ears, nose, sinuses, cerebellum, central nervous system, pituitary gland.

The brow chakra is the seat of understanding from where we picture how the world is. Our everyday awareness is located in the area of this chakra from where our higher sense functions scan the world around us.

Our everyday awareness is located in the area of the brow chakra. This chakra is all about seeing; not just seeing with our eyes but seeing with the mind, making sense of and understanding what is being perceived.

I see = I understand

Clear seeing, understanding and perspective can help remove confusion caused by an inability to distinguish important things from insignificant ones. Making sense of orderly familiar patterns in life and making sense of information received by the brain helps to overcome confusion and indecision.

In order to see clearly, a distance must be maintained between subject and object. Any strong emotional involvement can distort the picture. If emotional needs are too strong it is possible to become obsessed with the fine details of the pattern so that nothing else is seen. The big picture is lost in the power of a single idea or dream. Silence and detachment allow the brow chakra to keep its perspective.

Jumping to conclusions and making assumptions are signs that the brow chakra is becoming confused by too much emotional noise.

Allowing the spaciousness of detached and passive watching increases the possibility that intuition (the flash of knowing that seems to come from nowhere) will arise in the mind.

Detachment is crucial to the functioning of the brow chakra. The brow chakra, resting in its state of quiet observation, can interpret and change the very nature of our reality. Psycho Neuro-immunology is a medical adaptation of the visualization techniques of yogis and mystics who, through experience, knew full well the power of the mind to alter every aspect of the body and the physical world by constructing meaningful images of light within their own minds.

The whole picture given to us in a flash of intuition brings a sense of solidity and usefulness to the mind. Giving ourselves space to notice and act on intuitive insight frees the energy of the brow chakra.

Clairvoyance is clear seeing in the sense of receiving clear, penetrating insight. This can be in visual images, feelings or auditory imagination.

This chakra has the ability to see beyond the obvious, accessing the realms of intuition and clairvoyance to gain insight.

*Lacking the colour  
indigo/navy blue*

There is no clarity about visions or goals which results in a lack of authority over our life. This can make you feel isolated, depressed and insecure.

***The colour  
violet/lavender***

Crown chakra = chakra of communication  
The fountainhead  
The illusion of detachment  
Thought  
Unity

Body parts: cerebrum, brains, pineal body.

When there is a lack of awareness of personal needs, it is easy for the enthusiastic helper to be a martyr to idealism. Assuming a state of non- attachment may simply be a mask for avoiding responsibility.

An interest in spirituality has the potential to open new awareness of thought and activity that can really help people to break out of old behaviour patterns and become more fulfilled.

But equally it can trap us in a web of glamour filled with bright shiny amazing things that can never be grasped for long enough to integrate usefully into life, or in other words, continuous daydreaming.

The ways we interpret events and then react to them are the reasons why our lives progress or falter in the way they do. This chakra is our link to the universal sources of energy and information when we look for answers to questions such as 'why am I here'.

The thoughts that come and go need to be allowed free passage. It is only when we try to hold onto thoughts without allowing alternatives or the possibility of change that disruption of the crown chakra happens. Trying to control the thoughts of others is like trying to stop clouds moving across the sky. Holding on to another's way of thinking is as misguided. When the crown chakra is cleared of stresses a sense of lightness, clarity and belonging flows through the whole chakra system.

This chakra focuses on what we experience as well as what we know or understand. Unless we truly understand what we see we are unable to apply our creative skills, fulfilling our visions of what is possible. The more we fulfill our visions, the more our consciousness expands, the more we

understand what we see, and so on in ever-increasing awareness. Whatever we understood intellectually and later intuitively now reaches the point of complete comprehension.

Meditation is a key to the process of increasing awareness.

*Lacking the colour  
violet/lavender*

You may have lost connection with your inner being. Perhaps you are a creative person who is suffering from a block. Try to relax more by listening to soothing music or by reading a good book. Violet helps open the channels to our spiritual nature and enables us to connect with creative and spiritual energy.

## **Part Two**

# **Colours explained**