

COLOUR TUNE-UP

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Use colour to shift your frequency! If there's a feeling or mood you want to create, colour can do the deed, both in your environment, and in your person.

YOUR ENVIRONMENT

Hue

Chill out with blue-based colours such as blues, blue-greens, and blue-purples. Or warm up with yellow-based colours such as yellows, oranges, and warm reds. This chart shows the impact of hue on you.

Effect on:	Cool (blue-based) colours	Warm (yellow-based) colours
Heart rate	Decreases	Increases
Blood pressure		
Muscle tension		
Body temperature		
Appetite		
Sexual drive		
Perception of time passing	Slows down	Speeds up
Emotional response	Calm and relaxed	Hyperactive

Value

Shades, or colours with black added, have a deep, heavy quality which is great for relaxation and intimacy. Tints, or colours with white added, have a light, airy quality which makes them great for work and action.

Effect on:	Shades (dark colours)	Tints (light colours)
Productivity	Decreases	Increases
Energy		
Activity		
Speech volume and rate		
Relaxation	Increases	Decreases
Feeling of intimacy		

Intensity

High intensity, bright colours are bold, energizing colours that can remove inhibitions and facilitate networking and conversation. Muted, gray-based colours are great for meditation. Be careful of a true gray room, however; it can create depression.

Effect on:	Bright colours	Muted colours
Speech volume and rate	Increases	Decreases
Energy		
Activity		
Speech volume and rate		
Alertness	Outgoing	Reflective
Personality		
Relaxation		
	Decreases	Increases

YOUR PERSON

You can take colour to a more personal level. You are an energy system, made up of many different frequencies. As colour is a frequency, it can interact with and shift your personal frequencies. Colour can therefore have an impact on anything about you – your health, prosperity, relationships...

The most common model uses the Chakra system. A chakra is a spinning vortex of energy. The seven major chakras are aligned in an ascending column from the base of the spine to the top of the head. Each chakra is associated with a particular color, an element, an aspect of consciousness, various specific functions, and other distinguishing characteristics.



Chakra colour	Location	Identity	Element	Function
Violet	Crown	Universal	Thought	Pure knowledge Spiritual connection Controls other chakras
Indigo	Brow	Archetypal	Light	Intuition All-seeing Self-reflection
Blue	Throat	Creativity	Sound / Ether	Communication Growth Self-expression
Green	Heart	Social	Air	Love Well-being Self-acceptance
Yellow	Solar plexus	Ego	Fire	Personal power Autonomy Self-definition
Orange	Pelvis/ Sacral	Emotional	Water	Sexuality Creativity Self-gratification
Red	Root / Perineum	Physical	Earth	Security Grounding Self-preservation

How chakra colour frequencies can be strengthened:

1. Clothing: wear an item in the colour over the chakra
2. Food: eat food in the colour
3. Light: shine light in the colour over the chakra
4. Vision: look at something in the colour

So, when you need a pick-me-up, you can use colour to literally elevate your frequencies and enhance your life.

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