

ATELIER FRANCESCA

The Emotional Properties Of Color

Are you drawn to particular colors? Do you wear a certain color to reflect your mood? Understanding the emotional effects of color is something that people have been interested in as far back as the ancient cultures of Greece, Egypt, China and India.

Feng Shui, the ancient art of the flow of chi/energy designates a color to represent each area of your home. The theory being that each color carries a vibration, and to have an auspicious environment color assists in balancing the flow of chi. Today people are utilizing color, or "Chromotherapy", to aid in physical healing.

I am not proposing that color has any magical powers. I am only saying that for myself working with color is an emotional and a therapeutic experience. Below is listed a common belief of the properties of specific colors.

Red Violet is compassion. It presents universal love and the desire to serve others. The ultimate lesson to learn is that spirit is ever-present.

Red is will, vitality, courage, and self-confidence. It supports survival of the species. It commonly manifests as anger and violence. Used positively, this force is transmuted into leadership. It will help with depression.

Red Orange is relationship. It's expression is desire, passion, and sexuality. Until the self is fully appreciated, these fiery emotions tend to be congested.

Orange is independence, happiness, confidence, and resourcefulness. It learns its lessons by itself, but functions as an excellent teacher. Mostly it needs to overcome bias and impatience.

Yellow Orange is joy. It enjoys the exuberant energy of human existence. It is drawn to experience all the good things, but needs to respect the basics of vitality.

Yellow is awareness, wisdom, clarity, and self-esteem. It sees the amusing side of things. It has the innate capacity to organize or manage. Aloofness is a sign that emotions are undervalued. Yellow is the color of intellect and it is used for mental stimulation, however acid yellow can stir anxiety.

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Yellow Green is feeling. It faces life in a spontaneous and direct manner. The welfare of others has a very strong appeal. Obsessions may be obvious to others.

Green is growth, balance, love and self-control. It senses the rhythms and energies of nature. It's always at work on improving the self. It may create endlessly just to remain active. Green is harmony. It will balance the emotions and bring about a feeling of calmness.

Blue Green is insight. It sees the possibilities in people and events. It means well but may create irritation in presuming to know what is right for all people.

Blue is peace, knowledge, health and decisiveness. It accepts the known world, but may be uncomfortable in dealing with the strange. Engage the intuition and trust the universe. Blue is the color of truth, serenity and harmony, by helping to soothe the mind. It is good for cooling, calming, reconstructing, and protecting. Too much blue could leave you cold, depressed and sorrowful.

Blue Violet is psychic. It allows access to altered states of awareness. Common sense should be employed to avoid any unconscious self-deception. And Indigo (dark blue violet) is intuition, mysticism and understanding.

Violet/Purple is transformation, beauty, creativity and inspiration. It is receptive to the Higher Self or the subconscious. It truly senses the divine order, but needs releases from old thought patterns. Too much purple and you don't tend to live in this world.

Lavender is equilibrium. It helps with spiritual healing. It tranquilizes, replenishes, and rebuilds.

White is purity. *Grey* is neutral. *Black* is protection.

Silver is peace and persistence. *Gold* is richness.