



Colour You Healthy

A Pocket Guide

To the use, effects and
healing properties of Colour

by
Rosemary
Phillips

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“Alignment” by Rosemary Phillips

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Thanks go to all my friends and family who have inspired and assisted me in this journey called “life”.



Printed and Handmade in Canada, Eh!

(Where “colour” has “u” in it!)

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Introduction



Colour (hue) has a profound effect upon our lives, well-being and health - physically, emotionally, psychologically and spiritually. It is used extensively in communication, industry, business, and fashion. Trends come and go; some are a reflection of mass consciousness and global activities, others are simply selling products. Colour is, however, very personal. In reality there are no trends or rules. It is seen and experienced differently by every single person on this planet.

While I was studying Interior Design at Ryerson, our class attended an informal talk that I now realize had a major influence on my life. The speaker addressed the issue of colour and how our preferences change daily with our moods, energy and state of well-being and how we are affected by the colours in our environment, clothing, lighting and décor.

Colour as a tool

In 1977, when writing for *Canadian Interiors* and *Canada Home Décor* magazines, two of the few magazines on the market at the time, I met Eleanor Brown who was about to retire after thirty years as colour consultant and advisor for the Home Furnishings Division of the Robert Simpson Company in downtown Toronto. She told me how colour was used to increase business in a chain of New York restaurants during the Depression. Choral tones in the décor gave patrons a feeling of well-being and comfort but shortened their stay as

psychologically the walls crept in on them. Business increased because of the higher turnover of customers. Renovations to expand the space were not required.

Eleanor, along with interior designer and good friend Ray Staples, provided me with great insight into how colour affects us on many levels and how our use of it can be a reflection of our personality. It is, after all, the role of the interior designer to understand the client when working on their home or business to create a space that reflects their personality and lifestyle. (Articles about Eleanor and Ray can be seen at www.quillsquotesandnotes.com.)

A new Interior Design and Colour

It was after I became a complementary health practitioner that interior design and colour took on new meaning for me as I began working with our own interior design of body, mind and spirit. Through research I found a wealth of information on how colour has been used throughout civilization for healing. For example, babies with jaundice, instead of receiving blood transfusions, can be placed in an arc of blue light. A person needing calming is placed in a pink room. Yellow can lift our spirits. Green relaxes the eyes. Because of the subtle atmospheric changes in colour, blind people can react to it. The whole human body is a symphony of colour, like a rainbow. We radiate colour through our aura and chakras. Kirlian photography has captured images of colour radiating from fingertips. Each colour (hue) resonates

with a note on the musical scale.

Colour You Healthy

I began wearing appropriate colours for clients and their conditions. Then, by rubbing coloured chalks with my fingers I created drawings to inspire and assist in the healing process of body, mind and spirit. Subtle inspirational images and the blending of colour helped resonate with the client's needs, for example, green for balance and harmony, red for a shot of energy, yellow for joy, and so forth. Drawings have been tacked to fridges, walls and even framed. Lately the muse has tapped me on the shoulder to once again present Colour You Healthy in art - and also in book form.

A Pocket Guide

The result is this little booklet, a quick reference guide through the rainbow, in point-form summary, providing hints, gleaned from experience and from numerous sources, to colour use in your home, clothing, healing, and even, say, when buying a friend a gift of flowers. When using combinations, shades or tints of each colour (hue) consider the properties and effects of each. Intuitively you will know. There is so much information available through books and Internet — *this is but a beginning.*

May this little booklet help **Colour You Healthy.**

Yours in Colour

Rosemary, August 2010



The Rainbow



Symbol of hope. The Age of the Rainbow. Elohem—the Seven Rays. Bathe in the rays of the rainbow to bring balance and harmony to the whole being. Bathe the Earth in the rays of the Rainbow for hope and healing.

The Rainbow eases the crossing over from one level of consciousness to another. For those facing transition from this life to the next (death), visualize a rainbow bridge to help ease the journey Home, however you may understand that to be — heaven, spirit world, hereafter, next dimension...

Red

Primary, 1st Chakra, Root

Musical Note C, Fire

Complementary – Turquoise

Roll out the red carpet. Turn on the red light.

Red's physical effect is such that exposure to quantities of it triggers the release of adrenaline into the blood-stream, quickens the heart rate and creates a sense of warmth.

Associated with planet Mars, red is bound to the burning worlds of war and demons. It was worn as a sign of material

occupation by warriors in combat. It has been the badge of revolutions. Traditionally it is the colour on the shields of heroes and famous achievers. In European blazonry it means generosity. Red ochre has always suggested life and warmth, vitality and strength. Red is widely used for danger signals.

Effects of Red

- when used in decorating—warm, advancing, room will seem smaller, makes time go by slowly—in cold climates, when using the red spectrum on walls and furnishings, there is less of a tendency to crank up the heat, saving on fuel consumption
- has an immediacy which forces itself upon you
- stimulant, therefore should be used carefully
- exciting, vital, the colour of blood, motivation, courage and strength, passion, power of creation
- sexually suggestive, physical love and carnal passion
- freedom to be active, enthusiasm, self-sufficiency
- friendliness and forgiveness
- prosperity and gratitude

Healing properties of Red

- disperses feelings of tiredness and inertia, invigorates, stimulates the system, gives energy, strength
- psychologically uplifting, giving more confidence, initiative

- helps overcome depression and inertia, stimulating will-power and courage
- disperses chronic chills or colds, promotes heat in the body
- good in cases of: anemia, paralysis, poor circulation, depression, blood disorders, lumbago, rheumatism, poor iron and minerals
- stimulates heart, nerves, liver builder, tonic, helps in the manufacture of hemoglobin for new red blood cells
- lends vigour to the physical functions and is especially useful during those run-down times or for low resistance
- propagation, the power of creation
- sets aflame passions and hungers
- carries the energy needed for building and strengthening the body, allows energy and dynamic self to emerge as mental tensions ease

Diminishing aspects of Red

- aggression, exhaustion, demanding, starving, craving attention, irritates, agitates, calls men to arms
- not recommended for those with high blood pressure, in fever, for hypertension, or any inflammatory conditions such as swelling, open wounds, burns or bruises, in pain, or emotional people.
- indecency, coarseness, lack of refinement, obstinacy
- danger, anger and fiery rage which may be expressed as brutality, ruthlessness, resentment and revolt

- steer away from wearing red when faced with emotional situations and challenges where anger may ensue



"Both Sides Now"
Chalk drawing by Rosemary Phillips

Pink

Primary Red with white

The colour of Christ Consciousness, of love

Tints of red, such as pink, have gentle associations in western culture, with Cupid, love, truth, beauty, and health. Pink is associated with gentleness, the feminine ray and energy, love, emotional love, peace, friendship, kindness, caring, softness.

Healing properties of Pink

- affects pelvic problems, hip and buttock problems
- calming effect (The Pink Room)
- heals grief and sadness
- restores youthfulness
- brings you in contact with your feelings

Diminishing aspects of Pink

- not to be used on a bed when there is insomnia
- too long in a pink room can create discomfort

Orange

Secondary, 2nd Chakra, Musical Note D

Complementary – Blue

Orange is a social colour. It is the centre of feeling. Take the courage, strength and passion of red and mix it with the intellect, joy and clarity of yellow and you have orange, for the balance of emotions. Every emotion has its equal and opposite. From the blending of opposites comes the balance of emotions. There are no mistakes, only lessons to learn. Worried emotions freeze and numb feelings. Positive thoughts break all barriers.

Effects of Orange

- combines the physical vitality of red and the intellect of yellow, it is a physical and mental stimulant
- movement and enterprise, vitalizing
- communication, balancing emotions
- may have different effect upon children - sedating
- outgoing and assertive but more constructive
- reflects enthusiasm, with a natural impulsive vivaciousness
- brings the 'kiss of life' - good health, vitality, creativity and joy as well as courage, confidence, buoyancy, spontaneity and positive attitude to life
- its finest attribute is bliss
- expands the emotional self, allows mental confusion to lift, self focus to sharpen, courage to increase, hearing to be more discerning
- stimulates emotions and glands

Healing properties of Orange

- energizes the body, stimulates the digestive system, improves appetite, assists in the assimilative, distributory and circulatory processes stimulating blood and circulatory processes, and affecting the mental and nervous and respiratory systems, stronger heart beat, helpful to liver
- psychologically removes repression and inhibitions
- helps to broaden the mind, raises mental level, brings more understanding and tolerance

- powerful tonic effect, frees the bodily and mental functions
- good for: disorders of the spleen, kidneys, bronchitis, chest, gallstones, paralysis (from emotion), thyroid stimulant
- colour of calcium, and is recommended for pregnant women and mothers who wish to encourage the generation of breast milk for feeding
- healthy hair, nails, bones and teeth
- affects the physiological function of the stomach, pancreas, bladder and lungs; relieves ulcers and gallstones; especially effective in relieving wind and gases from the body
- brings balance to those who suffer intestinal cramps and sluggish or spastic colon; constipation can be treated effectively, as can a sluggish bowel
- good for the treatment of alcoholism, bronchitis, encouraging deep, rhythmic breathing
- lighter tints may be used for treating arthritis and rheumatism.

Diminishing aspects of Orange

- psychological tests have shown that if it is used extensively in a room the occupants will fast feel 'driven out' by its sheer forcefulness.
- overbearing and overwhelming attitude
- flamboyance or an exhibitionistic streak
- in its extreme— loss of vitality, despondency and destructiveness, joylessness, melancholy, sadness

- not a colour for people who are easily irritated or suffering from stress, or trying to loose weight

Yellow

Primary, 3rd Chakra, Solar Plexus

Musical Note E, Earth

Complementary – Purple-Violet

The colour of thought. Nothing exists without thought. You create your own reality. Everything around you was at one time a thought. From thoughts come actions and experiences. Take care to say how you feel. Communication reaches invisible and visible planes. Fine magnetic threads connect everything through waves of energy. The mind can create or destroy.

Catch some rays, soak up the sun.

Next to white, yellow is the most light-giving of all hues, the brightest primary colour, nearest to sunlight and most luminous. In common speech, to "see the light" means to be brought to a realization of previously hidden truth.

Effects of Yellow

- has a cheering effect, even in winter, happiness
- mental, stimulating intellect, the desire to learn, memory

- gives clarity of the mind, clear thinking and self expression
- open minded and inspiring, knowledge and wisdom, reason and logic, intellectual discrimination, discernment, decisiveness

Healing properties of Yellow

- psychologically stimulating, raises spirits, inspires, brings a harmonious attitude to life
- affects the nervous system and the digestive processes, it acts as an eliminative on the liver and intestines, so that it is a purifier for the whole system, including kidney, and dispels mucus from the body
- good for: nervous exhaustion, skin troubles, indigestion, related complaints of constipation, liver troubles, diabetes, gall bladder, dissolves arthritic deposits
- brings hope, and the feeling that everything will be all right
- strengthens muscles, including the heart, creating better circulation
- excellent for the relief of inflammatory disorders of the joints and connective tissues and can alleviate arthritis, rheumatism and gout
- loosens calcium deposits within the system, and so it is effective in relieving stiffness of the joints, and pain experienced during movement
- cleans the bloodstream and activates the lymphatic system
- helps diabetics lower their daily intake of insulin, and en-

courages the natural flow of pancreatic insulin

- iodine, phosphorus, gold and sulphur contain this yellow energy

Diminishing aspects of Yellow

- like all primaries, if too much is used in a small area it will soon tire the eye

- negative vibration of yellow can be extremely destructive; it involves deception, deviousness, controlling behaviour, calculation, maliciousness, vindictiveness and flattery

- it can lead to an extreme negativity with mental depression and deep pessimism

- although yellow is a colour which stimulates the brain and the mental faculties, it is not recommended for anyone suffering from severe mental illness or neurosis

Lemon



Primary Yellow and White

Healing Properties of Lemon

- loosens mucous, activates the thymus gland
- builds bone, soothes muscular tension, cleanser
- helps heal and eliminate the common cold

Green

Secondary, 4th Chakra, Heart

Musical Note F, Wood

Complementary - Magenta

The colour of Nature. The Heart Chakra. The colour of peace and hope, of new life to come. Greens are a matter of life and death - from the vital gleam of lush foliage to the murk of mould and decay.

Green is the colour of the vegetable kingdom, the mysterious chlorophyll involved in photosynthesis. When light comes to the earth, and water and air release their elements, then incarnate sentience puts forth green.

The Green Room

Effects of Green

- inner peace, originating, self assertion, growth
- colour of balance and harmony
- known for its restful effect upon the eye
- in many ways the exact opposite of red - it is so unstimulating as to be positively sedative
- restorative and soothing, fruitfulness and contentment, tranquility and hope
- the fusion and interpenetration of knowledge and faith
- midway between the heat of red and the cool of blue

- energy of green reflects sharing, adaptability, generosity, and co-operation
- soothes the emotions, invites good judgment, conscientiousness and understanding
- image of security and protection
- creates an environment appropriate for making decisions
- space, freedom, harmony and equilibrium, justice
- a signal for the renewal of life, and its highest vibration reflects the spirit of evolution
- contrasts well with pinks and reds, complements its cool partner blue, and harmonizes with pastels and turquoise

Healing properties of Green

- influences heart and blood pressures, stimulates the pituitary gland
- psychologically gives a feeling of renewal, freshness, governs emotional problems and repressions which bring on heart attacks
- soothing the nerves - cities without green could possibly account for higher crime, tension etc.
- good for: flu, headaches, high blood pressure, cancer, nervous system, eyes
- anti-septic, disinfectant, hot flushes, menopause

Diminishing aspects of Green

- miserliness, indifference, insecurity, stagnation, degenera-

tion, inability to proceed

- poor judgment, over-cautiousness and suspicion
- green with envy, jealousy, selfishness, and prejudice



“Going Within”

Chalk drawing by Rosemary Phillips

Turquoise

Tertiary, Thymus Chakra

Complementary - Red

Created by the combination of Blue and Green

Effects of Turquoise

- cool, relaxing and refreshing
- a constant vibration which neither overpowers nor intrudes
- an aura of alertness and awareness
- originality, renewal, humanism

- gives great clarity of expression, attentive
- open-minded quality which emanates well-being
- liberal, helpful and triumphant
- increases intuition and sensitivity
- the opportunity for change and ultimately, transformation at its highest level

Healing properties of Turquoise

- works on the immune system, acting as protection against invasion by harmful bacteria and viruses
- cooling, aids any inflammatory condition such as headache, swellings, cuts, bruises, or burns
- anti-inflammatory, aches and pains are reduced
- good for skin problems, including acne, eczema, and psoriasis, builds skin
- relieves stress and tensions, replenishes the whole system, tones the system
- helps to remove toxic waste and congestion from the body, disinfecting, assists the elimination process, colitis, dysentery and fevers are especially responsive to turquoise
- helps to clear sinuses, mental fatigue, and hay-fever
- most popular colour with AIDS sufferers, especially in the early stages of the disease

Diminishing aspects of Turquoise

- not recommended for people with sluggish or under-active

conditions

- isolation, separation, emptiness and lack of clarity on emotional, spiritual and mental levels, an immaturity which can manifest confusion and an inability to advance in life

Blue

Primary, 5th Chakra, Throat

Musical Note G, Water

Complementary - Orange

Blue beckons our spirit with the vibrations of faith into the infinite distances of spirit. Blue points to the realm of transcendence. Blue is the traditional colour of the European Great Goddess and Divine Wisdom, from the deities of Neolithic to the blue robes of the Virgin Mary. Often associated with holiness.

In the atmosphere of the Earth, blue appears from lightest azure to the deepest blue-black of the night sky. Running water, stream of life. Throat chakra, communication, speech.

Effects of Blue

- cool, calmness, quiet, grace, spiritual, brings peace, and lovely relaxing, healing feeling
- faith, trust, detachment, bring changes of vibration

- inner guidance, retreat to own self
- reason, ease, satisfaction, quiets internal voices, a sedative, fluid
- effect of retreating, walls and ceilings will retreat, enlarges, makes a room seem larger and cooler
- if wearing a blue dress, look thinner, smaller
- contractor, restrictor, slows things down
- marks the entry into the deeper realms of the spirit

Healing properties of Blue

- the healing colour
- quiet, peace of mind, good for relaxed creativity
- good for: reducing high blood pressure, jaundice, throat troubles, fever, children's ailments (measles, mumps, teething, whooping cough, chicken pox, hiccups etc.), inflammations, spasms, stings, itching, headaches, shock, insomnia, menstrual pain; eye troubles, such as myopia, cataracts, and photo phobia; encourages sleep

Diminishing aspects of Blue

- in cooler climates, if rooms are decorated mostly in the blue spectrum there may be tendencies to crank up the heating to feel warmer
- searches and seeks continuously, doubt and disbelief, lack of tact, promotes daydreaming, tending towards sloppiness, complacency and distrust—"Feeling blue"

- tiredness, laziness and dullness, can move into a melancholic state, finally attracting a total sense of inertia
- not advised for paralysis, low blood pressure, or colds
- not recommended where there is melancholia or depression



"Ascension 1"

Chalk drawing by Rosemary Phillips

Indigo

6th Chakra, Third Eye, Pituitary

Musical Note A—Deep Blue

Devotion with a trace of stabilizing and objective red. Sense of unity. Self responsibility. Trusting intuition, faithful. Seeing things from a higher point of view. Articulate. Responsible to oneself to follow the soul's path. Intuitive messages for own

personal growth.

Effects and healing properties of Indigo

- divine knowledge and higher mind, opens up intuition
- sedative, balance, benevolence
- cool, electric, astringent, calmness, soothing, boils and swelling, eyes and ears
- for “quiet” places, like bedrooms, treatment rooms, study, library
- purifier of the blood stream
- benefits mental problems

Diminishing aspects of Indigo

- separateness, fearful, intolerant, impractical

Purple / Violet

Secondary, 7th Chakra, Pineal

Musical Note B

Complementary - Yellow

Royalty. Regal. Spirituality. Solitude and dedication in blue-violet, divine love and spiritual dominion in red-violet. Angelic love. Purifying. Transformation.

Purple signifies wealth and royalty, patronage, dignity, richness and power to Westerners. In ancient times, the dyes used to create purple were so expensive that only the very rich, like royalty, could afford the colour. From this grew its association with the powerful elite and their patronage.

Effects of Purple / Violet

- combines both blue and red; the cleansing colour
- stimulates the brain
- associates with grandness, royalty and ceremonials, nobility and self-respect
- provided it is used in a large room it can add a richness and dignity to its surroundings
- if used in small areas it can be overpowering
- peace and calm, tonic, sedative and soothing
- encourages creativity, stimulates intuition, artistry, tolerance, and consideration
- integration and oneness
- psychic energy with vision and intuition, destiny
- practical idealism informed with humility

Healing properties of Purple / Violet

- helps broaden the mind and free it of fears and inhibitions
- a purple room can boost a child's imagination or an artist's creativity
- purifies the blood stream, assists the building of leukocytes

- powerful effects on serious mental complaints
- good for: disease of the eyes, ears, nose, lungs, asthma, dyspepsia, sciatica, fevers, congestions, eruptions, etc.
- normalizes all glandular or hormonal activity
- works well with cerebral-spinal meningitis, concussions, epilepsy, and any other mental or nervous disorders such as obsessional disorder, and personality imbalances, will relieve neuralgia
- helps keep a balance of sodium and potassium in the body, which in turn helps to regulate water balance and normalizes heart rhythms
- reduces heart pain, slows heart beat, increases venous drainage
- good for stiffness, congestion and excessive menstruation
- provides insightful dreams

Diminishing aspects of Purple / Violet

- forgetfulness and lack of endurance, pride and arrogance, moodiness.
- inconsiderateness, disrespect, and an argumentative, demanding attitude spring from misuse of this energy
- can degenerate into impractical idealism, separateness, corruption and disintegration

Magenta

The colour of Compassion

Complementary Colour - Green

Effects of Magenta

- transmutes desire into its physical equivalents
- dedication, reverence, gratitude and commitment
- express idealism in its purest form
- last of the colours of the rainbow, bringing with it a high degree of understanding and maturity as a consequence of its passage through all the other colours
- great compassion, gentle, warm, nurturing, and protective
- unconditional or spiritual love is its highest expression

Healing properties of Magenta

- increases the blood supply to the brain and stimulates the sympathetic nervous system
- wear magenta or pink if you have a tendency towards over-exertion
- good for: amnesia, comas, function of the heart including heart murmurs, palpitations and heartburn, high blood pressure, chronic tiredness, nervous breakdown, headaches, head colds
- the energy of the colour is gentle, soothing, and protective

- aids expansive breathing, energizes the adrenal glands, and the kidney areas, and can also be used as a diuretic
- stabilizer for the emotionally disturbed and in cases where there may be aggressive or violent behavior

Diminishing aspects of Magenta

- can create energy of superiority leading towards snobbishness, arrogance, ultimately isolation; lack of self-love
- dominating, monopolizing, and fanatical outlook; insecurity

Gold

The God Colour – however you may understand the Creator, Allah, All That Is

Absolute authority, confidence, creativity, perfection, solar energies, luxury. The gold aura of saints is the token of their transfiguration. Heavenly light could only be symbolized in art by gold.

Silver

Cycles, birth, rebirth, reincarnation, healing harmonial imbalances, emotional stability. Intuition. Dreams. Psychic abilities.

White

**Reflecting all colour, purity,
cleanliness, innocence**

New beginnings. Purity. Freshness. Represents all colours. Perfect harmony and balance. Raises vibration of mind, body, soul. Protection from negativity. Awakened spirit. Light of perfection.

Effects of White

- when wearing white, reduces feelings of anxiety, disappointment, frustration
- cleansing, purity, positive energies

Black

The absorption of all colour, mystery

Elemental Earth. Protection, banishing, breaking free from bad habits/addictions. Deep meditation, opening up deep unconscious levels. Seriousness, darkness, depression, death, mourning, mystery, secrecy, occult, standing apart, hidden, nothingness. The colour for extremes.

Grey

The blending of White and Black

Neutral. Cancelling situations. Indifferent, reserved, cool, lifeless, refined, tactful. When used too extensively in decorating Grey can produce depression, lack of energy; not good for children and healing. Need to balance with other colours of the rainbow. Often used as background for art.

Brown

Elemental Earth

Stability, grounding, conservation, protection. Family and pets, healing animals. Attracting help in financial crisis. Solid. Simplicity. In decorating serves as neutral in beige and brown, background for the colours of the rainbow.

And this is but the beginning....

Disclaimer: *At a time when there are so many therapies, modalities, methodologies and theories claiming to be “the only way” to healing, the reader is cautioned to take responsibility for their own choices and realize that no one way is the only way. The author accepts no responsibility for choices and actions taken by the reader as a result of the information presented in this guide.*

Notes

Notes

About the author:

Rosemary Phillips was born and raised in London, England. She is the daughter of a baker/artist and the grand-daughter of an inventor/artist. She completed her schooling in Ontario and studied Interior Design in Toronto. Rosemary's life has been eclectic, eccentric, artistic and nomadic. She considers herself blessed with; the talents she has acquired, experiences she has encountered, lessons she has learned, people she has met, and the many she can call "friend". Canada is home.

A journey through the Rainbow

“Just as no two people have
the same body chemistry, no
two people use colour alike.”

Eleanor Brown, Colour Consultant

Quills Quotes & Notes
Made in Canada, Eh!
(Where “colour” has “u” in it!)