

Cashing in on  
the "Simple Magic" of  
**Color**

Valerieann J. Skinner

*Cashing in on the "Simple Magic" of Color*

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208-847-3129

P.O. Box 32 Georgetown, Idaho 83239

vskinner@dcd.net [www.valerieann.com](http://www.valerieann.com)

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# Table of Contents

<b>CHAPTER 1: What About Color? ....1</b>	
Transcending Your Limitations ....1	
Colors Through the Ages ....6	
The Power of Color ....6	
Review of Chapter 1 ....9	
<b>CHAPTER 2: Colors as Energy ....11</b>	
Chart . . . Energy Centers ....18	
Review of Chapter 2 ....19	
<b>CHAPTER 3: Methods for Obtaining the Benefits of Colored Light...21</b>	
Colored Flame Visualization ....24	
The Violet Flame ....27	
Using Sound With Color ....30	
The Spoken Word ....31	
Review of Chapter 3 ....33	
<b>CHAPTER 4: Meanings of Individual Colors ....35</b>	
White ....37	
Yellow ....37	
Orange ....39	
Red. ....40	
Pink ....42	
Maroon ....42	
Magenta ....42	
Violet ....43	
Purple ....44	
Indigo ....45	
Blue ....46	
Green ....47	
Turquoise ....49	
Brown ....49	
Gray ....49	
Black ....50	
Black Velvet ....51	
<b>CHAPTER 5: How to Interpret Colors in Your Dreams ....52</b>	
Steps for Interpreting Colors in Dreams ....55	
About the Author ....57	

## **Chapter 1**

# **What About Color?**

### **Transcending Your Limitations**

If I could, I'd just sit here doing nothing for a while, resting myself from all my cares. Then . . . maybe I would get into my car and drive wherever my heart led me. And if I saw some birds bathing in the sun on the branch of a tree, I'd stop and join them, soaking in the beauties around me with no thought of time. Then perhaps, as I melted into my surroundings and they into me, I might just let go of my belief in gravity and fly with the birds.

With my new wings, I would fly to far places where new scenes of seashores and mountains would be waiting. I would enjoy each seashell on the shore, each leaf on the trees and the energy of everything around me until my cup was full. Then . . . who knows what I would do, for once I had experienced a world without limitations I would know that all my dreams were possible and I would never again be the same. After this . . . I couldn't go back to the old world, because it wouldn't exist, having (now) expanded my views beyond the old restrictions . . . into new possibilities.

Oh, but I can't take time to sit and do nothing . . . for I must tend to the

needs of my family and those around me. There are mouths to feed, clothes to wash and house to clean . . . work to do, bills to pay and things to fix. Resting and enjoying the birds in the trees will never do. I cannot fly, especially to far off lands. There's never time or money for such things. Besides, that's not the thing that I "should" be doing anyway. So, I had better hurry home and get *busy*!

Which part of this story do you relate to? Are you doing the same old, same old, day after day, or are you enjoying your celestial wings of glory and flying in the realms of your full, unlimited potential?

Are there limitations in your life? Maybe just one or two? (Yes, I thought you had a few.) Would you like to transcend those limitations? It *is* possible. There is a place where time and space allow you to transcend your limitations. In this new world, which is found right where you are, you have "unlimited potential" and "unlimited possibilities." It is a world beyond the limited illusions of the physical. Does the thought of going there excite you?

Our universe is far more grand and subtle than anyone has previously thought. Albert Einstein's equation  $E=MC^2$  tells us that **all matter is energy**. Physicists have proven that metal, plastic, wood and everything else in our world that appears solid is actually made up of swirling molecules temporarily molded in their current patterns and vibrating at the rates of metal, plastic or wood. Everything breaks down into subatomic particles of energy. **And most importantly, our bodies are energy. Nothing is solid. It is all energy. Energy is nonphysical in nature and infinite.**

As a matter of fact, physicists have isolated the smallest particles of energy . . . units far smaller than the atom . . . and examined them in sealed chambers. The particles remained constantly in motion until they eventually fell to the bottom of the chamber, where they appeared to die. But soon, the

particles bounced back. Only this time, energy was a new size and weight and moving in a new pattern and speed.

What can we conclude from this?

Energy cannot die, it can only transform.

**Therefore, the obstacles to all your desires are really only energy . . . not brick walls . . . and those energies can be transformed. All the limitations you perceive out there are in reality . . . *transformable energy*.**

Just to make sure you really *heard* what you just read, I'll repeat it.  
**The obstacles to all your desires are really only energy . . . not brick walls . . . and those energies can be transformed. All the limitations you perceive out there are in reality . . . transformable energy.**

Since we all are energy, we have always existed in some form, and we will always exist in some form. Furthermore, scientists have also concluded that we have the technological ability to measure only a tiny fraction of the energy spectrum surrounding us. If only we could measure the full spectrum. Einstein believed and current leading-edge scientists believe, we would discover entire new worlds, including alternate realities and parallel universes where, some speculate, events of our lives that we have yet to experience have already taken place! (Ponder that for a moment)

On a particular day, while traveling down a road in Kansas City, Missouri, my energies shifted such that I was able to see into another dimension. There before me, was the most beautiful city I had ever seen. It existed in the same place as Kansas City, only somewhat higher in elevation. It was full of light and appeared mostly white. It was as real to me as the physical city I was seeing simultaneously. Seeing this scene for myself let me

know for certain that there are realities beyond what I usually see with my physical eyes. Opening myself up to all possibilities has resulted in many such experiences.

The fact is, there are unexplored realms of perception all around you. It is common knowledge that people rarely use more than 10% of their mental capabilities. However, it is possible to access the mysterious 90% of your mind that is unused . . . any time you want. How would you like to do that?

A simple way to begin tapping into that unused portion of genius is to become more aware of the subtle energies which are constantly at work in your life. By becoming aware of energy and consciously using your awareness of it to transform the undesirable energies into desirable energies, you are taking a big step in the direction of your unlimited potential, toward that which is already yours.

If you have never really thought about these things, learning about and using Color is a fun and easy way to begin your journey into the awareness of energy and how it works. Ultimately, you will be learning about yourself. According to Albert Einstein, everything is energy and that includes **Color**, which is the visible part of the spectrum of light. All **Colors** contain vibrations. We are empowered by becoming aware of and learning to work with these vibrations/energies. Vibrations affect us in everything we do both positively and negatively. They have the ability to destroy or heal, depress or uplift, repel or attract.

Studying the energies of the different **Colors** as a means for healing disease in body, mind, and spirit is very fascinating. Using **Color** to restore balance and harmony is an amazingly easy thing you can do for yourself. Unfortunately, most people are unaware of this simple and effective way of affecting their own healing or improving their business. But not for long,

because this very information is contained in this book and is available to you right now. Read on to learn how you can begin enjoying the freedom found through a higher awareness of energy. Learn about the energy of each **Color** and how to use them in your life.

An important point to remember when using **Color** for healing is that complete healing comes about through an internal transformation . . . a changing of the energies inside ones self. God, the Source of all healing, enables this to happen. It is for us to be mindful of the tool(s) God offers to help effect the healing. **Color** is an important tool that we can use to complement healing. More than likely, your reading of this now, indicates that using **Color** is an important element in your healing or in some other aspect of your life. Nothing happens "by chance." Everything has meaning. You were led to read this for a reason. So read on and learn what is here for you.



## **Color Through the Ages**

We are blessed to be living in a day and age when there is an increased awareness of Color and its affect upon us.

Colors have been used to heal and protect mankind throughout the ages. White, for example, has been used in hospitals and churches for its purity and cleanliness. Black has been used for mourning our deceased.

It has been known for thousands of years that Color plays a major role in setting up a particular mood or state of mind. Yet, only recently have design artists put into practice that which the ancients knew all along: Color does affect one's feelings, moods, and emotions. Whereas, in the past, so many of our hospitals and schools were painted that "institutional green." These places of learning and healing are now painted in vibrant Colors which help stimulate the mind and the emotions to a condition of healing and well-being.

We all respond, in some way, to our Color environment. Most people know that bedrooms should not be painted in bright, flashy reds or yellows, because these Colors tend to stimulate the body and inhibit relaxation and sleep. By knowing *how* each color affects us, we can consciously use them to bless our lives. Otherwise, the Colors in our environment may be the wrong colors for what we need to stay in balance and may therefore be affecting us adversely.

## **The Power of Color**

You can begin to see that Color plays a vital role in the world in which we live. Color can sway thinking, change actions, and cause reactions. It can irritate or soothe your eyes, raise your blood pressure or suppress your

appetite. When used in the right ways, Color can save energy consumption. When used in the wrong ways, Color can contribute to global destruction. As a powerful form of communication, Color is irreplaceable. Red means "stop" and green means "go." Likewise, the Colors used for a product, web site, business card, or logo cause powerful reactions. Colors send a subliminal message, one which plays a critical role in success or failure.

For example, whenever you are selling anything, the secret is to appeal to the emotions of the person you are selling to. When they read your sales copy, they have to be reading words that stir up certain emotions which lead them to a position where they want your product more than anything else. An important part of the selling tactic, which, unfortunately, too many people pass up, is the *Color scheme*. Using Colors which symbolize what it is you are doing will make a huge difference. You will see an increase in performance of the best sales copy . . . if you have the right Colors behind it.

The concept of Color can be approached from several disciplines: physiology, psychology, philosophy, spirituality and art. Colors can be used to alter our physical, mental, emotional, and spiritual conditions.

It is interesting to note that everyone has an opinion on Colors. Everyone has his or her favorites and is affected by Colors, often more than is realized. Colors are intimately tied into *all* aspects of our lives. It has even become a significant part of our language. We use Colors to describe our physical health, our emotions, attitudes, and even our spiritual experiences. No one is neutral when it comes to Colors. There are always Colors we like more than others, and some we just don't like at all.

Have you ever considered Color as having meaning in your dreams? You spend a good portion of your life *sleeping*. Just how vital is sleeping and how vital are your dreams? They are another form of subtle energy which aid

us in not only healing, but in receiving direction in life. Researchers often study the effects of depriving a subject of sleep for a number of days. When humans are totally deprived of sleep for several days, they experience symptoms like irritability, blurred vision, slurred speech, memory lapses, and confusion.

In experiments in which rats were deprived of sleep for long periods of time, *the animals eventually died*. From these results scientists conclude that sleep does indeed serve a vital physiological function. Other researchers have discovered that it is the *lack of dreaming* which is most detrimental. If dreaming is so important to our well being, why don't we pay more attention to our dreams and what they mean? Have you ever had a dream that you wished you had an interpretation for?

As I learned about dreams and how to interpret them, I discovered that understanding Color was one of the vital keys. With the knowledge of Color and how to read the other signs and symbols, I have been empowered with an ability to tap into the insightful and healing messages sent to me each night. I will include a section on "How to Interpret Colors in Your Dreams" in this book, however, if you are interested in an enlightening discourse on the healing available every night and how you can interpret your own dreams, read ***Your Dream Mine: Discover the Gold Within***. To get a copy, go to [www.valerieann.com](http://www.valerieann.com). As I have learned how to receive the guidance given nightly and work with energies in this way, my life has taken a dramatic turn for the better.

## Review of Chapter 1

1. Are you still doing the same old, same old every day, or are you using your celestial wings of glory to fly to the unlimited possibilities that exist?
2. What did Albert Einstein teach us about matter?
  - a) all matter is energy
  - b) our bodies are energy
  - c) nothing is solid
  - d) energy is nonphysical in nature and infinite
3. What do we learn from examining units far smaller than the atom in isolated chambers?
  - a) energy cannot die, it can only transform
  - b) the obstacles to all your desires are really only energy which can be transformed
4. What did Einstein believe we would discover if we could measure the full spectrum of energy surrounding us?
  - a) entire new worlds
  - b) alternate realities
  - c) parallel universes where, events of our lives that we have yet to experience have already taken place
5. What percent of the mind is used by most people?
  - a) 10%
6. Is it possible to use the other 90% right now?
  - a) yes
  - b) you can use 100% of your mind any time you want
7. How do you learn to use all of your mind?

- a) by becoming aware of subtle energy and how to use it
8. How can you use subtle energy as a means for healing disease in body, mind and spirit?
- a) there are many modalities, one of which is to learn about the energy of each Color and then *use* what you learn
9. In what ways has Color been significant through the ages?
- a) it has been used for stimulating healing and well-being
  - b) used for setting up particular moods, feelings or states of mind
  - c) used as a powerful form of communication
10. Are dreams a form of subtle energy?
- a) yes
  - b) they contain healing, balancing and insight
  - c) they are also a means of receiving communication from the divine
11. Is it beneficial to understand the meaning of each Color when interpreting your dreams?
- a) yes, it is very helpful

By the way, this was not a quiz with different possible answers . . . **all** answers are true.

## **Chapter 2**

# **Colors as Energy**

To understand how Colors are able to affect us, we must begin to understand what Einstein learned and see ourselves as an energy system which is indeed what we are. Everything in life is energy and is formed from vibration. These vibrations are the result of the movement of the electrons and protons of every atom in every molecule of every substance in the universe.

The human body comprises many energy fields. These energy fields surround, emanate from and can interact with the physical body and its various functions. These energy fields include, but are not limited to: light (Color), electricity, heat, sound, magnetism and electromagnetism. They are scientifically measurable. The different frequency of light or Colors affects different energies of the body. Some Colors can more easily affect the higher frequencies of the brain because they have a higher light wave frequency. Other Colors can affect the systems or energies of the body, which operates at a slower rate, because they have a lower frequency.

By learning which Colors vibrate with the energy needed to accomplish our goals, whether the goal is for healing or success in business, we can greatly increase our effectiveness in achieving our desired result.

Is one of your desires to feel better and have more energy? Why not employ things you are already using every day such as the Color of the

clothes you wear. Instead of unconsciously wearing Colors that may be amplifying negative undesired results, tap into the power of the Colors that can infuse your body and life with the desired energy and healing.

Chromotherapy, or Color healing, is one method for working with subtle energies of the body. The Human Energy Field is the manifestation of universal energy that is intimately involved with human life. It can be described as a luminous body that surrounds and interpenetrates the physical body, emits its own characteristic radiation and is usually called the "aura."

The aura is an outward expression of that which is taking place within the mind, the soul, the spirit and the feelings of the individual. It is the invisible energy body. Thus, any healing technique which deals with the aura or the energy field will jump start the individual, so to speak, and give him or her an added boost of energy. That energy boost then allows that person's own internal healing mechanism to become mobilized into greater activity.

For conditions which are purely physical in nature, such an energy jump-start may be all that is necessary. But, if the root cause of the illness is internal in nature, as is most often the case, usually caused by buried or unresolved negative feelings, then it is important to complement what you are doing with true Spiritual Healing, where the power of God's Healing and Spirit can effect a cure. But even here, the individual must change that which needs to be changed or the condition which brought about the disease will eventually manifest again. The negative feelings must be dealt with and the negative energies changed to positive ones.

True healing comes about when the cause of the condition or illness is addressed and transformed. If healing goes no further than a mere relief or masking of the symptoms, then eventually, that which brought about the need for healing in the first place, will resurface and manifest itself within the

body in another form. This is the law of cause and effect.

God can effect miraculous healing, through many methods, but not even God can force the individual to change internally. That would be God's interfering with His most profound gift to us: the freedom of choice. We are the ones that need to "take the bull by the horns," so to speak, and choose the healing path.

You are now on the path of learning how to work with the energies in and around you. You not only have an energy field called an aura of which you need to be aware, but you also have energy centers throughout your body which are called "chakras," and every chakra is related to a specific Color.

There are seven main chakras. Each of these vortices exchanges energy with the universal energy field. It is important that these chakras or energy centers are open. Having our chakras open means two things. First, it means metabolizing a lot of energy from the universal field through all the chakras, large and small. Second, it means letting in, and in some way dealing with, all the consciousness that is associated with the energy that is flowing through us . . . not an easy task.

It is important to open the chakras and increase our energy flow, because the more energy we allow to flow through us, the healthier we are. Illness in the system is caused by an imbalance of energy or a blocking of the flow of energy.

With this in mind, let us look at how Color can impact the aura and chakras and help jump-start the tired or diseased body. Color healing can be implemented in a number of ways and it's not a new idea. The ancients built great halls for Color healing, where individuals entered and were bathed in light that was filtered through various colored glass panels or windows. Pay attention to what you feel the next time you have the opportunity to stand in



the rays of the sun after they have first passed through a stained glass window. In ancient Egypt, people were often dipped in vats of Colored pigment, in order to help effect a cure. Other methods of Color healing involved grinding up crystals and gemstones for ingestion.

Spiritual healers often supplement their healing work with Color healing. As they lay their hands on the patient, they mentally direct specific Color rays into the patient's aura and body. The Color used is most often inspired by your intuition or Spirit.

To facilitate healing, Colors act as balancers. You either administer the Color(s) someone needs more of, or give the opposite of the Color someone has too much of.

Colors and tones are parallel, having the same frequency. Healthy people are in tune with their ground or main tone, which means that they vibrate on their own unique frequency . . . the truth of their Being . . . who they really are. Their aura will keep them in balance by attracting the necessary energies or frequency to keep their physical body in balance. Healthy people are playing and living their unique song. A healthy person is in harmony with the song of the universe. All planets in their orbit, create the music of the spheres. The planets play music as they move. So do we. It is either a song of beauty or chaos, depending on our state of peace or unrest inside.

When people get stressed, shocked, frightened or threatened, their aura becomes damaged and their chakras become blocked. These energetic power fields become thin and show dark spots or lesions, which are what keeps the aura from working properly. The result is that their frequency changes and they adapt a different frequency, and as a result the person will feel uncomfortable or get sick. They move into a chaotic frequency, playing tones

which are not theirs, becoming inharmonious with the universal song.

In 1988, UCLA professor, Dr. Valorie Hunt conducted a study on the human aura. Dr. Hunt found that the aura Colors could be measured in Hertz. (Hz = Hertz or cycles/second) The results of this research are as follows:

Blue	250-275 Hz, plus 1200 Hz
Green	250-475 Hz
Yellow	500-700 Hz
Orange	950-1050 Hz
Violet	1000-2000, plus 300-400 Hz; 600-800 Hz
White	1100-2000 Hz

Learning about this research, which *proved* that each Color had a frequency, was very exciting to me as an artist. Several years ago, I began to realize that each of my oil paintings had a unique energy. As I hung them in my home, I could feel the effect they had on me. It was then that I really began to understand the power of Color in my life.

Hopefully you are seeing the relationship between Color, frequency, your health, attitudes and behaviors. Color is a big part of our human energy field; your aura and chakras. Learning how to use the frequency of Colors consciously is powerful. Anything you can do to raise your vibrations or frequency will ultimately help you in healing or anything else you are trying to accomplish in life.

In addition to using Color to effect healing and improve my life, I also use essential oils because of their ability to help my body maintain higher frequencies or energy. Essential oils have various grades, the more pure, the better the oil. I have found the pure oils sold by Young Living to be the best.

Essential Oils were mankind's first medicine. They are liquids that are distilled from plants (including plant parts such as seeds, bark, stems, leaves roots, flowers and fruit). They are the blood of the plants.

Essential oils also have a measurable frequency. For example, Rose has the highest frequency of the oils at 320 MHz. By using certain Essential Oils, I have been able to more easily maintain my energy level. I even add Essential Oils to my oil paint to enhance the energy of my paintings.

You now know that Colors and Essential Oils have measurable frequencies. Did you know that the Human Body has a frequency of between 62-68 MHz? Not only that, each disease also has its own frequency such as cancer at 42 MHz and cold symptoms at 58 MHz. Therefore, if your body vibrates at the frequency of 42 MHz for a period of time, rather than its usual 62 MHz, you will be living in the frequency of Cancer which could manifest in your physical body. Are you putting 2 and 2 together? Is it important to do things that keep your energies at a higher frequency? Remember Einstein and what he learned . . . everything is ENERGY and it cannot be destroyed, it can either stay the way it is or be changed/transformed, therefore . . .

**Attaining your desired goals in healing or anything you are doing in life, has everything to do with learning to work with energy . . . vibrations . . . frequencies . . . and then with that awareness, using them to transform the undesirable into the desirable.**

At which frequency are you living? Do you have illness and disease in your present experience? Do you think it would benefit you to raise your vibrations and maintain a higher frequency?

Here the healing qualities of colored light come in. As already mentioned, each Color has a particular wavelength. By administering a certain Color you can strengthen the aura so it can repair itself and return to

its original ground-tone. The physical effect is healing of the body.

On the next page you will find a chart showing where each Chakra is located in the body. It also shows the Color, Musical Notes, Glands and Essential Oils associated with each chakra.

# Energy Centers

## Associated Glands

### Crown - Pineal:

Controls cerebrum, right brain hemisphere, central nervous system, right eye.

### 3rd Eye - Pituitary:

Controls endocrine system, left brain hemisphere, left eye, nose, ears, sinuses and parts of nervous system.

### Throat - Thyroid:

Controls jaw, neck, throat, voice, airways, upper lungs, nape of neck, arms.

### Heart - Thymus:

Controls heart, blood circulation, immune system, lower lungs, rib cage, skin, upper back, hands.

### Solar Plexus - Pancreas:

Controls liver, digestive system, stomach, spleen, gall bladder, autonomic nervous system, lower back, muscles.

### Sacral - Reproductive Organs:

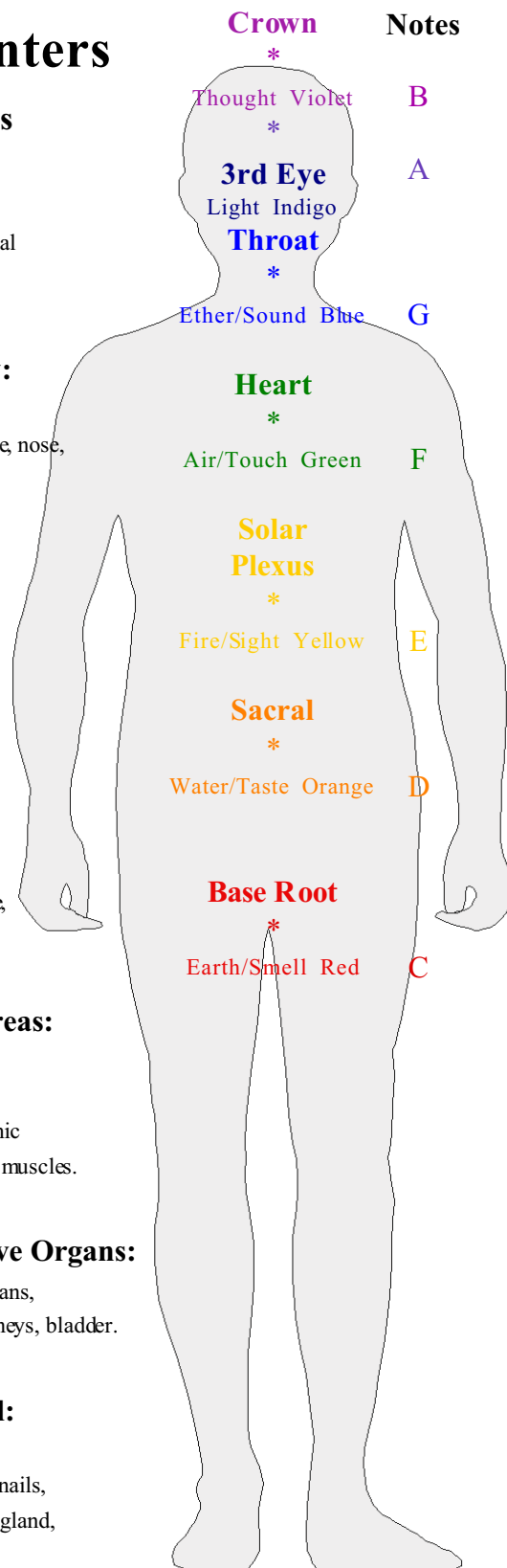
Controls pelvic area, sex organs, potency, fluid functions, kidneys, bladder.

### Base/Root - Adrenal:

Controls all solid parts, spinal column, bones, teeth, nails, anus, rectum, colon prostate gland, blood and building of cells.

## Musical Notes

## Essential Oils that correspond with each Chakra, Gland and Color.



**Crown** Lotus  
Rose  
Spruce

**3rd Eye** Jasmine  
Peppermint  
Spearment

**Throat** Eucalyptus  
Frankincense  
Sage

**Heart** Marjoram  
Rose  
Yarrow

**Plexus Solar** Bergamot  
Lavender  
Rosemary

**Sacral** Sandalwood  
Ylang Ylang

**Base Root** Cedarwood  
Clove  
Pepper  
Vetiver

Note: There are many energy centers on the body. This chart only shows the main seven.

## Review of Chapter 2

1. What are some of the energy fields that exist?
  - a) light (Color)
  - b) electricity
  - c) heat
  - d) sound
  - e) magnetism
  - f) electromagnetism
  
2. How do different frequencies of Color or light affect different energies of the body?
  - a) some Colors more easily affect the higher frequencies of the brain because they have a higher light wave frequency; other Colors can affect the systems or energies of the body which operate at a slower rate, because they have a lower frequency.
  
3. What is the aura?
  - a) the human energy field
  - b) a luminous body that surrounds and interpenetrates the physical body and emits its own characteristic radiation
  
4. How does true healing come about?
  - a) it happens when the cause of the condition or illness is addressed and transformed, or in other word, the energy is changed where the illness or condition originated . . . from negative energy to positive energy
  
5. What are chakras?
  - a) energy centers throughout our body

6. Why is it important to keep your chakras open?
  - a) the more energy that flows through our chakras, the healthier we are
  - b) illness is caused by a block of the flow of energy
  
7. What kinds of things can cause the chakras to become damaged and blocked?
  - a) stress
  - b) experiencing shock
  - c) feeling frightened
  - d) feeling ill-threatened
  - e) negative feelings of any kind
  - f) not being in harmony with the universe
  
8. What is one way in which you can strengthen the aura so it can repair itself and return to a healthy vibration?
  - a) by administering Colors in various ways
  
9. What is another means used for raising the frequencies of the body?
  - a) the administering of Essential Oils
  
10. What are the measurable frequencies listed in this chapter?
  - a) Color
  - b) essential oils
  - c) the human body
  - d) disease

## Chapter 3

# Methods for Obtaining the Benefits of Colored Light

**Colored light can be obtained in many different ways. Here are some of the methods you can use.**

**1. Drink solarized water.** This is a way in which the energy of Color can be taken into the body. It is an easy and inexpensive way in which to become personally involved in Color healing. Simply place purified water within a Colored bottle and allow it to be bathed in sunlight for a period of time, an hour or two is sufficient. The rays of the sun, filtered through the Colored bottle, energize the water with a specific Color vibration. What you end up with is a healing tonic. You can create a tonic from any Color you need the benefits of. Drink as many glasses as you feel to each day.

**2. Use Colored bulbs in lamps,** or cover a lamp or window with a transparent Colored (plastic) sheet. You can also use the Colored dia's in a projector. Sit or lie in the stream of Colored light for about 30 minutes during several days.

**3. Hang up (silk) pieces of cloth or paper sheets, in the desired Color,** in the room.

**4. Wear clothes of certain Colors.** Look in your closet at your wardrobe. Does it contain clothes of *all* Colors or are your clothes predominantly one,



two, or three Colors? Which Colors are missing? Why are they missing? When you read through the meanings of the Colors, pay particular attention to the meanings in relation to the Colors you usually do or don't wear. If you never wear a certain Color, you may want to ask yourself, "What part of myself am I avoiding," or "What part of myself do I fear?" Look at the meaning of that Color in Chapter 4 to find out about it and to find out why you may be avoiding it. On the other hand, you may not be wearing that Color because you are *too much* like it's characteristics and need to wear other Colors to balance yourself?

**5. Eat foods of certain Colors.** (Need more energy? eat tomatoes and strawberries)

**6. Wear jewelry with gemstones in the Colors you need.**

**7. Visit places in nature that match your need for Colors.** For calmness go to water, for balance, go to the woods, for energy buy red flowers, etc. What type of area do you live in? Is it a healing environment for you or does it have a negative effect?

**8. Bathe in color.** It is very effective to bathe in the color energy your body needs. You can purchase non-toxic, natural, organic color to add to your baths. (Colour Energy Corporation in Vancouver, British Columbia, Canada is one place where you can purchase these. tel.604-687-3757)

**9. Decorate with the Colors that provide the energies you need.**

Experiencing the healing benefits of my paintings hanging in my studio was what inspired me to write this book. One day it dawned on me why I felt so good in my studio . . . it was a result of the colors in my paintings. Whenever you are drawn to a painting or anything else you would use to decorate with, it is because it contains the energy that your body needs. Consciously

decorate with the colors that will add the energies most beneficial to you.

\* \* \* \* \*

So far, these have all been methods you can use which work from the "outside-in." They are all very helpful and effective things to do, however, there is one more method of using Color I would like to share with you.

To me, the most powerful methods of all have to do with learning to access the "power within yourself" . . . working from the "inside-out." No matter which healing modalities you use in your life, you will eventually be led to the power "within" and will learn to tap into your God given abilities to heal yourself. The following is one method for tapping into the true source of all healing.

**10. Visualize the needed Colors as flames of fire surrounding you.** This exercise is designed to teach you how to go inside yourself and begin working with energy on a higher plane. This is a very important step in being able to heal and realize your deepest desires. Learning how to go inside and access your intuition, which is divinely given, will reveal the greatest treasures on earth.

In order to use this method, you must use visualization. Just as an artist is unable to paint a picture she or he can't see, you cannot create something you are unable to visualize. (I have to qualify that statement a little. It is very helpful to be able to "see" or "visualize" something first in order to create it, however...as an artist, I have discovered that you can eventually move beyond having to visualize something before you can create it. By surrendering to the divine energy flowing through you, to your intuition, you can create things beyond your ability to preconceive of them. I quite often paint in this way

and only see what I am painting as it emerges onto the canvas.) For our purposes, however, it is helpful to first visualize the flame or fire that will be described below.

Read through the following visualization and get it into your mind first, then give it a try. Or it may be easier, at first, to have someone else read the instructions to you as you go through it.

### **Colored Flame Visualization**

Prepare as you would for meditation. If you are not familiar with meditating, simply find a place where you won't be disturbed, and sit comfortably in a chair. Close your eyes and take a deep breath slowly through your nose and let it go through your mouth. Take a second breath slowly through your nose and hold it for 3 counts at the top of the breathe, releasing it through your mouth. Relax! Let go of all that is on your mind.

Right now I can hear you say, "that's impossible!" Granted, letting go of your thoughts is challenging, but it gets easier with practice. You can do this visualization with a cluttered mind, but learning to be silent inside is more beneficial. Because it is such a valuable part of your journey inward, here is an idea that may help you accomplish silence, or at least a better state, before going into the visualization.

1. Relax and center yourself. Close your eyes, breathe deeply and focus on your breathing. Inhale vitality. Exhale tension. Repeat ten to twelve times.
2. Practice "not thinking." Whenever you catch yourself "thinking," let go of the thought and put your attention back on breathing. Granted, you are still thinking about "breathing," but it helps you let go of the clutter in your mind. Remember that thoughts are only real things when YOU give them your

energy or in other words, when you give them your attention. As soon as you shift your attention to something else, the thought no longer exists. So . . . catch your thoughts and let them go, catch your thoughts and let them go.

The more you practice "not thinking," the easier it will be. To be successful at it, all you need is "an instant" of no thoughts. That instant will gradually increase as you continue doing it. Even if you are just giving it a try, you are succeeding.

Remember: we can only "hear" when we are "silent." Have you ever wondered at times why you didn't seem to hear an answer to a prayer? Perhaps . . . you weren't really quiet enough to hear the answer. (Something to ponder.)

Learning to meditate and visualize will open the door to the 90% of your mind that you don't normally use, but which is available to you at any moment. It's by walking through this door that you will be able to fly to places you have not yet experienced and enjoyed.

We will now move into the colored flame visualization which will help you begin your journey into the magical world beyond limitations.

Let go of the outside world, relax and enjoy . . .  
Once again . . . prepare as you would for meditation. Find a place where you won't be disturbed, and sit comfortably. Rest your hands on your upper legs, with palms facing upwards. Close your eyes and follow steps one and two above. Relax, and . . .

Visualize yourself before a large bonfire. Now Color it  
the Color you desire. (For an example, if I were to use the  
Color Violet. I would Color the Flames Violet in my

imagination.) Visualize the Flames pulsating and undulating in endless shades of Violet or whatever Color you choose. Then see yourself stepping into the Flame, so that the Flame is where you are physically. See your body as transparent, with the flames curling up from three feet beneath your feet, passing up through and around your body, clear up over your head.

See it caressing your body, internally and externally, scrubbing the pores, passing through the nervous system, the arteries, the bloodstream, right down to the very marrow of your bones. You should have an actual sense of the motion of spiritual flames, just like physical flames, licking up around you. Breathe it in and direct it to the specific body parts that need it. (For example, you can also direct it to clear and cleanse your energy field, change negative feelings or energies into positive ones, or use the Flame to charge your body or energy field with vitality or whatever energy you desire depending on the Color of Flame you are using and its respective qualities.) As you gently surrender and let go, you can observe how the flame gives a feeling of vibrancy and vitality or whatever qualities the Color you have chosen has to offer.

These Flames are tangible spiritual fires that are charged with the energies of each Color. They can change negative energy into positive or whatever is needed. I encourage you to continue your own study of Color and apply what you learn about each one to the Flames. Even if you aren't consciously aware of everything each Color means, there is a part of you that knows all things . . . your divine aspect. It is often referred to as your Higher Self. Ask this part of you; your spirit, super conscience or Higher Self, to

locate the benefits of the particular Color and charge the flame or fire with these. Then soak in the Flame and receive the benefits there for you. The energies will be there already but it takes your conscious awareness of calling them forth to be able to receive the full effect. "Ask and ye shall receive."

As you try to visualize each flame, you may find that there are certain flame colors that are either difficult to visualize or impossible to see at all. When this happens, it indicates where your energies are blocked in your body's chakras. This will help you identify where your healing needs to begin. The Colors coincide with the chakras or energy centers. Look at the chart on page 18 to find the associated areas of the body. To assist you in unblocking the energy and allowing it to flow again, try wearing the Color that you have difficulty visualizing, using the musical note associated with it and/or applying the Essential Oils listed.

**Note:** *Don't make it harder than it is.* Flow with the ideas that spontaneously come to you as you experience the Flames.

Because the benefits of the Violet Flame are so powerful, I will share with you what some of its attributes are. Even if this is all you use from this book, it is more than worth its weight in gold.

## **The "Violet Flame"**

The Violet Flame is charged with the light of divine freedom. Mystics of all ages, East and West, have seen that there is a "spiritual spectrum." Radiant Colors, purer and more rare than those found on earth, emanate from a brilliant, white "inner" divine light. I have experienced these colors for myself and testify to the beauty of the world many are now walking into.

Using the Violet Flame is one of the quickest ways to accelerate

spiritual growth. It is a unique spiritual energy that can raise your level of consciousness and heal your body, mind, spirit and soul. It is the ideal tool to help you in your physical, material, emotional and spiritual life.

The Violet Flame actually erases the cause of old age, disease and death. It penetrates the body and aura to reverse or eliminate the cause of illness and disease. The Violet Flame flushes out and renews body cells, increasing stamina and longevity. It also helps deal with the long-term effect of drugs. (Just in case you didn't quite get all that was just said, read this paragraph once more.)

The Violet Flame can also help with emotional and psychological problems. It can clear stress, depression and anger. The Flame can help heal the cause of psychological problems and emotionally distressing experiences which go back to early childhood. The scars of old hurts and painful memories may be healed and dissolved when the healing balm of the Violet Flame is applied. Does any of that interest you?

Research has shown that hatred and other negative thoughts and feelings actually create excess amounts of acid in the body that it cannot assimilate. The Violet Flame clears this internal pollution, purifying the aura and chakras and increasing extrasensory perception.

There is unbounded creativity in the Violet Flame. It frees up creativity within you and aligns you with the creative force. Whatever your calling or vocation, the Flame will enhance your creative talents and abilities. This is absolutely true.

The Violet Flame has the power to erase, or transmute the cause, the effect, and even the memory of our past mistakes. Transmutation means to change . . . to alter in form, appearance or nature. The Violet Flame changes

negative into positive, darkness into light, "fate" into opportunity. The Flame also erases the resultant "bad karma" of our mistakes.

It is a tangible spiritual fire, charged with the power of freedom, mercy, forgiveness and transmutation. Its very purpose is to transmute negative energy into positive energy. The Violet Flame literally melts negativity out of you. The Flame penetrates the atomic structure of being, wrapping each atom individually, demagnetizing and stripping them, electron by electron, of the physical manifestation of your negative karma. The Violet Flame frees every particle of energy it touches, and each time a measure of energy is freed, it ascends back to higher dimensions.

The Violet Flame is a physical Flame. The Color Violet has the highest frequency in the visible light spectrum, and is at the point of transition to the next octave of light. It is closest in vibratory action to the elements and compounds found on earth.

Scientists have found that each person has a unique vibration, which consists of the frequencies of all our atoms and molecules. Put together, these frequencies make up the "tone" of your identity. The Violet Flame gives a positive spin to the electron and atom, thereby raising your vibration. The Violet Flame can never harm you. It is a scientific fact that matter is neither created nor destroyed, but only changes form. The Violet transmuting Flame does not destroy. It literally undoes your past mistakes, giving you the opportunity to create a greater work.

Medieval alchemists attempted to transmute base metals into gold, using heat to separate the "subtle" from the "gross." But the primary purpose of alchemy is not to create wealth. The changing of metals like lead into gold is symbolic of a higher and more noble alchemy . . . the alchemy of self-transformation.



Transmutation, is a spiritual process which exalts the soul into a state of unity with the Divine. The Violet Flame produces the highest alchemy, because it transmutes the base metal of the human consciousness into the gold of the Christ consciousness.

Just think what would be possible if you were to visualize the Violet Flame forever burning in and around you. Something to ponder.

## **Using Sound with Color**

Colors are interconnected with Sound. Sound (the word) is the original creation tone. Everything is made up of energy vibrating at different frequencies. All things in nature vibrate to sound, light and color. Just like Color, Sound frequencies affect everything about us. The correct vibrational frequencies from either Color or Sound can be used to heal and balance our bodies.

Sound healing is the practice of using sound to realize and correct imbalances in the body. Sound healing works on the same idea we have discussed earlier . . . that the human body is not solid. Rather it is energy that is held together by sound vibrations. Any disease indicates that some sound or vibration has become inharmonious or gone out of tune. Each Color corresponds to one of the chakras in our body. Sound is used in many forms to heal and balance energies. Each chakra relates to a musical note. Each musical note relates to a Color.

Combining the unique tone of your own voice, with the frequencies of certain words and Colors is very powerful. To benefit from this, add the "Spoken Word" to your visualization of the Flames as described in the next section.

## The "Spoken Word"

You can use the "Spoken Word" with any of the Flames. Be open-minded, honest and willing to experiment. The "Spoken Word" given with faith, sincerity, and a tender and loving heart will invoke the benefits of any Flame more effectively. Here's an example of words you could use with the Violet Flame.

Before you start to visualize the Violet Flame, take a few, slow deep breaths. Some of the simplest words to use with the Violet Flame are: "I AM a being of Violet fire! I AM the purity God desires!" ("I AM" is an affirmation of your true self. It is used in the Bible in reference to the name of God, I AM THAT I AM. "I AM" is a formula that unlocks the authority to create in God's name when it is given in love. Jesus used it when he affirmed "I AM the resurrection and the life." Every time you say "I AM . . .," you are really saying "God in me is . . ." and thus drawing to yourself whatever follows.)

Speak the words aloud, slowly and clearly and without strain. **While thought creates, the "Spoken Word" is needed to manifest it into a physically tangible vibration.** If you are used to silent prayer or meditation, it may take a while to become comfortable with using the "Spoken Word." Concentrate on the natural rhythm of the words, keeping your breathing slow and rhythmic. Repeating the words strengthens their power and draws more light to you. Say the words as many times as you feel you need to.

Meditate on the words. Center yourself in your heart and say the words with love, devotion and feeling. It is the quality of the heart that matters, the more feelings you put into the words, the more you create and experience the blessings each Color and it's Flame has in store for you. The more fervent your desire to heal yourself, your loved ones, relieve the suffering of mankind and our planet, the greater the response will be from our Creator.

Now continue as directed above, visualizing yourself encompassed in the Flame, receiving the blessings of the Flame and words spoken. Upon completing your visualization, you may feel to express gratitude by saying, "Thank you, thank you, thank you."

Even a few minutes of the Violet Flame or any other Flame will produce results, but persistence is needed to penetrate age-old bad habits. The Violet Flame not only transmutes unwanted negative conditions in our world, but also protects and assists in repelling negative thoughts and feelings of others. Use the Violet Flame and all other Flames whenever you find yourself out of balance and out of harmony. Take advantage of the power from within which is always there for you.

The next section will assist you in knowing the qualities of each Color so you can combine the Color of your choice with the "Spoken Word." Choose the attributes of the Color you feel drawn to. For example, if you feel to use the Red Flame to invoke more energy into your body, you could say "I AM a being of Red Fire." "I AM the energy God desires." Or you could take a different approach and say, "I AM energized"...simply repeating these 3 words several times. Feel free to experiment. Listen to the guidance you receive within your Self, your intuition.

## **Review of Chapter 3**

### **Methods for obtaining the benefits of Colored light**

1. Drinking solarized water
2. Using colored bulbs in lamps
3. Hanging up (silk) pieces of cloth or paper sheets, in the desired Color
4. Wearing clothes of certain Colors
5. Eating foods of certain Colors
6. Wearing jewelry with gemstones in the Colors you need
7. Visiting places in nature that match your need for Colors
8. Bathing in color
9. Decorating with the Colors that provide the energies you need
10. Visualizing the needed Colors as flames of fire surrounding you. Use the Colored fire/flame visualization as a powerful means of healing and

balancing. **Qualities of the Violet Flame are as follows:**

- a) helps with emotional and psychological problems
- b) can clear stress, depression and anger
- c) may help heal the cause of psychological problems and distressing experiences which go back to early childhood
- d) may heal and dissolve scars of old hurts and painful memories
- e) clears internal pollution
- f) helps purify the aura and chakras
- g) increases extrasensory perception
- h) frees up creativity within you and aligns you with the creative force, which will enhance your creative talents and abilities
- i) can erase or transmute the cause, effect and memory of past mistakes
- j) it is charged with the power of freedom, mercy and forgiveness

- k)** it has the highest frequency in the visible light spectrum
- l)** it gives a positive spin to the electron and atom, thereby raising your vibration
- m)** it can never harm you
- n)** transmutation, is a spiritual process which exalts the soul into a state of unity with the Divine. The Violet Flame produces the highest alchemy, because it transmutes the base metal of the human consciousness into the gold of the Christ consciousness.

### **Using Sound with Color**

- 1.** Things in nature vibrate to sound, light and Color
- 2.** Each Color relates to a different musical note and both relate to certain chakras or energy centers in our body
- 3.** Combining Color with sound amplifies the affect of healing in your body

### **The Spoken Word**

- 1.** The spoken word given with faith, sincerity and a tender and loving heart will invoke the benefits of any flame more effectively
- 2.** While "thought" creates, the "Spoken Word" is needed to manifest it into a physically tangible vibration

## Chapter 4

# Meanings of Individual Colors

**Before you get to the list of Colors and their meanings, here are some ideas on how to use the list.**

1. Read through all of the Colors to familiarize yourself with the meanings of each one.
2. Walk through your home and take note of the Colors you have around you every day. What Colors are the following?
  - a) walls
  - b) floors
  - c) decorations
  - d) clothes
  - e) vehicles
  - f) outside of your home
3. Begin noticing how you feel during the day when you are in each room, in your vehicle or in the Colors you are wearing. Now ask yourself if you like the way you feel. If you don't, you may consider making some changes.
4. Find the Color that has the qualities you desire. Which Color will assist you in feeling joyful, peaceful, thoughtful or whatever you desire feeling?

5. Begin by making simple changes, such as wearing clothing of a particular Color, or putting some of that Color in the room where you spend most of your time. Pieces of Colored paper will do.

6. Experiment with different Colors to see which ones give you the desired feelings or create the desired mood. Don't make any drastic changes at first, such as changing the Color scheme in your house or buying a whole new wardrobe. Play with Color for awhile and see what really works for *you*. Eventually, as time and money allow, you can gradually change more permanent things to reflect that which you really desire to feel.

As you experiment with different Colors, be aware that varying shades of the same Color have their own unique energies and affect you differently. Depending on the shade, it can either have the positive or negative attribute of the Color. Everything inherently contains both positive and negative. You are the one who has to pay attention to how you respond to each Color.

7. Before changing the decor in any room, consider what the room is used for and what Color would be the best for enhancing the desired mood.

You may have noticed that I am giving you ideas and suggestions as to what you might do to find the appropriate Colors to use, but I am not giving you the answers. Why? Because you need to start listening to your inner guidance for your answers. If you really feel unsure of yourself or if you aren't able to trust the answers when you receive them, you will benefit by reading my other books. Each one takes you a step further into being able to know the voice within, hear the messages and answers given to you and live according to that which you receive. Read *"Your Dream Mine: Discover the Gold Within," "Courage to Live Your Truth,"* and *"Returning to the Heart."* Available at [www.valerieann.com](http://www.valerieann.com).

## White

White is the Color of perfection; for it is all Colors, in perfect balance and harmony. It is the Color of the awakened Spirit; the light of perfection; the light of the Christ consciousness. White light is Divine Light. Many of us have heard of surrounding people with the "White Light of Healing and Protection." Directing white into the aura helps stimulate the person's own divine nature into healing the self. White represents a new beginning or awareness and a *"virgin page on which the story has yet to be written."*

White is unlimited potential, oneness, completion and truth. It is cleanliness, freshness, simplicity and virginity. White is the color present when we become universal and dwell "in that peace that passeth understanding." It also represents nothingness, and in certain cultures white is the Color of death and mourning.

We cannot live constantly in the great white light for we would function on the fourth dimensional plane and pass out of sight; but we can be lifted up and lift ourselves and others up if even for one transcendent moment. White is the peace that Jesus knew . . . the Love that is the Love of Truth. White is the Love that is joy, bliss, happiness and the wisdom that is knowledge. In hot climates we find that white throws off the ray of light and is therefore cooling.

## Yellow

Yellow is the color of the sun and therefore cheers and makes sunless places bright and healthy. It is a very active ray bringing with it the gold of the spirit and mind, gladness, youth, flexibility, wisdom, intuition on a high plane, understanding, spiritual perfection, flexibility, clarity, self esteem



and curiosity.

Yellow helps awaken mental inspiration and stimulates higher mentality. It will help you think quicker. Good for clearing a foggy head. An excellent Color for the nerves or nerve-related conditions or ailments. Dark yellow soothes pains in the nerves (shooting pains). It may help heal the liver, intestines and pancreas. Yellow energizes the muscles and speeds up digestion, assimilation, and the stool. It activates and cheers up depressed and melancholic people. It gives lust for life. Like the Color of gold, yellow represents the highest of the physical Colors. Yellow balances adrenal glands and can heal diabetes. Yellow links with and stimulates the solar plexus, or psychic center. It can be used for psychic burnout or other psychic-related conditions or ailments. Yellow also helps the pores of the skin and aids scarred tissue in healing itself.

Yellow is destructive when it is used too intensively. Too constant a use of it is irritating because it is too stimulating for the nerves. In its highest vibration it is probably the most rapid oscillation on this planet. Solomon thought it the most necessary vibration or state of mind needed to have "wisdom and understanding." The Yellow ray is only felt by one who has conquered self and is working in harmony and truth.

**'Personality traits** include being good-humoured, optimistic, confident, practical, and intellectual.

**"The Solar Plexus Chakra** is governed by the yellow energy.

## Orange

Orange is the true Color of the sun. It has a gentle warming effect and is cheering when used lightly. Orange, like red, should not be used for too long. The overuse of orange produces great restlessness. Because orange is a blend of red and yellow, it combines physical energy with mental wisdom, inducing a transformation between lower physical reaction and higher mental response. Thus, it is often referred to as "The Wisdom Ray."

It is a universally distributed ray and is very active as shown by all orange or orange-red fruits and vegetables. It is the ray that the Yogis use to produce the plant from the seed without waiting for the so-called normal growth according to the seasons. Orange is the regenerative ray in nature. It represents chemical affinity and cohesive power in the mineral world.

Wearing orange will assist you in your creative endeavors. Orange is also the color of celebration, happiness, confidence, resourcefulness, great abundance, insight, and motivation.

Orange stimulates the lungs, the respiration and the digestion. It is used to assist in all digestive ailments and kidney diseases. It helps with the assimilation of new ideas, stimulating mental enlightenment. Orange has a freeing action upon the body and mind, relieving repressions and inhibitions thus helping you to be more independent. It broadens the mind and helps you cope with life and career. It can bring joy to your workday and strengthen your appetite for life. It is also helpful in dealing with excess sexual expression and is used to increase sexual potency. Orange also increases the activity of the thyroid and relieves muscle cramps and spasms. It can also increase the amount of mothers' milk.

**"Personality Traits:** Enthusiastic, happy, sociable, energetic, sporty,

self-assured, and constructive.

"The **Spleen Chakra** is governed by the energy of orange.

## Red

The color of red is associated with many things. It is the color of, self confidence, impulsiveness, action, assertiveness, courage, strength, danger, warning, revolt, excitement, happiness and passionate love. All shades of red, from the crimson of suffering, the animal red of physical passions, to the most exquisite pinks of personal love and devotion, which includes mother-love in its vibrations . . . red is warmth and includes all consciousness of love.

Red links with and stimulates the root chakra, at the base of the spine, causing the adrenal glands to release adrenalin. This result is greater strength. Red causes hemoglobin to multiply, thus increasing energy and raising body temperature. It is excellent for anemia and blood-related conditions and circulation. Therefore, to help keep you warm in cold climates, wear something red.

Red heals the creative, reproductive systems. It energizes and gives confidence and courage. Red is called "The Great Energizer" and "The Father of Vitality." Red is warm, vital, heating. It loosens, opens up clogs, releases stiffness and constrictions.

Red is the Color of vitality and power. It is used for burning out cancer, drying up weeping sores or wounds. It will warm cold areas to reduce pain. It will help with depression. Red is not to be used on people with high blood pressure or anxiety. It will heighten low blood pressure,

however. If you stay under the red ray too long or are exposed to red for a considerable time it will make you very agitated or even aggressive. It is associated with the male polarity. It also represents live-current.

Red energizes all organs and the senses; smell, taste, vision and touch. It increases sexual desire and activity and stimulates ovulation and menstruation. Never treat cancer with red, because this Color will stimulate cell growth.

A red carpet or wall, in a place of business, will draw money. If you are a sales person, try wearing something red!

Red is personal and physical. It is the slowest vibration and affects our emotions quicker than any other ray. The slower the vibration, the easier we respond to it. Red earth is the slowest vibration that we know. It provides the power from the earth and gives energy on all levels. It connects us to our physical body.

Destructive use of the red ray is where we are *used* by the vibration, as in fear, the brute-nature of unbridled passions and lust. Anger, intense red, is often too stimulating, whereas the more rapid vibration of pink is soothing and healing. Red is a good friend where the vitality is low. People who have the "blues" should use the Chinese reds when they feel like this. Red is most detrimental near the mentally unbalanced.

**'Personality Traits:** Courageous, confident, humanistic, strong-willed, spontaneous, honest, and extroverted.

"The **Root Chakra** is governed by red.

## Pink

Pink is regarded as a feminine Color. It has to do with, kindness, consideration, softness, sweetness, innocence, and tenderness. It connects us to our universal love. Pink heals grief and sadness. It restores youthfulness and brings you in contact with your feelings. Pink helps to remove all unwanted aggression and irritation. It can also protect and give peace of mind. Dislike of pink may indicate a lack of self love.

"The **Heart Chakra** is governed by pink.

## Maroon

This is the color for moving into one's task.

## Magenta

Magenta has to do with inner things such as sensitivity, the uterus and the womb. It is nourishing and delicate. It can help you achieve personal power and self-realization.

Magenta also deals with looking inside yourself and finding who you really are. It's about achieving the power that comes from self-realization and finding your purpose in life. Magenta stimulates adrenaline and heart activity. It also builds up the aura.

**'Personality traits:** Nonconformists, see life from a different perspective, liberal, creative, self-accepting, free spirits.

## Violet

Violet brings spiritual peace. Violet is truly the Color of the divine Spirit. It works mostly on the levels of the Spirit. It provides nourishment to the cells in the upper brain. The Violet color also helps expand the horizons of our Divine understanding.

Violet is the ether of space. In this ray is self-mastery and the kingly consciousness that belongs to this earth. Too much violet for a soul that has not attained a higher spiritual awareness may bring on the pretense and chicanery of imposition.

Violet is of such a high vibration that it fades out of sight quicker than any other Color. It has the highest frequency of all the colors and is the frequency of beauty.

Leonardo da Vinci proclaimed that you can increase the power of meditation tenfold by meditating under the gentle rays of Violet. Using the rays of the "Violet Flame," as described earlier in this book, will not only be useful in meditation but will benefit you in many other ways as well. You will want to read about "The Violet Flame" if you haven't already done so.

The violet Color of transformation heals melancholy, hysteria, delusions and alcohol addiction. It helps purify our thoughts and feelings, increases spiritual insights and enhances artistic talent, ideals and creativity. Violet slows down an overactive heart, stimulates the spleen and white blood cells (immunity) and heals tumors of the brain. Violet brings sleep and soothes mental and emotional stress. It decreases sexual activity and sensitivity to pain. It is good for detoxification. It calms highly-strung, excitable people.

**"Personality Traits:** Inspirational leaders, kind and just, humanitarian, self-sacrificing, visionary, creative, and mentally strong.

"The **Crown Chakra** is governed by the violet energy.

## Purple

Purple is a good Color for meditation and contemplation. It is connected with mysticism, spirituality, increase, perception, and consecration of the soul to the highest spiritual aspirations. It has the power of transmutation and helps one get in tune with their inner guidance. Purple is a color of authority, leadership, moving forward in truth and inner warmth. It also helps one feel content. It will help you see the celestial light in the midst of darkness through your inner vision. Purple is also beneficial as a gatherer of desirable energies to yourself.

Royalty wore the purple of the olden times. Purple is a Color that will connect you with your spiritual self. It is good for mental and nervous problems. It will assist very well with rheumatism and epilepsy. It helps with pain and is used in deep tissue work. It has also been known to help heal bones. Too much purple and you tend not to live in this world.

There are many blessings and benefits connected with the Color purple. To claim them, simply say, I claim all the benefits and blessings in the Color purple." You can do this with any Color.

## Indigo

Qualities of Indigo include patience, feeling safe, emotional detachment and relaxation. It helps one travel into the self and is the gate to the astral world. It can also be hypnotic. The Indigo energy connects us to our unconscious self, and gives us the experience of being part of the whole universe. It strengthens intuition, imagination, psychic powers, and increases dream activity.

Indigo is the decomposing ray seen over stagnant places and over swamps. It expresses the divine law of change and growth. In nature, (God at work), nothing is ever lost, it is transmuted into the good and beautiful. Indigo represents a "place between" where all the Colors begin to intermingle and there is a new breaking into a higher consciousness. Only through the putting off of the old consciousness of limitation, disease and disorder, can we grow into the glorious light that we are. Out of the seeming "bad" the beauty and truth of life bursts forth. Indigo is a stepping stone.

Indigo develops psychic perception and intuition. Indigo links with and stimulates the brow chakra (third eye) and controls the pineal gland. It governs both the physical and spiritual, thus, it can be of great assistance in dealing with ailments of the eyes, ears and also mental problems.

Indigo is a great purifier of the bloodstream and is a freeing and purifying agent. It combines the deep blue of devotion with a trace of stabilizing and objective red. Indigo is cool, electric, and astringent. It is also the color ray used by Spirit to help entrance a medium. Indigo is considered the ray of the Holy Spirit.

**Personality Traits:** Intuitive, spiritual, fearless, practical, idealistic, wise,



and a seeker of truth.

The **Brow Chakra** is governed by indigo.

## Blue

Blue links with and stimulates the throat chakra. The throat chakra is often referenced as the "power center" and "the greatest center in the body" because it is the primary center of expression and communication. Thus, the effect of blue upon this center is quite profound. It connects us to holistic thought, and gives us wisdom and clarity, enhancing communication and speech. Solarized blue water is an excellent tonic for laryngitis or inflammation of the larynx. The Blue Ray is one of the greatest antiseptics in the world.

Blue is cooling, calming, electric and astringent. It is very good for burns. It helps bleeding and decreases fevers. Blue relieves bursting headaches, calms strong emotions like anger, aggression or hysteria. Blue is good for combating itching, irritation (for instance redness of the skin) and stress. It also soothes suffering. It is a very positive color, indicating loyalty and reliability, as expressed in the sentiment of being "true blue."

Too much blue produces the "blues." Have you ever heard of "blues" music? And yet the highest music and art are in the greens and the blues together. Many light blues are negative. Blue calms the passions that red stirs up. It is intellectual as well as inspirational. A blue like the sky protects one from the strong sun in the tropics. We see a great deal of that sky-blue used in the hot countries in clothes as well as on the outside and the inside of the house. Blue lowers the vitality. It breathes of heaven instead of earth. Blue used in a north room will actually produce a cold, chilly feeling while

yellow or orange will produce the opposite effect. Blue is quieting to the violently insane or overwrought nerves, but too much blue has the reverse effect on healthy people and brings melancholia. Too much blue can also leave you cold, depressed and sorrowful.

Because Blue helps to soothe the mind, it is the color of truth, knowledge, decisiveness, serenity and harmony. Blue is good for calming, reconstructing and protecting. It has a pacifying effect on the nervous system and brings great relaxation. Ideal for sleep problems, and hyper-active children.

**'Personality Traits:** Loyal, tactful, affectionate, inspiring, inventive, caring, and cautious.

"The **Throat Chakra** is governed by the blue energy.

## Green

Nature clothes herself in green for rest and peace on the mental plane as well as the physical. It is balance and harmony in essence and possesses a soothing influence upon both mind and body. It is neither relaxing nor astringent in its impact. Green links with and stimulates the heart chakra. Therefore, it is representative of Spiritual healing, because love is the motivating power behind all healing. Green is relaxing to the over tired. The X-ray vibrates green and has great curative power. Too much green however, often makes one lazy and inert.

Green is quieting when used around children that are teething and soothes pain after an operation. It satisfies the eye. The green that is green with sunlight flowing through it is the vibration of money current. A heavy, dull, yellow green is jealousy and an intense gray-green is envy. Heavy dark

greens depress and oppress. The wearing of the green expresses freedom and good-cheer. Spring greens are joy and gladness to the world. Beautiful yellow-green is generosity and elimination.

Green is the universal healing color. The ancient Egyptians and Chinese used green as the primary color of healing because green is midway in the color spectrum and contains both a physical nature and a spiritual nature, in equal balance and in equal harmony. Thus, green can be used for just about any condition in need of healing.

Green is antibiotic. It cleanses and disinfects. It balances and neutralizes. Green affects blood pressure and all conditions of the heart. It has both an energizing effect and a moderating or soothing effect. Green stimulates growth therefore it is good for helping heal broken bones and regrowth of tissue of all kinds.

Green brings psychological and emotional harmony and balance; therefore it is calming for the heart and healing for the kidneys. It also cures hormonal imbalances. Green stimulates growth hormone and rejuvenation. It cleans and purifies from germs, bacteria and rotting material. It harmonizes the digestion, stomach, liver and gall. Green also increases immunity, builds up muscles, bones and tissues. It stimulates inner peace and strengthens the nervous system. Green connects us to unconditional love and is used for balancing our whole being. Green helps overcome fear of giving and sharing and is also the color for traveling back in time. It also helps us have more self control.

**"Personality Traits:** Understanding, self-controlled, adaptable, sympathetic, compassionate, generous, humble, nature loving, and romantic.

**"The Heart Chakra** is governed by the green energy.

## Turquoise

A Color for non-triviality, renewal, innovation, inventions, transformation, transmutation, evolution, change, cleansing, purifying, fluctuation and humanity. It connects us to our confidence. Turquoise helps strengthen concentration and control over speech, allowing more freedom in expression. Turquoise increases intuition and sensitivity. It is disinfecting and antiseptic and tones the general system. Turquoise builds the skin and relaxes any sensations of stress. It also helps build the immune system.

"The **Thymus Chakra** is governed by turquoise.

## Brown

An earthly Color for practical people with a preference for natural, tribal and primitive things, solidity and simplicity. Brown can be warm and cosy but depressing. Brown is a grounding and stabilizing.

## Gray

Gray is very neutral and indifferent, non-expressive, lifeless, depressing and negative, but it can be deliberate. Gray is the union of the most rapid vibration with the slowest. The true gray is "like death." It seems like the absence of life. As other Colors tint the gray, the negativeness is lifted up. Observe the difference between the blue-grays, the green-grays and the pink-grays.

Gray in costume or interior decoration has its place and can be very

useful. The continual use of the intense rays of light would be too stimulating. Therefore, just a bit of gray here and there acts as a balancer.

In the aura, gray is weakness, sickness, negativeness which should be lifted up at once. A gray soul is the lack of life, decidedly. On the soul-plane, gray represents death.

## **Black**

Black is, of course, the opposite of white and absorbs the light of all the Colors. It produces heaviness and takes away our cheerfulness. It is the color of seriousness, darkness, depression, death, mourning, occultism, mystery & secrecy. Black is the nothingness or void of all creation and at the same time, a vital part of all that is. Black is a Color for extremes, everything and nothing. It is the underground, underworld and things that are hidden.

Black is an unhealthy vibration for it absorbs our vitality and warmth. The vibration is so slow that it can take all of our energy and leaves us exhausted. Be cautious about how much you wear it.

On the positive side of black, it gathers heat and light from the air. Black draws the solar energy. If you like to wear black, balance it with white or a high energy Color. Warmer shades of black are also helpful when you need to contain your energy within and be hidden from the world as a bear in hibernation. Black should not be worn in the tropics. Swathed in black the body cannot eliminate freely. In cold climates, use the warmer shades and tints.

## **Black Velvet**

Black velvet is like black holes in space, doorways to other realities. If you have read the meaning of black, you may be surprised to see what black velvet means. Let me remind you that everything has two sides, the positive and the negative. Black velvet can bring one into a state of grace, silence and peace with God. It is good in restructuring bones that have crumbled from cancer or other trauma. This kind of black, like black velvet silk, is like the life potential held in the womb. It is the black mystery of the unknown feminine within all of us, which is connected with undifferentiated life. Sitting within the black velvet void is another way to be one with the creator, to be in silence and peace. It means completely being there, in fullness and without judgment. It means completely accepting everything that is in each moment.

## Chapter 5

# How to Interpret Colors in Your Dreams

Even though there is a list of the individual colors in Part II of this book, I am including the following information about interpreting colors in your dreams from my book, *"Your Dream Mine: Discover the Gold Within."* To read more about interpreting your dreams, go to [www.valerieann.com](http://www.valerieann.com).

Color appears in dreams in many ways: as an image that is completely or partly in Color or as the recall of a total scene or entire dream in natural Color (that is, everything is colored the way you normally see it). Most people say that most of their dreams are without Color, or relate them as black and white. These are cases where Color was simply not a part of the dream experience.

Remember black, white or gray images in dreams actually do have Color significance. Recalling a black object for example represents the visual image of "blackness" which is different from simply recalling the image in its usual color. The reason something is "black" in a dream is because it *needs* to be so in order to convey a message. Its blackness has meaning.

Color is as much a symbol as is the imagery in a dream. Color appears to represent the emotional conditions that stimulated a dream segment or a particular image. Color combines with the imagery to form a more complete meaning for the image as well as give it a greater emotional significance.

The Color of each image in a dream is as meaningful as the image itself. Colors can be derived from past associations, something you saw in waking life that the dream is recalling, or they come from an association with the effect it has on your nervous system and your emotions. Our relationship with Color has formed as a part of the evolutionary process of the mind, and therefore has somewhat similar effect on all humans. If we can determine the effect a particular Color has on us, then we can understand its "meaning" to us in our dreams and in life.

A common characteristic of dream imagery is the combining of two or more image fragments, or symbols, to form a total image. Color combines with images to enhance their meaning. Therefore, when an image in a dream is a certain Color, it can be treated as a combining of two symbols, the Color and the other the image. The combining of Color and imagery occurs in a number of ways:

1. The Color and the feelings the dreamer associates with the image relate to the same emotion and that feeling is therefore amplified. Quite often the Color of an image and the image itself, emerge in the dream from the same waking situation in life or from the same feelings.
2. The Color complements the image, adding to the content or helping to complete the story. Sometimes the Color and the image complement each other and must be understood together to give a complete message. The image work may reveal an inner feeling or decision while the Color work reveals the reason for it or vice-versa.



3. Color changes the image to reveal hidden meanings. Sometimes the Color of an image does not directly represent the feelings represented by the image itself, but rather acts as a compensation or modifier, "coloring" the image as one would paint over an object. Observation of Color appearing in this manner can help uncover conflicting emotions.

4. Color appears by itself to represent emotional conditions that stimulated the dream. Often dreams use the Color to directly represent an emotional condition with little support from other imagery. This is particularly true when the Color is by itself, part of a nondescript geometric image, or when it is part of a three or four Color primary grouping of red, yellow, blue and green. The Color generally relates to either emotions or situations that created the dream story, emotional conditions requiring release, or a condition that is needed to establish balance and reduce anxiety.

Dreams often reveal what Carl Jung called the "psychological primaries," that is the grouping of Red, Yellow, Blue and Green. (This is different from the typical Primary Colors of Red, Yellow, and Blue) Jung theorized that the appearance of this four-color motif represented a pattern for wholeness, or the presence of the inner balancing force. It was similar in nature to the Jungian motif of "fourfoldness" that is most often represented by a perfect geometrical grouping of four, a square, or the quartering of a circle.

## **Steps for Interpreting Colors in Dreams**

### **1. WRITE DOWN THE COLORS OF THINGS IN YOUR DREAM.**

Select from your dream the Colored images you feel are the most important, that you feel most drawn to or feel the greatest emotional reaction to. It is best to work with something that is not a common Colored object (like blue sky) unless it stands out.

### **2. READ THE DEFINITION FOR EACH COLOR.**

As you do so, pay attention to your emotional reactions to the words and what is said about the Color. If the color of something seems to be "missing" in the dream, it may have to do with something you are rejecting.

### **3. IDENTIFY ANY FEELINGS ASSOCIATED WITH THE COLOR/S.**

Can you "identify" with one or more of the meanings listed for the color you are trying to understand the meaning of? Do you have an emotional reaction to one or more of them? Do any of the statements express a way you have felt recently in waking life?

### **4. IDENTIFY A SITUATION IN LIFE WITH THE SAME FEELING.**

Close your eyes, recall and describe a situation the day before or recently when you felt a similar way as that of the meaning of the color you seemed to identify with in step 3.

**5. SEE HOW THE MEANINGS OF THE COLORS IN YOUR DREAM RELATE TO YOUR LIFE.**

**6. LISTEN FOR THE ANSWERS FROM YOUR WIZARD.**

Working with the colors in your dreams is helpful in interpreting them, however, it is most useful when combined with the knowledge of "how to interpret all of the symbols in your dreams." It is also helpful to know how to remember your dreams in the first place. For the ultimate dream book, get your copy of *"Your Dream Mine: Discover the Gold Within,"* at [www.valerieann.com](http://www.valerieann.com). In it you will find a powerful "secret" for interpreting everything that happens to you while asleep (or awake). This "secret" when used, is more beneficial in helping you utilize the power of dreams for healing and guidance in life, than any other way available.

*About the Author . . .*

*Valerieann J. Skinner*



Valerieann was raised on a farm in Georgetown, Idaho. Her close association with animals and nature while growing up has resulted in a deep love for and connection to all things. She is a unique creator with a desire to help others get in touch with their inner self, their divine creator within and come to know the universe as a vibrant presence in their life.

As a professional oil painter, she has taught art lessons for nineteen years, helping many better know and express their feelings about themselves, life, and the world around them through art.

Valerieann is married to Alan K. Skinner and they have six children. That gives you an idea of what she does when she is not painting, writing, teaching, or creating in any one of a variety of ways.

On the spring equinox of 1997, she found herself in the heart of America painting 12 inspired paintings in one day at a place called Adam-on-Diahman. She was directed through the spirit to begin by facing east. Her direction was to paint one canvas each hour, turning 30° to the right each time, until six o'clock in the evening, when she would complete a full circle and 12 paintings. Why did she do this? Learn about this amazing experience and how it affects you in her book, *"Returning to the Heart."*

During the Summer and Winter Solstices that same year, she was directed to paint at one of the ancient Mayan ruins in Palenque, Mexico. Valerieann's experiences in these places as well as others have profoundly affected her life and are the reason she began writing. May you enjoy your walk with her, from learning to use Colors with purpose, to learning how to interpret your dreams and life, and then on to finding the *"Courage to Live Your Truth."*

**Are you interested in . . .**

- " Receiving guidance and healing from your dreams?
- " Learning to interpret your dreams and your life?
- " Healing yourself . . . from the inside-out?
- " Having the courage to live your truth?

Learn more at [www.valerieann.com](http://www.valerieann.com).

Understanding the meaning of Color is one aspect of tapping into the benefits and blessings your dreams and life have to offer. Begin receiving the insights and healing available *free* every night and day. Read "*Your Dream Mine: Discover the Gold Within.*" Get your copy at [www.valerieann.com](http://www.valerieann.com). or call 208-847-3129.

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