

# Red

Red is associated with the base chakra in the sacral region. It promotes vitality, strength, sexuality, willpower, and alertness. Red is used to counteract anemia, lack of energy, impotence, and low blood pressure. Its complement is turquoise.

## Characteristics

### Key Features

Strengthening of the life force, will and sexuality. Stimulating

### Physical

Red is the element of fire. Red rays produce heat which vitalizes and energizes the physical body.

Red stimulates and excites the nerves and the blood.

Red stimulates the sensory nerves. It is beneficial in deficiencies of smell, sight, hearing, taste and touch.

Red activates the circulation of the blood, excites the cerebro-spinal fluid and sympathetic nervous systems.

Red is good for the muscular system and the left cerebral brain hemisphere. It is excellent for contracted muscles.

Red builds the hemoglobin. It energizes the liver.

Red rays decompose the salt crystals in the body and act as a catalyst for ionization. Red is particularly useful in the absorption of iron into the body.

Red clears congestion and the mucus.

Red affects the circulatory system and sexuality. It stimulates the overall energy levels of the metabolism, lower extremities and most blood conditions. Red is a stimulating color. It will energize the base chakra. It warms and it activates. It awakens our physical life force.

### Psychological

Red represents health, fire, anger, temper, danger and destruction.

Red stimulates, excites, and acts as an irritant.

Red gives the person a sense of power.

Red is helpful for the presbyopic or far-sighted individual to become ego-centered. Red draws the ego back into the self. Red is used for the extrovert to go back into his shell.

### Red May Be useful in the Treatment of

Red can be used for colds, poor circulation, anemia, and mucus ailments. Red strengthens the physical energy and the will of the individual. It can stimulate deeper passions, whether they be of sex and love, courage, hatred or even revenge.

Anemia

Blood ailments

Bronchial Asthma

Bronchitis

Constipation

Endocrine System- Red is useful in the management of stress. It also plays a key role in the health of the individual-physically, mentally, emotionally, and spiritually

Idiocy

Listlessness

Morons, imbeciles and idiots may be treated by Red

Melancholia

Paralysis

Physical Debility

Pneumonia

Tuberculosis

#### **Do Not Use Red In Case of**

Emotionally disturbed people

Excitable temperaments

Fever

Florid complexioned people

Hypertension

Inflammatory conditions

Insanity - Avoid red in most cases of insanity and emotional disturbances.

Neuritis

Red-Headed individuals

Excessive use of red will produce fever and exhaustion. It promotes hostility, anger, violence. Too much red can over-stimulate and aggravate certain conditions. High blood pressure is an indication of too much red energy within the system. It is recommended that red be used in conjunction with blue rays. Red is balanced by the color green.

## **Orange**

Orange is associated with the spleen chakra, which regulates circulation and metabolism. Orange stimulates the thyroid gland, is a respiratory stimulant, but a depressant of parathyroid action. The orange vibration expands the lungs. Orange promotes happiness and joyousness. Orange is used to treat depression, hypothyroidism and kidney and lung problems, such as asthma and bronchitis. Its complement is blue.

### **Characteristics of Orange**

#### **Key Features**

Activation, construction, optimism, energy reserves

#### **Physical**

Orange has an antispasmodic effect. It is useful for muscle spasms or cramps of all kinds.

Orange acts on the spleen and the pancreas to help assimilation and circulation. It aids the calcium metabolism of the body and strengthens the lungs.

Orange stimulates the milk producing action of the breast after child birth.

Orange stimulates and increases the pulse rate without affecting the blood pressure.

#### **Psychological**

Orange combines physical energy with mental qualities.

Orange releases the energy from both chakras of the spleen and the pancreas.

Orange is the color for ideas and mental concepts.

Orange strengthens the etheric body, enlivens the emotions, and creates a general sense of well-being and cheerfulness.

Orange symbolizes warmth and prosperity.

Orange is the color of heat, fire, will, and temporal power.

Orange affects the second (spleen) chakra center. It is the color of joy and wisdom and creativity.

Orange stimulates feelings of socialness.

Orange is tied to our emotional health and the muscular system of the body.

### **Diseases Treated with Orange**

Orange can assist us in healing conditions of the spleen, pancreas, stomach, intestines, adrenals, food assimilation, and depression.

Individuals experiencing emotional paralysis can be helped with this color, especially the peach shades. Peach is a color that strengthens the aura and gives it a little extra cushioning in recovery processes. It and most shades of orange can be used to revitalize the physical body. It makes a good tonic after a bout of illness, for it is strengthening to the eliminative system of the body.

- Asthma
- Bronchitis
- Colds
- Epilepsy
- Gall stones
- Gout
- Growths-malignant and non-malignant.
- Hyper-Hypothyroidism
- Lung condition
- Malignancy
- Menstruation-cessation
- Mental exhaustion
- Kidney ailments
- Prolapsus
- Tumors
- Rheumatism

## Caution

Too much orange may adversely affect the nerves. It can also aggravate the second or sex chakra. Orange should be balanced with shades of green-blues.

## Yellow

Yellow is associated with the solar plexus chakra, which is concerned with intellect and judgment. Yellow stimulates mental ability and concentration, and aids detachment. It can be used to treat rheumatism and arthritis, as well as straw related illnesses. Its complement is violet.

## Characteristics of Yellow

### Key Features

Mental activity, intellectual power and ability, awakening

### Physical

Yellow activates the motor nerves. It generates energy for the muscles. Disturbance in the supply of yellow energy to any part of the body can cause disturbance of function in that area including partial or complete paralysis from the deficiency of sensory and/or motor energy.

Yellow affects the digestive system, gastrointestinal tract, adrenal activity and the left hemisphere brain activity.

Yellow is excellent for the nerves and the brain; It is a motor stimulant and a nerve builder.

Yellow rays strengthen the nerves and aid the brain.

Yellow has a stimulating, cleansing, and eliminating action on the liver, intestines, and the skin.

Yellow purifies the blood stream. It activates the lymphatic system.

Yellow is a spleen depressant, cathartic, cholegogue, anthelmintic.

### Psychological

Yellow is good for despondent and melancholy conditions.

To the ancients, yellow was the animating color for life; it suggests joy, gaiety, merriment.

Yellow is the color of the intellect, of perception rather than of reason.

The golden-yellow shades are healthful to both the body and the mind. It can be used to facilitate the learning capabilities of an individual.

Yellow is a color that catches the eye. It is one of the first colors that most people notice. It is also a color that can create or indicate anxiety and mental tension.

## **Diseases treated with Yellow**

Yellow is a mixture of red and green rays. It has half the stimulating potency of red and half the reparative potency of the green. Hence, it tends both to stimulate function and to repair damaged cells. Yellow light directed at the intestinal tract for short periods is a digestant. For longer periods, it acts both as catharsis and as a cathartic. It also stimulates the flow of bile and has an anthelmintic action (antagonistic to parasites and worms).

Yellow predominantly affects the solar plexus chakra, and it is stimulating to the mental faculties of the individual. It can be used for depression. It helps awaken an enthusiasm for life. It awakens greater confidence and optimism. It is also effective in the treatment of digestive problems. It is beneficial to the stomach, the intestines, the bladder, and the entire eliminative system as well. It is very effective in the treatment of most headaches. It helps to balance the gastrointestinal tract.

Constipation

Diabetes

Digestive Processes

Eczema

Flatulence

Hemiplegic

Kidney

Indigestion

Liver

Mental/depression and exhaustion

Paralysis

Paraplegic

Rheumatism

Spleen

## **Do Not Use Yellow If You Are Suffering From**

Acute inflammation

Delirium

Diarrhea

Fever

Neuralgia

Over-Excitement

Palpitation of the heart

Excessive amounts or exposures to yellow may make one superficial or hyperactive. It should be balanced with colors from the blue spectrum.

## **Green**

Green is the color of the heart chakra. Green is the color of nature. Green is the most predominant color on the planet. It balances our energies, and it can be used to increase our sensitivity and compassion. It represents purity and harmony. It has a calming effect, especially in inflamed conditions

of the body. It is soothing to the nervous system. It is a great healer. It builds muscles, bones and other tissue cells. Its complement is magenta.

## Characteristics of Green

### Key Features

Balance, growth, calming

### Physical

Green is cooling, soothing, and calming both physically and mentally. If you are exhausted, green initially has a beneficial effect, but after a time, it becomes tiring.

Green acts upon the sympathetic nervous system. It relieves tension in the blood vessels and lowers the blood pressure. It acts upon the nervous system as a sedative and is helpful in sleeplessness, exhaustion, and irritability.

Green dilates the capillaries and produces a sensation of warmth.

Green is a muscle and tissue builder.

Green is an aphrodisiac and a sex tonic.

Green is a disinfectant, germicide, antiseptic and bacteriocide.

### Psychological

Green awakens greater friendliness, hope, faith, and peace.

Green is restful and revitalizing to overtaxed mental conditions. It is emotionally soothing.

Green loosens and equalizes the etheric body.

Green is the color of energy, youth, growth, inexperience, fertility, hope, and new life.

Green is the color of envy, jealousy, and superstition.

Green is an emotional stabilizer and pituitary stimulant.

## Diseases Treated with Green

Green strongly affects the heart chakra, and it is balancing to the autonomic nervous system. It can be applied beneficially in cardiac conditions, high blood pressure, ulcers, exhaustion, and headaches.

Green harmonizes, life-giving, calms the mind, nerves, fever, and acidity; balances the metabolism, stabilizes the weight, tones liver and spleen; and benefits the pituitary gland.

Asthma

Back disorders- small and lower back

Cold

Colic

Erysipelas

Exhaustion

Hay fever

Heart conditions

Hepatic ailments

High blood pressure

Irritability

Laryngitis

Malaria

Malignancy

Nervous system

Nervous diseases

Neuralgia

Overstimulation

Piles

Sleeplessness  
Syphilis  
Typhoid  
Ulcers  
Venereal diseases

## Warnings / Precautions

Green should never be used to help heal tumorous or cancerous conditions or with anything of a malignant nature as green helps things grow.

## Blue

Blue is associated with the throat chakra, which deals with willpower and communication. Blue is a calming color, good for curing insomnia. It can be used for throat problems, asthma, stress, and migraine, and it is good for improving verbal skills. Its complement is orange.

## Characteristics of Blue

### Key Features

Peace, faith, aspiration, creative expression

### Physical

Blue stimulates metabolism and builds vitality.  
Blue promotes growth.  
Blue slows the action of the heart and are therefore good for tachycardia.  
Blue has a tonic effect.  
Blue has antiseptic properties and is bacteriocidal.  
Blue is cold, electrical, and has contracting potencies.  
Blue contracts the arteries, veins, and capillaries and thereby raises the blood pressure.  
Blue is anticarcinogenic.  
Blue is excellent for inflammatory diseases. It has a soothing and cooling effect on them.  
Blue reduces nervous excitement.  
Blue is cooling, soothing, and astringent.

### Psychological

Blue is good for over-excitement.  
Blue is good in cases of the manic depressive-for the manic phase  
Blue is more soothing than green in emotional conditions.  
Blue is the color for meditation and spiritual expansion.  
Blue relaxes the mind and controls the throat chakra, which is the creative power center.  
Blue is helpful in myopia physically and psychologically for it draws the ego outward, making the individual field oriented and more in harmony with his environment.  
Blue is used for the introvert to come out of his shell.  
Prolonged exposure (more than 10 minutes) to blue rays may make people feel tired and begin to feel depressed. Blue clothing and blue furnishings if not broken up with other colors make one tired and depressed.  
Blue is the color for truth, devotion, calmness, and sincerity.  
Blue is the color of intuition and the higher mental faculties.  
Blue promotes solitude, meditation, and independence.

### Diseases Treated with Blue

Blue is cooling to the body's system. It is relaxing. It is quieting to our energies, and it has an antiseptic effect. It strengthens and balances the respiratory system. It is also excellent for high blood pressure and all conditions of the throat. It is beneficial to venous conditions of the body. Blue is very effective

in easing all childhood diseases, along with asthma, chicken pox, jaundice, and rheumatism. It is one of the most universally heating colors for children. It can also be used to awaken intuition and to ease loneliness. It awakens artistic expression and inspiration.

Blue helps reduce tumors, congestion, fevers, and infections; neutralizes anger and hatred; cools the mind and eyes, eyes and the pineal gland.

Apoplexy  
Baldness  
Biliousness  
Bowels  
Bubonic plague  
Bums  
Cataracts  
Chicken pox  
Cholera  
Colic  
Diarrhea  
Dysentery  
Eye-inflammation  
Epilepsy  
Febrile diseases  
Gastro-Intestinal disease  
Hydrophobia  
Hysteria  
Insomnia  
Itching  
Jaundice  
Laryngitis  
Measles  
Menstruation-painful  
Palpitation  
Polio  
Glaucoma  
Goitre  
Gonorrhoea  
Headache  
Renal Diseases  
Rheumatism-acute Scarlet fever  
Shock  
Skin  
Syphilis  
Teeth  
Throat trouble-all tonsillitis  
Typhoid Fever  
Ulcers: Duodenal  
Gastric

Vomiting  
Whooping cough

## Do Not Use Blue If You Are Suffering From:

Colds  
Constriction of muscles  
Hypertension  
Muscles-constriction  
Paralysis  
Rheumatism-chronic  
Tachycardia

Excess blue can make one overly cold-natured.

## Indigo

Indigo and the deeper shades of blue are dynamic healing colors on both spiritual and physical levels. Indigo is balancing to all conditions associated with it. It strengthens the lymph system, the glands, and the immune system of the body. It is an excellent blood purifier, and can be used to assist in detoxifying the body.

### Characteristics of Indigo

#### Key Characteristics

Integration, purification, altered states of consciousness

#### Physical

Indigo is electric, cooling and astringent.  
Indigo stimulates the parathyroid and depresses the thyroid.  
Indigo is a purifier of the blood stream.  
Indigo helps reduce or stop excessive bleeding.  
Indigo is good for muscular tonicity.  
Indigo is a respiratory depressor.  
Indigo can be effective as an anesthetic and can induce total insensibility.  
The patients become insensible to pain without losing consciousness after being exposed to indigo. It seems to raise the consciousness of the patient to such a high level of vibration that he/she becomes unaware of the physical body.

#### Psychological

Indigo controls the psychic currents of the subtle bodies.  
Indigo governs the chakra that controls the pineal gland.  
Indigo has a sedative effect, and it can be used in meditation to achieve deeper levels of consciousness.  
Indigo can awaken devotion and intuition.  
Indigo affects vision, hearing, and smell on the physical, emotional, and spiritual plane.

### Diseases Treated with Indigo

Indigo can be used effectively to treat all conditions of the face (including the eyes, ears, nose, mouth, and sinuses). It can be used for problems in the lungs and for removing obsessions.

Appendicitis  
Asthma  
Bronchitis  
Cataracts



Convulsions  
Delirium Tremens or Delirium Tremors  
Dyspepsia  
Ear-deafness  
Ear difficulties  
Ear diseases - abnormal sounds in the ear  
Eye diseases  
Hyperthyroidism  
Insanity  
Lung trouble  
Nervous ailments  
Nasal diseases  
Nose Bleed  
Nose ailments  
Obsession  
Palsy  
Paralysis-facial  
Pneumonia  
Smell  
Throat diseases  
Tonsillitis  
Whooping cough

## Warning / Precautions

Too much indigo can cause depression and a sense of separateness from others. It can be balanced effectively with soft orange shades.

## Violet

Violet is the color of the crown chakra, which is concerned with the energy of the higher mind. It also affects the entire skeletal and nervous systems of the body. It is very antiseptic, purifying on both physical and spiritual levels. It helps balance the physical and the spiritual energies. Violet is effective in cancerous conditions of the body. Arthritis can be eased by a violet light that leans more toward the blue shades. Violet also helps the body assimilate nutrients and minerals. It is the color of dignity, honor, self-respect, and hope. It is used to bolster self-esteem and counter feelings of hopelessness, as well as in the treatment of mental and nervous disorders. Its complement is yellow.

## Characteristics of Violet

### Key characteristics

Purification, transmutation, practical spirituality

### Physical

Violet stimulates the spleen.

Violet depresses the motor nerve, lymphatic and cardiac systems

Violet nourishes the blood in the upper brain. It purifies the blood.

Violet maintains the potassium and sodium balance of the body

Violet is good for bone-growth.

### Psychological

Violet stimulates inspiration and humility. It assists in stimulating dream activity.

A true violet is fifty percent blue and fifty percent red. It is the balance of the physical and the spiritual. It is a reminder that we need both aspects within our life for balanced health. Violet helps to restore a proper perspective both in regard to the mundane aspects of life (including the physical well-being), and the spiritual aspects, helping to keep them practical.

Violet is excellent in calming or overcoming the excesses of violent insanity. It controls irritability in the sane. Violet controls excess hunger.

Violet is an inspiring and spiritual color. In meditation violet can help open us to our past lives, especially those which are presently affecting our health. Leonardo da Vinci believed that the power of meditation can be magnified ten-fold under the violet light falling through the stained glass window of a quiet church.

Violet is a healing color. Violet is the ruler of the center of the head called the Thousand- Petalled Lotus.

## Diseases Treated with Violet

Bladder trouble

Bone growth

Cerebro spinal meningitis

Concussion

Cramps

Epilepsy

Kidneys

Leucoderma

Mental disorders

Neuralgia

Nervous disorders

Rheumatism

Sciatica

Scalp diseases

Skin

Tumors

## Precautions

May stagnate or suppress emotions - especially anger.

## Lemon

The color lemon is obtained by combining green and yellow. So, it has properties of both. It has important effects on the digestive system and the left hemisphere brain activity. The key application of the color lemon in color therapy is in mental stimulation.

Lemon is vitalizing and stimulating to the brain. Thus, it is effective in treating and alleviating conditions associated with it, such as Alzheimer's, senility, etc. It can be used to help stimulate the brain's natural abilities. It always has a shade of green within the spectrum, and in lemon, the green works as a cleanser. Lemons assists us in bringing toxins to the surface so they can be cleaned out. The toxins can be physical toxins as well as emotional toxins. Lemon is also effective in treating digestive problems and appendicitis. It facilitates the natural digestive process, helping the body assimilate nutrients more effectively. Lemon is good for tissues and bones.

## Characteristics of Lemon Color

Lemon is a cerebral stimulant.

Lemon stimulates the brain. It is also a sexual stimulant.

Lemon activates the thymus gland and thus controls growth.

Lemon being half green has the effect of a cleanser of the system, and being half yellow also has the effect of a motor stimulant to throw off morbid debris. Yellow and green are both cleansers and lemon has the quality of both.

## Diseases Treated with Lemon

Lemon strengthens the bone

Bone growth

Chronic conditions: Lemon has an antacid effect on the body, excellent for chronic conditions. It gives energy to the cells in the stage of resistance and exhaustion and helps overcome stress

Cleanser of the system

Coughing: use lemon as irradiative agent over the affected area

Cretinism and dwarfism-in view of its effects in stimulating the thymus gland

Motor stimulant

## Turquoise (Aqua)

No chakra is associated with turquoise. Turquoise combines the cleansing action of green and the soothing action of blue. It is soothing, purifying, and calming. Turquoise is used to combat inflammatory diseases and to boost the immune system. Its complement is red.

## Characteristics of Turquoise

Turquoise has the opposite effect of lemon; it is acid and tonic in its action.

Turquoise is a prime skin-building color and should be used after the pain from burns is relieved.

Turquoise hastens the formation of new skin.

Turquoise is a cerebral depressant for over-active mental patients.

## Therapeutical Applications

Turquoise is important for respiratory system and in strengthening the metabolism. Aqua is cooling to the system. It can be beneficial in easing all feverish conditions and for balancing all systems of the body. It can also be used to cool and ease any inflammation. It combines both the beneficial effects of blue and green. It vitalizes all systems. It is also purifying. In treating febrile diseases, change to turquoise when the temperature is normal.

Aqua is useful in treating skin conditions, throat problems, and it is very effective for acute pain and earaches. It eases respiration problems. It is effective in treatment of asthma and bronchitis, especially with children. Regular color breathing with aqua can prevent intense attacks of asthmatic conditions.

## Purple and Scarlet

Purple is a combination of red and blue. The key property of purple that is used in color therapy is the intense purification accorded by purple. Its main application is in detoxifying the body.

Scarlet and purple have opposite effects in color therapy. For example, scarlet is a vasoconstrictor and raises the blood pressure while purple is a vasodilator and lowers the blood pressure.

## Characteristics of Scarlet

Scarlet stimulates kidney activity and the sexual mechanism.

Scarlet helps in cases of impotency and frigidity when used in the genital area.  
Scarlet is useful in cases of scant menstruation.

## Characteristics of Purple

Purple is used in excessive menstruation (opposite in effect to scarlet) If the bleeding is excessive, use indigo instead because it will reduce the bleeding more effectively.  
Purple has an analgesic, anti-pyretic, narcotic and hypnotic effect.  
Purple is indicated in malaria.  
Purple is the color of anger, divinity and royalty.  
Purple is a venous stimulant.  
Purple gives authority, prestige, and distance; reduces heart pain, stiffness and cysts.

## Characteristics of Scarlet

Scarlet is an arterial stimulant and a renal energizer.  
Scarlet is a genital exciter, an emmenagogue that promotes menstrual discharge, and a vasoconstrictor. It promotes libido in those with subnormal sex potency.

## Diseases treated with Purple

Purple is considered by many to be a high vibrational color. It is this high vibration which gives it its ability for purification. It is effective to use when strong detoxifying of the body is needed, as in the case of cancerous or pre-cancerous conditions. Purple is purifying to the body. It can be used to stimulate venous activity in the body. It can also be used for headaches.  
The red-purple range is beneficial to balancing the polarities of the body. The blue- purple range is effective in helping to shrink (such as tumors) and to cool, easing inflammations.

## Caution/Precaution

Because of its high vibration, purple should be used sparingly. Too much purple can create or aggravate depression. It can stagnate or suppress emotions - especially anger.

## Magenta

Magenta is the color of the highest order, connected with spirituality, meditation, and letting go. It is an agent for change, for the clearing out of old attitudes and obsessions, and for making a break with the past. Its complement is green.

## Characteristics of Magenta

Magenta energizes the adrenal glands, the heart action and the reproduction system.  
Magenta acts as a diuretic.  
Magenta is good for the treatment of the auric bodies.  
Magenta is a fine emotional stabilizer.

## Ultra-Violet

## Characteristics of Ultraviolet

### Physical

Ultra-violet has a chemical and bacteriocidal action on the blood and tissues of the body. It breaks down the bacterial toxins and helps the white blood cells in their phagocytic action.  
Ultra-violet's chemical reaction depends upon its vitamin reaction in the system. Vitamins A, B, C, D and E are affected by the ultra-violet light.

Ultra-violet plays a great part in the calcium phosphorus balance and in iron and iodine fixation.  
Ultra-violet accelerates the lymphatic and circulatory activities.  
Ultra-violet normalizes all metabolism and glandular activities.  
Ultra-violet stimulates antibody production and immunizes the body against disease.  
Ultra-violet has a stimulating action on the Sympathetic System. It, however, acts as a sedative to pain.  
Ultra-violet is good for the heart and the lungs.

## Diseases Treated with Ultra-Violet

Goiter  
Gonorrhoea  
Heart  
Lungs  
Rickets  
Syphilis  
Ulcer  
Wounds

## White

White (full color spectrum white color) contains the entire light spectrum. Thus it influences all systems of the body. This is the basis for light therapy. (Please refer to our section on [light therapy](#) for more details.)

White is strengthening. It is cleansing and purifying to the entire energy system. It promotes purity, virtue and spirituality.

White is nurturing; heals fevers, infections and pain; calms the heart, mind, nerves and emotions; and promotes vitality and supportive feelings.

White can awaken greater creativity. When in doubt as to what color to use, you can seldom go wrong with white. It is beneficial to begin and end a color therapy session with white to stabilize the energy system of the individual and to give it an overall boost. It amplifies the effects of any other color used with it in a healing session.

### Precautions

If used in excess, white light causes passivity, lethargy, hypersensitivity, and inhibitions.

## Black

Black is a protective color. It is grounding and calming, especially to extremely sensitive individuals. It activates the magnetic or feminine energies of the body, strengthening them.

Black is the spiritual color for some religions; but it is the color of death for others. It promotes resistance, obstruction, opposition, and enmity. It wards off hatred and negative emotions.

Black is most effective when used in conjunction with white, balancing the polarities of the individual, especially in cases where the individual seems to be losing control. It can activate the subconscious mind which can put life and all of its craziness into proper perspective. It should rarely be used by itself, but always in combination with another color.

### Precautions

Black should be used sparingly, as too much black can cause depression or aggravate such emotional/mental conditions. Black also increases fear, suspicion and paranoia.

## Brown

Brown is an earthy color. It grounds, stabilizes and neutralizes. It is an effective color in healing.

Brown is especially effective in stabilizing overexcited states. It calms and grounds emotions and extreme mental conditions. Brown can help awaken common sense and discrimination. It brings us back down to earth. Brown is effective for any kind of spaciness. When it shows up in the human aura, brown may indicate a need for grounding. When the aura takes the shade of brown, it will often reflect infection in the body or that area of the body in which it overlays in the aura. Brown can be used to stabilize all systems. It is useful in cases of hyperactivity with children, especially with combinations of colors in the rust to deep brown range.

### **Precautions**

Too much exposure to brown may make one's personality coarser.

## **Gold**

Gold is an important color in oriental healing. Its principal property is in strengthening and amplifying. Gold is very useful in increasing the self-consciousness. It has beneficial effect on the immune system and on the cardiac conditions.

### **Characteristics of Gold**

Gold is a color that can strengthen the energies associated with the entire immune system. It can be used with other colors to amplify the effects without overexciting the system. It is very strengthening to the heart. It is effective to use in regard to all cardiac problems, especially as a powerful tonic after heart surgery. Gold is a powerful stimulant to the immune system of the body. It helps awaken the individual's own healing abilities to assist the body in restoring homeostasis. It can also awaken renewed enthusiasm. Gold is also believed to improve libido, especially in women. Gold also harmonizes the mind and affect the endocrine systems. In ayurveda, gold is believed to affect the [ojas](#).

## **Pink**

Pink is soothing. It can be used for treating skin conditions and inflammations and the immune system. Pink is a soothing color on all levels, physical mental and emotional levels. It can be used to soothe conditions of anger and feelings of neglect. Pink can be used to awaken compassion, love, and purity. It can be used in meditation to discern greater truths. It is comforting to the emotional energies of the individual. Physically, pink is most effective in the treatment of skin problems and conditions, especially when combined with aqua. It also stimulates the thymus gland and ease stresses upon the immune system of the body.