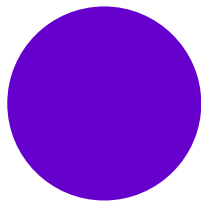


VIOLET



Wavelength: 455-390 nm

Element (West): None

Element (East): None

Chakras: Crown

Complementary Colour (True Colour Wheel): Yellowy green

Complementary Colour (Artist's Colour Wheel): Yellow

Hundreds of years ago, violet and purple dyes were very expensive commodities and were reserved for use by the ruling classes, the clergy and the rich. Today shades and tints of violet are often thought of as the 'most spiritual' colours, mostly based on their historical use. For well-being, though, we need all colours and no one colour is more important or spiritual than any other. The tradition that links violet with healing is explained by its blend of red and blue, the opposite ends of the visible spectrum. A body will take from violet light, the energy it needs, so violet can be applied in any situation to help to create well-being.

The key to understanding the energy of violet is to see how its component colours work together. Red is a focusing, concentrating, dynamic and activating energy, whilst blue is a cooling, quietening and expansive energy. Violet brings a new dynamism to the unfocused expansion of blue and a stabilising energy to the frenetic activity of red. The rather undirected spaciousness of blue is made practical by the addition of the red. Concepts and ideas are thus better able to find some real application in the world. The energy that red brings allows more creative qualities to emerge from the blue, so violet is associated with the imagination and with inspiration

Physical Level

Violet is related to the head. Its constituent colours of red and blue can represent the different and opposite functions of the left and right hemispheres of the brain. The left hemisphere is linked to logical thought and outward expression, the right hemisphere to creativity and absorption of information. The degree of balance between the hemispheres is seen in an individual's ability to co-ordinate physical movement and other activities that need the left and right sides of our body to work in synchronistic harmony. Amethyst, a violet type of quartz is thought to help this process, as is diamond and fluorite. Amethyst, placed on the head, may help at the onset of migraine headaches, and can reduce their severity.

Emotional Level

Emotions that resonate with violet are revealed by those who work in selfless service for others. Sympathy and empathy and the ability to see other people's points of view are very helpful. Violet, however, seems to also show the opposite facet of its energy very easily. This is apparent where people martyr themselves for others, not with a healthy and altruistic stance, but from a lack of value in themselves. Helpers can see others as more needy or deserving and so sacrifice themselves. Viewed from a broad perspective, this is a type of negative-egotism. A more balanced standpoint is to help others to the maximum of one's ability as well as looking after your own well-being. Here, the helping and service can be carried on indefinitely as it is coming from a stable emotional base. The complementary colour to violet, yellow, and its quality of self-knowledge, helps to stop the violet energy from becoming unworldly.

Mental Level

The ability for violet to highlight the extremes of its vibration is most apparent in how it manifests at a mental level. As a beneficial quality, violet is the colour of imagination and inspiration. Sometimes, all too easily, these positive traits can sour and become fantasy and delusion. Holding the positive balance requires input from all the other colours of the spectrum and their accompanying skills. The sleight of hand of the magician can amaze, yet the same energy in a trickster can disgust.

Spiritual Level

Violet as a spiritual energy projects the integration of the spiritual aspects of life with the mundane and practical. Many teachers and gurus tell that it is pointless having high ideals and views if we cannot apply them in our daily lives. This is the challenge of violet. Bringing these two together can be easiest through some sort of ritual. Whatever you choose to do – regular attendance to a place of worship, daily personal prayers or giving thanks for a beautiful day – when done from the heart with sincerity, is very powerful. Incense, special clothes and specific foods can all create a sacred space to connect and integrate with your inner being. Violet is an important energy to those who use the blue and indigo skills of psychic perception because it helps to supply the grounding energy for the work. Without the anchoring abilities of red, the use of subtle perceptions can seriously imbalance and exhaust the life-energy of the practitioner.

The skill of integration is aided by violet. As the colour combines opposite energies, so it can help people who also need to work with an array of disparate things. Violet is often associated with the richness and diversity of ceremony, perhaps originating from its ability to psychologically balance the minds and actions of the participants.

Summary: to increase or balance the violet energy in your life

Wear violet clothes

Use crystals: amethyst, sugilite, violet fluorite, diamond, charoite

Use essential oils: lavender, violet

Use flower essences of violet flowers: violet, pansy, petunia, lavender, gentian etc

Examine your motives for getting involved in healing, charities and groups