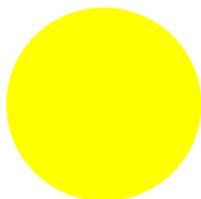


## YELLOW



Wavelength: 597-577 nm

Element (West): Fire

Element (East): Earth

Chakras: Solar Plexus

Complementary Colour (True Colour Wheel): Indigo

Complementary Colour (Artist's Colour Wheel): Violet

The bright, crisp yellows have an invigorating effect compared to the cosy shades of gold. Yellow is linked to the ability to make decisions from the given information. This is not just a mental function, it works through all aspects of our lives. The richest source of yellow is the light from the bright sun (in the main part of the day). If we exclude natural light from our lives, for whatever reason, be it work or illness, we cut ourselves off from one of the greatest sources of healing.

Most people will recognise the sensation of warmth and vitality when looking at a strong pure yellow. Like the energy of a bright sunny morning yellow brings a clarity to our awareness. As with all colours, the type of yellow will create markedly different responses. An orange-yellow or golden colour imparts a sense of establishment, of solidity and assuredness, a rich, round sensation of inner warmth. A clean, clear yellow seems to clear the mind whilst keeping it alert and active in a state of readiness. An acid yellow is stimulating and enlivening, whilst a shade of yellow with just a touch more green will create discomfort, disorientation and even nausea

### Physical Level

In our physical bodies yellow relates to our digestive, nervous and immune systems. All of these systems depend on correct information being available and the subsequent correct choices being made. Our digestive system breaks down the food we eat into constituents that our bodies identify and absorb for our health and growth. If the digestive system's decisions go awry we experience digestive problems and poor absorption of nutrients. The nervous system relays information to our brain where it is sifted, filed and acted upon when necessary. If the nervous system cannot prioritise, confusion and fear increase. The immune system identifies and destroys cells it considers harmful to the body. If the immune system mis-identifies cells, we can find ourselves failing to fight viruses, bacteria and other invading cells or identifying harmless items as something that needs to be fought as occurs with allergies or in the another extreme, fighting our own healthy body cells by mistake (auto-immune diseases). Many of us need extra yellow to combat the pressures of living in the 21<sup>st</sup>

century. Wearing yellow may not always popular, but yellow in our homes, yellow foods, food supplements and herbs that resonate to yellow (Vitamins B, Evening Primrose Oil, Vitamin E, St John's Wort) can all help.

### **Emotional Level**

Emotional issues can easily upset the physical elements of yellow. Fear and anxiety, both from known and unknown reasons, can have debilitating physical effects. Conversely many people who find themselves mentally and emotionally stressed can be so as a result of problems created by the physical imbalances of yellow. Unfortunately we live in an age where information dominates our society and the processes of logic and science are considered vital. We work in artificial light often surrounded by electrical machines. All of this depletes yellow energy. As the body becomes more stressed, thinking patterns start to fail. Without yellow it is difficult to concentrate, study or remember things we know that we know. Enhancing yellow helps the ability to discriminate and judge what is needed. Without a balance of yellow at an emotional and mental level, we strive for an unreachable perfection instead of accepting our best efforts.

### **Mental Level**

The functions of the yellow vibration have to do with decision-making, with what to do in any given situation. Decisions rely on information but more importantly with the ability to decide which bits of information are relevant.

The nervous system relays information to the brain that then categorises, interprets and acts upon the signals. Correct identification of priorities leads to any easy relationship with the world. When this yellow function is lacking, confusion and indecision creeps in. Fear and worry are the consequence of an imbalance of yellow energy, borne of wrong information and a lack of clear and logical thought causing an inability to act positively.

Society in the West is currently very focused on the yellow qualities of acquisition of knowledge, organisation, structure and information exchange. The senses are continually bombarded with information from the environment, advertising, music and the media as well as new foods, new chemical substances and different energy sources. Many people, too, work in completely artificial lighting conditions behind tinted glass under fluorescent light. As a result many people need additional yellow light to help them keep the balance in their busy lives.

### **Spiritual Level**

Spiritually, yellow represents the ability to know who and what we are. With this ability we can deflect the unwanted attention of others and unwanted energy from machines in our environment. If we cannot differentiate between ourselves and our surroundings, we become entrained in a world dominated by things outside of ourselves, and we feel powerless and weak.

### **Summary: To increase or balance the yellow energy in your life**

Wear yellow

Introduce yellow into your surroundings

Eat yellow foods (bananas, grains, citrus fruits) , and foods rich in vitamins.

Supplement your diet with Vitamin B complex, Vitamin E, or the herb St John's Wort, Evening Primrose Oil, Sunbathe for short periods

Use crystals; lemon quartz, yellow Citrine, yellow fluorite

Use flower essences from yellow flowers: daffodil, crocus, marigold, chrysanthemum, hypericum