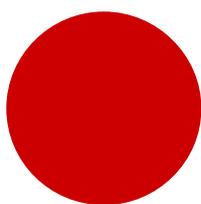


RED



Wavelength: 780-622 nm

Element (West): Earth

Element (East): Fire

Chakras: Root, Solar Plexus

Complementary Colour (True Colour Wheel): Turquoise

Complementary Colour (Artist's Colour Wheel): Green

Red throughout history has connotation with life and those things generally considered sacred in some way. Red ochre found at ancient burial sites hints at the hope for a renewal of life. The colour red has become synonymous with the preservation of our life-force, as in the logos of the Red Cross and Red Crescent. Danger signs and signals are also often surrounded in red or coloured red to indicate warning of the loss of life.

Red is the colour with the longest wavelength of visible light. It is the nearest visible light to infra-red in the electromagnetic spectrum. Although red occurs beyond the infra-red, it still has close connections with heat and warmth. Even rocks will become red when they are heated sufficiently. This is seen in volcanic eruptions when lava pours out onto the surface of the earth.

Fire, too, has these two facets. It can be a warming life-saver or an uncontrollable destroyer. In our daily lives, too much red energy will harm or exhaust us, too little and we have no energy for any activity. Too much red energy and we become over-involved in the workings of the material world and with too little we would find the world a threatening and dangerous place that we would feel the need to escape from.

Physical Level

Red at a physical level relates to the circulation of the blood through the body that provides our cells with oxygen (fuel) and nutrients (food). To provide red energy we need to exercise and eat in a way that maximises this to the full. If we eat too little or continuously exhaust ourselves physically and mentally, not only does this process break down, we also stress our adrenal glands. These glands control our ability to respond to survival situations by pumping hormones into our bloodstream heightening senses and reaction times. If we abuse our bodies for too long, this natural reaction becomes a permanent state, which eventually leads the whole system into a state of collapse. Classical 'red' exercise involves using the lower limbs – walking, running, swimming or bicycling, which when carried out for about 20minutes, increases the oxygen supply to our cells. Massaging the legs or feet can do the same. Eating red coloured foods and foods rich in minerals can increase the amount of energy that is available to us. The effect of red on the eye is quite unusual. For the colour to be seen, the

eye itself makes internal adjustments. This alteration means that we see red objects as closer than they really are.

Emotional Level

Any direct expression of emotion is linked to the colour red. Anger and passion, especially have both traditionally been thought of as 'red' emotions and phrases like 'red light district' and 'red-in-the-face' have crept into everyday speech to reinforce this. The characteristics of 'red' emotions are their strength, their immediacy and their short duration. Phrases like "red light district" and "scarlet woman" aptly describe other red qualities. Here red relates to the emotions of passion and sexual desire and hints that some aspects of red behaviour may not be socially acceptable. Black and red are the colours most associated with evil entities, for example the archetypal 'red devil' of medieval artists. Blatant expression of emotion is not always easy to handle, whether it is sexuality, passion, anger or aggression. When expressing red emotions, the heart beats faster, the capillaries dilate and the skin becomes flushed and feels warm

Many societies avoid or refuse to accept the expression of these emotions. This produces people who feel guilty about being angry or deny their passion. Wearing red clothing or carrying red crystals can help to overcome this or it can sometimes be easier to introduce something red into the living space. Flower essences such as Scarlet Pimpernel, Hazel or Oak can also be used to ease the expression of red feelings.

Mental Level

On a mental level, the drive to start new projects and to create foundations for new business is related to red. The energy that creates innovators and entrepreneurs is seldom adapted to the management of stable businesses, so the initiator will often move on once the new project is working. It is not uncommon to see combined with this level of initiative a very assertive character that needs to be impulsive, rash and daring. Here the person continuously challenges or tests themselves to reinforce their living and survival skills. Often they are also renowned for their daring exploits and can be somewhat extrovert and boastful about their skills.

Red is 'immediate'. This immediacy affects the thinking processes causing restlessness and impatience. It can result in selfishness, focusing on personal needs and survival above everything else. Sometimes this drive to survive is what fuels impulsive actions and rash comments.

When mental energy is low, visualising red or eating red energy foods can help, [coffee and tea are both 'red' energy], though too much increases irritability and can create addictive behaviour.

Spiritual Level

On a fine, spiritual level, red reminds us that no matter how spiritually inclined we may be, we are dependent on the survival and well-being of our physical body to act as a tool to express that spirituality in the world. Wearing red, eating red foods or foods rich in minerals, exercising, releasing our strong feelings and occasionally acting on impulse all reaffirm our connection through our bodies to the material world.

Life should be grabbed and lived with a sense of immediacy. Without red we become listless and out of touch with reality and we fail to live our dreams in this world. Without the foundation that red gives us we can daydream of escaping into non-existent realities and events. Without the support of our planet, also a red energy, we, as a species will neither succeed, nor survive.

Summary: To increase or balance the red energy in your life

Wear red clothes

Eat red coloured foods or foods that supply red energy (remember -coffee, tea, sugar and chocolate are only temporary 'fixes')

Use red crystals: garnet, red jasper, ruby

Use essential oils that have red energy: Ylang Ylang, frankincense, black pepper

Use flower essences of red flowers; Scarlet Pimpernel, Red Rose, Hazel

Activities: running, speed and field sports