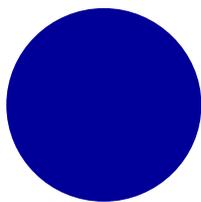


INDIGO



Wavelength: 450-430 nm

Element (West): None

Element (East): Water

Chakras: Brow

Complementary Colour (True Colour Wheel): Yellow

Complementary Colour (Artist's Colour Wheel): Orange

There is a different quality to the experience of looking at a cloudless blue sky and a midnight blue sky. The indigo vibration differs from blue in the same way. Indigo amplifies the characteristics of blue in a profound, resonant way. At a physical level, for example, whilst blue is quietening and cooling, indigo is sedating. In a depressed state indigo is to be avoided as it can easily deepen the depression.

In a way, indigo turns the energy of blue inwards: while blue creates flow between people by some form of communication, indigo creates an internal communication that manifests as profound thought processes, new insights, philosophy and intuition. The flow of blue can be fast, the flow of indigo can be almost instantaneous, often leading to the sensation of ideas 'coming out of the blue', with no previous development or build-up of thoughts and ideas. Intuition and sudden clarity of awareness, startling realisations and innovative concepts occur in this 'super-cooled' state of indigo.

Indigo is related to all the subtle perceptions such as clairvoyance, clairsentience and clairaudience (clear seeing, feeling and hearing) as well as other psychic skills. The deep, directionless depths of indigo can sedate the conscious mind enough so that more subtle, delicate perceptions can be noticed. Blue energy is the skill of language and eloquence – the talker. Indigo energy is definitely the listener. Blue energy can be frivolous and superficial, indigo energy will be profound and significant.

The internal quality of indigo and the enhanced sense of removal from normal, everyday communication can mean that those using a lot of indigo energy are able to step away from how the world is usually seen and come up with new, startling ways of thinking. The inventor has these qualities, going beyond the consensus view of what is possible whilst often appearing to be socially out of step or isolated. The internalising qualities of indigo make it an ideal colour to use in contemplative and spiritual contexts, particularly where the emphasis is on solitary meditations and attention to internal communication such as the practice of visualisation where the inner senses become more important than the physical sense

mechanisms. Without the qualities provided by indigo we would need to find other resources to help provide deep quietude in our lives.

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

Take time to look up at a starry night sky

Wear dark blue clothes

Use crystals e.g. lapis lazuli, azurite, sodalite, dumortierite