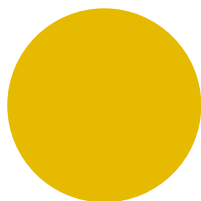


GOLD



Wavelength: 600-580 nm

Element (West): None

Element (East): Earth

Chakras: Solar Plexus

Complementary Colour (True Colour Wheel): Dark Blue

Complementary Colour (Artist's Colour Wheel): Dark Blue

When a mix of red and yellow favours the yellow, the rich tones of gold emerge. Our instinctive reactions to gold in our surroundings shows us, possibly more than any other colour, how universal human reactions to colour are. The mineral gold has been sought after or fought over (on the battle field and in the boardroom) because acquiring vast amounts is indicative of wealth and status. Gold is a commodity that powerful people would like to control as its rarity reflects those qualities of 'work' and 'value' that are most highly regarded.

Physical Level

The colour gold when shone onto the body soothes nerves and encourages the body to relax, as does the visual impact of the colour. Minute amount of the mineral gold are required for optimum functioning of the nervous system. Gold resonates to the skin, the largest organ of the body, and creams made from gold-coloured flowers, (chamomile, marigold, evening primrose) and gold coloured natural oils (vitamin E) are used to heal minor damage to the skin and to help to keep the skin supple.

Emotional Level

The links that gold has with our emotions highlight the qualities of contentment and comfort. Wearing gold brings a degree of self-awareness and confidence that gets people noticed. In a small amount gold can suggest wealth and good taste, whereas too much hints at a need to impress. This demarcation between a class act and a shyster showman is very subtle. Individuals through the ages have all fallen foul of what is acceptable and what is judged as pride and boastfulness. In a state of balance, gold can create and project a lazy emotional style that is a comfortable and secure place to be.

Mental Level

There is a natural leadership quality associated with gold at a mental level - to be a successful leader there has to be an ability to carry the weight of the inevitable attention, preferably without the ego becoming too large. If the balance of gold is lost, an egotistical, proud

dictator emerges who, ironically, denies everyone else of their gold qualities of happiness, relaxation and contentment. It is important not to get complacent with success but to somehow keep it fresh and untarnished. Taking time out to play and have fun is an important part of gold energy– rekindling joys of childhood and the appreciation of natural beauty.

Spiritual Level

At a spiritual level, outsiders looking in see a serene, wise and well-rounded personality. It is easy for the onlooker to assume that since gold energy at a spiritual level ‘has it made’, there is nothing else to be achieved. What they fail to realise is that like a swan on a pond, the elegant vision of ease hides furious paddling. Gold at this level shows that constant vigilance and hard work directed at self–development and self-healing pays off – but never stops.

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

Have something of golden colour in your immediate environment

Eat foods that bring warmth to the body – spicy foods, ginger

Take time out to play in the sunshine

Wear gold jewellery, Amber, rich Citrine, gold Topaz

Use herbs and nutrients like Vitamin E, dandelion