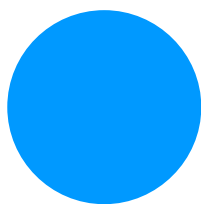


BLUE



Wavelength: 492-455 nm

Element (West): Ether

Element (East): Water, (Ether in Vedic system)

Chakras: Throat

Complementary Colour (True Colour Wheel): Orange

Complementary Colour (Artist's Colour Wheel): Orange

Blue is the colour of distance. When artists of the early Renaissance began to consider how to represent perspective, they employed the simple observation that in nature the further away an object was in space, the more blue it appeared. Naturally, blue in this way is associated with looking beyond what is in the immediate environment – stretching the perceptions outwards beyond the known.

Gazing at a sky on a sunny day or at the stars on a clear night, the blues, one bright and one very dark can both instil wonder, peace and an appreciation of the vastness of space and the universe. Across all bands of experience, blue indicates a flow of energy. There are two aspects of blue. On the one hand there is the experience of going beyond what is known – searching for information or detail, the process of communication, and on the other hand the experience of rest and peacefulness – simply happy to be experiencing without any particular focus of thought. In some respects these seem to be contradictory qualities but in fact the uniting factor is the desire for equilibrium.

Physical Level

Blue has a sedating effect on the physical body. Shining blue light onto the body has been used to reduce inflammation and swelling in joints and other tissues. It will calm any situation down when used for short periods. If used in lighting for too long, though, it can become depressive and cold. Blue is also linked closely to communication of all sorts. The most common sort is verbal communication – language, speech, singing and laughter, but it also includes non-verbal skills and body language. When communication of any sort is prevented or inhibited the natural flow stops. This creates a build-up of pressure, that we often experience as frustration or disappointment. Since blue is related to the ears, eyes, nose and throat, inhibiting the flow of energy can create physical problems in these areas. If you are prevented from speaking out, sore throats, ear-ache and a stiff neck could be the physical result. If this should occur, wearing a blue scarf or tie around the neck or carrying blue crystals can reduce some of the more uncomfortable symptoms. Arnica, the classical

homoeopathy remedy for trauma, acts as a 'blue energy', as it brings flow into a situation that has become stuck through shock.

Emotional Level

For thousands of years blue has been associated with objects or people of devotion (the Virgin Mary and Krishna). Here, devotion is directed towards a powerful emotional source. This flow of devotion can bring the attributes of these beings closer to the lives of people. Blue can also calm our emotions, allowing thoughts to separate from ordinary levels of communication. Many old places of worship have blue stained-glass windows or blue décor to help this process along.

The colour blue somehow seems to free the thought processes from their normal activity, removing us slightly from involvement with thought, emotion or physical activity. A 'cool' personality avoids getting caught up in emotional turmoil or any particular belief. That distance is the same quality as the blue of the distant mountains – not overwhelmed by detail or closeness, having the possibility of greater perspectives.

Mental Level

The flow of mental energy and communication related to blue moves to provide a clarity of knowledge and understanding. Both teaching and learning, especially associated with philosophy, religion and further education, are linked to blue. Blue therefore becomes an ideal colour to wear if you want to instil confidence in others and to be thought of as someone who is reliable and trustworthy.

All kinds of communication like talking, listening, hearing, learning and the exchange of information and viewpoints are blue activities. So too, are the expressive arts – not just the performers such as actors, singers and musicians, but any art-form that seeks to make itself known to other people. All is communication of information, and any of the five senses can be used to tell the story or carry the message.

Spiritual Level

Sometimes the speed of information is such that we can have sudden ideas or intuition that is followed, will change our lives. These seem to come from outside of our normal mental functions, and are sometimes thought of as coming from the Infinite or Divine. Blue represents the realms of subtle perceptions at a fine level. These skills include clairvoyance (clear seeing), clairaudience (clear hearing), and clair-sentience (clear feeling). Skills such as mediumship and the ability to channel information from other sources also relate to the darker shades of blue. All of these can be seen purely as an information flow from one source to another, but from a more unworldly source than day-to-day communication and conversation. For these types of skills to become secure and stable, the energies of the complementary colour orange and the grounding energy of red are both needed.

Summary: if you want to balance or increase the blue energy in your life:

Take time to look up clear blue sky on a sunny day

Wear blue clothes

Introduce small amounts of blue into your environment

Use essential oils like rosemary, lavender, blue chamomile

Use flower essences from blue flowers e.g. bluebell, harebell, forget-me-not, scabious

Use crystals e.g. celestite, blue topaz, blue lace agate, aquamarine, angelite