

## What is Colour?

We tend to think of colour as a surface thing, but the colour an object appears to be, depends upon what happens to the light that hits it. What we see, very often, is exactly what that object is not!

Matter absorbs certain frequencies of light. What is not absorbed is reflected off the surface. Where this is the case, what the eyes see, is the reflected frequency: a red flower has absorbed all light striking it except the red end of the spectrum. This has been reflected and is identified by the sensory cells in the eye, then translated into a colour by the brain. A white surface is not absorbing any of the light that hits it, while a black surface has absorbed all the light, reflecting nothing.

Every frequency of visible light, each colour, creates changes in us at all levels, physically, emotionally and mentally. Different cultures have given different attributes and meanings to colour but at the biological level we all react the same. The simple fact that even people with little or no sight will still identify some colours as 'warm' and others as 'cool', shows us the energetic reality of light. The red end of the visible spectrum with its larger, slower wavelengths interact with physical matter by agitating molecules causing a heating effect, while the faster, smaller wavelengths of the blue end of the spectrum tend to pass through matter.

Colour is a universal language.

Everything under the sun is affected by colour. Plants, animals, bacteria, chemical reactions, all exhibit changes of behaviour when exposed to different colours.

Colour is the energy of light. When we choose one colour over another or when we put on a certain colour of clothes, we have chosen to reflect an energy frequency with very specific properties and effects.

Colour is a subconscious language. It makes no difference whether we know what a colour signifies or what effects it will have. Every colour automatically creates physical, emotional, mental and chemical responses in us.

By learning to understand these processes, we can all use the energy of colour, the energy of light and of our sun, to bring balance and well-being into our lives.

