

Quick Guide to Colour

	Red	Orange	Gold	Yellow	Green	Turquoise
Physical	energy, drive, libido, action, danger	play, flow of energy (or lack) trauma creativity	gently warms	activating, organising,	expansion, growth, power change, Nature	protective, empowering, strengthening
Emotional	anger, passion, enthusiasm, impatience	nurture, fun sensual, resentful, obsessive	happy content proud	happy, joy content, fear, anxiety	love, care, share, inhibit, repress, boundaries	encouragement of individuality
Mental	assertiveness, innovator, scattered	creative, practical ideas	creative lazy	choices, logic, memory, worry	independence, space, trapped freedom	empowerment, communication of experience
Spiritual	grounding, protecting	Protects the etheric body	Self	sense of Self, wisdom	doing one's 'thing'	stand up for one's beliefs
Cosmic	beginnings	creativity		Order	patterns	empowerment
Body part	legs, feet, hips, blood	gonads, bladder, L. intestine		organs in midriff, skin, immune sys nerves	lungs, heart arms	thymus gland, immune system
Element	fire		earth	Earth	wood	
Chakra	root, solar plexus	sacral	s plex	s' plexus, root	heart	thymus
Meridian (s)	heart, small intestine, triple warmer heart protector			stomach, spleen	liver, gallbladder	
Spine	coccyx	sacrum	lumbar	Lumbar	thoracic	upper thoracic
Foods	minerals red meats red vegetable red fruits Vit B12	all orange foods, dairy, calcium, zinc, vit C seafood	grains	Vits B, grains, all yellow foods	all green veg and fruit, all vits and minerals	
Flowers Example:	scarlet pimpernel red rose	marigold		dandelion, celandine	all trees and plants	
Essential oils	ylang ylang bay, black pepper cloves	cedar, neroli, orange		citrus, chamomile, calendula	bergamot, pine, lavender, rosemary	
Crystals	ruby, garnet, zircon rubellite metals iron quartz	carnelian, selenite, coral copper herkimers	citrine, gold amber	citrine yellow jasper calcite, topaz pyrites, rutile quartz	malachite, aventurine, tourmaline emerald, jade moldavite	turquoise, larimar, aquamarine amazonite
Career	pioneer, armed forces, surgeon, speed ace	dancer, drummer, gardener, cook,	leader, actor	computers, librarian, lawyer nutritionalist	counsellor, environment	teaching from experience, empowering
Lack	lethargy, ungrounded chronic fatigue	constipated on al levels		indigestion, skin, memory problems	repressed, inhibited paranoid	immune system problems
Excess	tied to the material world, acquisitive, overactive, restless	loads of unsuccessful ideas	lazy despot, craves attention	bossy, over-intellectual, perfectionist, tense	easily swayed by others, believes everything and everyone	overloaded with enthusiasm
Contra-indications	unsafe near the heart or high blood pressure				not for use with cancerous conditions	

	Blue	Indigo	Violet	Pink	White	Black	Brown
Physical	speech, calming, flow of information	cooling, removes energy, quietens	balancing, harmonising	calming, soothing, supporting	cleansing, purity, uncompromising harsh	hidden, secret, deep, safe	safe, secure, simple
Emotional	peace, loyalty, fanaticism, trusting, reliable	cold, aloof, observant, silent, distant	empathy, sympathy, martyrdom, victim	Self issues, caring, loving, manipulates	detached, unapproachable, boastful, obvious	fear, doubt, safety, untrustworthy	steady, nurture, boring
Mental	beliefs, teaching, philosophy, religion	detachment, far memory, perception, intuition	imagination, illusion, inspiration, delusion	tolerant, accepting, unrealistic	clinical, harsh, perfectionist, clear, focused	resourceful, wily, unpredictable	practical ideas, studious
Spiritual	subtle communications	ability to see patterns	co-creative, practical spirituality	fierce compassion	new beginnings	protecting	practical spirituality
Cosmic	Divine will	Peace	Balance	Nada/sound	the Universe	the Void	Earth
Body part	neck, ears, thyroid, nose, parathyroid	Eyes, pineal gland	top of head, brain, pituitary gland	gonads, heart			
Element	water, ether	water			metal, water	water	
Chakra	throat	brow	crown	sacral	sacral		sacral
Meridian (s)	kidney, bladder				Large intestine, lung		
Areas of Spine	cervical		cranium				sacrum
Foods	kelp, asparagus	mind altering substances	alcohol, sugar, addictive foods, additives	fish, fruits	dairy, fish, refined foods		foods from the soil - roots
Flowers: examples	Bluebell, Forget-me-not		violet, pansy, lilac	roses	gardenia, lotus		
Essential oils	chamomile, clary sage		violet, lavender	geranium, rose	jasmine		
Crystals	blue lace agate, blue calcite, topaz, aquamarine	kyanite, azurite, lapis lazuli, sapphire	amethyst, sugilite, charoite, fluorite	rose quartz, rhodonite, rhodocrosite, kunzite, thulite	all clear and white stones, silver, diamond, apophyllite, moonstone	tourmaline, haematite, jet, obsidian, onyx, magnetite	iron, limonite, tiger's eye, staurolite, halite
Career	politician, teacher, singer, broadcaster, author, nurse	midwife, undertaker, astrologer	priest, priestess, healer, con-artist	carer, mother	nurse, doctor, scientist	priest, magician, teenager	gardener, teacher, writer, potter
Lack	stutter, thyroid problems, speech problems	cannot see beyond the obvious	too focus on the material	no value in self		scared of dark	
Excess	chatterbox, fanatic, hypocrite	inability to relate to anybody	ungrounded, no energy, can't function in the world, digestive problems	too open to others, feelings	wants to be separate, to be seen, aloof	wants to be separate, to be hidden	no interest in anything different
Contra-indications	Not for depression	Not for depression		Too much can create aggression	Can be very harsh and unfeeling		