

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 | | |