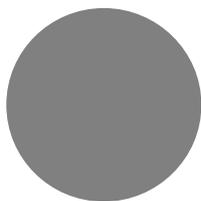


GREY



Grey is the true neutral colour. It is usually thought of as a combination of white and black, but the mixture of any complementary colours will produce grey. Grey is the colour of void, of emptiness, lack of movement, lack of emotion, lack of warmth, in fact, lack of any identifying characteristics. Because of this, grey can be restful. If it contains a high proportion of white it will tend to take on the qualities of surrounding colours. If the grey, though, has a greater amount of black, it can feel very heavy and depressing. Grey has a lack of information so has a numbing effect on the mind, though not particularly in a peaceful way, as blue or indigo might. Indeed the inability to see into the colour can be reminiscent of the experience of fear or terror where decision-making processes seem frozen and even time stands still. Emptiness, boredom, lack of direction, enervating and draining: the neutrality of grey prevents us from moving towards an energetic state.

Grey has no connection to the solid earth or the life of nature. Immovable stone and cloudy skies reflect the impersonal, implacable nature of grey. Grey has a detached, isolated and unemotional effect. Grey is a cool, calculating mental neutrality, an unwillingness to get one's hands dirty.

Grey can suggest someone who wishes to remain unsullied or uninvolved, but at the same time can suggest sophistication – being 'cool'. Indeed, when placed next to other colours, grey has the effect of moderating and stabilising those colours – both making them more visually apparent whilst muting the vibrational energy.

Grey clothes are still the favoured uniform of managers, businessmen and politicians reflecting the desire to project coolness of mind, emotional stability and the ability to look down on the rest of the world with a detached neutrality – the epitome of the myth of efficiency.

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

Wear a shade of grey, but add another small amount of colour to it, in the form of a tie, lapel badge, scarf etc

Use grey crystals: agates