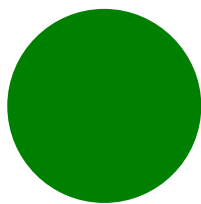


GREEN



Wavelength: 577-492 nm

Element (West): Air

Element (East): Wood

Chakras: Heart

Complementary Colour (True Colour Wheel): Magenta

Complementary Colour (Artist's Colour Wheel): Red

Our eyes are especially sensitive to all shade and tints of green. Green is in the middle of the visible spectrum and epitomises the qualities of balance and harmony. It is the colour we relate to Nature, trees and plants and to a way of life that works in harmony with the Earth.

In Nature, we see the physical expression of green in the new shoots of plant growth in the spring. This is part of the natural cycle of birth and death that we readily accept in nature but can have problems accepting in ourselves. The processes of life and growth inevitably involve the death of one cycle, so that another can emerge. This creates the balance. For any growth and development to be sustainable, each stage builds on what has gone before. When we have problems working with or accepting this, a walk in a park, a forest or by the sea can bring back our perspective. Whether vegetarian, vegan or carnivore, we all depend in some way on the plant kingdom for our food. Reverence for all life helps to keep our perspective in harmony with reality.

Physical Level

In our physical bodies, green relates to the heart, lungs, the arms and hands. The heart and lungs are organs that rhythmically expand and contract, in a cycle of renewal and elimination that we depend on to live. The arms and hands, we use to pull things and people towards us, for closer inspection, to hold or relate to. We also use them to push things away from us when we feel we no longer want or need them in our lives.

Emotional Level

Emotionally green is expressed through the way of relating to everyone and everything in the environment. This is a balance of personal requirements with the needs of others. In personal relationships this dynamic is an ever-changing set of polarities. We seem to explore these extremes before settling on the balance – weighing freedom against inhibition and repression, caring and love against manipulation, control and dominance against encouragement.

Learning how to relate to others is a skill of balancing our needs with the needs of the other person. If it is possible to develop a mutually agreeable relationship of caring and sharing, both lives are enriched and expanded – our interaction with the world is broadened. When a

relationship is formed that is negative, manipulative or unpleasant in some way – very often because one person is trying to gain power and control over the other (a negative green tendency) – then our own potential for understanding the world is curtailed and restricted.

Emotions constantly change and we can be misled if we expect emotions to be the same all the time. Like the heart and lungs, the process of letting go and holding in never stops. Security cannot be achieved emotionally, as emotions fluctuate as part of their natural function.

Mental Level

Mentally, green teaches us the patterns and cycles of our thinking processes. When we are young, we take our guidance and behaviour models from those who set the rules. This is fine as it helps us to become secure in our homes and immediate surroundings. As we mature, we reach a point where we need to take on the process of setting our boundaries and patterns of behaviour ourselves, accepting the new responsibility that comes along with it. Breaking away from the patterns and ties of childhood is not easy, but unless this happens we are unable to grow into independent adults. It is usually better for this 'breaking away' to happen when there is a chance to take a break from the normal flow of our lives, as this gives time to explore the new possibilities. At these times wearing green can be very supportive. Many people instinctively bring more green into their lives at these times – even eating only green foods for a few days can encourage changes in our thinking.

Spiritual Level

On a spiritual level, green reflects the capacity to 'do your own thing' regardless of what everyone else says or does. Far from being deliberately eccentric or rebellious, this confirms that at this level we are unique. No-one can live our lives for us. We can take advice, but ultimately we are responsible for ourselves. Accepting this can free an individual, which in turn gives the opportunity for others to release themselves from any duty of care they might feel they had for that person. Everyone can then move on to the next phase of growth. The green energy inevitably has to do with the pushing out of boundaries, of growing beyond what is known. Because it is expansive it must develop relationships with those things around it, but it is necessary to also have a degree of control, a powerfulness.

This power can be expressed in a harmonious way, as in an ecological balance where all elements are accommodated and mutually supportive, or it can be destructive to everything around it, simply absorbing or taking over, enforcing new order upon others.

Summary: to increase or balance the green energy in your life:

Wear green clothes

Eat green foods (leafy vegetables, apples, pears etc)

Walk in the countryside, around trees or sit in the garden

Use crystals: e.g. aventurine, emerald, green jasper, jade, tourmaline

Use flower essences made from tree flowers: e.g. lime, maple, willow

Use any essential oils