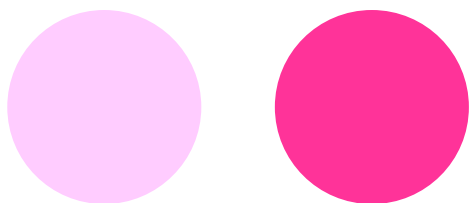


PINK and MAGENTA



Wavelength: 390 nm

Element (West): None

Element (East): None

Chakras: Sacral, Heart

Complementary Colour (True Colour Wheel): Green

Complementary Colour (Artist's Colour Wheel): Pale Green

Pink is red and white combined in varying degrees. The quality of the energy will depend on how much of the energy-supplying red vibration is present. White is the potential for fullness, red is the motivation to achieve that potential, so pink is a colour that promotes personal energy in the context of the whole.

Pink is sometimes seen only as a soft, feminine colour, a colour representing the qualities of caring and tenderness. Until the late 1800's pink was considered a masculine colour, with pale blue being reserved for small girls! Pink will help to take the heat out of any turbulent or aggressive situation. The dynamic mix of red and white, is in reality, a useful balance of male/ female energies that can also be useful as a healing colour, reducing the effects of disease as well as the fear and anguish disease can cause. Whereas violet balances the spectrum extremes of red and blue, pink harmonises the gender polarities of male and female, or Yang and Yin, expressive and receptive.

Emotional and Mental Levels

Pink helps to support an underlying confidence to existence. Such a level of support means that pink has the ability to neutralise negative or destructive tendencies. Aggressive behaviour patterns arise where there is fear at an emotional level or irritation and friction at a physical or mental level. Pink provides sufficient energy to move out of that negative state and enough clarity to understand and clear away misconceptions. The paler pinks link more closely to attitudes we hold about ourselves, e.g. self-worth, self-tolerance and self-esteem. Many people are able to express love for others more easily than they can for themselves. Forgiving others often comes more easily if we have come to forgive ourselves first. A high level of self-acceptance comes from facing the fears we have about ourselves.

Deep shades of pink (pink with some blue added) that veer towards magenta have proved to be extremely effective in situations of disorder and violence, such as in prisons and police cells where a limited exposure to pink light rapidly removes aggressive behaviour. These deeper shades of pink can help to improve self-confidence and assertiveness while the paler

shades are more protective, peace-promoting and supportive of self-worth and the ability to accept oneself.

Spiritual Level

It is said by many people that pink is the colour of 'unconditional love'. This type of love is difficult for most humans to express if they are really honest with themselves. Compassion, however, allows for our human frailties and foibles. Compassion is not weak. The red/white mix of pink shows the strength needed to be really compassionate. It takes a strong person to stand back and allow someone to learn to be who they are. Compassion isn't rushing in and trying to 'fix' everything or make it 'right'. Compassion is accepting what 'is', with all the responsibility, pain and joy it can bring.

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

Wear a shade of pink you feel comfortable with

Use pink crystals: Rose quartz, rhodonite, rhodocrosite

Use essential oils like rose, rose geranium

Use flower essences of pink flowers: flowering currant, geranium, red campion etc