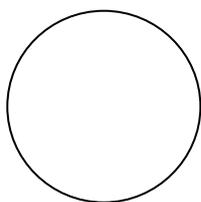


WHITE & BLACK

When people speak of opposites it is usually in terms of black and white. Strictly speaking neither are colours – simply characteristics of the presence or absence of light. In a way, both white and black reflect the attitudes of the individual. In a person with a lot of fear and uncertainty, black is a threatening unknown, a silence in which one's own terrors and nightmares can be amplified. In another person, black may simply be experienced as a restful emptiness that allows many different possibilities to emerge and disappear back again.

As in all polarities, black and white cannot be defined without each other. Like day and night, white and black are part of an unceasing definition of existence.

WHITE



Wavelength: All

Element (West): None

Element (East): Metal (Water in the Vedic system)

Chakras: Sacral, Crown

White is what we humans perceive as the entire visible light spectrum seen together – the complete energy of light. In this sense it stands for wholeness and completion – nothing has been taken out, everything is present. In many cultures white is associated with purity and cleanliness, openness and truth – everything is shown in bright light, nothing is hidden.

This also relates to the way white can be used to denote holiness. White is also the colour of bone and the snow of winter so for some, the energy of white relates to the starkness of death and endings. Both of these interpretations, purity and death, are connected by the act of setting things apart from normal life, creating a sense of specialness. Entering or leaving the world, white signifies beginnings and the end of one cycle enabling another to start.

White is uncompromising. Everything is clear, open and explicitly manifest. It has a cold quality. White can be of use when clarity is needed in life. However it can take on the hue of other colours around it and so acts a little like a mirror to the energies in proximity. Thus can make it a rather uncomfortable colour for those who do not wish to have their hidden feelings reflected back to them.

As a vibration of purification white can help to clarify all aspects of life, giving the energy to sweep away blocks in physical, emotional and mental patterns. In the same way that there are no shades of white, the action of this energy can be uncompromising and rapid.

Wearing white can be a deliberate device to set yourself apart from or above others, making any approach difficult and therefore possibly creating unnecessary fear or suspicion. The addition of a small amount of another colour to white will make a huge difference to the response from others.

The core energy of white is direct and impersonal. It can represent rapid transformation and complete change as it sweeps away blocks on all levels of being. Its ability to purify what it connects with is unsurpassed. Without another colour to soften it, white can be an uncomfortable experience. Flower essences made from white flowers (Star of Bethlehem, Stitchwort, Daisy, Snowdrop) can help to create profound changes in emotional and mental patterns. Clear and white crystals tend to work in the same way and are excellent transmuters and transmitters of energy.

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

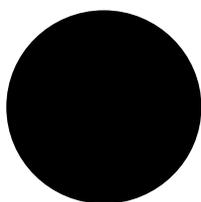
Wear white with another colour of your choice

Fast for a day, drinking only water

Use clear and white crystals: e.g. clear quartz, moonstone, opal, diamond

Use flower essences of white flowers: Star of Bethlehem, Cherry Laurel, Daisy, Snowdrop, Apple, Nettle

BLACK



Wavelength: none

Element (West): None

Element (East): Double Water

Chakras: Sacral, Earth Star

White reflects all aspects of light, black absorbs all aspects of light. So whilst white reveals, black conceals. In the simplicity of symbolism white is translated as whole, holy and good, so black inevitably becomes linked to the hidden, fearful and bad experiences. Black is the fear of a starless, moonless night – everything is unseen and unknown – anything might be hiding out there to wish us harm. Where white is seen as the colour of emergence, of birth and change, black is then the colour of continuity, of withdrawal from any definition, of the hidden. White continually makes its presence felt: it shouts 'I am here!'. Black withdraws into the background refusing to take a stand or be noticed. Black has often been associated

with the energies of the Earth and the fertile soil. The rich earth from which all life and sustenance springs is the same earth where the dead are placed.

Instinctive reactions to black suggest an innate response to this absence. For some, black is to be feared, representing emptiness, evil and a void that touches a hidden place deep inside. To others it is a safe, impersonal haven where individuality can be safely lost.

Physically, black creates a holding energy that, depending on the situation, can be a help or a hindrance. It absorbs all forms of energy. Wearing black clothes keeps someone safe from the unwanted attention of others. This creation of a protected shield allows the wearer to go unnoticed in their immediate surroundings. As soon as a splash of colour or decoration is added to black, the anonymity ceases and the black serves to highlight and enhance the individual and their appearance.

Emotionally, black can provide a respite from many strong emotions. By reminding us of the impersonal darkness of night-time and the safety of womb-like places, black can create a energy into which to withdraw. For short periods this can be very healing. Deeply held emotions that have been buried can be brought to the surface to be dealt with. All through our lives, when we fail to fully experience the pain in situations, the unprocessed emotions get locked into our 'Shadow Self'. This is sometimes called our 'dark side' because we know it holds our collection of painful emotional baggage. Working with black crystals, such as smoky quartz, black tourmaline or with the volcanic glass, obsidian, can help to access the hidden emotions and begin the integration of our Shadow Self.

Mentally, black shows the hidden depths of our mind. This can also be related to the Shadow Self, to the thoughts that unconsciously direct our lives. When thoughts are allowed to arise and fade without attention paid to them or action taken on them, the mind reflects the potential of black. Many people do not allow themselves enough quiet time to experience this aspect of the mind. When attention is first turned within there can seem to be a barrage of thoughts that some may perceive as to be outside of themselves or as a result of some malefic influence. Filling time with activity and constant stimulation effectively cuts off the awesome depth and potential of the mind, and denies us access to that part of our Shadow Self. In this way we do not get chance to discover our hidden skills, thoughts and fears are projected onto others for them to act out, so we can blame them for our own shortcomings. Taking time out by ourselves, to become familiar with our own company and our thoughts can ease all this. By sitting quietly with eyes half-closed, allowing thoughts to come and go, paying no attention or giving no encouragement, helps to experience black at a mental level.

Spiritually, black is the exploration of the depths of the mind. By allowing the mental quality of black to become an everyday experience, the emptiness of the mind holds no fears. When thoughts do arise, their beauty and the clarity of the perception of those thoughts carries a spark of joy in creativity that is unsurpassed.

Summary: to balance the black energy in your life

Spend time alone, practising 'being' rather than 'doing' or thinking about 'doing'

Use black crystals: smoky quartz, obsidian, black tourmaline