

# Healing Colors

Warmer colors are used to activate and stimulate, while cooler colors are used to calm and sedate. This is why our earth chakras are warm and our heaven chakras are cool. Avoid using warm colors in inflamed areas and avoid using cool colors in areas that have poor circulation.

## **RED**

Red warms and activates. It awakens our physical life force. If you want to stimulate the body, using this color will increase enthusiasm, motivation and drive as well as stimulate the immune system. It can be used for colds, poor circulation and mucus ailments. Red strengthens the physical energy and the will of the individual. It's also good for anemic patients as it fortifies the blood. It can stimulate deeper passions, such as sex, courage, or conversely, the negative expressions of hatred, anger and violence. Too much red can overstimulate and aggravate conditions such as high blood pressure.

## **ORANGE**

Orange is the color of joy and wisdom. It stimulates feelings of sociability. It is connected to our emotional health. It can assist in healing conditions of the spleen, pancreas, stomach, intestines and adrenals. It assists deep trauma – deals with shock or confusion and helps to release deep storage ie; issues or feelings. Good for improving the mood and emotions. It is a great color for healing bronchitis or colds and flu's that we store in our bodies as it works with the lungs. Also great for congestion, inflammation and for arthritic, asthmatic or emotionally derived disease or imbalance. Aids in physical elimination of disease and rebuilds the immune system.

## **YELLOW**

Yellow affects our mental faculties and the subconscious - Yellow will help rebalance and center the person and open them up to inner guidance, more clarity and awareness to give them an understanding of reality. It is useful to relieve depression by reawakening one's enthusiasm for life. It can be used to enhance greater confidence and optimism. It works to heal digestive issues as it helps to balance the entire gastrointestinal tract. It is an excellent color to use in recovery from Liver, Kidney, Bladder and Gall Bladder disorders. Yellow will aid in the filtration system of the body. Strengthens the nervous system and stimulates the glandular and lymphatic systems, while also helping to purify the body.

## **GREEN**

Green is the color of balance and it can be used to increase our sensitivity and compassion. It is a great color for calming and relaxing and will help a person better cope with difficult emotions. Green can awaken hope, faith and peace. It balances the autonomic nervous systems. Use this color for cardiac conditions, high blood pressure, ulcers, exhaustion and headaches. Deeper shades of green will assist with sleep issues, rebuilding emotional balance and cell recovery and restoration. Lighter shades will increase fertility and creativity. Green improves bronchitis, joint inflammation and other respiratory ailments. Overall healing color. Do not use on cancerous or tumorous conditions or anything malignant as it stimulates growth.

## **BLUE**

Blue is cooling and relaxing to our system. It helps with how we communicate (express ourselves) and receive what others say to us (understand). Blue stimulates the throat and aids the body's ability to heal

and clear areas of elimination ie; blood, urine, water. Is correlated with having a positive influence on relieving pain. Blue is regarded as a very calming color and is often used with the intention to soothe migraine headaches and stomach pain. If anything is inflamed, blue will balance that area of the body.

## **INDIGO**

This color helps in mental strength and assists the mind in regaining clarity and perception. Also connects us with our higher guidance. indigo improves eye and ear conditions, while also having a positive psychological effect. It strengthens the lymph system, the glands and the immune system. It is an excellent blood purifier and assists with detoxing the body. It balances the right hemisphere and left hemisphere of the brain. It assists with accessing deeper states of meditation and can awaken and develop intuition. Too much indigo can cause depression and a sense of separateness from others.

## **VIOLET**

Violet helps to integrate the physical and spiritual energies. It can stimulate inspiration and humility. Good for alleviating depression. It assists the body's muscles, organs and nervous system in relaxing. Violet is good to use on arthritic and cancerous conditions of the body. It is also thought to have a healthy impact on the spleen and the lymphatic system. This color connects us to all things – the Divine.

## **TURQUOISE**

Turquoise is helpful for all sudden pains and aches. Use turquoise after green for all infections. Use turquoise for skin building when damaged by any degree of burns, scratches, sores and infections. It is a tonic, quickly

reviving conditions of fatigue. Turquoise is very cooling and relaxing, and works to draw off headaches.

## **ROSE PINK**

Pink is used to awaken compassion, love and purity. It eases conditions of anger and feelings of neglect. It is uplifting and comforting for the emotional conditions and is linked to unconditional love.

## **MAGENTA**

Magenta balances the emotions. Stimulates and builds the heart. Regulates blood pressure as well as the kidneys and adrenal glands. Balances sexual desires.

## **WHITE**

White is used to wash negativity away, cleanse the chakras and open us up to the higher dimensions.

## **SILVER / PLATINUM**

Silver & Platinum stimulates the endocrine system and is the color we use with other colors when the body's energy is very depleted. It is also a good color to use to help the other colors integrate into the physical body.

We channel Silver into the Earth Star when we ground it to the heart of Mother Earth and to the New Earth Crystalline Grid. The New Earth's Crystalline Grid is a multidimensional grid of the ascended Earth, holding the template for the 5D New Earth.

## **GOLD**

This color is associated with the Christ Light. You can channel golden liquid light for an overall fortification of the energy field and to immerse the person with Christ consciousness, pure love energy.

## **DIAMOND**

Channel Diamond Light into the Soul Star to rebalance and bring in the diamond codes which contain information of the new earth human angelic template.

## **INTENTIONS**

When you are channeling energy into the body, you can project a thought intent into the color ie; releasing inflammation, clearing emotional pain from this center, releasing stress in the neck area, healing sore thumb, healing, repairing, regulating hormones, adjusting brain chemistry, etc., and surround that thought intent with a green bubble.

All colors work on revitalizing and healing at a DNA/RNA level so we are able to heal the body's cells and replace them with healthy cells with the colors and intentions we place inside.