



COLOURS  
&  
HEALING



The Conscious Mystic Collective



Red is the warmest of all colours.

Red is the colour most chosen by extroverts and one of the top picks of males.

On the negative side red can mean temper or anger. In China, red is the colour of prosperity and joy. Brides wear red and front doors are often painted red.

Red roses symbolise passionate.

Red is associated with fiery heat and warmth. It can also mean danger (burning).

Red is the colour of blood, and as such has strong symbolism as life and vitality. It brings focus to the essence of life and living with emphasis on survival.

Red is also the colour of passion and lust.

Put some red in your life when you want increased enthusiasm and interest, more energy, action and confidence to go after your dreams, protection from fears and anxieties.



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Orange is a power colour. It is one of the healing colours. It is said to increase the craving for food. It also stimulates enthusiasm and creativity.

Orange means vitality with endurance. People who like orange are usually thoughtful and sincere.

Orange is associated with the benign warmth of the sun, offers a more thoughtful control than explosive red. Curiosity is a driving characteristic of orange, and with it comes exploration of new things.

Put some orange in your life when you want to spice things up when you feel time is dragging, to become more involved in something, to increase creativity, relief from things becoming too serious.



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Yellow determines the meaning. Pure, bright and sunny yellow is the easiest colour to see. People who are blind to other colours can usually see yellow.

Yellow is full of creative and intellectual energy. Yellow symbolises wisdom.

Yellow means joy and happiness. People of high intellect favour yellow.

Yellow brings clarity and awareness. The shade of yellow determines its effect:

- Yellow-green can mean deceit, and creates a disoriented feeling.
- Orange-yellow imparts a sense of establishment.
- Clean light yellow clears the mind, making it active and alert.

Put some yellow in your life when you want clarity for decision-making, relief from 'burnout', panic, nervousness, exhaustion, sharper memory and concentration skills, protection from lethargy and depression during dull weather.



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Green is the colour of nature, fertility, life.

Green symbolises self-respect and well being.

Green is the colour of balance. It also means learning, growth and harmony.

Green is a safe colour, if you don't know what colour to use anywhere use green. Green symbolises the master healer and the life force. It often symbolises money.

Green contains the powerful energies of nature, growth, desire to expand or increase. Change and transformation is necessary for growth, and so this ability to sustain changes is also a part of the energy of green.

Put some green in your life when you want a new state of balance, feel a need for change or growth, freedom to pursue new ideas, protection from fears and anxieties connected with the demands of others.



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Blue is the coolest colour - the colour of the sky, ocean, sleep, twilight, calming.

A pure blue is the colour of inspiration, sincerity and spirituality.

Dark blue is the colour of truth and moderation.

Blue gives a feeling of distance. Artists use it to show perspective.

This is a good way to understand the energy of the colour blue - it allows us to look beyond and increase our perspective outward. It contains a cool vibration that is helpful to communication.

The vibration of blue can be used to open energy flow where it is blocked. Using blue to relax will encourage feelings of communication and peace.

Put some blue in your life when you want calm and relaxation to counteract chaos or agitation, to open the flow of communication, to broaden your perspective in learning new information, solitude and peace.



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Indigo is the colour of the deep midnight sky.

It can have a negative effect when used during a depressed state, because it will deepen the mood.

Indigo symbolises a mystical borderland of wisdom, self-mastery and spiritual realisation.

While blue is the colour of communication with others, indigo turns the blue inward, to increase personal thought, profound insights, and instant understandings.

While blue can be fast, Indigo is almost instantaneous.

Put some indigo in your life when you want to focus on personal issues, to develop intuition, to step outside of everyday life for a new and interesting way of viewing a problem, solitude and inner communication.



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Violet is the colour of purpose.

Violet is associated with the Crown chakra (This links individual and universal).

Violet is a combination of blue and red. Red is a focusing, dynamic and active energy while blue is cooling, calming and expansive.

Violet brings a new dynamic to the expansion of blue and the activity of red. Red brings practicality to the undirected expansiveness of the blue, and allows more creative energy to emerge.

For this reason, violet is associated with imagination and inspiration.

Violet is an important energy for those who use blue and indigo skills in the psychic field.

The red in violet offers a grounding effect.

Put some violet in your life when you want to use your imagination to its fullest, to re-balance your life, to remove obstacles, to calm overactivity or to energise from depression.



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Purple is the colour of good judgment.

It is the colour of people seeking spiritual fulfilment. It is said if you surround yourself with purple you will have peace of mind.

Purple is a good colour to use in meditation. Purple has been used to symbolise magic and mystery, as well as royalty.

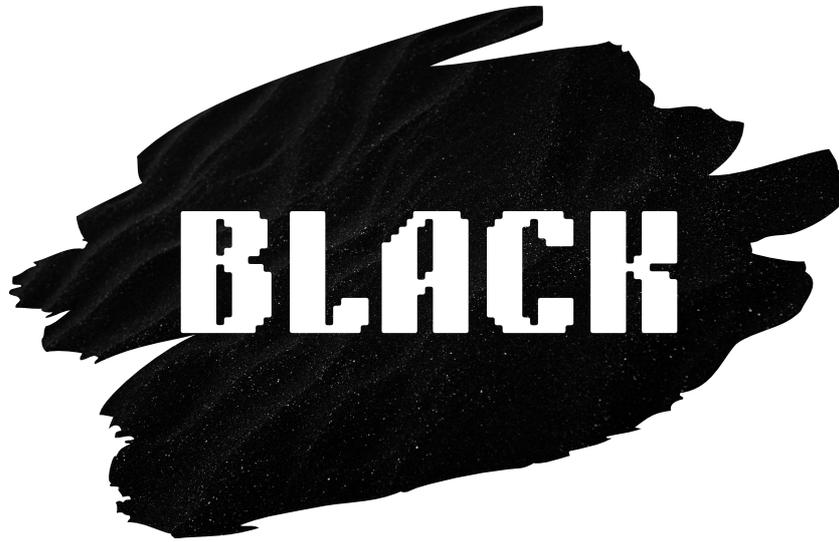
Being the combination of red and blue, the warmest and coolest colours, purple is believed to be the ideal colour.

In the negative, purple can mean that the ego is inflated and the person is full of self importance.

Put some purple in your life when you want to encourage fantasy, mystery and imagination.



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Black is the most misunderstood colour.

A black tie dinner is very formal and elegant. Women can wear that "must have little black dress" to the black tie dinner. Yet the bad guys wear black hats.

Black symbolises death in some cultures. Native Americans thought black was good because it was the colour of soil, which gives life.

Black is not a colour, strictly speaking. It is the absence of all colour.

When people speak of opposites, it is usually in terms of black and white.

Black, and its opposite white, represent polarities.

Black absorbs all aspects of light. While white reveals, black conceals.

It has come to mean hidden, fearful or bad experience.

It is linked to the unknown or the unseen.

In times of fear and uncertainty black contains the energy of the threatening unknown.

In a positive state, black is seen as a restful emptiness into which anything may emerge and disappear once again.

It is also mysterious, providing a sense of potential and possibility.

Put some black in your life when you want to become inconspicuous, to open the door to mystery, to prepare for the unknown, a restful emptiness.



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White is the colour of purity.

Brides wear white in many countries, because white symbolises a virgin.  
White means kindness.

In some cultures white is worn at funerals.

Strictly speaking, white is not a colour, but the manifestation of the presence of all colour - the complete energy of light.

It stands for wholeness and completion.

In many cultures it represents openness and truth. White has a cold quality.

It can provide clarity as its energy is complete. White has purification vibrations and can be used to clear blocks from your path.

It holds the potential to move toward every other colour and this makes it a good choice for new beginnings, and development in any direction.

Put some white in your life when you want to clear clutter and obstacles away, to start a fresh beginning, to bring about mental clarity, purification of thoughts or actions.



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Pink is the colour of universal love.

Pink is a quiet colour.

Pink is a combination of red and white.

The quality of energy in pink is determined by how much red is present.

White is the potential for fullness, while red helps you to achieve that potential. Pink combines these energies.

Shades of deep pink, such as magenta, are effective in neutralising disorder and violence.

Some prisons use limited deep pink tones to diffuse aggressive behaviour.

Pink provides feelings of caring, tenderness, self-worth and love, acceptance, unconditional love and compassion.

Put some pink in your life when you want calm feelings, to neutralise disorder, relaxation, acceptance and contentment.



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Gold symbolises wealth used wisely, but it is also the symbol of good health.

People who favour the colour gold are optimistic.

The Tibetan Buddhist believes in 5 sacred stones: the crystal for light, turquoise for infinity of sea and sky, coral for life and form, gold for the golden ray of the sun, silver for the light of the moon. Gold is intimately linked with Divinity and those gods associated with the Sun.

It symbolises wealth and success. Gold is a healing colour and is often associated with angelic energy.

Put some gold in your life when you want increased personal power, relaxation and enjoyment of life, good health, success.



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Grey is the colour of sorrow.

People who favour grey can be the lone wolf type or narrow-minded.

Grey with more silver in it can be a very active colour. Native Americans associate grey with friendship.

Grey is the symbol for security, maturity and dependability. It connotes responsibility and conservative practicality.

Grey is the true neutral colour. Its energy imparts void, emptiness, lack of movement, emotion, warmth and identifying characteristics.

Because of this, grey can be restful. It has a detached and isolated feeling. Grey can have a cooling effect when placed next to other more vibrant colours. It has a stabilising effect, making vibrant colours stand out while muting their vibration.

Put some grey in your life when you want to emphasise your willingness to comply, a neutral, non-invasive feeling, to reduce the intense energy of another colour, to feel detached or isolated.



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Brown is the colour of the earth and is associated with the material side of life.

People who prefer brown are often conventional and orderly. The negative meaning of brown can be a repressed personality or a lazy person.

Brown can mix into many surroundings. It is a mixture of red, blue and yellow and has many shades and tones - each producing a different effect. Brown can be a stabilising colour.

The red in brown gives it practical energy while the yellow and blue add mental focus energies. Too much brown can make a dull effect.

Brown gives a feeling of solidity, and allows one to stay in the background, unnoticed. Some shades of brown create a warm, comfortable feeling of wholesomeness, naturalness and dependability.

Put some brown in your life when you want a solid wholesome feeling, to blend with the background. A connection with natural earth and the stability this brings orderliness and convention.



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Silver has a feminine energy.

It is related to the moon and the ebb and flow of the tides.  
It is fluid, emotional, sensitive and mysterious.

It is soothing, calming and purifying. Silver represents intuition, imagination and illusion, mystery, femininity and female power.

As is for the colour gold, silver represents wealth and riches.

Silver has healing and health boosting energies.

If you are wanting a clearer understanding of your purpose then include more silver in your life.

Put some silver in your life when you want a sense of balance, help with mental, emotional and physical releasing, to get to the truth of the matter, help with gynaecological ailments, hormonal imbalances or to attract calming influences in your life.



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**Turquoise** is the symbol of youth, both the colour and the gemstone. This colour has a soothing affect.

Turquoise is the colour of communication. It contains the growth quality of green with the blue quality of communication.

Turquoise has long been used in amulets to provide protection, health, confidence and strength.

**Aqua** is the colour of high ideals.



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The meanings of colours is a science.

The meanings assigned to each colour is set and cannot be changed,

If you find you are reacting to a colour in a way that goes against the meanings above, you must go with that feeling. It does not make the science incorrect, it just means that you have a personal association with that colour and you should use your own judgement when you are interpreting what you are getting.

When using colours in healings or to read for someone it is not necessary to memorise all of the meanings of the colours at once.

Use the meanings that resonate with you at first. As you progress make sure you revise what you have learned.

This will expand your experience with colour and give you more options when doing a reading.

With love, Vicki xx



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