

Our instinctive emotional response to color can tell us a lot about ourselves. It reflects back to us how we are functioning. It can show life-long tendencies, immediate situations or a potential direction in personal development. Sometimes certain colors stay with us as favorites for many years. This is reflected in the colors we choose to paint our home, inside and out, and the predominant colors in our wardrobe. It is possible to interpret these color preferences through their known correspondences to our physical, emotional, mental and even spiritual state

## **Color Choice**

Given a range of colors to choose from, the process of self-reflection and self-revelation can begin. The simplest approach is to make spontaneous choices:

**\* Which color do you like the most?**

**\* Which colors do you like the least?**

\*

The color you like the most will, as likely as not, be present in your home or in your clothes. It may also be a color that you need to help you in a current situation. By looking at the full range of correspondences for that color, you may get insight into a new direction in life.

However, if the color you have chosen is an absolute favorite and you have no desire to reflect on other choices, you may have become stuck in particular habit patterns. Again, look at the correspondences for that color to see what these habits might be.

The color you like least will suggest areas of your life that may require attention and healing. Each color has positive as well as negative attributes, so it is a good idea to bring the positive energy of a color you dislike into your life to create balance.

Do this through new activities, the choice of food, by wearing that color in clothing or adding it to your surroundings. Try new things and see how they work.

The process of self-analysis through color can be developed a step further by deciding, before you make your choices, what each choice will represent. For example, a series of three choices could be selected to show:

- 1. What your physical needs are now (e.g. activities, food, clothes)**
  
- 2. What your emotional needs are now (e.g. peace, space, fun, company)**
  
- 3. What your mental needs are now (e.g. time to study, standing up for yourself)**

## **How To Do It?**

### **RAINBOW COLORS EXERCISE**

1. Collect together a selection of different colored items, for example ribbon lengths, pieces of card or buttons so that you have at least one of each color of the rainbow plus a selection of other colors.
2. Lay the items out at random on a plain background.
3. Close your eyes and have in your mind your first question.
4. Relax, open your eyes and pick up the color that you are immediately, and instinctively drawn to.
5. Repeat these steps for each of your questions in turn.

## **What Does It Mean?**

The color that you have instinctively selected will give you the answer in the language of color. You can then introduce the color energy into your life by whichever means seem appropriate. The color choices may highlight some aspects of your life that have not been clear to you. This process can bring issues to the surface so they can be looked at and healed.

## **Taking It Further**

You can invent any number of permutations for a series of questions or choices.

For example:

1 Where am I now?

2 What are my main difficulties?

3 What is at the root of those difficulties?

4 What are my priority needs?

5 What is the next possible step and the way forward?

The color choices can be interpreted through color correspondences and then introduced into your life using the information in this report.

A simple way to determine your day-to-day color needs is to carry out a single color assessment. This process can be done as often as you like. Sit quietly with these pages open in front of you and go through the steps below one by one.

## **How To Assess Yourself**

1. Cover the chart showing the keys to colors with a sheet of paper. This helps to stop the logical and judgmental part of the mind from interfering with the instinctive choice of color.

2. Note down on a piece of paper the number of choices you will make and what each will represent. For example, a one-color choice could represent what you most need today; a two-color choice could reveal firstly a problem you are encountering, and secondly, a possible solution.

3. With the framework decided, close your eyes. For each choice, open your eyes and record the color that your eyes are immediately drawn to.

4. Repeat the process for each choice, and then look up the correspondences on the chart.

5. Consider the questions and phrases linked to each of your color choices, and where appropriate, decide to bring that color more into your life.

Relax before starting a single color assessment and remember that you are being guided towards a color by your intuition

Any colored items can be used for color assessment. The important thing is to decide on an appropriate framework of questions.

## KEYS TO COLORS

Key phrases and questions that may help you to focus ideas

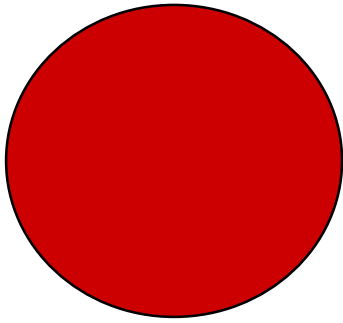
Color	Basic need at the moment	Question to ask yourself
Dark red	Need to keep your feet on the ground	What is taking your attention away from where it needs to be?
Red	Need to take action, now	What is stopping you doing what is necessary?
Orange	Need to let go of old, worn out ideas, things, emotions	What is blocking you? What are you allowing to block your way?
Gold	Need to relax, enjoy life	What is making you doubt yourself?
Yellow	Need to start thinking clearly	What are you afraid of?
Olive green	Need to reassess where you are going	What hidden factors are stopping your growth?
Green	Need for space to gain fresh	What is restricting you?



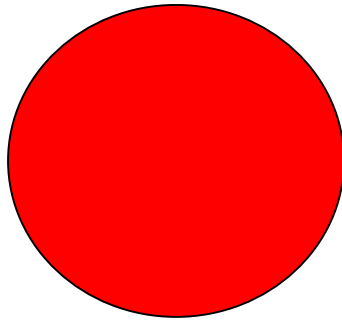
	perspective	
Turquoise	Need to put into words exactly what you feel	What are your strengths?
Light blue	Need to talk to people around you	What do you need to express to others?
Dark blue	Need for peace and time on your own	What are you so close to that you cannot see clearly what is happening?
Violet	Need to heal yourself	What are you sacrificing to appear as a 'good' or 'helpful' person?
Black	Need to be quiet and listen	What are you wanting to hide from
White	Need to make some changes	What is painful to look at in the real world?
Pink	Need to look after yourself more	What thoughts do you have about yourself that are too critical?
Magenta	Need to take time out to repair all levels of yourself	What have you been overdoing at the expense of your own health?

Brown	Need to focus on the practicalities of life	In what areas of your life have you been too dreamy?
Grey	Need to disappear into the background	What do you want to hide and why?

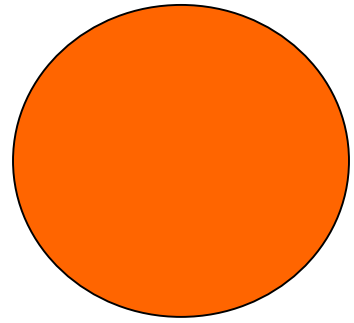
1. Dark Red



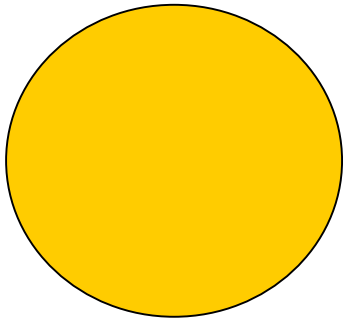
2.Red



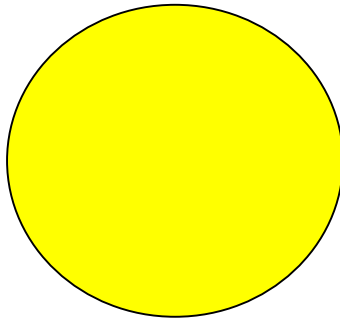
3.Orange



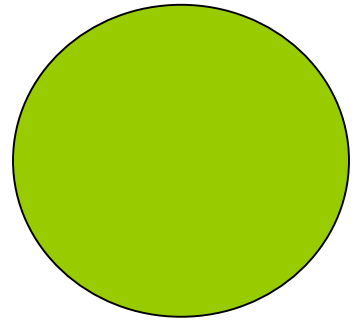
4.Gold



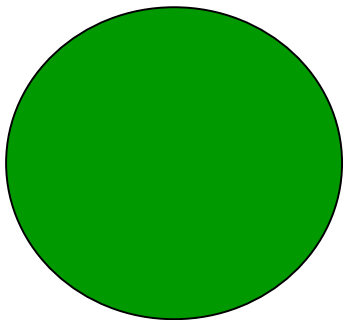
5. Yellow



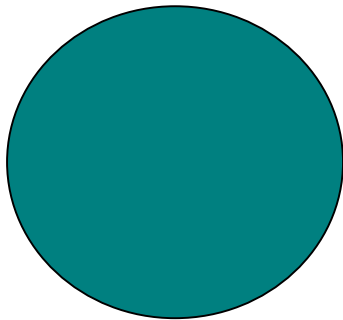
6.Olive Green



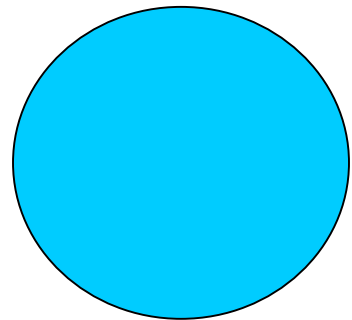
7. Green



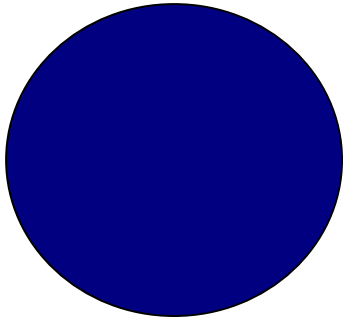
8. Turquoise



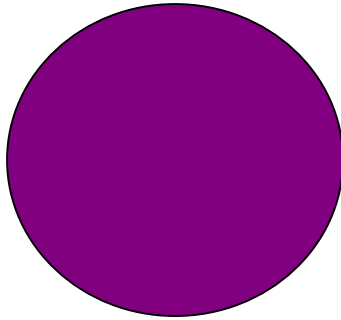
9. Light Blue



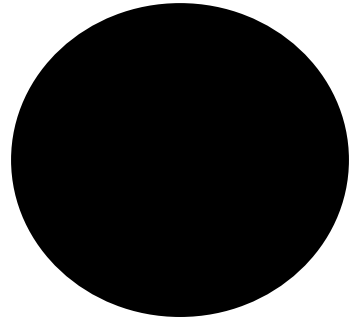
10. Dark Blue



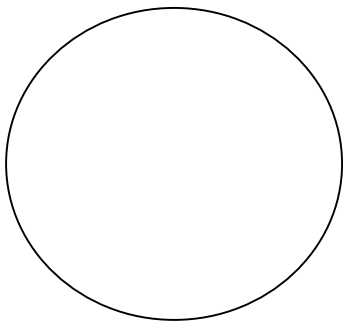
11. Violet



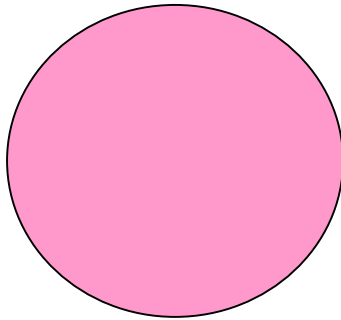
12. Black



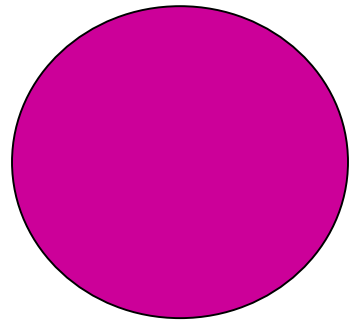
13. White



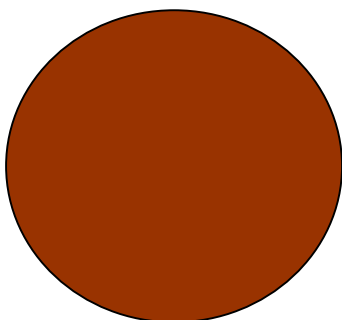
14. Pink



15. Magenta



16. Brown



17. Gray

