

*For
Your
Space*

WELLNESS

COLORS

YELLOW-more light than any other color, associated with the sun and gold, solar plexus chakra, relating to powerful self-esteem, self-worth.

Offset with softer colors. Too much is too powerful and creates an imbalance. For introverts, a little more yellow will create a lighter feeling, higher energy and more confidence.



Photo by Christelle Bourgeois@unsplash.com

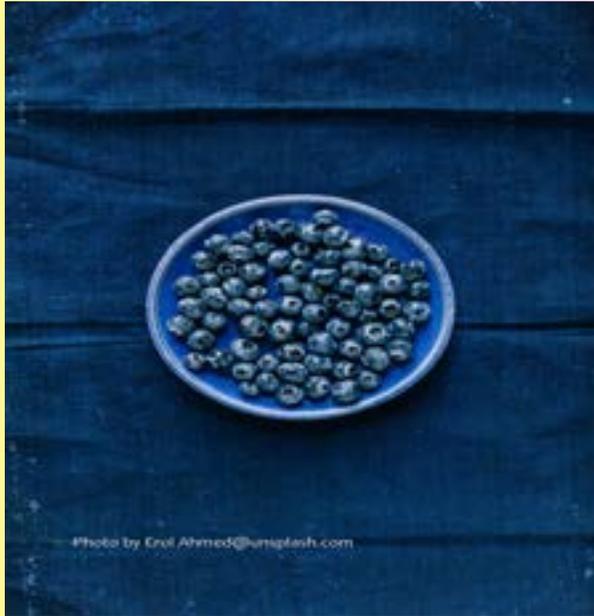
YELLOW feels good with PINK

Wellness Colors for Your Space

by C. Ruth McBeath-Urrutia

Bluest of the Blue

Indigo



INDIGO—associated with the brow chakra—wisdom, discernment, the color of universal truth.

Long associated with the business world, blue-indigo cools inflamed passions—leading to impartial and dispassionate discourse. Too much lacks emotion, is too detached and cold. But, when you are swimming in a sea of loud, raucous energy, gazing at indigo can soothe and cool the senses.

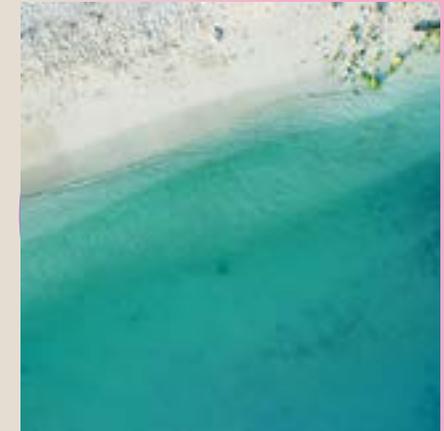
Use INDIGO as a focal point in your space, so that you can redirect your attention to it, when you need it. Textiles, flowers, fruit....INDIGO is available everywhere. Look for a rich deep color that triggers a sense of awe.



PURE RED

RED—The one color that triggers such a visceral response that no room can be completely red, without emotional consequences. But the benefits of the color red are far-reaching. As a wellness color, red is related to the root chakra, the center of our self-awareness, the center of our self-governance and power.

Look for a red chair. Not all your chairs will be red, but this one chair will be your inspiration. When you feel low, unsure of yourself, sit in your red chair and absorb and reflect the power that you have. It is there. You just forgot about it for a moment.



Joy and Creativity



ORANGE-related to the sacral chakra—the center of joy, pleasure and creativity. Orange relates to appetite—the warmth of polished wood next to a crackling fire.

Orange restores a sense of humor, creates a joyfulness, but also may stimulate materialism and greed—when there is too much orange. Works well in lifting your energy if you are in low spirits. Use carefully, and balance with cool blues or neutral greens.



WARM YOUR SPACE WITH ORANGE

**Wellness Colors
for Your Space**

RED IS LIFE

Red is Passion

Create a Refuge

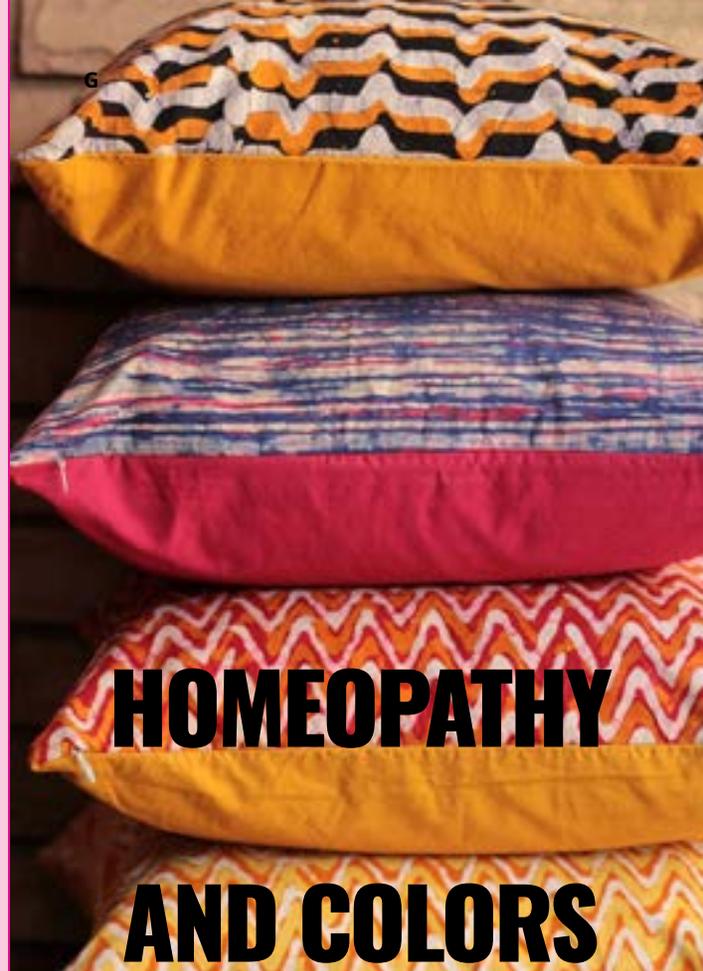
Green



GREEN—a neutral color, in the middle of the light spectrum—neither hot nor cold. Soothing, as it is a color of nature. Associated with the heart chakra, green brings healing to frayed nerves.

The combination of green and pink (the essence of mother love) creates a higher magnitude of healing.

Find your solace in a green fabric, surround yourself with plants, find a few deep green elements in your space. You will be able to use these as a refuge.



Homeopathy is a FDA-recognized field of medicine that is based on the core principle “like cures like”. This means that, if a person is showing a symptom, whether physical or emotional, they can be successfully treated by a substance that creates the same symptom in a healthy person. The substance

used can be derived from a plant, mineral, animal or something we cannot see or touch, such as color, sound and light. Colors are used in homeopathy, as the human body responds to light. In fact, we cannot live without light—our bodies shut down. Colors also affect us wherever we are.



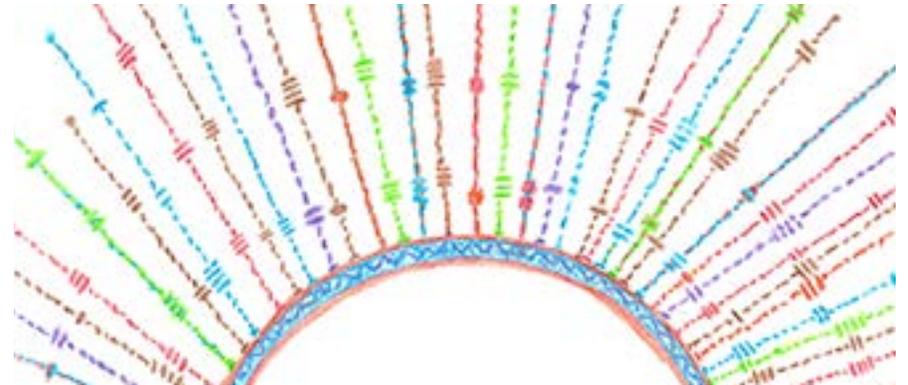
My Peruvian Quipu Design, in colored pencil
from my textile collection, 2020



About the Author

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The most important pioneer in the study of homeopathy and color and sound remedies, in my opinion, is Ambika Wauters, a certified homeopathic practitioner, originally from England, who now directs the School of Life Energy Healing in Arizona.

A prolific writer, she has published over 24 books on the subjects of energy healing, homeopathy, and related areas. I have used one of her books for reference, to write this short checklist of Wellness Colors for Your Space, “Healing and Health with the Homeopathic Color & Sound Remedies”, Life Energy Medicine Books (2017 ed.).

All definitive statements I took directly from her research and added my own observations, graphics and style. May this small book give you insights into your own space, the spaces where you spend time in your life, and a path to control your own wellness, with attention to the light spectrum that affects us all, all the time.

All my best,

C. Ruth McBeath-Urrutia

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