

# Color Your Life

by Consy Malosoma

Color in nature nurtures our body and spirit. We are beings of energy, and our auras are ever-changing vibrations of color. It has been scientifically proven that using color in our environment can help to maintain optimal health, alleviate disorders and correct imbalances in our system.

Using color for healing is not a new concept. Color researchers and therapists now recommend color and light therapy. We now believe that good health revolves around balance and harmony in our environments. The easiest way to "feel" that balance is to introduce color into your space.

Many of my clients are overwhelmed at the prospect of applying color into a space that has all "Navajo white" walls used in new construction. The irony is that color "mistakes"

are easily corrected with a paintbrush and a different paint color.

Our bodies may be stimulated by color (much like the reds and yellows used in McDonalds) or may feel calmed and relaxed like the sage greens and earth tones used in spas and medical clinics. A good barometer when choosing colors is to determine how each color makes you feel. Look through design magazines and focus in on the photos that appeal to you the most. Consider using your favorite art pieces or paintings in your home for clues about your selection. Try to limit your selection to no more than three colors throughout your home

We refer to colors with adjectives like: cold, hot, light, dark, warm, cool, pale or bright. Choosing a monochromatic color simply means to choose a single color and complement that color with various hues (tints and

shades) from that same color. The primary color group is colors in pure hues of red, yellow, or blue. These colors are popular for children's toys, books or bedrooms. The secondary color group is made up of the colors orange, green, and violet. These colors have a fresh, uplifting quality. The tertiary color group is made up of tertiary hues that are equidistant from each other on the color wheel. These combinations are: red-violet, yellow-orange and blue-green or yellow-green, red-orange, and blue-violet.

No matter what your personal choice may be, color in your environment can be uplifting and beneficial to your emotional outlook. Whenever I meet with a client I invariably use my feng shui and Chinese astrology background to weigh the balance of the elements of water, wood, fire, earth and metal throughout their space. Chinese astrology uses a system to determine the individual's self-element based upon their day of birth.

Recently a client called me after moving into a new house outside of Seattle. Although she loved her new home she wasn't happy. I

determined that her self-element is a weak fire. Her kitchen had black granite countertops (water) with large glass windows (water) looking out to her back yard. She was actually "drowning" in her own kitchen. I recommended she add pendant lighting (fire) over her island and paint her walls a rust/red (fiery) color. Several months later she called to say she was feeling much better and happier in her life. And the most significant change we made was to add color on her kitchen walls.

Red is stimulating and often used where food is served. Red also stimulates the adrenal glands, helping us to become strong and build our stamina. Orange is associated with warmth and wholesomeness. In packaging, orange is used to make an expensive product seem more affordable. Orange stimulates the sexual organs and is beneficial for the digestive system and strengthens the immune system. Yellow can cause eyestrain, although a soft yellow increases our memory retention and helps to keep us alert, clear-headed and decisive, also strengthening the nervous system. Green is the color most associated with nature and the outdoors. Different shades of green or sage are common in spas. Green helps alleviate anxiety and exhaustion and influences the heart, pulmonary and circulatory systems. Blue is healing, especially for children. This color aids the function of the

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