

The Colour Meaning of the Chakras

Red

Red - is the slowest of all the wavelengths within the visible spectrum, yet, it is the most stimulating colour. It pulls the retina forward so all of our energy and attention is focused outward. That's why we use red colour for the stop lights and stop signs. The root chakra colour commands attention. It signals danger to us. We act immediately. Red is the colour of the life force. It is the colour of blood and the first colour we come into contact when we are born. Red means energy and our connection with the Earth and carries the promise of survival.

Orange

Orange - the sacral chakra colour is composed of red and yellow in equal parts and it is a colour of vitality and strength. It is at the lower end of the visible light spectrum and it is also a warm colour. It reminds me of the heat of the sun. Just as the sacral chakra is located in the pelvic area, orange is the area of our gut feelings and wisdom. Buddhists call this "hara", the centre of being through which we connect with the deepest voice of the self, the deepest stillness and wisdom. This is where we find bliss. Orange energy is very sensual. Living a life guided by orange colour transforms even the most mundane daily experiences into pleasurable experiences. That is not to say that orange is purely hedonistic. Orange is also associated with the gentle and positive nurturing of ourselves which moves us on our path of growth and development.

Yellow

Yellow - the solar plexus chakra colour is a primary colour, composed from a single ray of light. Yellow is the colour of sunshine and it is the core of your being. It is at the solar plexus where the "I" shines from, where you feel the strength, will and personal power. The energy of yellow is vibrant, optimistic, and full of energy. It is the colour of youth, new beginnings, birth and re-birth. At the same time, yellow is wise and knowledgeable. Yellow connects you with knowledge and your intellect. People who are drawn to yellow are drawn to intellectual pursuits. As you unfold the petals of solar plexus chakra, you find a fire that burns within you, that gives you power and energy to stand for yourself and to assert yourself. You find trust and inner worth. That is the healing brilliance of yellow.

Green

Green - the heart chakra colour is composed of yellow and blue in equal parts. Green is a colour of love. It is at the very centre of your being. The heart centre. Green is the energy of love and transformation. It allows you to transform your ego and the needs of your lower chakras and open up to love. To become more loving and compassionate. It is at the heart centre where the energies of lower chakras (once the needs are fulfilled and satisfied) can be transformed and integrated into a more spiritual aspect of yourself. This is where you reach beyond yourself and connect with something greater, wider, and deeper. Green is the colour of growth, life, and balance. Through balance you find this centre from which you can love, form healthy and nourishing relationships, and give and receive love. The energy of green is soothing and calming, like a blanket of soft grass underneath your feet. It is the colour of nature, grass, and the trees. As you unfold the petals of your heart chakra, you find the seat of compassion, not only for others, but for yourself as well. You begin to radiate love. You begin to sense the interconnectedness of all of life.

Blue

Blue - is the first of the three primary colours and it is the colour of the throat chakra. Blue connects you with the Divine and it is the colour that we associate with Heaven. Blue energy is pure, soothing, calming, and healing. Imagine yourself lying on the grass on a beautiful sunny day, looking at the blue sky. How do you feel? Peaceful. Serene. Content. Tranquil. That is the power of throat chakra colour. Blue is also at the cooler end of the spectrum, where things slow down, allowing you to take time to be still. And to listen to your own voice. To listen to the stillness within and to express what needs to be expressed. In Buddhist philosophy, blue is the colour of pure mind - the mind that is uncluttered by thought. In stillness, you can find pure mind. Blue energy is a guiding energy, enabling you to find a sense of faith and trust. Red, orange, yellow, and green guide your attention towards movement, activity, relationships, and things that can be observed on a material plane. Blue moves your attention to the subtle vibrations that move through all of life. As you unfold the petals of your throat chakra, you find the seat of creativity. You communicate with ease and clarity. You begin to express your authentic self.

Indigo

Indigo - also called Royal Blue is the third eye chakra colour. It is a colour of wisdom and deep inner knowing. Indigo opens the door to the Divine and it is the colour that we associate with night. It is at night, when our senses become finer and a different part of us awakens. Indigo brings clarity to the sense organs - your seeing, hearing and feeling. Indigo It is also connected to your sixth sense - your third eye. Indigo is a bridge between heaven and earth, between the left and right hemispheres and also between life and death. Indigo helps to make a transition towards life or towards death. Indigo colour energy is an energy of deep change. It allows you to transform the energies of lower chakras into higher spiritual vibrations. You must be cautious though, because you can become ungrounded and disconnected with the life on earth and with your family and friends. As you unfold the petals of your third eye chakra, you begin to recognize patterns. You can see where you have been, where you are stuck, and where you are going. You begin to experience those "Aha" moments. Moments of insight and clarity. You are recognizing your patterns and are able to relate everything to a larger picture and what it means. Illusions are shattered and dreams are integrated. You begin to experience wholeness and sense of tranquillity and inner knowing - wisdom. You begin to see that you can consciously create your life. And that your vision for the future is a creative act of will.

Violet

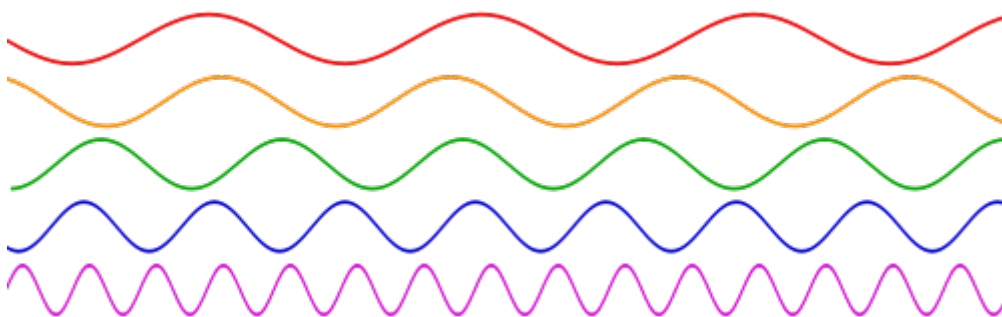
Violet - is the crown chakra colour - our connection with the energy of heaven. Violet is the colour of spirituality. It has the shortest wavelength and the highest vibration of the colours of the visible spectrum of light. Violet offers an inner sense of wholeness. With wholeness comes a sense of ending, completion of a process, and a promise of something new, illumination, rebirth. Violet connects with sadness of letting go and also with joy of transformation. There is peace and tranquillity in the newfound knowledge of profound change. Violet colour is cleansing and purifying. It is the colour of magic, ritual, cleansing, purifying, connecting, mystery, and mysticism. It is a colour that allows us to glimpse other realities, beyond our physical and material reality of this earthly existence. It is pure cosmic energy. Violet is a colour of reconciliation. Of bringing together polarities - male and female, day and night, hot and cold, heaven and earth, right brain and left brain. In this state of balance, you feel the connection with other beings, with heaven, with earth, with all of Universe. There is no separation, no duality. As you unfold the petals of your crown chakra, you find the seat of your wisdom. You assimilate knowledge and integrate it. You know and you understand. You manifest divinity.

The Visible Light Spectrum

Colour	Wavelength nm	Frequency THz
Red	625 - 740	400 - 484
Orange	590 - 625	484 - 508
Yellow	565 - 590	508 - 526
Green	520 - 565	526 - 606
Blue	500 - 520	606 - 670
Indigo	435 - 500	670 - 700
Violet	380 - 435	700 - 789

The visible light spectrum is part of the electromagnetic spectrum and its wavelengths range approximately from 380 - 740 nm.

Colour is a wave travelling through space. Depending on the wavelength, the space between the peaks - measured in nanometers *nm*, our eyes register different colours.



Sine Wave - is the measurement of energy, used to depict frequency, vibration, and waves. It is a waveform, a single frequency repeated indefinitely in time.