

Colors and their Attributes

Red

Warmest

Red is the color of life, of the burning sun and of fire. Both love and anger, joy and wrath are associated with this color. It is the color with the greatest power of penetration. It strongly stimulates the flow of blood and is therefore indicated in cases of circulation problems. **Red** is the color of the heart, the lungs and the muscles. It is the right color for the treatments of non-suppurating wounds and inflammations, as well as skin diseases, chronic coughs, asthma, laryngeal complaints, anemia and weeping eczema. It loosens the tongue, has a cheering and exciting effect, is stimulating and arouses passion. Most yang. Most warming.

Blue

Cool

Blue is the color of peace and infinity. It is regarded as being a cold color, and has a relaxing effect. **Blue** is the color of the pituitary gland and the endocrine system. All diseases involving heat require **blue**. This color is also indicated for complaints involving suppuration, pain, plethora and congestion, sleeplessness and hemorrhage. **Blue** affects the testes and ovaries. It is indicated for impotence, frigidity and menopause. **Blue** regulates the contraction of muscles, ligaments and tissues. Hyperactive children should do their homework under **blue** light. **Blue** promotes quietness and silence.

Yellow

Warm

Yellow symbolizes the sun standing at its zenith and is one of the hot colors. It promotes digestion, strengthens the nerves, stimulates the stomach and has a cheering effect. It strengthens the endocrine system, makes chronic processes acute and is indicated for diseases of the liver, bladder and stomach. **Yellow** promotes learning and comprehension and has a favorable influence on the intellect. All diseases of the digestive tract should be treated with **yellow**. It is considered the color of the left brain. **Yellow** helps the lymph system and digestive system.

Green

Neutral

Green is the most common color in nature and is regarded as being a neutral factor. It is indicated for bronchial catarrh, whooping cough and inflammations of the joints. All chronic diseases respond well to the intermittent use of **green** light. **Green** is indicated for tumors, ulcers, and cysts as well as eye diseases and diabetes. It has a balancing effect and will promote feelings of contentment and tranquility. **Green** is sedative, soothing and relaxing. It is good for diabetes.

Orange

Warm

Orange is a mixture of red and yellow and is the color of joy and happiness. It is indicated in cases of discontentment, pessimism, psychoses, depression and fear. All sclerotic processes, such as arteriosclerosis, cerebral and coronary sclerosis respond well to the color orange. It promotes appetite and can be used in the treatment of emaciation and anemia. Orange is recommended for heart diseases, and in general, for cardiac insufficiency in particular. The color orange will raise a sense of ambition and promote warm-heartedness. It has a brightening and cheering effect and will lend strength and joy to someone feeling: disinclined to work, hormonal, depressed, or experiencing "SAD".

Violet

Cool

Violet has always been associated with spirituality and, in accordance, acts on the subconscious. It lends the individual spiritual strength and promotes awareness and consciousness. Violet increases the effects of meditation and is also regarded as being the color of inspiration. It has a positive effect on the spleen and promotes the functioning of the lymphatic system. Violet is considered the color of the right brain.

Turquoise

The light and dark nuances of the color turquoise represent the outer and inner layer of the connecting and adapting soul. The psychological symptoms, which drive people within their subconscious into rigidity or stasis, are to be found in the outer layer (dark turquoise). Usually a feeling of relief, pleasure and calmness appears; blissful happiness and contentment, deep breathing and a clear head are reported.

HANDS

Left Hand - emotional, ingoing energy, implicit, past time

Right Hand - present time, outgoing energy