

COLORS AND CHAKRAS



**LEARN THE BASICS ABOUT
THE CHAKRAS AND
COLORS ASSOCIATED
WITH THEM.**

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FOR CONNECT**

Color Symbolism

Colors are some of the most important symbolic clues to consider when working with your intuition. Many colors have a profound psychological and physical effect on people, causing them to feel calm or excited, nurtured or left out in the cold. Colors can also affect people's blood pressure and metabolism, according to some studies.

This week, we're going to go over the main colors and their symbolism and associations with Chakras, Angels, and other energies.

As with everything associated with intuitive interpretation, consider your own feelings and experiences as a piece of the puzzle.

There are times when our personal experience or feelings will influence how we feel about certain colors. While these impressions might not fit with the "classic associations" for the colors, personal feelings are often a huge indication of what a color means.

You might have happy associations with a coral color that was a favorite of your grandmother's or your first clunker car might have been light blue, which makes light blue feel stressful instead of calming for you.

Go with your gut.

When your intuition tells you that light blue is stressful, believe it. But if you see light blue and feel calmed despite your experience, let that meaning flow.

And color symbolism is pretty common, so you might know a lot more about color—even intuitively—than you think you do. Colors are used to describe everything from hot to cold, envious, optimistic, holy, evil, sickly, healthy... very common phrases and meanings are sown into our everyday language and descriptions.

Black and White

Let's start the conversation with the most extreme and possibly well-known examples of color symbolism, black and white.

Even saying black and white implies polarity, two very distinct and sometimes opposite ideas.

Both are expansive and seemingly endless. Eternal. Everything and nothing. Absorbing or reflecting every other color of the spectrum.

Black, like space is endless. Deep. Mysterious. Frightening. Hidden. Protected. It's feminine and receptive. Passive. The absence of light.

White is like endless potential. It pops. It is more assertive. It's innocent. Pure. White is male and more assertive, like the sun on a cloudless, bright day.



What are your associations with black and white?

WARM COLORS/COOL COLORS

Warm colors like red, orange, and yellow are FIRE. They can make the room seem warmer.

They are active, forceful, moving.

And many times, they are optimistic, happy, "pops" of color.

Cool colors, on the other hand, can be more relaxing, calming, peaceful. They can add a feeling of relaxation and reflection (water) and also lend to connected, calm communication.

COLORS AND ELEMENTS

When thinking about the Elements, I usually start at the lowest point (Earth) and work my way up through my body.

Earth is usually related to greens, browns, gold/copper/bronze. It is sturdy, stable, dependable, and abundantly rich.

Fire is represented by reds, oranges, yellows, golds, and even copper as well. It's motivational, passionate, assertive/aggressive, and outgoing.

Water is represented by blues, silvers, seafoam colors, and even deep, rich blues and blacks. It can relate to the emotions and partnerships, intuition and exploring the depths.

Air is silver, grey, light blue, shining white, and rich purples. It's related to intellect, ideas, understanding, wisdom, knowledge, and mastery. It can also be biting and like a double-edged sword.

Red

Red is a warm, passionate, assertive color. It's associated with everything from love and luck to loss, anger, aggression. "Blood red." "I saw red." "Our accounts were in the red." are commonly heard phrases. But we also think of hearts and flowers, romance, rubies, and love when we think about red.

The color red is associated with the Root Chakra. We'll talk about what that means later on.

The archangel associated with the color red is Archangel Ariel. She's the patron angel for animal lovers and she is also a sign of courageousness.

Orange

Orange is a warm, optimistic color that helps people feel happier, lighter, and more joyous.

The color orange is associated with the Sacral Chakra.

The archangel associated with the color orange is Archangel Jophiel. She's creative and helps people connect iwth the beauty around them.

Yellow

Yello is also a warm, fiery, sunny color. It's associated with optimism (like orange is). Some cultures connect it to money (gold) and good luck. It can also take on a bit of a negative tone if it refers to being a coward, being ill or if it warns you to yield.

The color yellow is associated with the Solar Plexus.

The archangel associated with the color orange is Archangel Uriel. He's one to help with feeling confident and seeing the brighter side of life.

COOL COLORS

Blue

Blue is a color that, like red, has so many different meanings and associations, from protection to trustworthiness to stillness and tranquility. It's up in heaven and, as it is associated with water, it makes up 75% of the earth's surface (but it's not really earthy, is it?). It can also denote sadness, frustration, and a foul mouth!

The color blue is associated with the Third Eye Chakra (bright) and the Throat Chakra (light blue)

The archangels associated with blue are Archangel Michael (bright blue) and Archangel Gabriel.

Green

Green is the color of healing, of wealth and abundance, and of unconditional love (+ pink hue). It is the color of the richest, most vibrant season of the year and also the color of US money. But it is also a color that indicates illness and envy (the Green Eyed Monster).

The color green is associated with the Heart Chakra (along with pink)

The archangels associated with green are Archangel Raphael (healing, bright kelly green) and Archangel Chamuel (heart, seafoam green + pink)

Purple

Purple is associated with riches, royalty, and also spirituality and wisdom. Think of a wizard's cape or the lush robe of a king when you think about purple.

The color purple is associated with the Crown Chakra

The archangel associated with purple is Archangel Metatron. He helps with Divine Wisdom and messages and also with helping future generations connect with Universal Wisdom.

OTHER COLORS

Browns and Earthy Colors

Even though brown might not be associated with any particular angel or chakra, it is a very powerful, earthy tone. It can help ground you and lend a bit of a luxurious, classic feel to items. Think Louis Vuitton bags, rich leather products, and wood.

Pink

Babies and simple, innocent love are the areas that pink fits right in. Hot pinks are strong colors - bold, expressive, flashy! Baby pinks are soft and romantic, sweet and young.

The archangel associated with pink are Archangel Chamuel (green + pink) and it can be a color that is added to work with the Heart Chakra.

METALLICS

Gold

As we all know, gold is synonymous with wealth, luxury, and value. It can also represent the richest parts of a person's life and tasty treats! It's a color associated with the sun as well.

Silver

Silver is sleek and sophisticated. It's associated with the Moon and Archangel Gabriel. It's not as flashy as gold, but still indicates wealth and power. It's a great energy conductor, and that's why you use it with your crystals and jewelry (to amplify their power).

Copper

Like gold and silver, copper indicates wealth and coinage. It's also an excellent conductor of energy and it goes well, in my opinion, with amplifying earthy desires and crystals that work with grounding and connection.

WORKING WITH YOUR CHAKRAS

In the class, we've talked a little bit about the colors that are associated with the Chakras.

Now we are going to explore a little bit more into the Chakra energy fields and the areas of life each one represents.

When you are doing your own healing and spiritual work, you might start working with the Chakras, working out blockages and energy leakages, and also balancing the energies so that you feel like your life is more in a harmonious flow.



Book recommendation:

One of the best books I've ever read about Chakras, working with their energy, and their associations with life, health, relationships, etc. is *Anatomy of the Spirit*, by Caroline Myss.

Keep it simple

Of course, you can work to learn everything there is to know about working with Chakras, balancing energies, removing blockages, etc. For the time being, though, I want you to work intuitively with color, energy, and getting familiar with how colors feel to you.

Breathe in color. Wear it. Immerse yourself in it - and then note what positive or negative feelings, thoughts, and experiences you have afterward.

For those of you who aren't familiar with the Chakra areas and what they relate to in a person's life, here's a quick overview. Let's start at the top!

Crown Chakra (top of head)

Color Associated with the Crown Chakra:

Purple

Area of life affected by the Crown Chakra

Spirituality, connection with the Universe/Divine

Signs of issues with the Crown Chakra

Inability to connect with Spirit

Apathy

Feeling alone/unloved

Inability to ground in reality

Overthinking and analysis

Feeling like you can't switch the "Channel" off

Anxiety Nightmares

Headaches

Crystal associated with the Crown Chakra

Purple Amethyst

Clear Quartz

Angelite

Fairy Quartz

Essential oils associated with the Crown Chakra

Rose

Frankincense

Lavender

Sandalwood

Angelic Association

Archangel Metatron

Third Eye Chakra (a little above the eyebrows in the middle of the forehead)

Color associated with the Third Eye Chakra

Deep blue

Area of life affected

Intuition

Analytics

Connecting with your Higher Self

Signs of issues with the Third Eye Chakra

Disconnection from intuition

Overanalysis

Inability to hear your Higher Self

Nightmares about past lives

Over judgment of yourself and others

Anxiety

Headaches/migraines

TMJ

Crystals Associated with the Third Eye Chakra

Lapis Lazuli

Sodalite

Labradorite

Amethyst

Essential oils for the Third Eye Chakra

Frankincense

Sandalwood

Cedarwood

Rosemary (not recommended for pregnant women or people with seizure disorders)

German Chamomile

Angelic Association

Archangel Haniel

Throat Chakra Color associated

Light blue

Area of life affected

Communication

Expression

Understanding others

Signs of issues

Inability to express yourself

Need to dominate others with words/expression

Writer's block

Cough or throat issues

Laryngitis

Neck problems

Stress headaches/shoulder issues

Lack of influence

Thyroid issues

Crystals associated with the Throat Chakra

Angelite

Lace Blue Agate

Turquoise

Blue Kyanite

Apetite

Essential Oils for the Throat Chakra

Peppermint

Lavender

Ylang Ylang

Bergamot

Lemon

Angel Association

Archangel Gabriel

Heart Chakra (middle chest area) They say that this is THE most powerful **11**
Chakra area for humans!

Color associated

Green

Pink

Area of life affected by the Heart Chakra

Relationships

Friendships

Love

Influence

Signs of issues

Feeling blocked in romantic life

Depression

Poor relationships

Codependency

Overly critical

Social Anxiety

Feeling stuck on a past relationship

Problems bonding with others

Holding onto anger and resentment

Crystals associated with the Heart Chakra

Rose Quartz

Watermelon Tourmaline

Chrysoprase

Malachite

**please use cautiously and don't allow children to handle raw specimens. Can be poisonous.*

Essential oils associated with the Heart Chakra

Rose

Melissa

Neroli

Jasmine

Yarrow

Angelic Association

Archangel Chamuel

Solar Plexus Chakra (upper abdomen)

Color Associated

Yellow

Area of life affected

Self-confidence

Self-love

Digestion

Worry

Liver

Anger processing and management

Signs of issues

Low self-esteem

Arrogance

Inability to create good boundaries

Need to manipulate others

Poor digestion

Inability to make decisions for self

Motivation or lack thereof

Inability to control anger

Liver issues

Crystals associated with the Solar Plexus

Citrine

Heated Amethyst

Honey Jade

Tiger's Eye

Essential oils associated with the Solar Plexus Chakra

Lemon

Grapefruit

Bergamot

Ginger

Angel Association

Archangel Uriel

Sacral Chakra (2 inches below navel)

Color Associated

Orange

Area of life affected

Sexuality

Creativity

Fertility

Menstruation

Passion

Signs of issues

Sexual disfunction

Menstrual issues

Infertility

Frigidity

Hyper-sexuality

Weight gain in belly

Lack of creativity/Creative blocks

Crystals associated with the Sacral Chakra

Carnelian

Sunstone

Heated Amethyst

Spessartine

Garnet

Tiger's Eye

Essential Oils associated with the Sacral Chakra

Orange

Cardamom

Clary Sage **do not use when pregnant trying to conceive - can cause miscarriage*

Ylang Ylang

Neroli

Sandalwood

Angelic Association

Archangel Jophiel

Sacral Chakra (2 inches below navel)

Color Associated

Orange

Area of life affected

Sexuality

Creativity

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Menstruation

Passion

Signs of issues

Sexual disfunction

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Ylang Ylang

Neroli

Sandalwood

Angelic Association

Archangel Jophiel

Root Chakra (under pubic bone)

Color Associated

Red

Area of life affected

Community

Sense of belonging

Grounding

Stability

Hip area

Excretion/detoxing

Signs of issues

Feeling unwanted

Inability to find "home" or "roots"

Disconnection from family/community

Anxiety about safety

Generalized fear

Crystals associated with the Root Chakra

Red Jasper

Garnet

Tourmaline

Topaz

Tiger's Eye

Essential Oils

Cinnamon

Vetiver

Patchouli

Frankincense

Cedarwood

Angel Associations

Archangel Michael

Archangel Ariel

WORKING WITH COLOR

Using the energy of color can be one of the easiest practices to add to your daily routine. Here are some ideas that you can add to your color work and associations::

- The color of your home and rooms
- Your clothing
- Candle work and magic (be mindful of the moon phases when doing +/- work)
- Breathe in a color, breathe out a color
- Imagine yourself or your loved ones being surrounded by a color
- Deep dive into colors
- Choose crystals intuitively
- Create associations for friends and family
- Read energies that pass through (like Angel Flashes)
- Art and creative expression

YOUR NOTES AND IDEAS