

The Spiritual Feng Shui newsletter
Issue 19
July 2008

She's Like a Rainbow

Color Dilemmas

Also:

Feng Shui Tip
Inspirational Quotes

Dear Friend,

Welcome to The Spiritual Feng Shui newsletter for July 2008; it is good to have your company, as always! Color is one of the most emotional and intuitive aspects of your home. This article has the definitive guide to color for your home. We also look at what you can do if you don't like any of the recommended colors for an area – for every brick wall, there is a path around it! We also have inspirational quotes and Feng Shui tips, as usual. May peace and harmony reign for you in July.

- 0x Feature Article: She's Like a Rainbow
- Comprehensive Guide to Feng Shui Color

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- I don't like any of the Career colors – what should I do?

- 0x Feng Shui Tip
– Color to Carry

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Enjoy!

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*Feature Article: **She's Like a Rainbow***

Color is one of the most important elements in the human psyche. Pink walls in prisons are used to calm prisoners down and have been proven to reduce violence; everyone knows what you mean if you say you are feeling a little 'blue'; and there are few words in English more symbolically charged, and with as many shades of meaning (ironically!) than 'black' and 'white'. Every other colour in the spectrum has just as powerful an impact on our mind and spiritual well-being, too. This is recognized by Feng Shui, and you have probably gathered a few tips on colors for various Guas if you have been following the Spiritual Feng Shui newsletter for a while. In this issue we give you the definitive, all-inclusive guide to using color in your home according to Feng Shui principles, and how to enhance certain sectors with their corresponding colors.

Colors *are* feelings. Red is passion, love and anger (paradoxically and unfortunately!!); blue is tranquillity, but can also be sadness; black represents depression, but can also be serious and relaxing; white is innocence and purity, but too much white can leave you feeling uninspired and blank. You will soon see that when it comes to using color in your home, there are no definitive answers, only guidelines and helping hands. This gives you both the knowledge and the freedom to use color exactly as it suits you!

One thing to remember in determining your home's color scheme is that consistency is always great, but you can have too much of a good thing! Every color has its place. If you stick rigidly to a tan-cream-white color scheme, you will probably not often feel agitated or anxious, but neither will you find it easy to dredge up the necessary energy for large projects or major changes in your life. Procrastination will soon become a long-term companion! As another example, if you love reds and oranges and the life and color they bring, you will never be bored. However, you may also find it hard to get a good night's sleep, or to feel relaxed enough to just sit and be, allowing your body and mind to recuperate and find balance. You need to be able to incorporate variation within your home, while maintaining some sort of consistency.

Here is the relationship matrix of elements and colors related to each Gua of the Bagua.

Earth	Fire	Metal	Water	Wood
Associated Colours: Yellow Brown Tan Cream	Associated colors: Red Pink Burgundy	Associated colors: White Silver Gold Metallic colors	Associated colors: Blue Black Purple	Associated colors: Green Brown
Reputation :Produces	Knowledge: Produces	Reputation: Rules	Wealth: Produces	Wealth: Rules
Knowledge: Rules	Love: Produces	Career: Produces	Career: Rules	Family: Rules
Love: Rules	Health: Produces	Creativity: Rules		
Creativity: Produces				
Health: Rules				

So, in the wealth sector, water colors produce energy for that area, and wood colors rule the area. You can see how this works for all of the other Guas and elements.

Colors also have heir own personalities – as we began talking about earlier. This doesn't necessarily mean that blue is a gossip, while yellow is quite a nice person but has very high expectations, and purple can fly off the handle at the smallest thing! It is more that colors have symbolic associations, which originate in our culture, and form the basis for how we look at the world. This table shows the symbolic associations of various colors and color families.

White	Purity, innocence, spirituality, generosity, faith and truth
Pink	Affection, friendship, peace, happiness, good cheer and love
Red	Passion, lust, romantic love, power, bravery, daring, determination and reputation
Orange	Energy, high spirits, fun, motivation and socializing
Yellow	Hope, loyalty, openness, protection, attraction, communication, intensity and persuasion
Gold	Elegance, luxury, wealth, power, joy, wisdom and influence
Green	Money, wealth, life, growth, origins, fertility, healing, nature
Blue	Creativity, soothing, nurturing, tranquillity, understanding, spiritual awareness and calm
Purple	Royalty, Spirituality, wisdom, reverence, ambition, insight and peace
Brown	Grounded, stolidity, reliability, warmth, practicality
Black	Intelligence, sophistication, refinement, dignity, protection, power, security and safety.

However, the most important thing that you can know about color is that YOU know best! So why did you read this article?! Well, you need to develop an awareness of colors, their associations and what they mean for different Guas. However, if the sight of pink makes you want to retch, or black is a hopelessly depressing color for you, then having a pink bedspread will not do your romantic life any good, nor will having

a black desk benefit your career and success area ... even though these are traditional colors for these areas. Everybody has a personal relationship with different colors – you and green may have argued on so many occasions that now you just can't stand the sight of it! Or perhaps you have used one color so often that you are simply now bored of it, and need to move on. The underlying message is to make sure that you follow your heart ... within the guidelines for Feng Shui success!

Q&A: I can't stand blue, purple or black ... but I want to enhance my Career and Success Gua! What should I do?

When somebody doesn't like one particular color that is recommended for a Gua, there is a simple solution. Just focus on the other recommended ruling and producing colors. However, this situation could be a little different, if *all* of the recommended colors make you switch off and drop out!

My first advice in this situation would be to make sure that you have some of the *productive* colors in the area. For your Career and Success Gua, these are metallic colors, so you would use silver, gold and white in your decorating. However, using productive colors alone will not necessarily allow your Gua to become its best!

One thing to keep in mind, and help you in your decorating efforts, is that the colors to use in an area are simply a representation of a particular element. If you do not like the colours that are traditionally associated with water, why not choose some that are *non-traditionally* associated? The ocean can often be a cool and sparkling green color, and if you travel inland, you'll see many rivers that are a clay-ish, silty brown color.

Following along these lines, you could forgo using the colors that are associated with a particular element if you use the element *itself* in the area. Having one or more objects that incorporate water will help introduce the water element to your Career Gua. Try water features, paintings of lakes, waterfalls and rivers, and fish tanks. One thing to be wary of is not to use water which sits still and stagnates – this is a stagnating influence on this sector. The metal element is the productive one for your Career sector, so you could also incorporate metal objects, furniture and ornaments. Choose clocks made of metal, bookcases made of wire and steel, and wire-basket shelving.

Also, you should consider whether you *really* can't stand the colors that are recommended for an area. I know that sounds daft – of course you know your own mind! But you should also remember that blue, purple and black come in all sorts of variations. Blue can be the lovely aqua-teal color of a dusk sky on the ocean, or the almost white blue of a hot summer sky ... eggplants are an almost black and very dramatic variation of purple, with none of the color's usual bright gaudiness, and black can be incorporated in minimal quantities in trim, frames and edging for various objects.

We do recommend that you always use colors which feel right to you – a scheme which makes you uncomfortable will do no good at all, however perfectly it suits the Gua. However, it is important to find a middle ground between your own preferences, and Feng Shui's guidelines, to achieve the best results for your life and home.

Feng Shui Tip: Color to Carry

Did you realise you can use the Feng Shui principles of color on your wardrobe, accessories and makeup? Different colored clothes will create different moods for you: black will make you feel serious, sophisticated and intelligent, while a bright pink blouse can make you feel friendly, affectionate and happy.

Choose your accessories to reflect how you feel on a particular day ... and how you *want* to feel! Want to make sure you are taken seriously in a meeting? Wear your black suit, along with blue or purple ties or accessories. Want to impress and have a great time on a date? Use the inspirational and uplifting power of yellow or orange. And if you want all of your kisses to be passionate, romantic and dizzying, you must wear red lipstick!

Inspirational Quotes:

I saw the angel in the marble and carved until I set him free. ~Michelangelo

Think left and think right and think low and think high. Oh, the things you can think up if only you try! ~Dr. Seuss, Oh, the Things You Can Think!

Where thou art - that - is Home. ~Emily Dickinson