



The following is a partial list of colors and the common psychological associations linked with them. Consider your own color preferences and see how these relate to your own life's experiences.

Black and charcoal grey are associated with the father, father figure, and patriarch. Grey is also associated with fatherhood. Father authorities such as judges, police officers and priests often wear black. Charcoal Grey is a relative saturation of black. Nuns who refer to God as the Father also wear black. People who are angry at God usually have an unconscious father trauma. Interesting how much black is being infiltrated and worn in our society.

Gray is specific to mother, mother figure, matriarch, maternity and fear. Gray is the color of stealth, which is why government vehicles are often painted a low profile gray color. This excludes vehicles involved in law enforcement except for under cover vehicles. Gray is the sum of any two complementary colors. When you spin a color wheel with one half painted red and the other half painted green, you will see the color gray. Gray relates to the feminine trait of appreciating both sides of an issue.

Brown is associated with attachment. Attachment trauma occurs when someone believes in the ultimate permanency of an association, locking it and/or them into a static state of non-change.

Tan and beige correspond to no win, catch 22 situations, and in bondage to actions. Beige also indicates a stuckness and bondage to materiality. Tan defines various combinations of light yellow and brown. The color, khaki is also a combination of light yellow and brown. According to Adano Ley, attachment to actions builds up lactic acid. Beige is from various combinations of light grey, yellow and brown. A beige trauma indicates the feelings of "dammed if you do and dammed if you don't"

Maroon is associated with trauma in the womb along with inability to hold pregnancy and spontaneous abortion. It is grouped with the other 'authority trauma' colors of navy blue, indigo, lavender, lilac, purple, violet and magenta. A magenta trauma also indicates an inability to hold a pregnancy.

Red has to do with movement, change, manifestation and commitment. Red has the slowest and longest wavelength of all visible colors. It is the slowpoke of the color spectrum, the inhibitor of change. A change of lifestyle, trauma includes change of residence, vacation, new job, new relationship etc. Red is the color of Stop; as in red stop signs, red traffic signals, red warning flags/signs etc. The color red is helpful on the spine to help motor skills in children, according to the Fort Worth Star-Telegram, Sept 5, 1985.

Scarlet is associated with flagrant, sexuality and sexual offences. Scarlet trauma has to do with inappropriate sexual activity according to belief and cultural norms. Scarlet is excellent therapeutic aid in cases of impotency and frigidity. It is color therapy's answer to Viagra or maca supplementation.

Rose has to do with unexpected change and Pollyanna like over optimism. Unexpected changes such as waking up to find the house flooded. The attitude of seeing things thru rose colored glasses, in an attempt to sedate themselves and avoid feeling.

Pink is associated with betrayal in friendship or love, deprived love, problem with a loved one, deprived of the opportunity to participate or broken promises.

Orange has to do with sexual and reproductive traumas, including shame, lust, forbidden desires, sexual infidelity, incest, sexual addiction, etc. Orange can start or stop osteoporosis; a bone deficiency related to an imbalance in sexual hormones, affecting calcium, phosphorus, estrogen, progesterone, testosterone and oxytocin hormones. Orange can also stop or start the flow of breast

milk during pregnancy. Research shows that ducks and bunnies mate when stimulated with orange light. Orange/red light stimulate the pituitary-ovarian cycle in rats and rabbits. Female guppies prefer to mate with male guppies sporting orange spots.

Yellow is associated with indecision, lack of discernment or discrimination, double, frustration, mental conflict, embarrassment, inability to assimilate new ideas and educational inadequacies. Yellow means caution, taking time to get more information to make informed decisions....as in the yellow light giving time to make a decision to brake or accelerate. When the time lag leading to a decision becomes too slow, yellow becomes an indecision trauma. Yellow, 'stuck in the middle', Cowardice is merely a fear of decision, which is why a coward is referred to as 'yellow'. The yellow light is in the middle of the traffic signal, yellow lines in the middle of the road. According to statistics, nine out of 10 cancer patients are traumatized by indecision and a cancer patient's skin takes on a yellow hue.

Gold indicates self-hate, disobedience and failure to live up to decisions. The golden rule follows the Bible in saying "love thy neighbor as thyself". Loving oneself comes first. If someone disrespects and abuses their own bodily temple with tobacco, alcohol, drugs, toxic foods, abusive behavior, negative thoughts, would you really care for them to love you in the identical manner?

Green has to do with resentment and jealousy, and manifests in diseases of the heart, gallbladder, thymus and pituitary glands. Green is a pituitary stimulant capable of building muscle and tissues. Green has antiseptic and germicidal properties. Rejecting green leaves one vulnerable to heart challenges. Lime green has to do with envy, reflecting the term, 'green with envy'.

Turquoise has to do with lack of self worth, feeling skipped over, being equally qualified but the other person is selected. The so called 'sugar blues' are more accurately called the 'turquoise blues', as turquoise is the single color spectral predominance in both zinc and chromium. Insulin contains zinc and glucose tolerant factors contain chromium. Turquoise trauma has to do with having the blahs or the blues.

Cobalt Blue, a greenish blue, indicates unawareness, incognizance and feeling left out of the loop. Cobalt blue is used for the expansion of consciousness.

Blue has to do with disappointment, disillusionment, broken dreams and rejection.

Navy blue has to do with authority without consent; preferring a motherly authority with consent instead of a fatherly authority without consent. Navy blue is customarily worn by the US navy. Psychologically, Navy enlistees are closer aligned to their mother than their father.

Indigo is authority with consent, rebellion against mother or mother figure. The so called 'indigo children', are traumatized by psychic awareness. Exposure to the color indigo relieves pain and reduces breast milk flow.

Purple is authority with consent; rebellion against father or father figure or a problem with a dominating person. Purple is traditionally associated with royalty and mourning. Purple has analgesic, narcotic, anaphrodisiac and hypnotic qualities.

Violet is the evasion of self-authority or free will, the unwillingness or lack of ability to take responsibility or authority, spiritual or religious crisis. It takes power to say no, while it takes authority to say yes. Violet is the color of authority and order. Violet has the shortest and fastest wave length of the visible colors, carrying more energy than any other visible color. Violet is the color of glycogen, a giant dense molecule of stored energy.

Lilac is parental disapproval of one's appearance or behavior. Lilac is a variety of moderate purple while lavender is varieties of pale purple. Lavender is the color of the herb lavender. Lavender indicates over reliance on authority and over evaluation of authority.

White has to do with impurity, false love, ethics, completion and holier-than-thou attitude. White indicates betrayal by communication, trying to live up to someone else's expectation or disappointment in an agreement. Newton discovered that white light is composed of all colors of the spectrum.

Silver is associated with speech, communication (excessive talking – the loose lips sinks ships, syndrome) and material loss.

The aversion to a color or the lack of a color in your wardrobe or possessions indicates a trauma. The obsession to, or an overabundance of a color also indicates a trauma.