



Color and the Chakra System

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The transformational power of Feng Shui is derived from its keen ability to understand and decode the healing aspects of nature and recreate them indoors. By understanding what makes a forest of trees soothing or a beautiful sunset inspiring, we can recapture the magic of the outdoors and bring that force inside. One of the most profound healing aspects in nature, which affects our lives on a daily basis, is the presence of color.

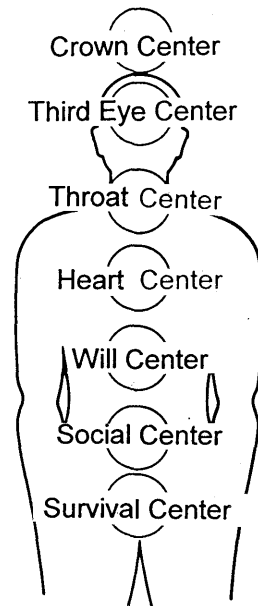
Color is the most plentiful and visible of all gifts we receive from nature. It is the first thing we see when we open our eyes, and it is the last thing we see each night before we go to sleep. It affects everything from our choice of clothing to our moods. The more we understand how color impacts our lives, taking our cues from mother nature *the world's greatest artist*, the more we will know how to use these properties to heal ourselves and our world.

Almost everything in nature is defined by color: the hot yellow sun, clear blue waters, midnight-blue skies, red roses, green pastures, purple eggplants, and pink grapefruits. Our emotions are conveyed more thoroughly by adding a visual description of color to them: green with envy, red with rage, or feeling sad and blue. Color impacts our lives and creates rich, saturated images that encourage us to react and emote. The universe has provided us with a color spectrum to beautify our world, stimulate our senses, and nourish our spirits.

According to various spiritual teachings, before we incarnate into a physical body, our souls first exist on an ethereal level. On this level, the soul is made up of units of sparkling white light. This light is often described by individuals who have had near-death experiences. These units of white light, or soul, are our individual *vibration* and are as unique and specific to each of us as are our fingerprints and DNA. Our vibration acts as a personal computer that stores all the information needed for this

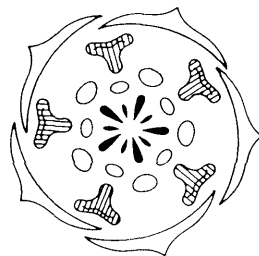
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lifetime. This information ranges from the relationships we will draw on to the type of lessons we are here to experience.



In the body, white light is broken down into the seven colors of the rainbow and are concentrated in seven areas called *energy centers* or chakras.¹ Each chakra oversees different characteristics and aspects of our lives. Although these little computer centers have the awesome responsibility of keeping us alive, they require very little from us to keep them active.

Their fuel is absorbed from the colors we encounter within our homes, in nature, food, and clothing. Learning to harness and access this color energy from our environment will empower us to change our lives for the better. By exploring the many facets of the chakras, we can better understand how the use of color in Feng Shui will adjust our patterns of energy and create harmony and balance in our environment.

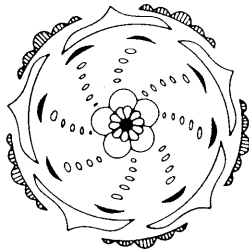


The Survival Center

The first chakra is located at the base of the spine; its energy pattern resonates to the color red. It oversees all issues of money, the ability to complete projects, and survival: taking care of ourselves, providing such basic needs as food, proper housing, and work. It is our root center and

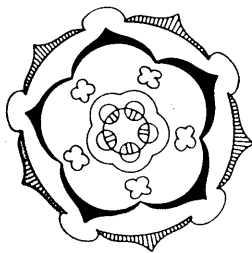
¹ Chakra is a Sanskrit word that means spinning wheel of light.

provides the grounding energy needed to stay clear and focused in life. This center governs all physical and health aspects of the genitals, legs, knees, feet, and procreation.



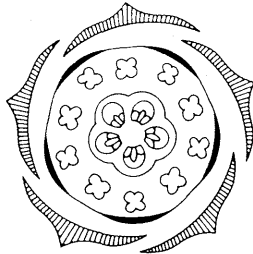
The Social Center

The second chakra is located approximately two inches below the navel; its energy pattern resonates to the color orange. This is the *feeling center* and oversees our emotions. The energy in this center collects information regarding culture, family dynamics, issues related to the father, as well as our sense of who we are in the world. It oversees self esteem and how we come to define ourselves in relation to others. We store our childhood issues and traumas here; these can range from abandonment to incest, as well as addictive behaviors such as drinking, bingeing, and drugs. Sexual energy, intimacy, and raw creative energy are activated from this chakra. It governs all physical and health issues related to the lower intestines, ovaries, and lower back.



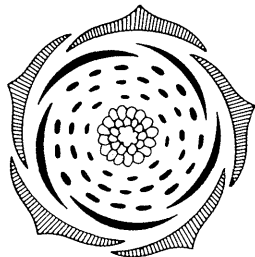
The Will Center

The third chakra is located in the solar plexus area in the opening where the rib cage parts; its energy pattern resonates to the color yellow. This center oversees the energy behind our will and our ability to focus on a specific direction or purpose. This is the center where our intellectual mind and our ability to reason is stored; it is from this center that we analyze, process, and distribute our thoughts, form new ideas, and tap into our willpower. It activates our drive and moves us through our goals. We store our fear and anger here. This center governs health issues related to the stomach, intestines, liver, gall bladder, adrenal glands, and middle back.



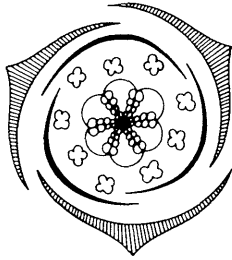
The Heart Center

The fourth chakra is located in the center of the chest; its energy pattern resonates to the color green. Through this center, we are able to feel love for ourselves and unconditional love for others. It connects us with the oneness uniting all living things: people, nature, animals, the mineral kingdom, the Universe, and God. This is the center where we derive our true personal power, security, confidence, and trust. All healing is generated from this center, as it connects directly to the two minor chakras located in the palms of the hand. In health, it oversees our upper back, chest, shoulders, arms, hands, lungs, and all physical and emotional issues of the heart.



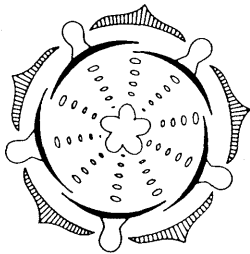
The Throat Center

The fifth chakra is located in the center of the throat; it resonates to the color sky blue. This is the center of our identity and the sense of who we are as individuals. This chakra's issues of identity differ from the "who am I?" of the second chakra. It does not collect information like the social center; instead it actively shows the world who we are. It oversees communication and all forms of creativity, from art work to writing. Issues related to authority, teaching, leadership, organizational and managerial skills are generated from this center, as well as anything having to do with the voice, singing or speaking. This center oversees adolescence, that period when we form our identities and show them to the world. This energy center oversees all physical and health-related issues regarding the throat and neck.



The Third Eye Center

The sixth chakra is located on the forehead between the eyebrows; its energy pattern resonates to the color indigo. This center is the *eye in our mind* that oversees all aspects of our intuition or *inner knowing*, when we *know* without fully understanding how or why. It is the center of truth, where we intuitively see an outcome or a particular situation for what it truly is without attaching our emotional needs or wants to it. This is where we store and access the energy for our psychic sight and clairaudient capabilities. This center governs all physical or health issues relating to the eyes, ears, and nose.



The Crown Center

The seventh chakra is located at the top of the head; its energy pattern resonates to the color purple/violet. This center oversees our connection to our destiny, our specific path here on earth. The crown center acts as our personal compass, directing and pointing us towards the next part of our journey. The energy emitted from this chakra acts as a transmitter, drawing and repelling people and situations that will guide us on our path. In the esoteric realm, this center connects us to our *higher self* and provides the energy used for creative visualization. This chakra also connects us with the gifts that our soul is here to contribute to the world. It governs all physical and health-related aspects of our skull, brain, and pituitary function.

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Fueling Our Chakras from Our Surroundings

One of the ways these spiritual energy centers get fueled and nourished is by absorbing their corresponding colors from the environment; colors act as nature's *food for the soul*.

The mechanism that the physical body uses to absorb the energy from color is called the *aura*. The aura is the subtle light that glows, surrounds, and penetrates the physical body. It acts like a sponge, absorbing color from the environment and feeding it to the chakras.



The presence of color in our homes and lives is so important because without it we starve our souls and deplete our energy system. Feng Shui and the adjustment of color in our surroundings insure that we receive a correct balance of energy for each of our chakras.

Black Hat Sect Feng Shui uses the creative color cycle of the Bagua and the five element color system to create a balance of colors in homes and offices. It creates an environment that has a positive impact on our internal energy systems, the chakras. The main sources for absorbing color from our environment into our auras and physical bodies are: interiors, environment, nature, clothing, and food.

Interiors

Home and work interiors have a profound effect on our chakras. The colors of our walls, floors, and furniture all activate, balance, or depress our Chi. The best colors for our homes and offices are those that make us feel energized and happy.

Avoid color schemes that are too intense.

If you like deep purple, instead of painting four walls of a room with it, which would be very overwhelming, try using it in the fabric of your couch or as part of the design on your bedspread. You can introduce it into your surroundings through such objects as lamps, pictures, and accessories.

Avoid an all neutral color scheme.

Having an all neutral color scheme in your home lends itself to apathy and indifference. People who use exclusively neutral tones may be trying to *neutralize* their feelings. Color invokes feelings, and no color invokes neutrality. If you are partial to these colors or if you already have these colors on your walls, *please do not panic.*² Try to introduce some color into the space by painting a room or one wall or by hanging colorful artwork.

Assess your total color quotient

One client had every wall in his apartment painted off-white. He was a vibrant, enthusiastic person who did not seem to be affected by the lack of color in his space. Before I commented and explored the color scheme with him, I asked him what type of work he did. He responded, "I am an artist and I work with paints all day long." I quickly realized that he was saturated with color at work and needed his home to be in neutral colors to balance out and calm his Chi. The home environment that he created helped him achieve the perfect balance of the color spectrum, for him.

Look at all the places that you come in contact with throughout each day. If you do not have much color in your collective environment, you probably will not have a very colorful life. It is your choice!

² Give my suggestions thought and see if they ring true for you. If not, let them go. Make sure you have the final say about any changes that you make.

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Environments

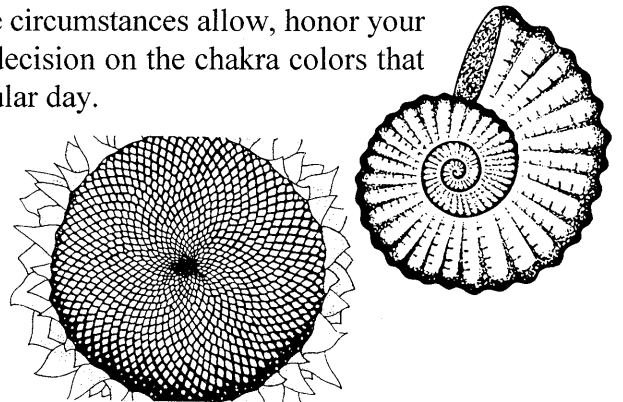
Environments that we come in contact with every day, such as bus stops, grocery stores, a friend's apartment, or a doctor's office, can also affect the balance of our chakras. How we feel in these places: safe, pressured, nurtured, or uplifted, will determine the state of our Chi and the balance of our chakras.

Think about how a certain place *feels*.

Take notice of where in your body you sense the feelings a particular place gives you. This will put you in touch with which chakras are reacting to specific colors and situations. For instance, while you are waiting in a doctor's office, look around at the color scheme in the waiting room. How does it make you feel? Do you like the colors? Hate them? Do they calm you? Give you anxiety? Start interpreting and describing colors by using specific adjectives describing how they make you feel or react. This will help you develop a sensitivity to how your environment affects you.

Notice the Feng Shui of the space.

Use your knowledge of Feng Shui and your newly acquired sensitivity to color to help you make decisions about which grocery store you choose to shop in, which restaurant to dine in, even which chair to sit in. If the circumstances allow, honor your energy system and base your decision on the chakra colors that you need to *fuel* on that particular day.



Nature

Another common way we absorb energy is through the vast amount of color available in nature. We are surrounded by green trees, blue skies,

Notice the colors in nature you respond to most favorably.

Do you gravitate towards cool blue waters or the lush green of a forest to find peace and relaxation? Which colors do not attract your attention? Be aware of colors that soothe you, stimulate you, and make you feel alive. Make a list of your favorite places or things in nature. Ask yourself what it is about those places that are peaceful, comforting, or soothing. List the colors associated with those images and how they affect you.

Integrate nature into your home.

Hang a photo or picture of your favorite place in nature that reflects the colors and attributes you found on your list. Place copies of that image in strategic spots. Make eye contact with it as often as you can, and feel yourself drawing in the energy and the balancing effect of its color. Make eye contact with similar colors in your environment to further enhance your healing experience. Absorb the colors into your body through your eyes, using clear, conscious intention to help you to visualize your body being filled with its healing ability.

Clothing

A very powerful way to consciously work with color is through clothing because it is color energy that touches our *mobile home*, our body, and our aura. Our wardrobe provides us with a daily opportunity to adjust our color energy. It is not a permanent state of color; it can change and fluctuate with our moods and imbalances.

See clothing as a flexible system for energy adjustment

Choose clothing that lifts your spirits, stimulates your creativity, or helps you express love. Connecting to your chakras will allow you to make the right color choices, which will make you look

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and feel good. Color and clothing can make the person or make the person *invisible*. The more you tune into yourself and connect to your color needs, the more you can give your soul the best nourishment it deserves.



Food

Traditionally, the nutritional value of food refers to its vitamin, mineral, or caloric content. When we are balancing our chakras and Chi, we must evaluate the nutritional value of our food through its color scheme and corresponding element parts. Certain foods, based on their color and/or the energy they impart, activate different chakras and contribute healing energy to our bodies.

Eat foods associated with the seven colors of the chakras

You can ingest and absorb the colors from nature to heal and balance your energy. If you are dealing with emotional, second chakra issues regarding your childhood or family, eat more oranges or carrots to help you cope; orange-colored foods will help balance those emotional issues. Be aware that sometimes a center is *overactive* and needs *less* of the color it resonates to. Also take notice of your food cravings to see if you are gravitating towards any one particular food color group. Your body might be telling you that a particular energy or chakra is out of balance.

Think about the foods you eat and need, then consciously make choices that will not only appeal to your appetite but to the hunger of your soul.

The methods available to harness color and improve our Chi are vast, yet all have a common denominator that make them effective, *mindful application of thought*. It is the ability to apply the thinking mind and focus it in a specific way for a specific result. When we work with the energy of color and Feng Shui, our belief in a higher force along with our conscious intentions are the only tools that we need to create change. Our thoughts are powerful. We must learn to use them responsibly and with consciousness to change our lives and create happiness.

Excerpted from
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