

## How Colors Affect Emotions

Doris Jeanette

Colors have certain wavelengths, which can be felt and experienced. Emotions have certain wavelengths, which we can also feel and directly experience. Colors and Emotions are both composed of real physical vibrations. This means that these movements of energy are affecting us even if we don't know it! So colors and emotions are constantly affecting us in everyday life.

For example, the colors that we wear not only affect us but also the people around us. We are exposed to other people's colors, emotions and anxieties every moment of every day. And in turn, they are exposed to our colors, emotions and anxieties every moment of every day.

This means as humans, we are constantly exposed to either beauty or ugliness. Disharmony or harmony. The world we live in can be attacking us or loving us at any moment in time. This is the reason it is extremely helpful to become more aware of what is going on inside of us as we respond to these vibrations in our environment.

I frequently choose the clothes I wear based on the color I need for the day. I sense and feel what color would be helpful, given where I am emotionally. This way I can consciously use a particular vibration to help me feel better or give me the courage to face my fears. This is what I am encouraging you to develop in yourself, your own intuitive ability to sense, to feel and to know. Then you will be able to move through the obstacles of life with more ease.

The beauty of life is that we can use the inner and outer resources that we possess to help us. We can expand and open up to what is really there. "What is" refers to physical reality, both internal and external, and metaphysical reality, both internal and external.

Metaphysical simply means that which is not physical. Yet the more we expand, the more it seems that the wave lengths which had not been observable to most humans are now becoming more observable to more people. Sensitive people are beginning to feel, taste, smell, hear, and see more vibrations. We are tuning into more and more colors and tuning in to how these colors affect us.

We can certainly develop our human potential and learn to use more of what we have. We can learn to acknowledge our innate strengths, abilities and talents. Then we can access and learn how to use our strengths to improve and enhance our experiences in life. When we do this, naturally our life will become richer and more vibrant.

E-motions are literally energy in motion. This means that they are meant to move and flow. This is the reason feeling our feelings can quickly get our energy moving. And as most of you already know, flowing energy is exactly what creates health in the cells of our body. So the more we feel our emotions, the healthier we will become. This vibrant energy naturally gives us a higher resistance to diseases of any nature.

Conversely, the fastest way to create disease is to inhibit our emotions. When we stop the full expression of any emotion, our energy gets stuck, thus creating stagnation. This stagnant energy is what creates mental, physical, and emotional diseases.

## The Importance of Flow

When water stops moving in a pond, it becomes stagnant. This creates a situation ripe for disease and eventually death. Remember the old western American movies? They would show dead animals lying all around a "bad" watering hole while scary music played in the background. We got the message, "Beware, this water will kill you!"

This same principle applies to the human body. When we stop the natural movement of anything, we create an environment where mental, emotional or physical diseases can flourish. It is no surprise that the major aspect of ourselves that we have inhibited is our emotions. We have been conditioned to deny and depress our feelings from the moment of birth.

When we were children, our feelings were made fun of, put down, and punished by adults. People still say: "Don't be a baby;" "Stop acting like a sissy;" "You have nothing to feel sad about;" "Don't be so sensitive;" "Get over it;" and "What are you scared of?"

And yet every day more research studies document what sensitive people have always known, that our emotions directly affect our physical and mental states of being. It is becoming increasingly clear that our emotions need to be fully expressed in order for us to be healthy. Our physical health is totally depending on our emotional health.

Unfortunately we are *afraid* of our emotions because we think that our emotions will take us into an "Out of Control State." Even psychologists and body practitioners love to *talk* about emotions, but if their client starts to enter the "feeling vibration" with them, their hands tighten up or they stop breathing. This is because they are afraid of their own feelings and emotions.

Many massage therapists and talk therapists have automatic, anxious responses, which they cannot conceal. Their breath and body clearly communicate how uncomfortable they are with feelings and emotions. When professionals become comfortable with their own feelings, then they will be comfortable with their clients' feelings.

Naturally, when we sense a psychologist or massage therapist's anxious response to our emotions, we hold our breath and we stop our own feelings. We conclude that it is not safe to feel with that psychologist or that massage therapist ever again. We may also conclude that it is not safe to feel our own feelings period. If we do this, we are holding on to a false belief that will inhibit us for life.

E-motions are literally energy in motion. They are supposed to move, they must flow in order to maintain a healthy physical environment. We can learn to tell the difference between a real emotion from a stagnant thought by its energy. Authentic emotions and feelings move because they are full of vital energy. On the other hand, irrational, repetitive thoughts are what create stagnant energy. (For more information about the difference between thoughts and feelings study the audio material *A Natural Process for Opening the Heart* available at [www.drjeanette.com](http://www.drjeanette.com))

We can even see the results of our emotional inhibition in big blaring ways. A good example of this would be when it becomes a cultural phenomenon. Imagine, as I

did, when I recently saw the Greek countryside full of women, both young and old, dressed in black.

The dramatic view of black dresses dotted across the landscape for miles upon miles in the Greek countryside reflect an energy that is stuck in helplessness and pity. When we see this stuck, black mental state dominating a certain culture, we can understand why, as individuals, it is so hard to move our own helplessness and pity.

If Greek women were encouraged to fully express their grief, instead of being forced to wear black for long periods of time, they would move on to the next phase of their life. They would be stronger for the life experience of death, instead of holding on to the "sorrow" and not allowing it to move. Black is a lack of color and in general it reflects a lack of emotions. (There is deep, velvet black that seems to have a piercing quality that is different from the emotion-less black.)

If we let our emotions flow, we will feel different very, very soon. We will move and change. For example, one always feels better after a good, healthy cry. From our bone cells to our brain cells, we need this e-motional energy flowing through us in order to be healthy. This juice is what creates our vibrant moments!

So whatever emotions and feelings we have, it is best to allow them to flow. Feelings are not good or bad, they simply *are!* Just like the weather-- sunny today and partly cloudy. Metaphysicists say that our emotions affect the weather. I would say, we definitely affect the weather and it definitely affects us! My singing teacher used to say choirs were always "off key" on rainy days! Interesting to ponder and consider how we do affect the whole and the whole affects us. For indeed we truly are one.

### **Emotions Are Colors**

Colors are one of the most exciting experiences in life on planet earth. We can physically resonate with colors, just as we can tune into the physical vibrations of our emotions. Colors operate both at the physical and metaphysical level. Emotions operate at both the physical and metaphysical level.

Colors and emotions are inseparable because they are the same sort of energy. People, who can see the energy field, literally see our emotions *as colors*. In some ways, some very physical ways, our emotions are composed of colors. What they see are puffy, little clouds of colors hanging in the air all around us. These mists of "color balls" and "color clouds" generally hang out in what is called our emotional body in our energy field. Our emotional body exists about a foot and a half away from our physical body.

What this means is that our emotions actually determines the colors that exist around us at any point in time. So if we want to know what we are feeling, the colors that are around us are continuously communicating what is going on with us.

The fact that our emotions are colors also means that colors have a profound affect on our emotions very moment of every day. As mentioned before, we can consciously use color to help achieve emotional health. We can use colors to help us break loose the sticky, stuck energy that is in our energy field and in our body.

A person who is strongly attracted to color is naturally emotional. Our emotions are what give color to our lives. Without a doubt, an emotional person is colorful. Our emotions and colors have a profound affect on us every moment of every day.

This dynamic energetic exchange between colors and our emotions is occurring all the time. We can claim much more of our power and energy if we tune into this vital energy and become conscious of how it affects our emotional self. An investment in our colorful, emotional self is the best investment we can ever make in life.

### **The Vibrant Moment**

Since colors, sounds and emotions are all vibrations, they can be physically felt in our body. Our body is like a tuning fork, picking up the frequency of the colors and emotions inside and outside of us. Even if we are not aware of them, we are still affected by the energy.

Our body resonates with our emotions, just as it resonates with sound and color. For example, just as one tuning fork begins to resonant with another tuning fork that is all the way across the room, so too we can tune into the colors and emotions that exist in our world.

This explains why sensitive children and sensitive people have the ability to know what other people are feeling. They automatically tune into the emotional energy and begin to resonate with these vibrations. Sensitive people can feel the emotional and physical vibrations that people are expressing and inhibiting. We can sense the energy of inhibition as well as the energy of expression.

This is the primary reason certain people and children have a difficult time adjusting their nervous systems to the many disharmonies vibrations that exist in our world. This show us why it is so important for sensitive people and children to learn to live in their emotions so that they can transform what appears to be a liability into an asset. Being sensitive is a powerful strength that we can learn to access and use for our benefit. When we do this, we will have vibrant moments frequently and live a rich and meaningful life.

Color adds depth, richness and spirit to each moment. When we are tuning into color, this gives us concrete feedback that we are alive. When we experience "a vibrant moment," the colors are *brighter, deeper and richer*. When we are full of life, colors jump out at us, as if we are seeing them for the first time. They hang like drops of dew upon the scenery and penetrate our body. If we let these vibrations penetrate us, we will become more connected to reality and be less isolated in our own world.

Obviously if we become more tuned into what we are feeling and sensing, we will have more power over what is going on inside of us and outside of us. We can increase our health and vitality by becoming more aware of how these colors and emotions are affecting us. And make conscious choices so that we create the outcome that we desire.

## Value Judgments

What people do not seem to know or understand is that one color is not good while another color is bad. This is also true of our emotions. Emotions are all equal and they are all essential to the whole. There is not one emotion that is bad and wrong while others are good and right. This is a fundamental problem in how the world views emotions. They do not understand or grasp how imperative emotions are to our survival as a species.

Just as we need different colors at different times for different reasons, we also need different emotions at different times for different reasons. Each day and each moment is a different color. Each moment is a new and different emotion. As soon as we feel one emotion, it moves and changes into another one.

This is the reason it is so important to flow. There is not one color that we need to attach to or one emotion that we need to attach to. Each moment is a different reality and if we want to be healthy and happy we must learn to flow with each moment anew! If we want to be emotional healthy and physical strong, we will feel our authentic feelings and allow them to flow, as only they know how to do.

Feeling our real feelings is not only the fastest way to improved health, it is also the fastest way to open ourselves up to a transcendental state. I prefer to think of it as *the natural*, free-flowing state. In this state, colors are always brighter and clearer than in a mundane, emotional-less state.

We can tell how open and flowing we are by how we perceive colors. When they jump out at us, we are flowing! When we feel as if we are apart of the color around us, we are flowing. When we are not even aware of color, we are unconscious. We are in the ordinary, lackluster state of human existence. We are without emotions and we are without colors.

**Exercise:** Relax by breathing into your belly for a few moments.

Notice a color that you do not like. Look at it until you start to feel its vibrations in your own body. Notice anything that is happening in your body in terms of energy movement. Hot, cold, heavy, dense, light, flavors, texture-- notice all the physical factors.

Then check in with your emotional self to see what you feel emotionally when you are in the company of this color. See if there is a memory or some fascinating information in the emotion. Breathe and take your time. Notice subtle little things.

Now do the exact same thing sensing physical and emotional feelings with your favorite color. Breathe and take your time.

After you have finished with your favorite color, contrast the sensations between the color that you love and the one that you do not love and see how they feel different to you. Notice the information in your body and in your emotions.

Also notice if you feel differently at the end of the exercise than you did at the beginning. Your emotions can shift immediately so that by the end of this simple exercise your relationship to these colors might have transformed!

The moment we pay attention to something we immediately begin to change it. So know that our process is always shifting and changing. Our relationship to colors and our emotions is always shifting and changing. This is the energy dynamic of reality which is so exciting and full of possibilities. We do not have to be stuck anywhere.

### **Color Information**

Any colors that are missing in our body and energy field reflect an imbalance in our system. Any color that we feel uncomfortable with or reject indicates emotions we are rejecting. The emotions that we are rejecting indicate the parts of ourselves that we are not accepting and loving.

So notice the colors that you do not like and you will be aware of the emotions that you are avoiding. For example, if red makes you uncomfortable or if you don't like it, you are avoiding the emotions that red elicits in you.

Red is the color of action. It is the root chakra, the one that keeps us safe and secure. It is a Herculean, physical feeling." I exist, I am present, I am physical, I am strong. I am here to stay!" It is no accident that red is used in the military and in the "Red Light" district in town!

Many people are still extremely judgmental about red. "People who wear red just want to be noticed," is a statement I just heard at a party. Red is a strong vibration, so many people are afraid of it. It is an intense energy that is connected to our deepest and strongest desires.

It is probably the sexual aspect of red that people are most afraid of, for it is our sexuality that has been the most wounded by judgments. When patriarchy wiped out the Goddess Societies, sex and women were thenceforth controlled. Suddenly everything feminine became less valuable. Unfortunately this has been going on for a few millenniums.

This is a fundamental reality that hurts both men and women to this day. We have trouble reclaiming our inherent power because healthy sexual energy is essential for life. All of the naturally strong feminine qualities must be present in both men and women for us to achieve healthy sexual flow.

All of the sexual diseases today and the disharmony between sexual partners reflect our immaturity. This immaturity is based on our inability to love our authentic sexuality. Instead of loving the real power that we have sexually, we are afraid of it and try to control it. If both sexes can learn to accept all of the colors, this would help. In this small way, we can help bring the feminine vibrations back into society.

Both men and women need to stop controlling and judging their emotions. We need to allow and feel and express our colorful emotions so that our feminine qualities become present in our everyday living. This will organically balance the "out of control" male energy on the planet that is currently destroying other humans and Mother Earth at an alarming rate.

Back to the color red. If we want to be hardy, we need red. Red vibrations are necessary for maintaining authentic self-confidence in the body. Without red we cannot be physically secure. We can experience an authentic sense of safety only when we

become comfortable with red vibrations and allow our roots to be securely fastened to the earth.

Perhaps we could all wear *The Scarlet Letter*, which is an old American book about a woman who was sexual and consequently persecuted. She had to wear a Scarlet Letter printed on her bosom to show the whole world what a shameful, terrible woman she was to have enjoyed sex and loving! Of course the man with whom she enjoyed these pleasures with did not have to wear a Red Letter. Americans are world famous for being Puritans!

I have used red as an extensive example of how colors affect emotions. We have explored the important information that exists in our reactions to different colors. We can see that the more we know how colors are affecting us, the more we can access our strengths. Equipped with this knowledge, we can expand and enjoy more of our human potential.

### **What Each Color Means**

Each color has a different meaning at different times. This is the reason I am not going to tell you what each color means. For example, red can sometimes mean anger and sometimes it can mean hostility. Authentic anger is very different from the energy of hostility. Dark red means something different than light red. Murky red is different from clear red. And so on.

What red means at any point in time depends on the density of the red and the location of the red in our body and energy field. What red is really up to at any moment in time can mean one thing with one person and another thing with another person.

My red is different from your red. And what red means in the context of my energy field is different from what it means in the context of your energy field. So it is important for each of us to get to know red intimately for ourselves because emotions and colors are constantly interacting with all the other aspects of our mind, body and soul.

We need to remember that the meaning of what is happening is also constantly shifting. Physical vibrations and emotional vibrations are of course real, but our interruptions of what they mean at any point in time can be down right wrong. So be careful not to use other people's definitions and place them on your own emotions or colors. Instead learn to honor your unique perceptions. Get to know the truth about you.

There is a universal quality to red and that is what we can all perceive, as I am mentioned about the "red light district" and the military qualities of red. Yet there is always an individual meaning to the red that we encounter in each new moment that we need to respect.

I have learned about colors from Elias de Mohan, Director of The Foundation of Sound, Color and Vibrations and author of *SOUND, COLOR AND VIBRATIONS*, and Jack Schwarz, Director of Aletheia Institute and author of "*Human Energy System*." In addition I have read many other books that offer the standard color system that you will find in most chakra books.

From my studies, I have developed my own particular system, which I offer in *Exercises in Color and Sound to Awaken Your Senses*, which helps you explore your unique relationship to the six primary colors and the color white and the universal qualities of each color. (Order this booklet at [www.drjeanette.com/marketplace.html](http://www.drjeanette.com/marketplace.html))

My approach is very different, I do not want to tell you how each color affects you, I want to encourage you to be intimate with your own emotions and your own colors. Other people are frequently unknowledgeable about you so do not take what they say as your truth. Establish and trust your own knowings.

And as you will find, colors and emotions are always changing and evolving. What this means is that as we learn to live in the flow we will be very different human beings from what others have seen or have documented years ago! We are the future, not the past.

Always remember that each of us requires different colors at different times for different reasons. Each day and each moment is a different color or a difference set of colors. There is no *answer to hold on to*. Each moment is a different reality and if we want to be healthy and happy we must learn to flow with each moment anew.

## Sound

Sound is a strong vibration that brought down the walls of Jericho. And Telsa, the genius who gave us alternating electrical currents in our walls (no, it was not Thomas Edison) also had a little tiny vibrator that was capable of disintegrating the walls of NYC's strongest buildings.

The truth is that with enough vibrations, anything can disintegrate. This means that our defensive, hard, dense, tough, frozen energy in our body and energy field can disintegrate when we allow our feelings to move naturally through us.

Sound affects physical matter just as color affects our emotions. This means that sound can change physical matter and this includes our body. This is exciting because we can then use sound to help transform our frozen energy into vital, flowing, healthy energy.

Naturally, sound and color are connected. Aleksandr Scriabin, a Russian composer and pianist, actually saw the colors that exist in sound. I first heard of this phenomenon in a graduate psychology class, which was taught by a scientist who was also a musician.

Synesthesia—from the Greek *syn*, for together, and *aisthesis*, to perceive—generated a wave of scientific interest around the turn of the twentieth century. Scriabin even featured an organ that produced multihued light beams in his symphony *Prometheus, the Poem of Fire*. He was among the first to rigorously catalog his color-note associations. We will also begin to see, sense, feel, hear, smell, taste the colors that are in the sounds just like Scriabin did. And we can even feel the emotions that are in the colors.

This is how Isadora Duncan, Mother of Modern Dance, could dance the music exactly the way the composer felt it when he wrote it. Many composers told Isadora

when they saw her dance their music that she was expressing exactly what they had felt when they wrote the music. Now really absorb what I am saying here. It is profound.

Isadora danced by listening to the information that came through her solar plexus. Please read her autobiography, My Life, for more information. Her life is such an inspiration that her book was required reading for my New Psychology Class at the University for Global Well-Being in Sweden. In addition, she explains her dancing methods, which are extremely helpful, if we want to integrate our mind and body energy.

Isadora was able to feel the emotions that were in the colors that were in the sounds of the music. This means that she felt the music as it moved through her solar plexus, sensing the colors, sounds and emotions all at once.

She had learned to keep her body free and open so that as she felt these energies move through her, her body moved spontaneously. This means that she was freely expressing the information in the energies. Her body was an instrument that was literally, playing the music. Her body was expressing what was in the music. She was doing this by feeling it. She sensed the vibrations that were in the music.

She allowed her body to freely express the music as it moved through her. Consequently, the result was that her body movements were expressing the same feelings that the composer had felt when he wrote down the music! What went into the music, came out of the music. Two different people were experiencing similar emotions. The people in the audience were also able to experience the same emotions in their own body as they watched Isadora express them.

Doesn't this give you Goosebumps! This is the reason she is my Spiritual Mother. For those of you who are sensitive, your body is capable of sensing the reality that exists all around you. Develop yourself and know that you will be the way shower for others.

These kinds of experiences are what we all can look forward to as we start to feel and open up, allowing more energy to move in and out of us. Lucky for all of us, as we expand, we can consciously use sound and color to break up and move our stagnant energy.

Sound can change the energy of our body, quickly and effectively. This is the reason harmonious music has such a powerful affect on us. Use it to remind yourself of who you really are and use it to grow into more of who you are.

Suggestion: Start to notice sound and how it affects you and effects you. How close are you to the sound? Where does it seem to be? Do you sense any colors? Listen to your favorite music. How do you feel? What colors are in the sounds? Where in your body do you sense the vibrations of the music?

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For more about Nikola Tesla: <http://www.neuronet.pitt.edu/~bogdan/tesla/>

## Conclusion

I am going to leave you by sharing one of my greatest Color Trips. It was at the Philadelphia Flower Show courtesy of the white tulips from Holland. I had always known

white had all of the colors in it, but I had never seen or felt them. When I looked at white, I saw white. And white was boring.

As I walked among the lovely flowers and giant tall trees, I turned my head in a new direction. Suddenly a field of perfectly white tulips that were standing straight up tall appeared in front of me. Their white petals were posed against a blast of brilliant, bright green grass. The white on the tulips radiated outward toward me.

As this beautiful view popped into my awareness, I unexpectedly experienced brilliant rays of colors radiating off the pristine white tulips. Streams of different colors bounced everywhere. Shafts of rainbow colors came toward me. The colors that *had always been* hitting my body and soul were now visible to me. I could see the colors that had always lived in the white. Wow!

Know that you will also have new and rich experiences as you add more color and more emotions to your daily life. You will now have much more fun because you are aware of these delightful, playful energies.

Please let me know what else you would like to learn about emotions and colors.

Aloha,

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Use *Exercises in Color and Sound to Awaken Your Senses* to explore the Six Primary Colors and the color white. Order the booklet at [www.drjeanette.com/marketplace.html](http://www.drjeanette.com/marketplace.html)

If you want to learn more about color, sound, emotions and energy dynamics contact Dr. Jeanette directly for private consultations, professional development and her mentor program. For information about her Nature workshops, Sexuality and Spirituality groups and upcoming events, visit [www.drjeanette.com/experiences.html](http://www.drjeanette.com/experiences.html)