

## Color Your World For Success

By  
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*"We got to roll with the punches, play all of our hunches, make the best of whatever comes your way. Forget that blind ambition, learn to trust your intuition -- plowing straight ahead, come what may." Jimmy Buffett, Cowboy in the Jungle (song)*

Science tells us that what we call color is a mode of vibration of light. It is quite apparent that color exerts a powerful influence on our minds and emotions. Color is not a lifeless, static phenomenon, but rather it is a strong power and influence in our lives. When you understand the effects that color has on your body, mind and spirit, you can use their qualities to help you in whatever task or challenge you may be facing.

White light contains all colors. When you mix all colors of paint it forms a murky green-brown. When you mix all colors of direct light, it makes white. You've probably seen light shine through a prism to create the colors of a rainbow. A rainbow is actually formed by water molecules in the air acting as billions of tiny prisms. Here's how the colors of the rainbow can serve you to get specific results:

**RED** is the color of intense physical energy, strength and vitality. When you need a powerful burst of energy, wear, look at or imagine something red. When red gets rowdy, it is associated with mischief and sexuality (red light district and scarlet letters). Clear bright red shows generosity, ambition and affection while rosy pink shows unselfish love.

**ORANGE** is the color for more quiet sustained energy and enduring strength. Looking at (or imagining) bright clear orange is great for health and vitality.

**YELLOW** is the color of the mind – joyful, purifying mental energy. When you have a lot of studying or thinking to do or a test to take, enjoy the clarity and glorious mental enthusiasm of anything yellow or use the sun to light your way.

**GREEN** is the color of healing and learning, of harmony and sympathy. Light green is used to symbolize prosperity and success. The middle shades of green show adaptability and versatility. Remember green pastures where you shall now want for anything and green traffic lights to shout GO to your new endeavors.

**BLUE** is the color of spirit, of calm and of peace. As the sun is yellow and usually associated with sunny thoughts, the sky is high and blue and the sea is deep and blue. High and deep are good words to describe your spirit of inspiration and devotion to truth and noble ideas.

**PURPLE** is the color of royalty, the color we associate with kings and queens. Use purple when you want to feel magnificent, grand or stately or when you want to feel that kind of presence within you.

You can mix colors so that when you have "the blues" you can add red "energy" to make a more active and decisive purple. If you are feeling the red of passion or anger, add some calming blue to make a stately purple. If you are feeling too "hyper", add some yellow to the red to create a more stable energy of orange. If you are too yellow in thinking rather than acting (cowards are "yellow" in letting their thinking create fear), add some highly physical red to create a steady orange. Combining blue calmness and yellow mental energy gives you green for active healing and learning. Use the colors that you are drawn to and think about them surrounding and filling you with their energy to color your life with success.

**Dr. Darlene Treese** has been in private practice in hypnosis and counseling since 1983. She is a Diplomate in Counseling with the National Institute of Sports, Past President of the American Psychotherapy and Medical Hypnosis Association and Vice President of the Rotary eClub of Southwest, USA. Darlene has been internationally acknowledged for her positive action and solution-based therapies and work with corporations. "A person for the people", Dr. Dar is always available to help with your questions and dilemmas through office visits, email or telephone consultations. Call her at **850-201-0073** or visit **[www.AskDrTreese.com](http://www.AskDrTreese.com)**