

Psychological and Therapeutic Properties of the Colour Rays

**This chart is most relevant for colour light therapy; however, colours of any form give off a frequency so will provide some benefit especially when used with a strong intent*

Colour	Psychological Aspects	Therapeutic Aspects
Red	Courage, stimulation, strength, grounding, leadership	Brings problems to the surface, stimulates senses, dissipates radiation, rebuilds liver and blood cells
Orange	Confidence, outgoingness, self assurance, uninhibitedness, gentleness, contentment, resilience, peace	Strengthens bones, teeth, hair, released spasms, lifts organs, stimulates respiration and decongests
Yellow	Optimism, joy, playfulness, high spirits, versatility, mental ability	Aids digestion, builds nerves, expels parasites and worms, acts as a laxative, muscle stimulus, activates cranial nerves thus stimulates brain and cervical cord for movement
Green	Peace, balance, emotional calm, relaxation, regeneration, rejuvenation	Destroys bacteria, prevents decay, rebuilds muscles and tissues, increases function of pituitary, cleanses the system, balances cell growth
Turquoise	Tranquillity, restoration, refreshment, resourcefulness	Dissipates pain, tightens muscles, alleviates headaches, restores vitality, acts as a tonic
Blue	Peace, contentment, tenderness, direction, confidence, clarity, communication	Builds vitality, allays irritation, prevents itching, fights infections, strengthens aura, soothes nerves
Indigo	Inspiration, power, protection, purpose	Dispels fear, cleanses the aura, purifies blood stream, shrinks tumours, cleanses the system, allays convulsions, tightens and firms muscles, nerves and skin
Violet	Change, transformation, increases vibration, emotional life, inspiration	Strengthens immune system, purifies, nourishes cells of upper brain
Purple	Contains the qualities of soothing and relieving pain (together with indigo), creativity, synthesis	Controls fever and high blood pressure, induces sleep, stimulates activity of veins, calms emotions, restores balance, dilates blood vessels
Magenta	Compassion, mental and emotional balance, love and acceptance	Strengthens and balances the aura, regulates heart and blood pressure, adrenals, improves circulation, bronchial ailments, fevers
Pink	High spirits, sensitivity, delight, joy	Smooths and hydrates skin, lifts spirits, aids in circulation