

Complementary Colours



We can use the vibrational energies of colour opposites to enhance our healing practice. Complementary colours create an opposing but symbiotic relationship. Since everything in nature has an opposite - yin and yang, using complementary colours together in a healing session creates more harmony, wholeness and completion.

If we look at the colour rose, we can see that the magenta pink which represents the incarnate form, the potential (the soul star above the head), the unborn, the unmanifest. This then moves around anticlockwise to the red which represents earth, incarnation, then moves through the chakras, orange yellow green blue violet and back to the unborn. So this is again a representation of the circle of life as see through the energy centres of our chakras. It also shows how our chakras and energy centres interrelate, blue being opposite orange, the relationship between throat and sacral chakras which we just looked at. The yellow represents the solar plexus and the violet represents the higher mind/spiritual function, so creating that balance between the self will and higher mind will, thought and motivation. Looking at the red and green relationship, we can sometimes choose to use green crystals if someone is not very grounded and they are in a delicate state of being. Perhaps when a client is feeling very emotionally stressed and therefore out of the body, or they have been very physically unwell, green is more gentle than red. Green brings them into their heart centre. Also within the rose we can see the relationship between coral and turquoise - being co-dependance and independence, gold and deep blue - inner wisdom and divine wisdom, magenta pink and olive green - divine connection and sweetness and the love of nature of being and of the earth.