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Color Your Life:

Color in Nature all around us nurtures our body and soul. We are beings of energy and our auras are ever-changing vibrations of color. It has been scientifically proven that using color in our environment can help to maintain optimal health, alleviate disorders and correct imbalances in our system. Using color for healing is not a new concept. Color researchers and therapists now recommend color and light therapy. We now believe that good health revolves around balance and harmony in our environments.

Our bodies may be stimulated by color (much like the reds and yellows used in all the McDonalds) or may feel calmed and relaxed like the sage greens and earth tones used in spas and medical clinics. A good barometer when choosing colors is to determine how it makes you "feel". Look through design magazines and focus in on the photos that appeal to you the most. Consider using your favorite art pieces or paintings in your home for clues about your selection. Try to limit your selection to no more than three colors throughout your home.

Red is stimulating and often used where food is served. Red also stimulates the adrenal glands helping us to become strong and build our stamina. Orange is associated with warmth and wholesomeness. In packaging, orange is used to make an expensive product seem more affordable. Orange stimulates the sexual organs and is beneficial for the digestive system and strengthens the immune system. Yellow can cause eyestrain although a soft yellow increases our memory retention and helps to keep you alert, clear-headed and decisive. It also strengthens the nervous system. Green is the color most associated with nature and the outdoors. Different shades of green or sage are common in spas. Green helps anxiety and exhaustion and influences the heart, pulmonary and circulatory systems.

Blue is healing, especially for children. This color aids the function of the throat, esophagus, mouth, teeth and thyroid. It also alleviates headaches or inflammation. Violet influences the pituitary and endocrine systems as well as the immune system. In the Chakra system, violet and purple represent the third eye of psychic awareness. Violet also aids lung problems like asthma, bronchitis, pneumonia, diabetes and arthritis. White affects our nervous system and aids in building bones.

Whatever your choice in color may be, once you embrace the change you may never live with white walls again. Trust in your intuition when you color your life!!

Consy Malasoma is a Feng Shui practitioner, Home Stager and Color Consultant. Consy commutes between her home in Las Vegas and her home in the Cascade foothills outside of Seattle.

Consy is available for consultations with advance notice and can be contacted at **702-245-6855**.