

## The Mood of color



### Does seeing a color create a certain mood?

#### Oh Come on...Does color really affect my mood? Try this color test to see

Psychologists have long since theorized that people's preferences for color and color mixes have deep psychological affects on you mood or feeling.

In fact, research does suggest that color can affect your being and that your choice of color or combinations of color is significant to your mood.

An example of this is that healthy people will prefer colors and color mixtures that reflect Their health both physically and mentally.

Furthermore, your color preferences are not necessarily fixed and that they will vary even within a given day depending on your mood.

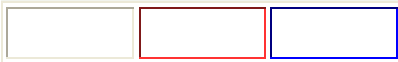
[Click here to test your mood.](#)



**RED** has been known to escalate the body's metabolism with vibrance and passion and is the most exciting color. Pink is actually a lighter shade of red and is "romantic" while a darker shade of red gives the impression of royalty.



**YELLOW** is a cheerful color when used in moderation. Lighter shades of yellow lend a light and breezy feeling, but dark yellows can overpower an image.



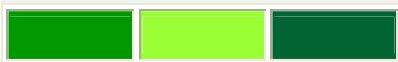
**WHITE** confers innocence on one side and sterility on the other. The use of white is important in printing as it can make the difference between easy to read and cluttered.



**BLACK** can be utilized to create a very elegant and understated effect on printed items.



**BLUE** is the most calming color. Light blue soothes while dark blue adds a look of dignity.



**GREEN** evokes a peaceful feeling, Just think of a fresh green meadow. Brighter shades of green are stimulating and uplifting while dark green is calm and quiet.

## Tips for designers

### Set the mood?

- 1) **Warm-** Like the warm colors of fire, they are shades of Red, Orange and Yellow with Brown being a neutral warm color.
- 2) **Exciting-** Bright, warm colors leave a strong, lasting impression.
- 3) **Surprising-** Unique, seldom used colors may appear "**surprising**" until we become accustomed to seeing them.
- 4) **Feminine-** Pink and lavender are popular feminine colors. Different values of the same basic colors are used together.
- 5) **Dramatic-** Powerful, dark, colors. Contrasting bright and dark colors will reflect a dramatic color scheme.
- 6) **Natural-** Subtle, complex colors that are usually dulled with gray tones.
- 7) **Masculine-** The majority of designs use dark colors with tans or browns. Blues may also be included.
- 8) **Youthful-** Very contrasting or not contrasting at all, very vibrant or very pale, absolute extreme colors.
- 9) **Tranquil-** Mostly cool colors from violet to green including blue and grey. When you exclude strong contrasts, this will reduce stress.
- 10) **Cool-** Tones of blue, violet or green, with the neutral color being gray.

## Healing Power of color



Color is used in many forms to heal and aid the sick, diseased and the distressed. color has been used in healing from ancient times, as far back as Atlantis. The sun's rays have been known to have magical healing qualities and these rays passed through a spectrum, will give you colors that have very good healing qualities for certain illnesses and injuries.

Color is used in ways such as visualising certain colored rays in treatment of a patient who is known to have a certain illness, etc. It can be used in the form of passing sunlight through panes of colored glass or filters and by using colored lamps. Another method used to obtain the color for therapy is by putting water in colored, clear containers out in the sun and allowing the sun's rays to pass through the colored glass into the water, then the water is sipped. Leave the containers out in the sun for 2 hours only and bring them

in before midday.

Some healers like to use the visualised colored rays only but some like to help keep the color energies around the patient also by keeping the color in the food they eat, the clothes they wear and the color of their surroundings.

color healing should only be done by people who are expert in knowing what color or what mixture of colors is needed for a certain patient with a certain illness. Each color and color combination has its own vibration and to make it compatible with the patient vibration, an expert assessment must be made. As well as being very distinctive visually, each color has its own feeling and taste. So while one color would be a good treatment for one patient it may cause problems for another. Over exposure to certain colors may result in side effects, so color therapy must be used wisely and only by those who have the knowledge to use it. **ED:** is the color of energy, vitality and power. It is used for burning out cancer, drying up weeping sores or wounds, etc., it will warm cold areas to reduce pain. Red is a powerful healing agent for healing diseases of the blood and circulation. It will help with depression. Red is not to be used on people with high blood pressure or anxiety. If you stay under the red ray too long or are exposed to red for a considerable time it will make you very agitated or even aggressive.

**ORANGE:** is also a color of energy. It is used to increase immunity, to increase sexual potency, to help in all digestive ailments, chest and kidney diseases. Orange will have a gentle warming effect if used lightly. Orange, like red should not be used for too long. It is not a good color for nervy people or people easily agitated.

**YELLOW:** is the color of intellect and it is used for mental stimulation, it will help you think quicker. It is good for clearing a foggy head. To help cure dermatitis and other skin problems and again it must be used carefully because it is very stimulating and it could cause exhaustion and depression.

**GREEN:** Is the color of harmony and balance. It is good for tired nerves and it helps with the heart area. It will balance the emotions and bring about a feeling of calmness. Green is a good general healing color because it stimulates growth so it is good for helping heal broken bones, regrowth of tissue of all kinds. Green is a good color for pregnant women to help create an atmosphere of serenity and calm. Too much green may create more negative energy if there is some already present in the person being treated.

**BLUE:** is the color of truth, serenity and harmony, by helping to soothe the mind. Blue is good for cooling, calming, reconstructing and protecting. Blue will help feverish conditions, it will help stop bleeding and it will help with nervous irritations. It is very good for burns. Too much blue could leave you cold, depressed and sorrowful.

**INDIGO:** is the higher aspect of blue, so it will have all the attributes of blue plus it is very good for the head. It will clear a congested head to allow a clearer path for the conscious to the spiritual self. It is used for the diseases of the ears, nose and eyes. Plus it is very good for sinus. Indigo is a good astringent and it is a good purifier. Too much indigo could give you a headache and it could make you very drowsy.

**PURPLE:** is also a color that will connect you with your spiritual self. It is good for mental and nervous problems. It will assist very well with rheumatism and epilepsy. Helps with pain, is used in deep tissue work and helps heal the bones. Too much purple and you don't tend to live in this world.

**LAVENDER:** is the color of equilibrium, it helps with spiritual healing. It is used as a tranquilliser and it will aid sleep. It is a color of replenishing and rebuilding. It is like a tonic for the body. Too much will make you very tired and disoriented.

**WHITE:** is the color of purity. It will purify the body on the highest levels. It is the highest charging field to bring peace and comfort at the highest level. White is the best reliever of pain.

**SILVER:** is the color of peace and persistence. It is the major purging color so it is very good for removing unwanted diseases and troubles from the body. It is best for cancer of tissue and blood.

**GOLD:** is the strongest color to help cure all illness. It is so strong that many people are not able to tolerate it, so people have to be conditioned to gold over a period of time. Gold strengthens all fields of the body and spirit.

**BLACK:** is a color that is not used very often but it will help bring a patient to a state of grace. It will help them reach the silence and the peace of God.

### **Related links:**

Many things you look at are not always what they seem. Here are examples of the best optical illusions we could find...

- Your eyes are making it move. To test this, stare at one spot for a couple seconds and everything will stop moving. Or look at the black center of each circle and it will stop moving. But move your eyes to the next black center and the previous will move after you take your eyes away from it... Weird [Optical illusion](#). Here is an [explanation](#) of why this works.