



The following chart is a guide to colour interpretation. Keep in mind that this is only a tool and that colour can be interpreted differently according to culture, background, and personal associations.

| Colour | Positive | Negative |
|------------------|---|---|
| Red | power, strength, love, sexuality, passion, warmth, courage, willpower, discipline, self-esteem, security | anger, rage, betrayal, frustration, resentment, lust, war, brutality, danger, hate, stubbornness, addiction, powerlessness, coward, low self-esteem, insecurity |
| Orange | energy, energized, imagination, creativity, fun, assertiveness, enthusiasm, excitement, revitalized, full of life | devitalized, decomposing, withering, drying up, destructive, lack of pride and propriety, lazy |
| Yellow | joy, happiness, cheerfulness, optimism, sunny, bright, light, thoughtfulness, logic, confidence | deception, bribery, selfishness, vengefulness, vindictiveness, criticism, controlling, manipulative |
| Green | balance, harmony, peace, freedom, justice understanding, communication, cooperation, adaptability, regeneration, growth, acceptance | jealousy, envy, bitterness, suspicion, selfishness, hostility, malice, unjust, uncooperative, inflexible, stagnate, intolerance |
| Turquoise | renewal, rejuvenation, change, transformation, evolution, advance, progress, uplift, youthfulness, beginning | regression, isolation, disconnected, removed, immature, idealistic, unrealistic, impractical, naïve |

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| Blue | cleanse, purify, refresh, reliable, assist, aid, service, faith, trust, honesty, respect | cold, aloof, detached, unfeeling, unemotional distant, dishonest, disbelief, deceitful, doubt, d deceptive, sadness, ambivalence, depression |
| Indigo | insight, intuition, perception, visionary, enlightenment, wisdom, revelation, foresight | unconscious, unaware, superstitious, false |
| Violet | tranquillity, serenity, calm, peace, relaxation, rest, quiet, still, restoration, tolerance, | fatigue, tired, exhaustion, weakness, forgetfulness, impatience, irritation, annoyance, intolerance |
| Magenta | royal, regal, majestic, noble, reverent, respectful, gracious, diplomatic, resourceful | dictator, authoritarian, undiplomatic, obsession, corrupt, |
| Pink | unconditional love, universal love, complete acceptance | selfish, self-absorbed, self-obsessed, narcissistic |
| White | all colours, all possibilities, complete bliss | emptiness |
| Black | absence of colour, avoidance, protection | depression, unacceptance, inability to feel, dead |

Chakras, Crystals and Aromatherapy

| Chakra | Corresponding Sound | Corresponding Crystals | Corresponding Essential Oils |
|----------------------------|---------------------|--|--|
| Root Chakra | LAM | Smoky Quartz, Hematite, Black Tourmaline, Garnet, Red Jasper, Petrified Wood | Benzoin, Myrrh, Vetiver, Patchouli, Frankincense, Rosewood |
| Sacral Chakra | VAM | Carnelian, Citrine, Orange Calcite, Moonstone, Red Jasper, Topaz, Unakite | Jasmine, Rose, Sandalwood |
| Solar Plexus Chakra | RAM | Apatite, Calcite, Citrine, Rhodochrosite, Tiger's Eye, Yellow Tourmaline, Yellow Jasper, Smithsonite, | Black Pepper, Fennel, Juniper, Vetiver |
| Heart Chakra | YAM | Rose Quartz, Green Quartz, Kunzite, Aventurine, Jade, Green Tourmaline, Pink Tourmaline, Watermelon Tourmaline | Rose, Jasmine, Bergamot, Melissa |
| Throat Chakra | HAM | Amazonite, Angelite, Aquamarine, Celestite, Lapis Lazuli, Sodalite, Turquoise, Blue Topaz, Blue Tourmaline | German Chamomile, English Chamomile |
| Third Eye Chakra | AUM | Amethyst, Azurite, Labradorite, Lapis Lazuli | Rosemary, Juniper, Helichrysum, Sage, Clary Sage |
| Crown Chakra | AUM | Amethyst, Clear Quartz, Purple Jasper, Clear Tourmaline, Selenite | Lavender, Frankincense, Rosewood, Elemi |
| Higher Crown | AUM | Celestite, Apophyllite, Muscovite, Petalite, Phenacite, Selenite | Neroli, Angelica |