

Yellow

Yellow is the color of the sun. With its beams of gold and rays of wisdom, yellow stimulates the logical mind and encourages the power of thought. Its radiant vibration is uplifting, cleansing and refreshing. Yellow rays carry positive magnetic currents which strengthen the nerves, inspire the brain and generate energy for the muscles. A powerful color to start your day with, use yellow to rise and shine.

Yellow is related to optimism, objectivity and ego. It is the color of detachment and can help shed obsessive thoughts, feelings or habits. Yellow is a great color to pair with therapy as it can bring weaknesses to the surface as a means of release.

Yellow stimulates the third chakra, located between the navel and solar plexus. The focal point of heat in the body, this energy center is considered the great brain of the nervous system. Your gut decisions are made here. It is associated with fire, the power of transformation and inner connectedness. Yellow is purifying and restorative for the skin. It stimulates function and repairs damaged cells. Use yellow to glow from the inside out.

In Color: Spectral Meditations for Healing

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