



HOW TO USE THE SECRET LANGUAGE OF COLOUR

A guide to using colour in your daily life.

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WHAT IS COLOUR?

- Colour influences the physical, mental, emotional and spiritual level of humankind.
- Colour is universal.
- Colour is one of the fastest ways to communicate.
- Colour can reflect as well as influence your emotions.
- Colour is honest, straightforward and has no hidden agenda.
- Colour reveals the truth and essence of the beholder.
- Colour is a simple tool but very powerful and effective.
- Colour is a 'child of light'.
- Colour is available to all.



THE COLOUR WHEEL

Colour is an aspect of everything we touch, drink, eat and see. We can use colours to describe our emotions, attitude and experiences. Although some people take colour for granted, colour is a part of our being and life.

From light come all the colours and without light there is no life possible.

Three primary colours: red, yellow and blue

Three secondary colours: orange, green and violet/lavender

Three tertiary colours: purple/navy blue, turquoise and olive/lime green

Opposite colours: blue - orange, yellow - violet/lavender and red - green

When there is a balance of all colours, the result is white light. Is it for this reason that all religions and cultures are searching for 'enlightenment' or 'seeing the light?'



WHAT IS COLOUR?

In rainbows we see colour, but this is only a fraction of the colour and light within our Universe. Not only our Earth, but the entire Universe is a magnetic field filled with different wavelengths or energies called the electromagnetic spectrum. These range from radio and TV waves to higher frequencies like radar, microwaves, infrared light, ultraviolet light, X-rays and Gamma rays. The human eye cannot see these frequencies or wavelengths, except from the wavelengths in the middle of this scale, which is visible light. The spectrum of visible light is between 760 nm (violet colour) and 380 nm (red colour). These frequencies are measured in nanometres, with one nanometre being a millionth of a millimetre.



HOW DOES COLOUR AFFECT US?

Light enters your eyes and goes to the centre of your brain, the hypothalamus. Some call this organ the CEO of the brain or the brain's brain. Every colour or frequency gives the hypothalamus a different signal, which in turn passes the message to other parts of the body. One of the most noticeable reactions to your body is from the colour red.

If you sit in a completely red room, your heartbeat as well as blood pressure will increase and you will feel restless, hot and become agitated. On the other hand, a blue room will calm you down, lowering your blood pressure and help make you feel peaceful and calm. A blue room will look larger and feel cooler, while a red room will feel warmer and appear smaller.



HOW COLOURS ARE USED

Experts are discovering the effects of colour on living things, therefore it is used in various areas. Numerous prisons around the world use pink cells to calm violent inmates and the effects are usually seen within minutes. The medical world also administers colour in different sectors. For instance, new-born babies with jaundice are placed under blue light to cure their condition, wounds are healed quicker by using coloured light or LED light, and certain forms of cancer are treated with Photodynamic Therapy.



HOW TO USE COLOUR EFFECTIVELY IN CLOTHING

'A picture tells a thousand words.' Whenever you enter a room you have already said a lot about yourself with the colours you are wearing. Do you need to make a good impression because you are going on a blind date, a job interview or meeting the parents of your new lover?

Your clothing, and especially the colours you are wearing are sending a message to everyone you meet. If you appear in a black outfit you will communicate a different message than if you are dressed in red or blue outfit. Wouldn't it be great if you can consciously choose the colours you are wearing and know that you are communicating the impression of your choice? Marketing uses the power of colour to influence buying behaviour. It is no coincidence that all fast-food restaurants use red in their logo because the colour red stimulates the senses, makes you eat more and even make you spend more money.

Wouldn't it be great if you can use the power of colour on a daily basis, just like marketing does and influence the image you are portraying?



START WEARING RED

Wearing the colour red will motivate and encourage you and give you a new sense of determination, willpower and strength. It counteracts negative thinking and feelings of rejection. This colour can help you to materialize your ideas with renewed motivation and willpower. If you are feeling disinterested, frustrated with life and suffering from an emotional burn-out, the colour red will assist you to express greater energy and power. The colour red will motivate you to look after your body with a healthy and balanced life style.



START WEARING ORANGE

You can start wearing the colour orange to feel more enthusiasm for life. This colour will help you to digest your life experiences and to move forward after a difficult period as a trauma, accident, divorce, death etc. This colour can help you trust your gut feelings and can make you more adventurous and confident in your approach to life. A great colour to uplift your spirits, and to help you feel like having fun.



START WEARING YELLOW

You can start wearing the colour yellow when you want to experience more focus, concentration, joy and optimism. The colour yellow can help you to overcome feelings of anxiety, inner fatigue, fear and confusion. Wear yellow to obtain more focus and clarity of mind, discovering and understanding your true identity. Whenever you need concentration and focus, for example during exams, study, presentations, you can use this mind-stimulating colour.



START WEARING LIME GREEN

You can start wearing the colour lime green to overcome the heartache of any experience and to move on with renewed hope and trust. This colour will support your intuitive leadership and help you to truly expand yourself and your vision. The colour lime green can support you to reassess your true path in life. Do you want to spread your wings or start a new project, wear this colour.

This colour will help you rely on your own inner wisdom and feelings, giving you empowerment and strength. It's the colour of spring, and it puts a spring in your step, and brings a sense of lightheartedness.



START WEARING GREEN

Start wearing the colour green to support your need for emotional space and to listen to your own feelings and desires. This will enable you to see all aspects clearly so that you know which direction to take. This colour can bring back trust and acceptance within relationships as well as enabling you to trust yourself and express your own decisions. It's the colour to use to set 'your' boundaries and at the same time allow others to have 'their space'.

Green will give you the 'green light' to go ahead, to move forward as it encourages action and decision making. Green is also the symbolic colour of money and by integrating this colour, you are also allowing yourself to accept and receive the energy of abundance - this can be in the form of money, attention, love etc.



START WEARING TURQUOISE

You can start wearing the colour turquoise to communicate in a creative manner through writing, singing, dancing or any other media. This colour can help you to verbalize your ideas and express your own emotions as well as support your awareness of intuition, in-tuition = inner teacher and help you listen to your inner voice. This soft inner voice is one of the best teachers you will ever meet!

The colour turquoise is the colour of the Aquarian age, supporting communication from the heart.

Turquoise brings sparkle and playfulness into your life as it is the symbolic colour of the dolphins, playful and at the same time very intelligent and intuitive. Turquoise is also the colour of the sea, assisting you to go with the flow of life. If you want to network and connect with people, use this colour.



START WEARING BLUE

You can start wearing the colour blue when you want to express yourself in any form, through singing, writing, speaking in public. Blue can support you to communicate with authority and diplomacy conveying your message in a calm and trustworthy manner.

Use blue to let go of the 'blues' and regain trust in life, others or yourself. Blue is the colour of trust, protection and faith and also the symbolic colour of water helping you to feel calm and supported, allowing you to go with the flow of life.

Blue can support you to communicate with authority, loyalty, dedication and diplomacy bringing a message of calmness, peace and trust.



START WEARING INDIGO/ NAVY BLUE

You can start wearing the colour indigo/navy blue to help find your vision, your dream and support you to become the author of your own life. The colour indigo/navy blue will assist you when you need focus, discipline and clarity of direction. This colour can help you to find a way to inner peace, self-discipline allowing you to express your ideas and vision. If you want to be taken seriously and be seen as an authority or expert, use this colour.



START WEARING VIOLET/ LAVENDER

Start wearing the colour violet/lavender to get into a meditative mood and whenever you want to be receptive to spiritual guidance or more inspiration. This colour will support you to explore the unknown realms beyond the physical world, a mystical world where artists, spiritual healers and teachers receive their inspiration and visionaries their visions. This colour will help you to surrender and relax your mind and transform your experiences into healing yourself or others. Violet is the colour of lavender, a soothing and relaxing herb.



START WEARING PURPLE

Start to wear the colour purple to receive inspiration from the spiritual world and to expand your artistic and creative gifts. Whenever you want to be inspired with new and fresh ideas you can wear this colour. This colour can help you to become aware of your true potential and how to contribute your talents and knowledge to the world.

This powerful colour supports you to heal grief of the past and to use your knowledge and inspiration to serve the community. Purple is the colour of visionaries and deep 'thinkers' so you can use this colour whenever you want clarity of mind and to be connected to your own power in order to keep focused on your vision or purpose in life.



START WEARING MAGENTA/ FUCHSIA

The colour magenta/fuchsia will help you to overcome the emotional disappointment of unreturned or unreciprocated love or attention. This colour can make you ready for change and a new direction in life as well as support you to regain your enthusiasm and appreciation for life.

Magenta/fuchsia can help you materialize your ideas. This colour increases your sensitivity and eye for detail as well as the appreciation for the simple things in life. This colour helps you see the beauty in the little things and brings a sense of joy.



START WEARING PINK

Start wearing the colour pink to support you to show your feminine, emotional and vulnerable side or to help you to overcome unhappy memories of your childhood. This colour will help you to be less critical of yourself and to love yourself unconditionally. Use the colour pink whenever you are in need of more support. Do you find it difficult to ask for help? Use this colour.

Pink can also help you be clear about expecting mature and balanced behaviour from others.



START WEARING WHITE

You can start to wear the colour white when you want the freedom to be independent and to be noticed as an individual within a team or group. White will also help you to be open-minded to new directions and ideas with an optimistic view. White can support you to start with a clean slate and can give you clarity of direction. This colour portrays a sense of innocence, simplicity and perfectionism.

If you are wanting you make a fresh start in your life, or start with a clean slate, bring white into your life.



START WEARING GREY

Start wearing the colour grey when you want to portray self-control, efficiency, competence and professionalism. Wearing grey will support you to work as an individual, guided more by your intellect than your emotions.

Grey is the colour of getting your self organised, and bringing structure into your life.



START WEARING BURGUNDY

Start wearing the colour burgundy when you want to express style, sophistication and richness of feelings and possessions. This colour will express quality and good taste. Burgundy has the power of red with a mature and elegant touch to it.

Wear burgundy when you want to set the pace, when you want to do it your way.



START WEARING BROWN

The colour brown will bring more structure and stability into your life, especially into your home and family. This colour will help you to stay grounded. The colour brown will assist you to express more reliability in a down to earth manner. Brown is a safe colour and allows you to be more approachable and non-threatening to others.



START WEARING BLACK

The colour black gives the wearer a sense of protection, a safe place in which to hide away from the harsh outer world, especially when feeling vulnerable. The colour black will enable you to go unnoticed, deflecting attention from yourself and at the same time communicating to others to stay at a distance. It's also the colour of empowerment, and of not being affected by what others say about you, so that you can carve your own path in life.



HOW TO USE COLOUR EFFECTIVELY IN YOUR HOME

The colours you choose in your home will influence how you feel. The colours should create an environment of harmony, a place to feel comfortable and secure.

Here is a quick guide to colours for your home



RED IN THE HOME

Red is a warm and energetic colour. It makes room look smaller and feeling warmer. Red stimulates the senses and it is said that if you surround yourself with red it can stimulate your appetite.

Red has an arousing effect so great colour for in the bedroom or in a room that is located on a cooler side of the house.



ORANGE IN THE HOME

Orange has a relaxing and friendly effect. It encourages social behaviour, joy and fun. Orange is a very welcoming colour and a colour that makes people feel supported. This colour can also aid digestion and can be used in kitchen, dining area or living room.



YELLOW IN THE HOME

Yellow is bright and sunny colour. It can uplift and enliven an area. It has a positive effect on most people. This colour can be mentally stimulating and is therefore a great colour for a study.



GREEN IN THE HOME

Green is a calm and cool colour and can make a space look bigger. It is a peaceful colour that can create harmony and tranquillity. This colour is relaxing and can be used in areas where you like to relax and contemplate.



TURQUOISE IN THE HOME

Turquoise is a sparkling and youthful colour. It is a cool colour and can make a room look larger. If you want to have a space where you can be creative, this is a great colour. It also has a calming effect and therefore it can be used in the bedroom or living room.



BLUE IN THE HOME

Blue, the colour of water. This is a peaceful and relaxing colour that can also be cold. A great colour for bathrooms, bedrooms and nursery. Blue can help us to open up and speak our truth.



VIOLET IN THE HOME

Violet is a colour that stimulates our brains and has been used in mental institutions. A great colour to create a meditation area or a kind of sanctuary. It slows us down to contemplate.



WHITE IN THE HOME

White creates space and gives a sense of cleanliness and perfection. It can be used in every room but always add some colour because all white can be too overpowering and sterile.



BLACK IN THE HOME

Black will make your room look smaller and it can feel too enclosed. Just as with white, it is important to add different colours to black. Black is an elegant colour that can give a feeling of luxury and mystery. Just don't overdose on this colour in your house.



BROWN IN THE HOME

Brown is a warm and nurturing colour that makes us feel at home, warm and safe. It is a natural and earthy colour that makes people feel protected and welcome. This colour can be used everywhere in the house.



GREY IN THE HOME

Grey is a neutral colour that will go well with every other colour. A fantastic base colour to work with. It is a time-less colour that can be used in the corporate world as well as in the family home.



GOLD IN THE HOME

Gold is a colour that we associate with elegance, wealth and richness. It is a nostalgic colour that encourage inspiration and feeling like 'a million dollar'.



SILVER IN THE HOME

Silver is a cooler colour that can give a futuristic feeling. It can make a room feel modern and spacious.



HOW TO USE COLOUR EFFECTIVELY IN YOUR FOOD

Whole food and fruit and vegetables are a feast to the eye! They come in different colours and why not have a rainbow diet? You will get all the nutrients from different fruit and vegetables. Every colour can support you in different areas.



RED FOOD

Red food can increase your levels of energy, drive and vitality. Eat some red food when feeling light-headed, low in energy or stamina. Red is stimulating, warming and strengthening for the body.



ORANGE FOOD

Orange food is uplifting and great for the digestive system. Orange food can support you to get rid of toxins in the body. When you are constipated, eat orange fruits and vegetables.



YELLOW FOOD

Yellow food brings the sun into your life and when you are indoors most of the time, eat some yellow fruits and vegetables. Yellow food has a cleansing and laxative influence on your body and is also a good mental stimulant to improve concentration.



GREEN FOOD

Green food is harmonizing and calming for the body. Green fruits and vegetables are great anti-oxidants and full of vitamins and minerals. Green food is restorative and refreshing, relieving stress and emotional problems.



BLUE FOOD

Blue food has a calming effect on the body. It can relieve pain, heal, and is antibacterial and antiseptic.



PURPLE FOOD

Violet/lavender and purple food is relaxing to the mind and has a hypnotic and narcotic influence on the body. It is also antibacterial.



HARNESS THE HIDDEN LANGUAGE OF COLOUR WITH COLOURNOSTICS

Colournostics is a self-empowerment tool that guides you to articulate the problems you're going through, pinpoint barriers that prevent you from overcoming them, visualise how you'd feel if your problems were solved, and equip you with a plan to get there.

We have seen the power of combining psychology of colour and NLP with thousands of our clients, and we have refined this process so that you too can get clarity, find answers and transform your life.



CLEAR YOUR BLOCKS AND SET YOURSELF FREE USING NLP AND COLOUR

Colournostics is a unique self-empowerment tool that combines Neuro-Linguistic Programming (NLP) and colour psychology. Using the hidden language of colour, it enables you to

- articulate your concerns
- identify the barriers that prevent you from overcoming them
- visualise how you'd feel if your problems were solved
- empower you with new perspectives and plans

It's an at-home toolkit that harnesses the hidden power of colour to give you the power to regain control and clarity over your life, all in the privacy and comfort of your own home. You can use it by yourself, or with someone else.

Counsellors and coaches find it easy to integrate into their current practice, and it gives parents a tool to help their child solve challenges happening in their lives.



SIMPLE, PRACTICAL & EASY TO USE

The at-home kit looks much like a board game in design, but in reality is a platform that enables you to literally lay your problems out on the table in front of you, and takes you through a process that changes your subconscious thoughts and feelings, so that new pathways and solutions seem obvious.

Once you've established the issue you want to focus on, there are five simple questions to answer, keeping the problem at the centre of your focus. Instead of answering in words, you're asked to select one of the 19 colour options that best resonates with what you are thinking and feeling. No colour is wrong or right; your choice comes down to your gut feeling and intuition.

By expressing your answer via a colour rather than words, you are accessing a different part of your thinking process, thereby interrupting your normal pattern of problem solving.



CLARITY & INSIGHT

For every colour you choose, you refer to the 150-page guide book that lays out the hidden meanings of each colour. Each colour has both positive and negative qualities, and has several layers of meaning. As you consider each of the statements, previously-untapped thoughts and feelings emerge from your subconscious, giving you new clarity, and moving you onto each new step in the process.



WHAT KIND OF PROBLEMS DOES IT DEAL WITH?

Every day, you deal with problems, and you successfully resolve them! But then there are those problems and issues that seem to have a tight grip on you, that go round and round in your head, draining you and upsetting you. You may try to be positive but you still feel that the problem drags you down. It's the emotional component, and the subconscious beliefs that accompany it that sabotage you.

It's not the problem itself that is the issue -it's how you feel about it, and often you just can't grasp the core of why something keeps you stuck. Your colour choices will reveal your subconscious beliefs, and show you why you haven't been able to move forward. Two people can be worried about money, or their job, or their relationship, but they will choose very different colours. Once your deeply hidden beliefs come to light, people are often shocked at the accuracy of what their colour choices reveal. What amazes people is that often a long-forgotten memory surfaces, and they remember the painful experience that formed that belief. Releasing these old beliefs is transformational, and people feel liberated from their past perspectives.



A COLOUR PSYCHOLOGY TOOL KIT

The beauty of Colournostics is that it's designed to be used again and again, each time focusing on a different concern. Each time you use it, you'll find yourself resonating with different colours. You may like to work through the process by yourself, or you may prefer doing it with a friend.

Children see it as a playful way to open up and discuss their feelings, and it gives parents insights into what is underlying the problem, so they can solve it together. Practitioners love using it with their clients because it quickly and directly leads them to the core and underlying causes of their issues.

Ready to make a change in your life? Order Colournostics today!

[ORDER DUTCH VERSION](#)

[ORDER ENGLISH VERSION](#)



THE DIFFERENCE WILL BE CLEAR

Why not try experience Colournostics for yourself? you'll be amazed at how this practical self- help tool clarifies what's blocking you, and opens up new solutions.

Go to www.colournostics.com to order yours or find out more.

We are confident you will love using Colournostics to get clarity, insight and transformation.

With kindest regards,

Mary & Thelma

[VISIT WEBSITE](http://www.colournostics.com)