THE

FENG SHUI

of Colors + Energy

GIVERSGATHERINGCO-OP.ORG

THE ENERGY + FENG SHUI OF COLORS IS ESSENTIAL FOR CREATING BALANCE, HARMONY AND SYNERGY BETWEEN ELEMENTS AND SPACES WITHIN YOUR HOME AND COMMUNITY.

USE OF COLORS THAT RESONATE WITH THE PURPOSE + INTENT OF THE SPACE CREATE A SYNERGISTIC ENERGY, WHILE COLORS THAT CLASH WITH THE INTENT OF THE SPACE CREATE DISHARMONY.

BY GETTING IN TUNE WITH THE ENERGY OF COLORS, WE CAN UTILIZE COLORS, ELEMENTS AND TEXTURES TO CREATE SPACES OF HIGH VIBRATIONAL ENERGY.

EACH COLOR CORRESPONDS TO A CHAKRA POINT, WHICH ALSO CREATES A CERTAIN FREQUENCY FIELD FOR THE SPACE. ALIGNING SPACES WITH CHAKRAS HELP PROMOTE BALANCE.

WHEN CREATING COMMUNAL SPACES OR SHARED SPACES, IT IS IMPORTANT TO USE THE FREQUENCY OF COLORS TO CREATE A SENSE OF WELCOMENESS, OPENNESS, AND COMMUNITY.

BY LEARNING TO WEAR CERTAIN COLORS TO FIT OUR ENERGY FOR THE DAY, WE ADDITIONALLY CREATE HARMONY AMONGST THE WHOLE!

RED

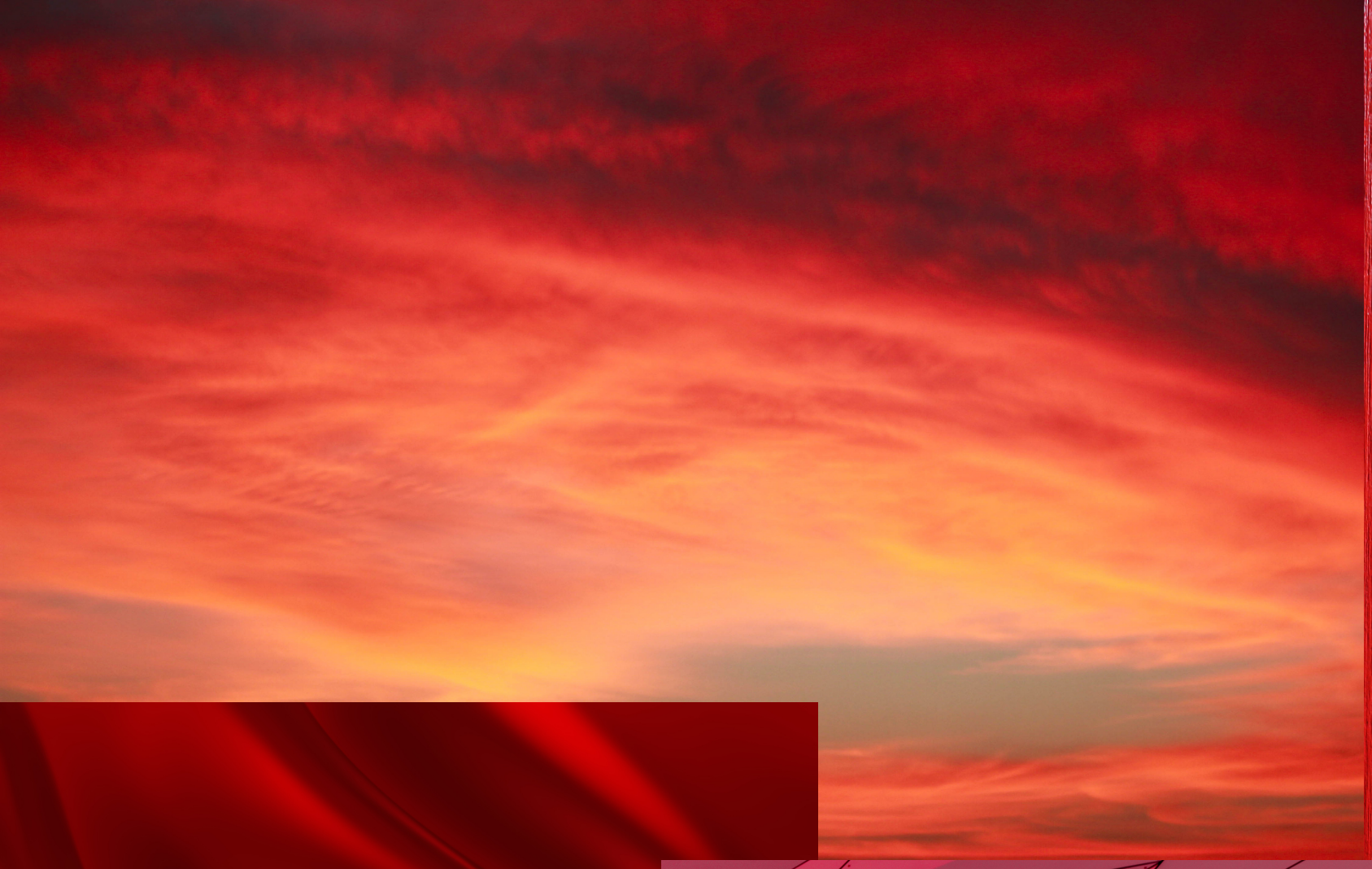
Associated with the Root Chakra, Mars (masculine energy), + power.

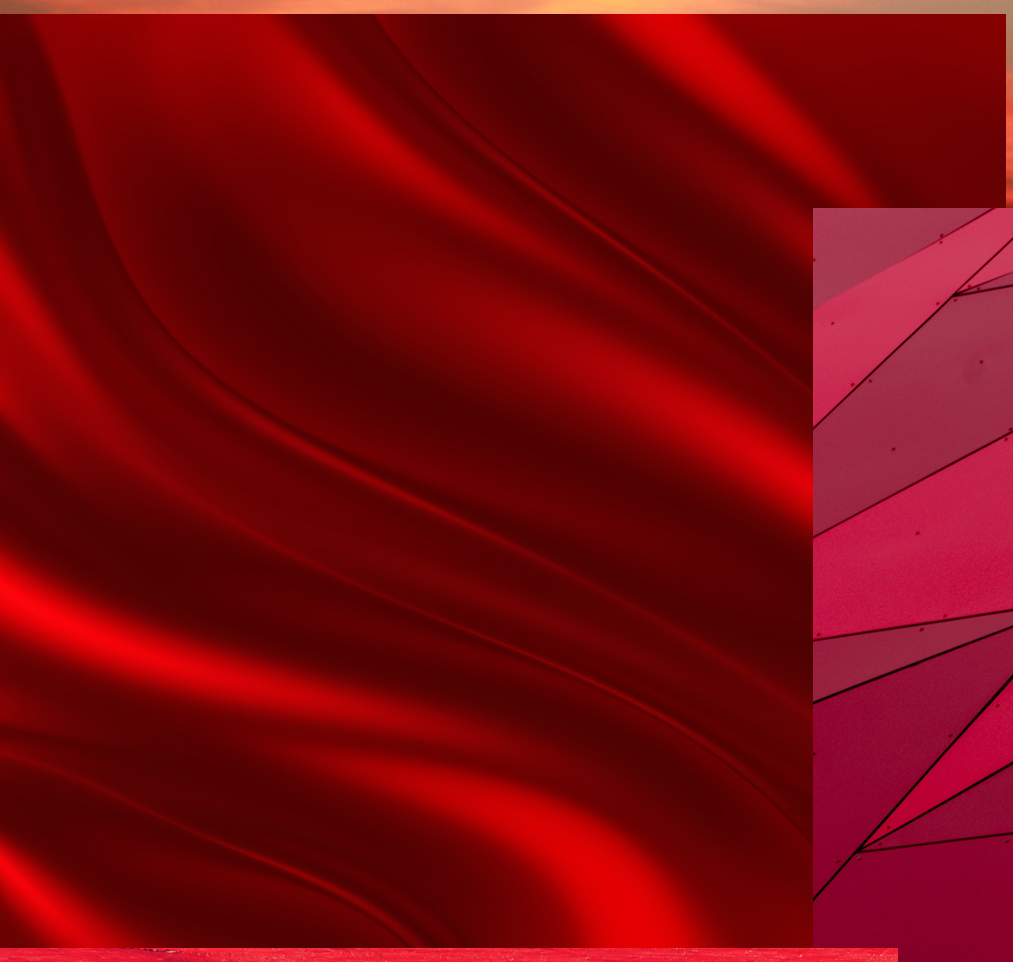
Red is a color of power, groundedness, and raw energy. The energy of Red is about action, centeredness, and having limitless trust in your body, love and the universe.

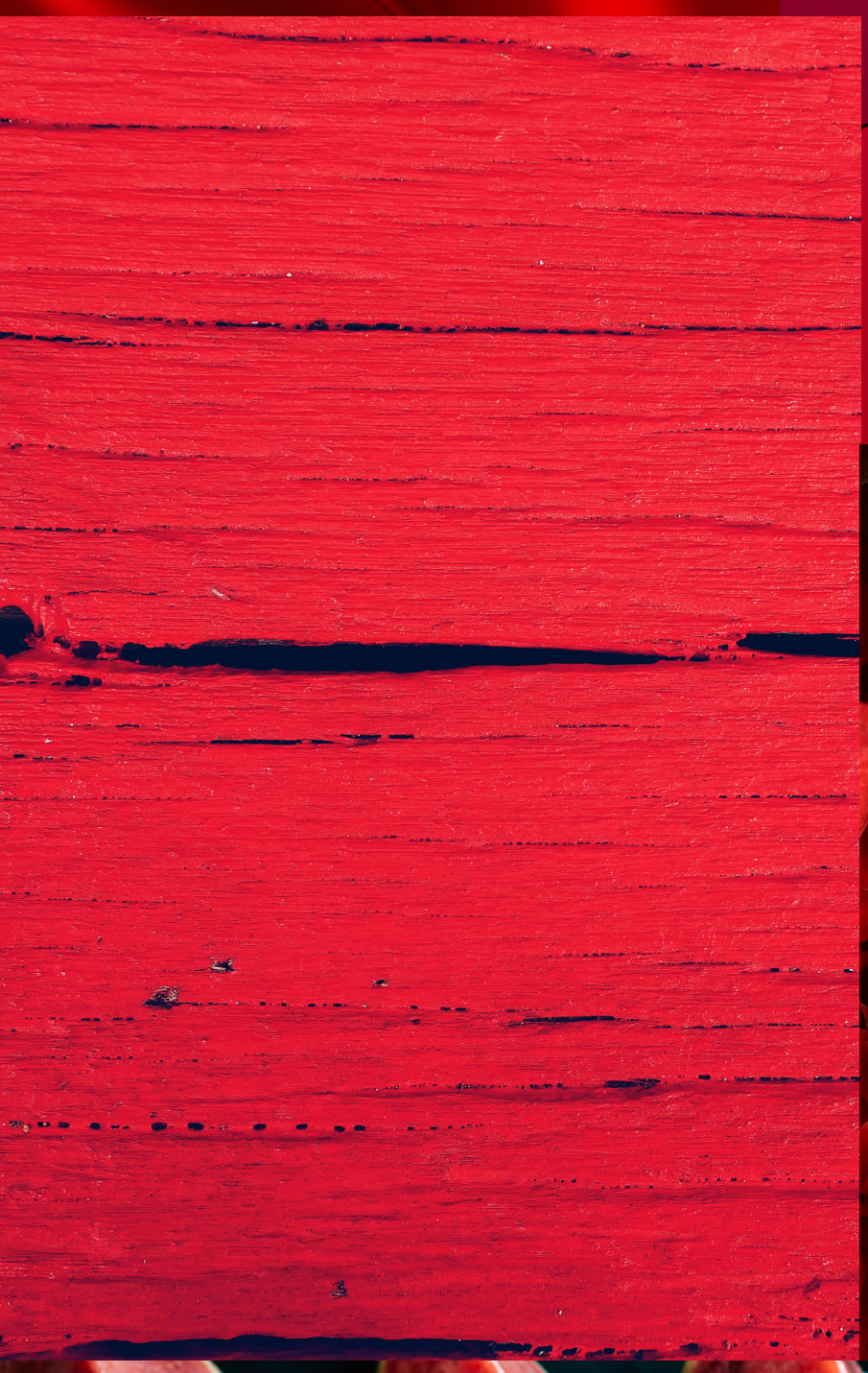
By wearing the color red, we attune to our rootedness and our solid sense of self. We feel empowered and also filled with inner strength, passion, and ambition.Wearing the color red assists us when we are feeling hopeless, stagnant, and lifeless.

Utilizing red in your home or space should be in areas that are meaning to inspire movement and passion such as an office, front door, or movement room.

Meditate on the energy of red when your body is seeking to feel more grounded + alive.







ORANGE

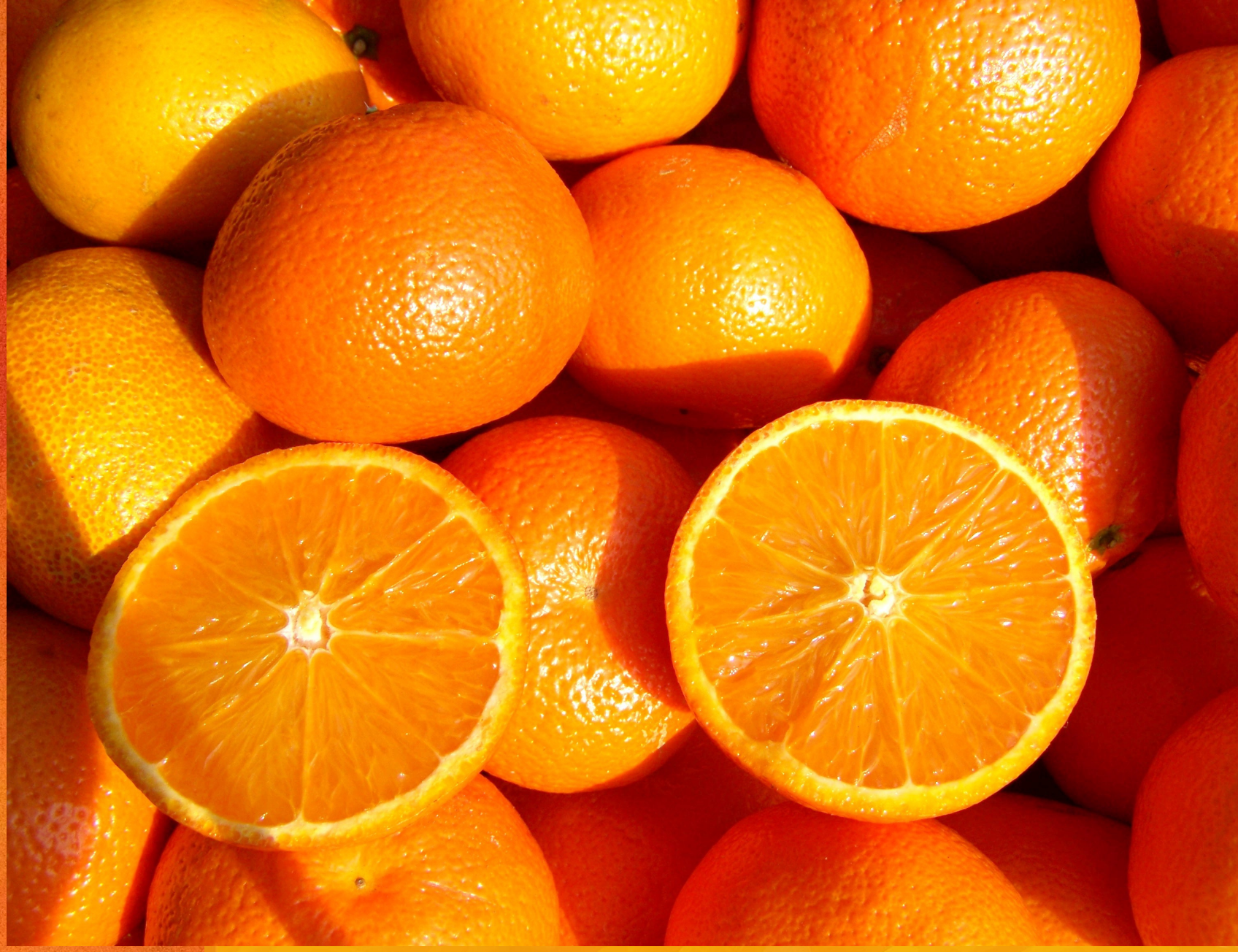
Associated with the Sacral Energy, joy, creativity + feeling, + the Moon

Orange is a color that inspires feelings, flow, creative urges, enjoyment, and earthly pleasure.

By wearing the color orange, we feel the sense of joy and creative spark in our veins. It is great to wear orange when we are feeling depressed, numb or uninspired.

Utilizing orange in your home is great for spaces where you wish to foster joy, laughter, creativity, and flow such as an art room, living room or bedroom.

Meditate on the energy of orange when you are needing assistance with raising your joy levels, releasing dense and heavy emotions, or tapping into creative inspiration.



YELLOW

Associated with the Solar Plexus, empowerment, Source energy + the Sun

Yellow is the color that inspires optimism, connection to Source energy, and confidence.

By wearing the color yellow, we feel bright, confident, and we shine just like the Sun. It is helpful to wear yellow when feeling unworthy, insecure or gloomy.

Utilizing yellow in your home is great for spaces where you wish to create a bright, happy and confident energy such as an office, living room, or den.

Meditate on the energy of yellow when you are needing assistance with feeling empowered, self-love, + optimism.

GREEN

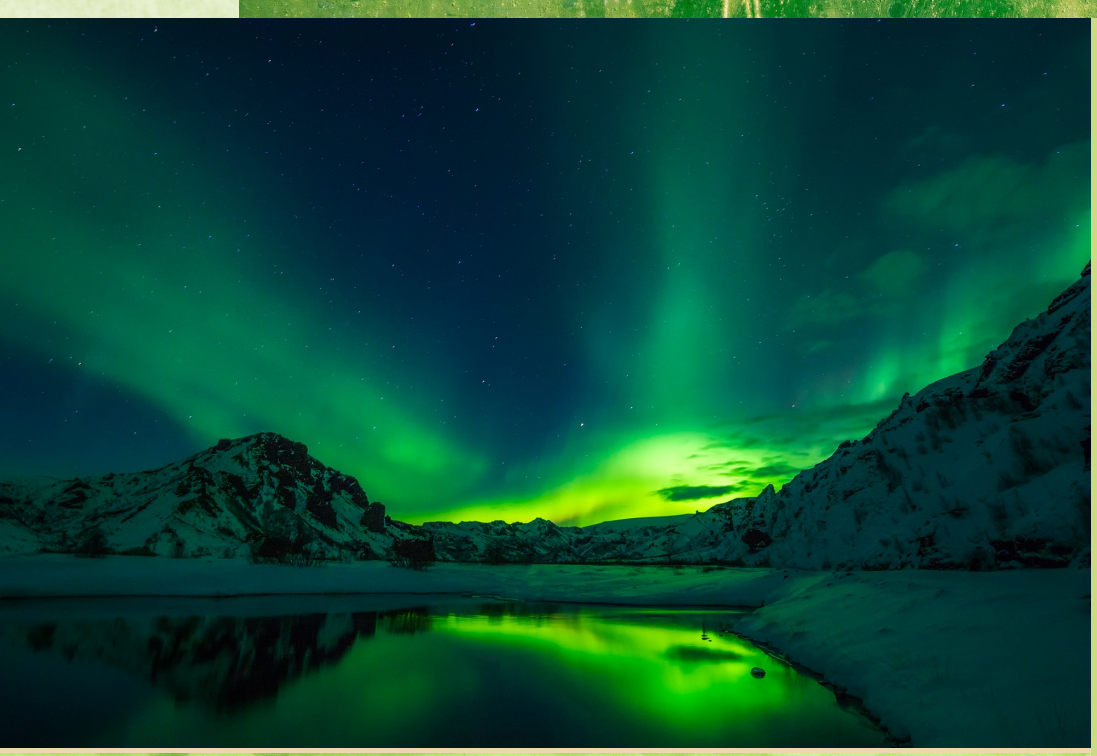
Associated with the Heart Chakra, Mother Earth, care + compassion

Green is the color that inspires connection, compassion, empathy and a feeling a resonance with nature.

By wearing the color green, we feel open hearted, connected, and grateful. Energy is a great color to wear when we are feel disconnected, confused, or anxious.

Utilizing green in your home is great for spaces where you wish to create the sense of heart-felt connection and peace such as a kitchen, dining room, or library.

Meditate on the energy of green when you are needing assistance with healing, feeling gratitude and love.



PINK

Associated with the Heart Chakra, Venus (feminine energy), love, kindness, and softness

Pink is the color that inspires love in all its forms, and a deep sense of empathy and kindness for all sentient life.

By wearing the color pink, we feel a deep sense of love and connection especially with partners and pets. It is great to wear pink when we are needing some softness and self-love.

Utilizing pink in your home is great for spaces where you wish to create the sense of harmony, bliss and love such as the bedroom, children's rooms, or meditation rooms.

Meditate on the energy of pink when you are needing assistance with self-love, forgiveness or compassion.

BLUE

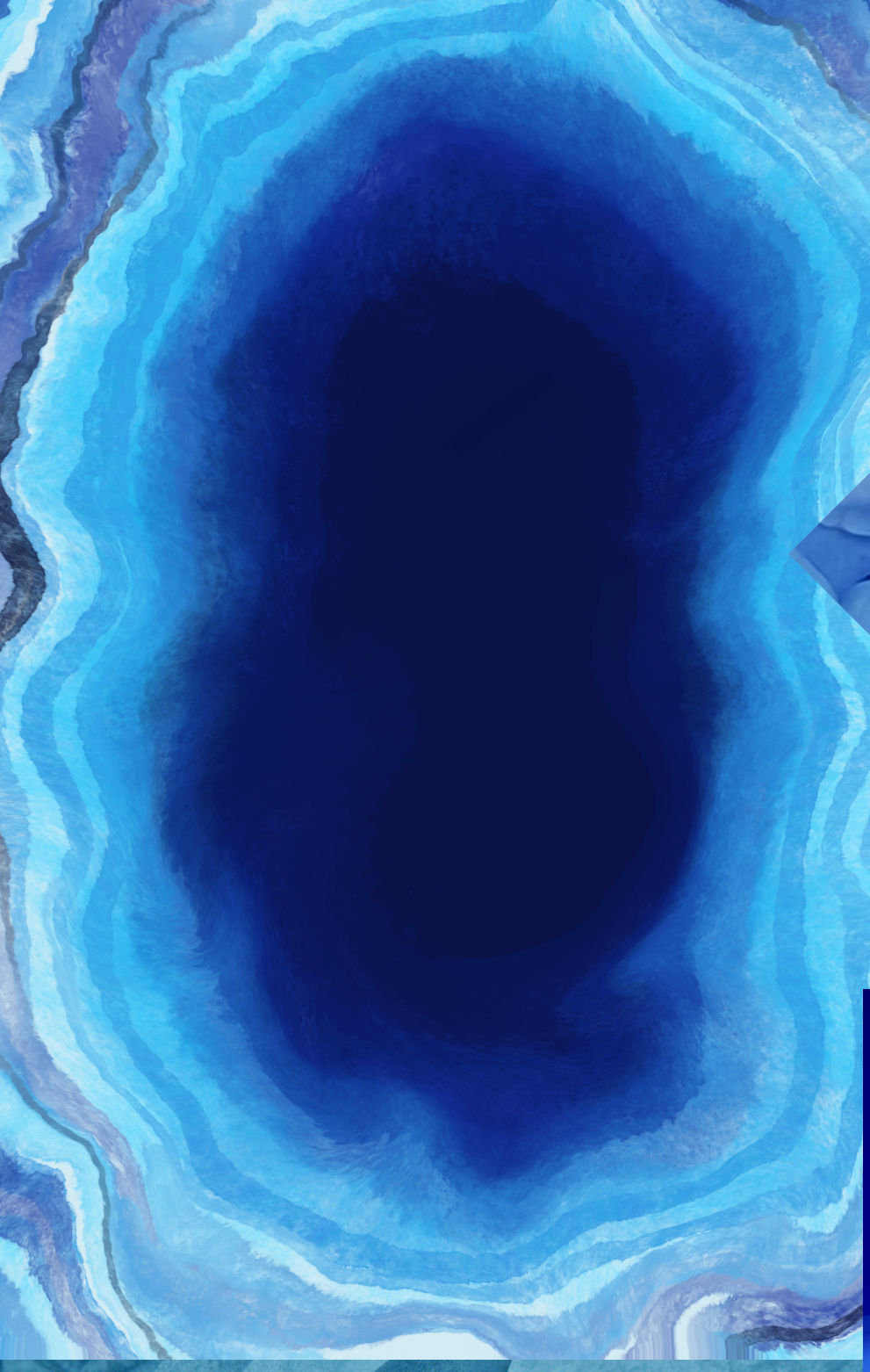
Associated with the Throat Chakra, Neptune + Mercury, truth, expression, and communication/teaching

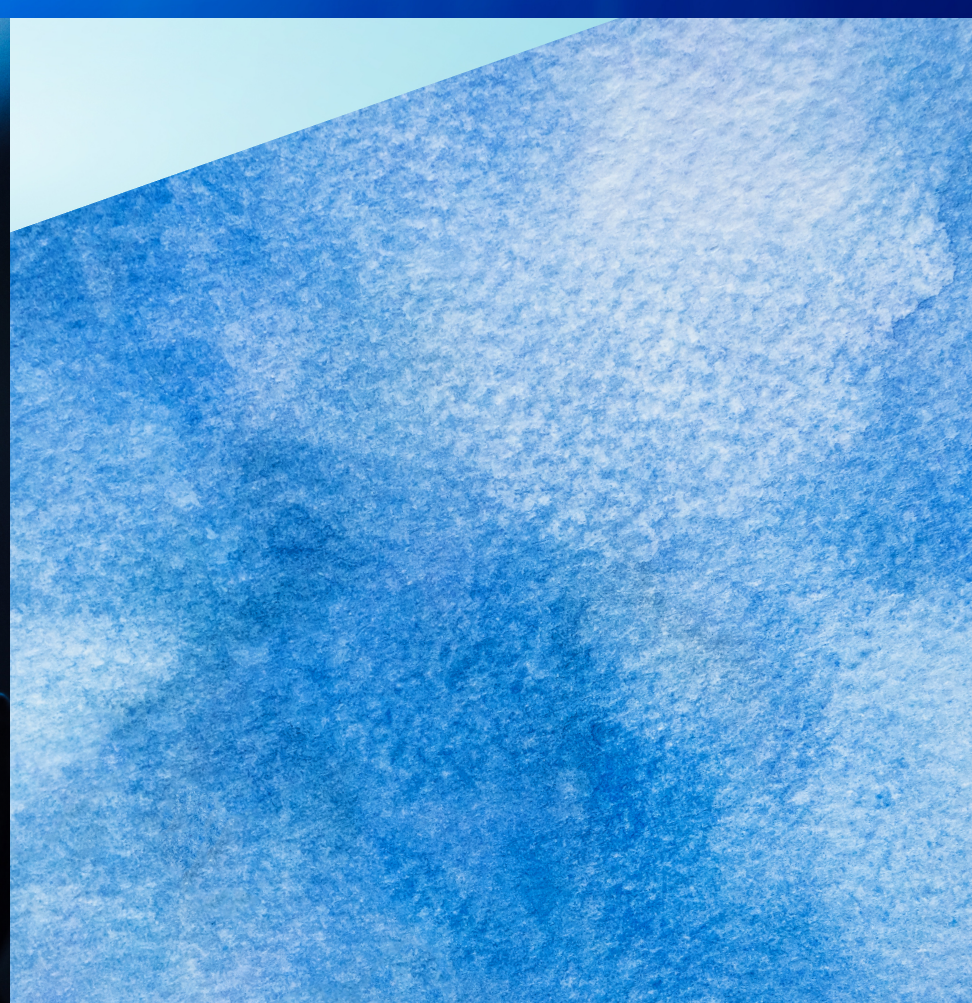
Blue is the color that inspires us to express, speak our truth, share our wisdoms, + communicate from our hearts.

By wearing the color blue, we feel in tune with our hearts and we open our channel to express, share, and speak our heart. Wear blue when you are needing support in sharing or expressing, or also when you need to relax and slow down.

Utilizing blue in your home is great for spaces where you wish to create space for sharing, communication, and relaxing such as a bathroom, media room, or children's room.

Meditate on the energy of pink when you are needing assistance with self-love, forgiveness or compassion.





PURPLE

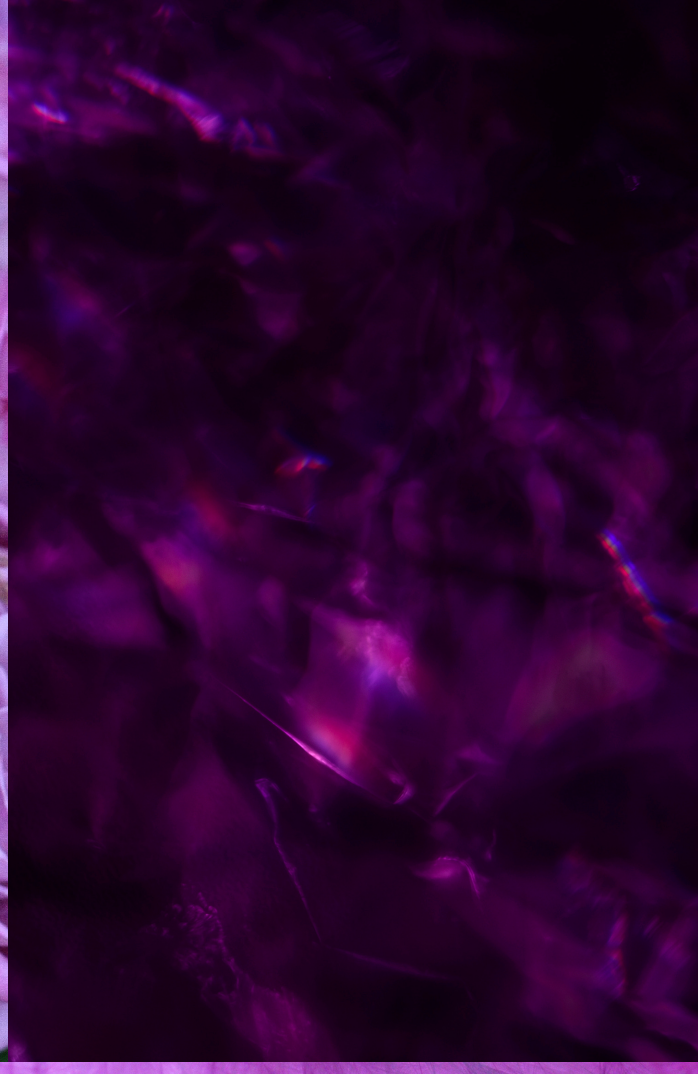
Associated with the Third Eye + Crown Chakra, Jupiter, expansion, freedom + higher perspectives

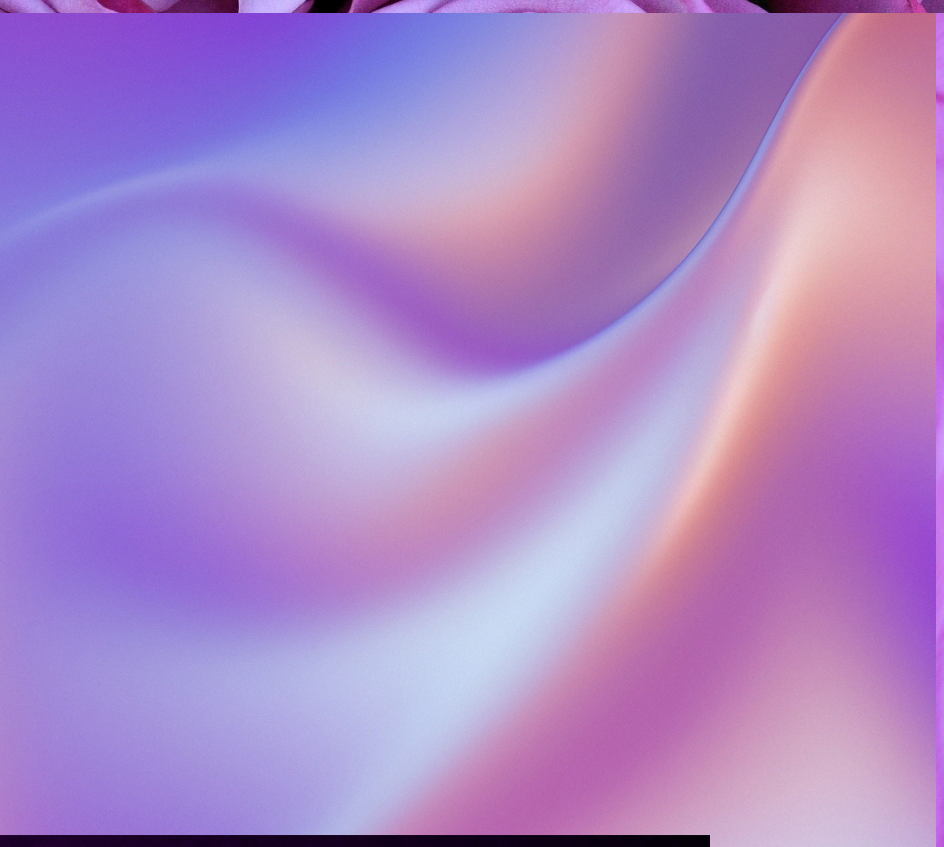
Purple is the color that inspires us to dream big, use your imagination, and free ourselves from any limitations.

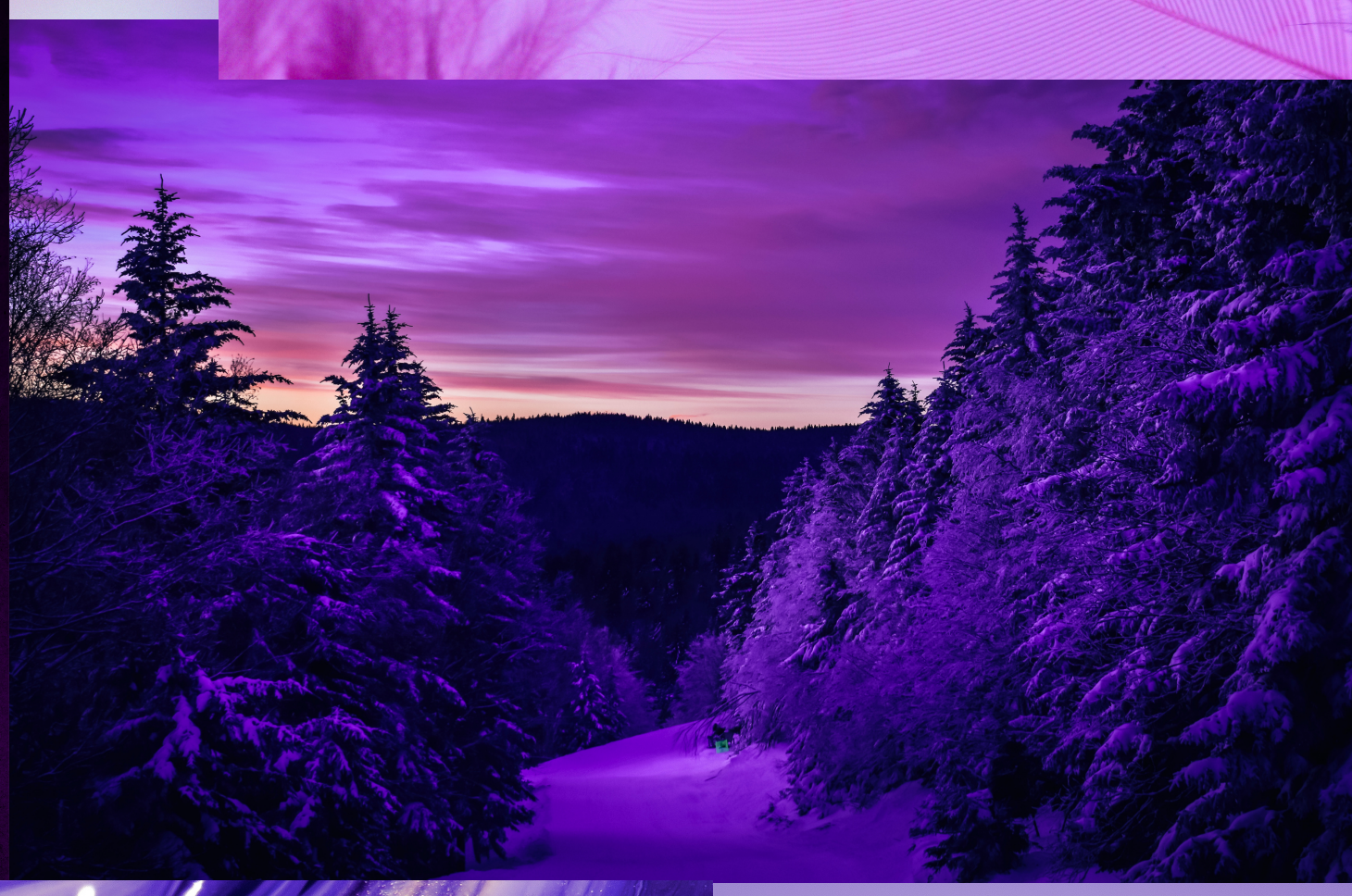
By wearing the color purple, we feel a freedom to dream, create, and tap into our spiritual gifts and higher callings. Wearing purple helps when we are looking to strengthen our spiritual connection or tap into our imagination.

Utilizing purple in your home is great for spaces where you wish to create the sense of peace, spiritual connection, and expansion such as a library or meditation space.

Meditate on the energy of purple when you are needing assistance with seeing a higher perspective or expanding your vision.







GREY

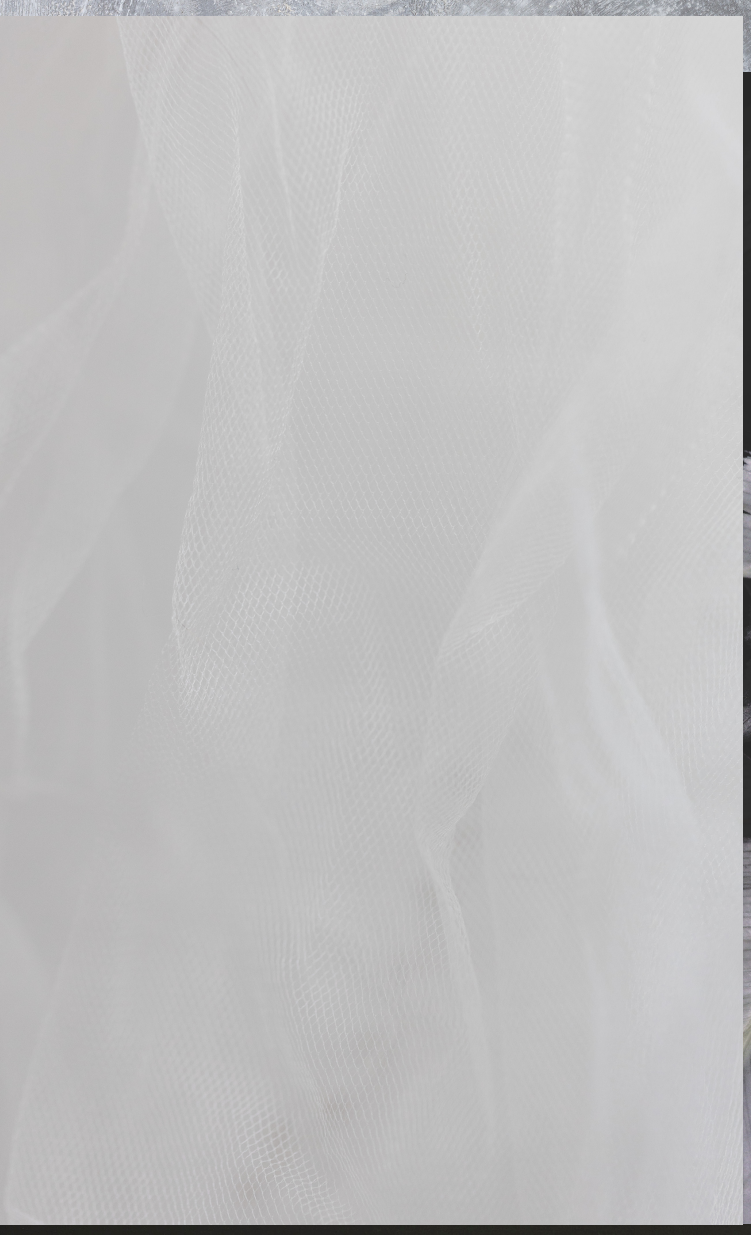
Associated with clearing, cleansing, neutralizing + and holding space.

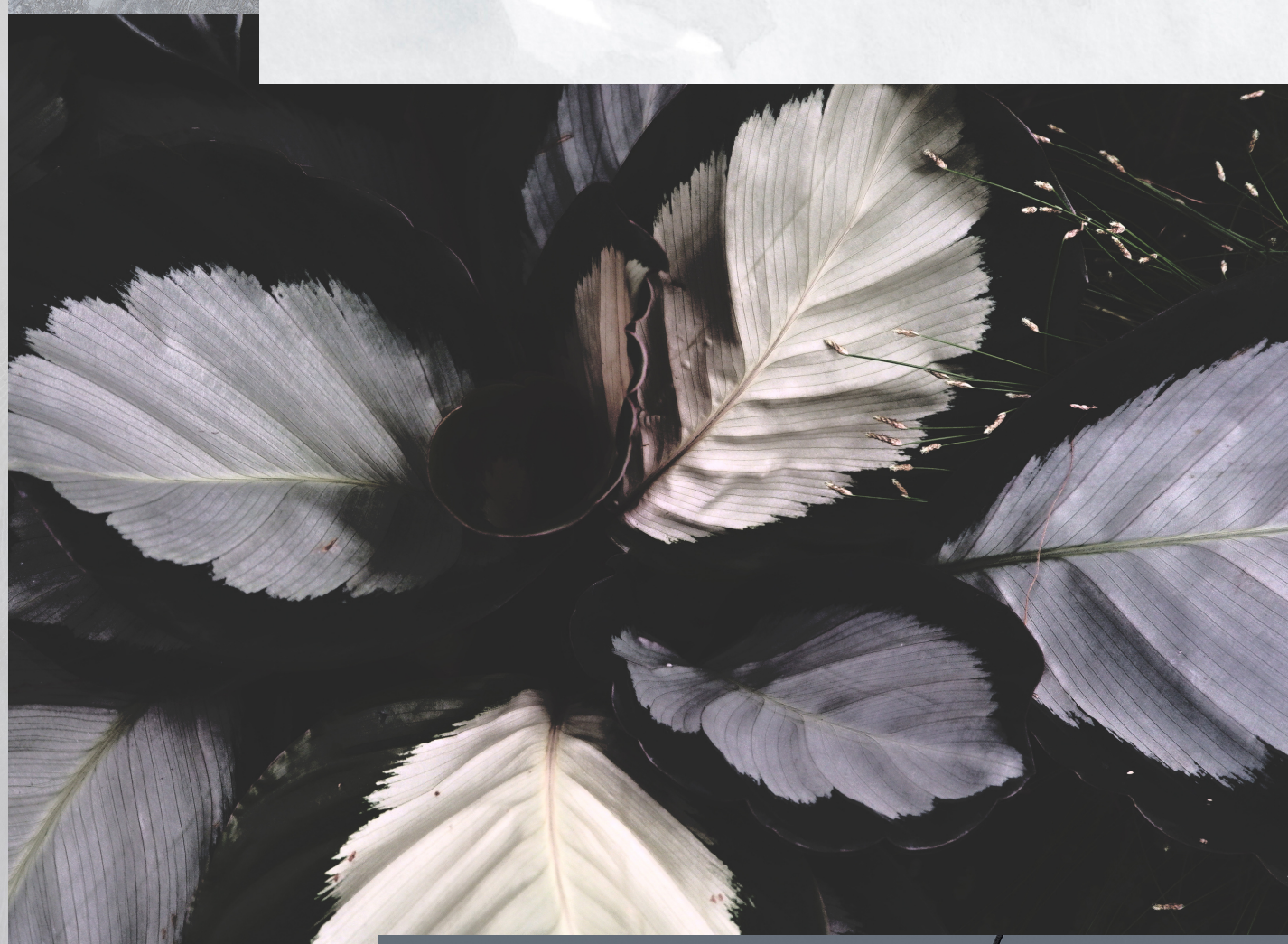
Grey is the color that assists with neutralizing energy that may be negative or dense. Grey hold space for energy without absorbing it, which allows the transmutation of energy.

By wearing the color grey, we feel a sense of clarity, understanding, and neutrality. Wear grey when you need cleansing + clearing energy, or when needing to calm your emotions.

Utilizing grey in your home is great for spaces where energy tends to get stuck + stagnant such as closets, garages, attics + basements.

Meditate on the energy of grey when you are needing assistance with getting clarity, setting boundaries or releasing energy.





B L A C K

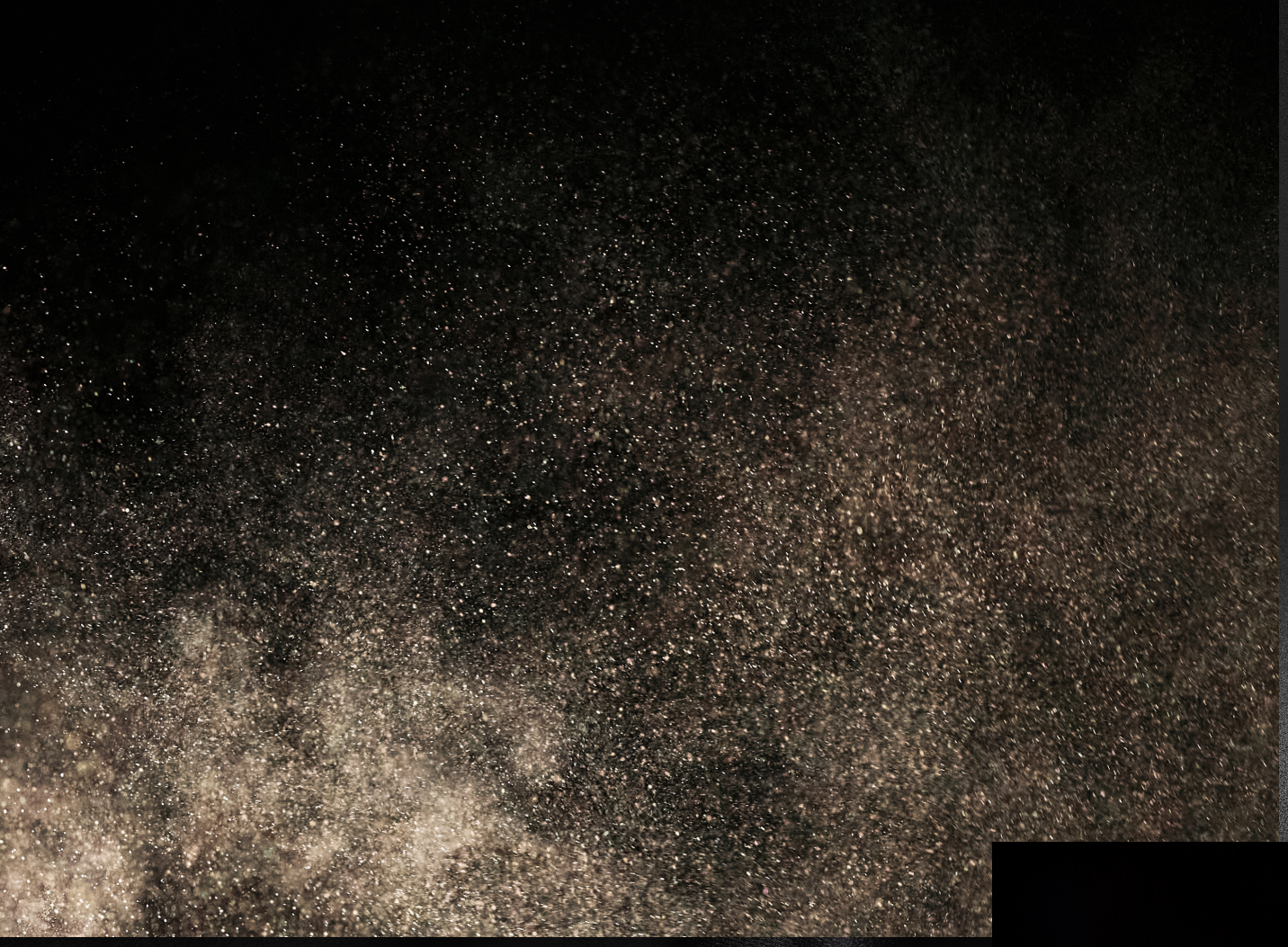
Associated with absorbing, reflecting and transforming, + the planet Pluto.

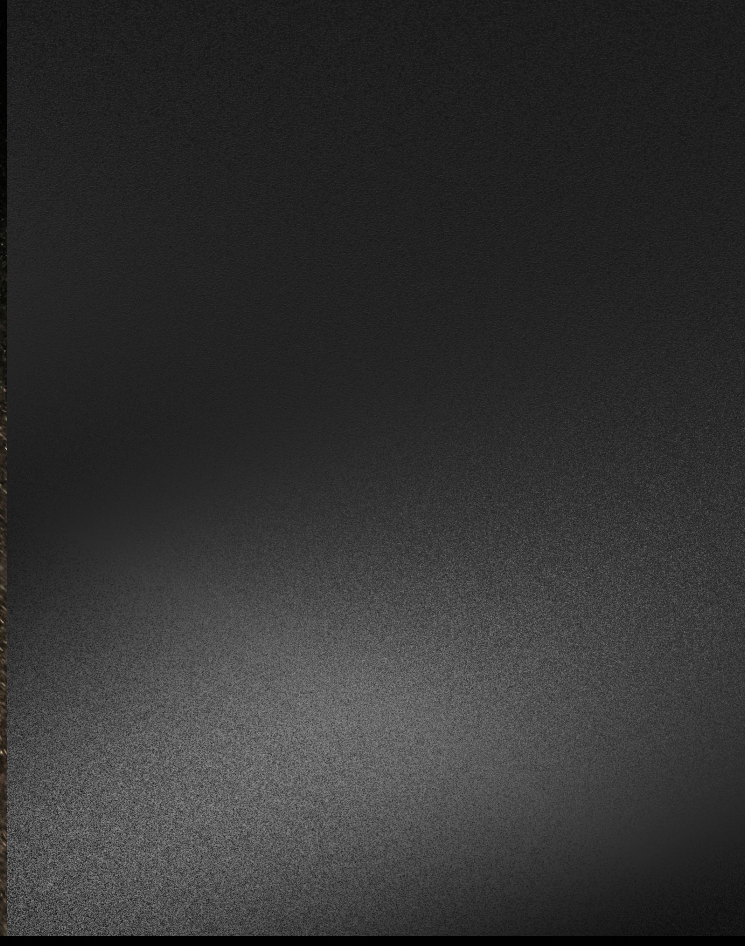
Black is the color that holds all other colors within it, therefore it can both absorb/transform and repel all energetic colors.

By wearing the color black, we are able to both protect our energetic bodies and also absorb and transform all energy that is around us. Wear black only when you feel you require energetic protection or assistance with transforming energy.

Utilizing black in your home is great for small areas or accents that can assist with transforming dense energy/excess energy such as fixtures, knobs, decor or rugs.

Meditate on the energy of black rainbow when you are needing assistance with clearing heavy emotions or very dense energy.



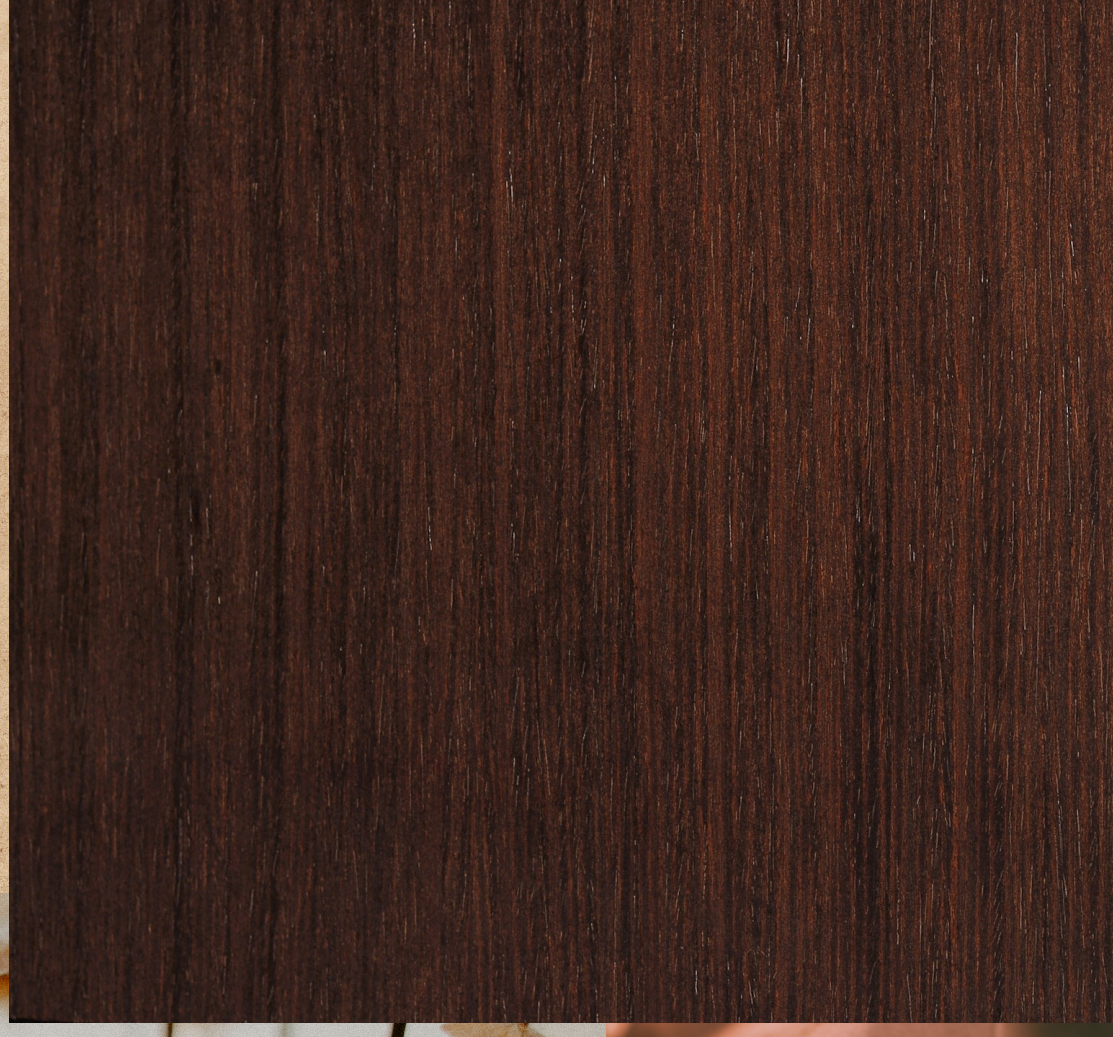
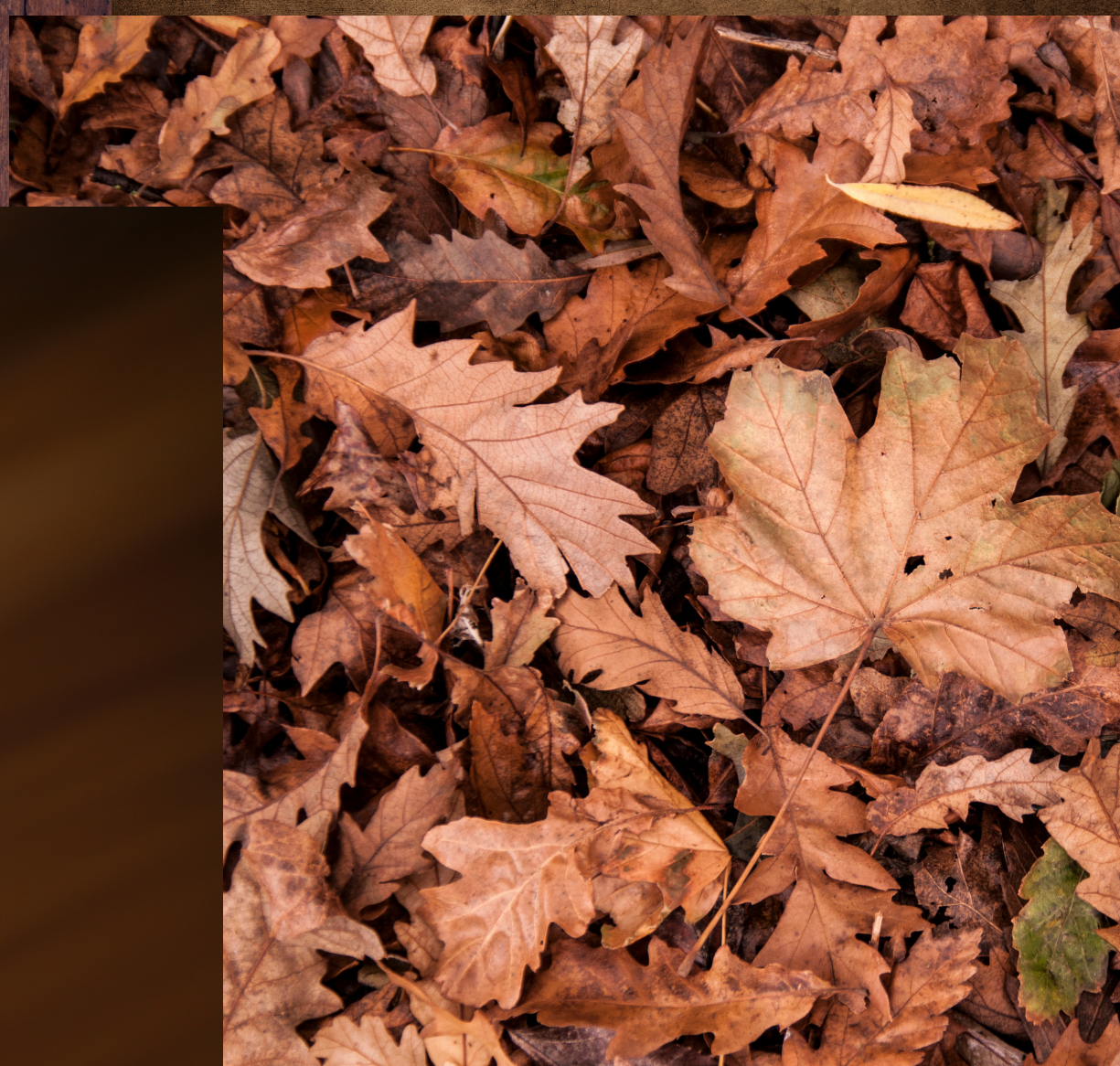


BROWN

Associated with creating structure, contrast, organic energy, + the planet Saturn.

Brown is the color that brings the feeling of organicness, structure, contrast, and a feeling of security and stability.

By wearing the color brown, we feel a sense of stability, focus, and presence in our body and in our life. Wear brown when you are feeling overwhelmed, disorganized, or scatteredness.

Utilizing brown in your home is great for furniture or accents that can assist in grounding a space or creating order such as an office, workshop, dining room, or laundry room.

Meditate on the energy of brown rainbow when you are needing assistance with grounding and being present.