

## **The Energy of Color**

By Michelle Hess

Whether or not you are aware of it, the colors you choose in your living space can have a profound affect on your health and well-being. Instead of matching your walls to your sofa or following the latest trend, choose colors with a more beneficial intention. Color can uplift, energize, soothe or relax, especially when used in large areas such as walls. For example, soft blues and greens are calming, while reds and oranges create a livelier, more sociable energy. Yellows can be light-hearted, but also resonate with good self esteem, while white supports clarity and organization.

Choosing new colors for a room can be fun, yet confusing as you wonder where to begin. It is also an opportunity to create a space that will reflect your personality, or even bring good fortune. Feng shui associates specific colors with major areas of your life, and is one way to choose a palette. For example, to attract abundance include a shade of purple in the far left-hand area of your room or home. Adding black to a designated area may enhance your career, and shades of pink and peach can draw more romance into your life.

Think about how you want to feel in your space. Do you want a nurturing kitchen, a fun and playful family room, or a sensual bedroom retreat? Use colors and textures that will evoke those feelings, not only in walls, but curtains and décor. Imagine the places you are drawn to or hope to visit someday. The seashore evokes aquas, tans and blues, with sunset gold and orange highlights. Woodlands can be captured in greens and blues with glimpses of reds and yellows. Add artwork and decorative items to enhance the mood you are creating.

If you're not sure of the feeling you want to bring to your space, or the colors that best support you, grab a few magazines and scissors and cut out pictures that appeal to you in color, mood, and feeling, without thinking about decorating styles. Collage your favorite pictures and see a theme emerge.

Color has a frequency or vibration that resonates with our personal energy. Consciously selecting the colors in your space does more than make an interior design statement. It can help you create a supportive and nurturing home that reflects who you are.

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