



What's your
Colour
Personality

A guide to colour therapy



Introduction

- What is colour therapy?
- History of colour therapy
- Seasonal Personalities
- Spring Personality
- Summer Personality
- Autumn Personality
- Winter Personality
- Working as a colour therapy

What is colour therapy?

Colour therapy is a non-invasive therapy that makes use of the healing energy contained within the visible rays of colour.

It is a complementary therapy, which works in a subtle way with many other types of treatment, although it can and is used on its own with excellent results.

Colour can be used to balance energy, aid creativity and learning, release blocks and help alleviate physical, emotional and mental conditions. Colour therapists encourage people to understand why they need certain colours and show them how to put these colours to beneficial use in order to promote optimum health.

Colour therapy is used throughout the world as a complementary treatment for a wide range of illnesses, see below for a list of some ailments that have been helped by using colour as a therapy: -

asthma, arthritis, eating disorders, skin diseases, digestive ailments, blood and circulation problems, fevers, rheumatism, shock, relief of pain and as part of the treatment for serious illnesses such as paralysis, multiple sclerosis, M.E, cancers and Aids.

Nervous Disorders - It is also used to great effect in the treatment of nervous and mental disorders and depression. Colour can also help to speed up recovery after an illness or an operation. Even modern medicine understands the healing property of different colours and many hospitals now use appropriate colours for the decoration of wards with very positive results.



History of Colour Therapy

During the early twentieth century, many philosophers carried out investigations into the therapeutic use of colour, notably, Rudolph Steiner who related colour to form, shape and sound.

“The need for imagination, a sense of truth, and a feeling of responsibility; these are the very nerve of education.”
~ Rudolf Steiner

He suggested that some forms amplify the vibrational quality of certain colours and that certain combinations of colour and shape have either destructive or regenerative effects on living organisms. In the schools inspired by Steiner's work, classrooms are painted and textured to correspond to the 'mood' of children at various stages of their development.

Two renowned psychologists, Dr. Max Lüscher and Dr. Theo Gimbel, developed Rudolph Steiner's basic principles. Lüscher and Gimbel suggested that people invariably chose colours for their direct association with their current physical state and psychological needs.

Theo Gimbel has written many books and guides on the subject of colour therapy. He pioneered the use of colour therapy in homes and hospitals and has carried out extensive research into scientifically proving the effectiveness of colour.

Seasonal Personalities & Colour

There are four distinct seasonal personalities
and our personality links to a particular
season

So next lets find out which one is you?

The Spring Personality - Warm Colours

- A spring person can be brunette, blonde or redhead but will never be very dark or heavy.
- They are light on their feet and have an indefinable quality of lightness to their being. Lively, vivacious, effervescent and impulsive, the spring personality has a great deal of charm. They may have lots of fresh ideas but could have too many projects going at once. They make friends easily are positive and have natural energy. The challenge for the spring personality is single-mindedness; they have the gift of attending to many things simultaneously but might be accused of being superficial and frivolous.
- Colours: warm and clear; they can also be bright. The ideal palette for the spring personality will include soft peach, cream or turquoise, alongside the brighter scarlet's, cobalt or sky blues, warm emerald greens and pure yellows



The Summer Personality - Cool Colours

- Summer people are often brunette or blonde, usually blue eyed but can also be grey, green or brown eyed.
- They are cool, calm and collected. Although they are good listeners, they can be analytical and judgmental. They can also find it hard to express their feelings and often deny themselves opportunities to use their talents. They have a subtle, dry sense of humour and can be very witty. The challenge for the summer personality is in trying not to appear aloof and unfriendly and to try not to resist the efforts of their livelier friends to jazz them up!
- Colours: usually cool and subtle, they can be dark but never heavy. Some typical colours are raspberry, rose pink, lavender, sage green, powder blue.



The Autumn Personality - Warm Colours

- Physically, the autumn personality can be blonde, brunette or redhead and their eyes can be blue, brown or green but will almost invariably have flecks of gold or tan in them.
- Being earthy characters, they are very aware of environmental issues. They are independent and career-minded, good organisers and able to deal with many projects at one time. The challenge for an autumn personality is to keep their sense of proportion. They can be perceived as bossy and tedious but, although sometimes unpredictable, are warm and friendly.
- Colours: the autumnal palette can be considered to be offbeat – there are no pure primary colours. Examples are burnt orange, olive green, moss green, golden yellow, terracotta, vermilion and aubergine.



The Winter Personality - Cool Colours

- Physically, whether blonde or brunette, the winter person's features are well defined and their eyes compelling; redheads are rarely winter personalities.
- Seen as strong, self-assured and aloof, these people are in fact shy and prefer the peace of their own company. They are often very efficient and precise in everything they do. They have good career minds, are loyal and reliable in a crisis, being good organisers and leaders. The challenge for a winter personality is to pay attention to other people's feelings. They can sometimes be seen as elitist, cold and uncaring.
- Colours: strong contrasting colours such as pillar box red, magenta, crimson, midnight blue and indigo. Winter personalities often favour wearing monochrome and are the only type who look good in unrelieved black or white.



Working as a Colour Therapist

- There are two ways you can practice Colour Therapy. The first is to combine Colour Therapy with other related therapies. Aromatherapy, crystal healing, Bach flower remedies and counselling make good combinations, although you can combine Colour therapy with most complementary healing practices. You can also practice Colour Therapy as a stand-alone treatment.
- If you are a counsellor for instance or a reflexologist you can offer Colour therapy to those clients who you feel would be receptive to colour. You can begin to introduce colour therapy by reinforcing other practices. You may teach your patient colour breathing or give them solarised water to drink as part of your other treatments.
- It is now quite common to practice Colour Therapy exclusively, and there are many people who decide to do this. As Colour Therapy covers such a broad area of healing, it is best to explain which area of colour therapy you are offering. Check out our professional training courses in colour and advanced colour therapy.