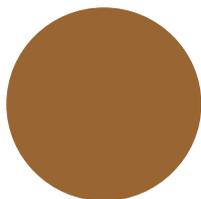


BROWN



Wavelength: 615 nm

Element (West): None

Element (East): None

Chakras: Sacral, Root

Complementary Colour (True Colour Wheel): Blue

Complementary Colour (Artist's Colour Wheel): Turquoise

Brown is a mixture of red, yellow and blue. Like every colour, brown has a wide range of shades and tone, each having a differing effect. It is primarily a colour of the earth and the natural world. Brown acts as a solid background colour, a base upon which other, more striking colours can arise. As a combination, brown is neutral and non-threatening. Its warm tones are comfortable and familiar.

The red content makes brown a colour of practical energy and this mixed with the mental qualities of yellow and blue can encourage study and focus of the mind. However, brown can also have a dulling effect in too great a quantity as it lacks the overall clarity to break out of established patterns of behaviour. Brown gives a state of solidity and reality from which one can grow. It suggests reliability and the desire to remain in the background, unnoticed.

Through the association of the colour with the earth, brown provides a safe environment for life free from the hidden qualities that black can suggest. Brown encourages the practical expression of skills that can take time to develop. The steady quality of brown ensures a thorough and accomplished outcome. Introducing brown into physical activity occurs through nature-based actions, like gardening, walking in woodland, crafting wood or working with clay. Wearing brown helps to keep stability and reminds us of the need to be practical.

All tones and shades of brown calm the emotions. In the view of ourselves, it can help us to feel more self-reliant. Like black, brown can also allow us to stay in the background and to remain detached from strong emotions. Other people often find brown non-threatening when it is used as a main dress colour, as it can help the wearer to look more approachable and them to feel more secure. Chocolate is well known as a food that creates a feeling of well-being for many. Although thought of as a classic soother of emotions, too much can become addictive. Other brown foods, like nuts, can provide the nutrients to stabilise the emotions without the short-lived buzz of sugar and cocoa.

Brown is an excellent choice for surroundings involved with long-term study or logical thought processes. It helps ideas to become real, so very useful for the library or study of the

visionary or inventor. Without the addition of daylight, brown can eventually dull the flow of original thought as it can create a strong need for stability and a love of routine. Brown can be used to help create new routines. Carrying brown crystals like Tiger's Eye or dark Citrine can help here. Hazel nuts are rich in the nutrients that help the pathways in the brain to function well, ideal for period of thought or study.

On a spiritual level, brown shows the ability to integrate with one's surroundings. This encourages us to be content with where we are and who we are, free from unrealistic wishes. This type of integration takes time, patience and effort. Like the primary colour components that create brown, this integration will represent all facets of the life and personality.

Summary: To increase or balance the brown energy in your life

Wear brown clothes

Use wood furniture in your home

Eat brown foods (nuts, brown rice, seeds)

Use brown crystals: Tiger's Eye, dark Citrine, Staurolite, Iron Quartz

Activities: walking, gardening, pottery, woodworking