

Colour Counselling According To Traditional Chinese Medicine Theory

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Abstract: *Before the existence of modern medicine, human beings depended solely on herbal medicines and other therapeutic methods to treat diseases and preserve health. Even in the 21st century, traditional medicine is still of great vitality. The ancient Chinese (Eastern) medicine was originated depending on an important concept which is holism, which means that the human body is an interrelated whole organ with the surrounding nature. This explains many theories about being affected by external factors regardless if it is seasonal changes or emotional alterations.*

In traditional Chinese medicine TCM , according to the five element theory (wood, fire, earth, metal, water) doctrine, the natural flavors (sour, bitter, sweet, acrid, salty), Five colors that people are familiar with in daily life (green, red, yellow, white and black), works at different organs, and each one play a different role. TCM views colors from a completely different perspective. According to the Five Elements chart, color is one of the distinguishing factors that helps support the energetic function of an organ. In this research we will try to focus on using the five colors of TCM theory to support the organ function that needs a bit of healing boost.

Keywords: Colours, Five element theory, TCM

1. Introduction

Colours were always part of human life. It's symbolism highly dependent upon the spiritual and physical environment in which it was created. The symbolism of certain colours may be completely different [17] . Chinese medicine also teaches that various colors reflect the energies of light that correlate with a different human organ, supporting that organ's function [11].

Western medicine tends to view the body a lot like a car. It has different systems that need the right inputs and outputs. It's very concrete and logical. TCM, on the other hand, doesn't focus on science and medicine. Instead, it's based on balance, harmony, and energy. The Chinese call energy in its undifferentiated state TAO. The Tao holds the potential for all things so that everything is possible and at soul level we are part of the Tao. The Tao contains everything within it [14].

Tao is manifest in all things through the dynamic interaction of the two polar energy forces, yin and yang. There is yin and yang in everything in the universe and there is no absolute yin or absolute yang. Each exists relative to the other in the same way as good is dependent on evil, darkness is dependent on light. The yin/yang sign is always shown with a small dot of the opposite colour in the middle of the Yin/Yang symbols to remind us that there is no total yin or yang energy. The dynamic force of yin and yang energy is constantly circulating within the body and is a necessary condition of life. Yin and Yang manifest in varying proportions in all things, so some things are more yin while others are more yang. Qi: This is also called life energy or vital energy. The belief is that it runs throughout your body. It's always on the move and constantly changes. TCM treatments often focus on ways to promote and maintain the flow of Qi. Yin and Yang: These are opposites that describe the qualities of Qi.

- Yin: hot, light, feminine, day, hollow
- Yang: cold, heavy, masculine, night, solid [14]



Basic characteristics of TCM depends on two major concepts, first is holism where TCM views the human body as an organic whole, and the relationship between the human being and nature as an integral unity. The second one is treatment based on differentiation of syndromes. Syndrome can be described as an overall summary of the pathological changes at a certain stage in the course of a disease, which takes in the location, cause and nature of the disease. So the term 'syndrome' implies a more comprehensive assessment of a disease than a mere description of symptoms. Syndrome differentiation defines the procedure for identifying a patient's condition. Through the synthesis of relevant information provided by the four diagnostic methods, the root cause of the disease can be identified [20].

According to TCM, these ideas play out in our bodies. When you balance the yin and yang of Qi, you feel healthy and well. If they're out of whack, you feel sick. TCM aims to create harmony and a healthy flow of Qi [14].

The Chinese medicine explains that the human body has twelve meridians (tracks) where the energy flows in these tracks. Healing with Chinese medicine depends on sorting out any blockages to the Qi flow by finding out which meridians are obstructed and how to unblock these tracks so Qi can flow naturally again. The regulation of Five Elements means that within certain limit, the system of Five Elements regulate the abnormal changes like overrestraint and counterrestraint to restore the new balance through its interpromotion and interrestraint. When one element becomes superabundant, it will be pacified by its dominator through interrestraint, thus it will be weakened in restraining its submitter to restore the original balance [13].

2. Theory of Five Elements

The theory of five elements, in ancient Chinese philosophy, refers to a universe outlook and methodology for recognizing, interpreting and exploring the world and the natural laws by analogy with the characteristics and the inter-promotion or inter-restriction of the five substances in nature, namely wood, fire, earth, metal and water. This theory is evolved from "the theory of five directions" and "the theory of five materials [13].

This theory has a far-reaching influence on the theoretical systems of TCM. It is undeniable that this theory has become an integral part of the theoretical systems of TCM. The theory is also used to interpret the physiology and pathology of the body, and to direct clinical diagnosis and treatment [20].

3. The Characteristics of Five Elements

1. Wood (Equal Yin and Yang) is characterized by growing freely and peripherally this refers originally to the morphological characteristics of trees with luxuriant foliage and outreaching branches, and it was later used to describe traits such as growth, ascending, dispersing and smoothing. So anything with such characteristics or functions pertains to the category of wood.

2. Fire (Most Yang) is characterized by flaming-up this refers originally to the warmth of burning and ascending nature of fire, and was later used to generalize the things marked by warmth, hotness, and ascent, all of which pertain to fire.

3. Earth (Greater Yang) is characterized by cultivation and reaping this refers originally to the growth and harvest of crops, and was later used to generalize the things marked by generating, transforming, supporting and receiving, all of which pertain to earth.

4. Metal (Greater Yin) is characterized by change and compliance it refers originally to the compliance of metal with man's will of casting it into weapons, or the change of metal from mineral. And later it was used to describe the things marked by purifying, eliminating, sinking and astringing, all of which pertain to metal.

5. Water (Most Yin) is characterized by moistening and flowing downward it was later used to describe the things marked by moistening, descending, cooling, and storing, all of which pertain to water [20].

For example, If the wood becomes too powerful, it will overrestrain earth and earth will be weakened in restraining water, and thus water is superabundant in restraining fire and fire will be weakened in restraining

metal. Consequently, metal becomes too weak to overrestrain wood and wood gradually recovers, which makes the system of Five Elements come back to balance. Regulation occurs in the whole system without it, the superabundance or weakness of any element will lead to disequilibrium of the whole system [13].

The theory of Five Elements is used to classify different things according to the attributes of the five elements, so the Five-Element attributes of things are not exactly identical with the characteristics of the wood, fire, earth, metal and water per se. They are, as a matter of fact, an analogy or deduction of the basic traits of these five materials. The former is conducted by first finding the specific features of things (form, function and nature) which can reflect their essence, and then make a comparison between these features and the Five-Element attributes so as to determine their classification. For instance, the sun rises in the east, which is similar to wood marked by ascending and dispersing, so the east pertains to wood [9].

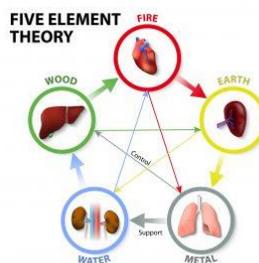
4. The five traditional Chinese organs

4.1 Stomach/Spleen

The Stomach's element is Earth. Just as Mother Earth's job is to nurture growth and all living creatures, Stomach Qi is what "feeds" all the organs enough power to perform their jobs. According to Traditional Chinese Medicine, the Stomach (and its partner the Spleen) is most affected by chronic worry, anxiety [22], or excessive mental work [5], as the Stomach is responsible not only for digesting food and drink, but also for digesting your emotions and thoughts [22].

- The mouth is the sensory organ related to the Stomach. If you have any mouth issues, such as bleeding gums or bad breath, it may be a sign that your Stomach function is compromised.
- The muscles are the tissue associated with the Stomach. If your muscles are weak and underdeveloped, or if they cramp or tire easily, you may have a Stomach or Spleen dysfunction.
- The taste that corresponds to and supports the Stomach is sweet, according to Five Element theory. If you crave sweets, perhaps your Stomach needs support! The taste of sweet naturally supports the healthy function of your Stomach. Like a baby, the Stomach loves warm and hates cold. Reducing intake of cold drinks will support healthy Stomach function, Many foods have an essence that supports the Stomach, especially yellow or orange foods, foods harvested in the late summer or root vegetables that grow directly in the ground.
- Worry, anxiety, and overthinking are the emotions associated with the Stomach. If you constantly worry or over-think things (especially negative thoughts!), get anxious easily, you may have a Stomach imbalance or function disorder! Experiencing any emotions chronically or excessively can damage Stomach and digestive health, as the digestive system processes not just the food you eat, but the thoughts and emotions that you internalize [22].

Symptoms of Spleen Imbalance: Tired, loss of appetite, mucus discharge, poor digestion, abdominal distension, loose stools or diarrhea. Weak muscles, pale lips. Bruising, excess menstrual blood flow, and other bleeding disorders[5]. When the spleen is out of order, we experience heavy limbs and poor circulation and become listless and fatigued [14].



4.2 Lung

The Lung's major functions include maintaining healthy immune defenses against pathogens, as well as circulating Qi and fluids throughout the body emotionally and physically, the Lung (along with its organ partner, the Large Intestine), is responsible for helping you "let go" of whatever you don't need, from life experiences to emotions to actual metabolic by-products [23].

Lung Function: Respiration. Forms energy from air, and helps to distribute it throughout the body. Works with the kidney to regulate water metabolism. Important in the immune system and resistance to viruses and bacteria. Regulates sweat glands and body hair, and provides moisture to the skin [5].

- Autumn is the season associated with the Lung and its partner, the Large Intestine. If you tend to catch colds or have allergies in the Fall, it's important to take care of these organs!

- The nose is the sensory organ related to the Lung. Runny nose, sneezing, congested sinuses, loss of smell, are all symptoms of compromised Lung function.

- The skin is the tissue associated with the Lung. If you want to have healthy, clear, wrinkle-free skin, it's important to take care of the Lung and the Large Intestine!

- The taste that corresponds to and supports the Lung is spicy, according to Five Element theory.

- Sadness and grief are the emotions associated with the Lung and Large Intestine. If you cry easily or have trouble processing grief and loss, you may have an imbalance in your Lung energy [23].

Symptoms of Lung Imbalance: Shortness of breath and shallow breathing, sweating, fatigue, cough, frequent cold and flu, allergies, asthma, and other lung conditions. Dry skin. Depression and crying [5].

The lungs combine the Chi from the air with Chi from food, then spreads it throughout the body via the channels and blood vessels. So the lungs should be strong enough to push energy downwards. If they fail to distribute energy throughout the entire system, symptoms such as tiredness, weakness, loss of breath, too tired to talk and excessive perspiration will occur [14].

4.3 Liver

According to Traditional Chinese Medicine, the Liver is the organ responsible for the smooth flow of emotions as well as Qi and blood. It is the organ that is most affected by excess stress or emotions. The Liver's partner organ is the Gallbladder.

- The eyes are the sensory organ related to the Liver. If you have any eye issues, including blurry vision, red or dry eyes, itchy eyes, it may be a sign deep down that your Liver is not functioning smoothly.

- The tendons are the tissue associated with the Liver. TCM says that strength comes from the tendons, not muscles. Be like the cat that is strong, agile, and flexible, not the cow, which has huge muscles but little real strength.

- The taste that corresponds to and supports the Liver is sour. If you crave sour foods, that may be your Liver communicating that it needs an extra boost, so be sure to include high-quality vinegar and sweet and sour recipes in your diet.

- Anger is the emotion associated with the Liver. If you are often irritable, get angry easily, have trouble unwinding from the day's activities, have trouble reasoning or going with the flow and letting things go, you are experiencing a Liver function problem. Experiencing these emotions chronically or excessively can seriously unbalance the function of your Liver. [5].

Symptoms of Liver Imbalance: Breast distension, menstrual pain, headache, irritability, inappropriate anger, dizziness, dry, red eyes and other eye conditions, tendonitis[5].In the case of the Liver, if you constantly crave sour foods, or are under a great deal of stress and feel angered easily, then your Liver function needs support [25].

4.4 Heart

The Heart, according to Chinese medicine, is the king of all organs. This means that all the other organs will sacrifice for the Heart in other words, they will always give their energy to help the heart maintain its balance. The Heart's partner is the Small Intestine.

The Stomach is the “child” of the Heart. If the Stomach is functioning well then the mother, the Heart is happy or less impacted. In this simple analogy we understand that Stomach energy must be in balance for Heart energy to be balanced [5].

Perspiration is the “fluid” of the Heart: Perspiration comes from body fluid, and the Heart controls bodily fluids. If you find you are perspiring excessively, it can signal a Qi or energy deficiency of the Heart. On the other hand, if you engage in activities that make you to sweat too much, this can cause a Qi deficiency of the Heart.

- The tongue is the sense organ related to the Heart: The condition of the Heart can be seen by observing the tongue. The tongue will be a healthy red color when this organ is in balance. If there is insufficient blood in the Heart, the tongue may appear pale. If there is blood stagnation, the tongue will reflect this with a dark purple color. Cracks or lines down the center of the tongue also indicate a potential Heart function issue.

- The blood vessels are considered the “tissue” of the Heart: Because the face has many blood vessels, the complexion reveals the state of the Heart. Like the tongue, a pale complexion can indicate insufficient blood, and an overly red face can signal excessive heat.

- Bitter is the taste associated with the Heart: If you find yourself craving bitter foods your Heart may be asking for support. Foods beneficial for the Heart are watermelon, plum tomatoes, broccoli and broccoli rabe[25].

- Emotions: Lack of enthusiasm and vitality, mental restlessness, depression, insomnia, despair

Symptoms of Heart Imbalance: Insomnia, heart palpitations and irregular heartbeat, excessive dreaming, poor long-term memory, psychological disorders [5]. In the case of the Heart, if you constantly crave bitter foods, or have difficulty sleeping it may be a sign that your Heart function needs support [25]

4.5 Kidney

Western medicine views the function of the kidney as being wholly concerned with fluid regulation and excretion, but the Chinese consider the kidney as being ‘The Root of Life’, because they stone the vital life-force energy or Chi. Chi nourishes the foetus before birth and after birth controls growth, sexual maturation, fertility and development. This aspect of Chi before birth determines our basic constitution, strength and vitality [14].

The Kidney is the powerhouse of the body, supplying reserve energy to any organ running low on Qi. Its partner organ is the Bladder. The season associated with the Kidney is the Winter so it's especially important to slow down and conserve energy by getting more rest!

The Kidney stores reserve energy called “pre-natal Qi” inherited from your parents. When another organ is low on energy, the Kidney sends it an extra Qi boost from this inheritance [26].

It's Key organ for sustaining life. Responsible for reproduction, growth and development, and maturation. Involved with lungs in water metabolism and respiration. Connected with bones, teeth, ears, and head hair [5].

The brain is also affected by the kidneys as strong Chi will nourish the mind, memory and concentration, providing clear thinking and good eye sight. The strength of the kidneys also provide us with the capacity to acquire skills and for hard work [14].

- The ears are the sensory organs related to the Kidney. Any ear problems, such as deafness, tinnitus, or ear infections are a signal from your body that the Kidney's energy needs extra support.

- The bone is the tissue associated with the Kidney. If the Kidney's energy is low, you may have symptoms such as osteoporosis, dental issues, or developmental issues.

- The taste that corresponds to and supports the Kidney is salt, according to the Five Element theory. Craving salt? Listen to your Kidney and have a salty snack [26]!

□ Emotions like Fearful, weak willpower, insecure, aloof, isolated [5] are associated with the Kidney. If you often have severe panic attacks, anxiety, and fear, your body may be trying to tell you that Kidney energy is running low or is imbalanced [26].

Symptoms of Kidney Imbalance: Frequent urination, urinary incontinence, night sweats, dry mouth, poor short-term memory, low back pain, ringing in the ears, hearing loss, and other ear conditions. Premature gray hair, hair loss, and osteoporosis [5].

5. Colours

Each body system, organ, and gland is made up of a number of cells that are clustered together. Each cluster forms a unit that operates at a particular frequency. This frequency corresponds to the frequency of vibration of a particular colour and sound [15].

Colour is a living energy and a property of light. Light is an electromagnetic energy produced by the sun in different wavelengths as the light is absorbed and reflected and everything in nature is full of colour. Vibration forms everything in life. The universe is only the energy in vibration. Our body has energy fields (called charkras). All of our organs are comprised of vibrating atoms. All of us have our own unique energy system and our organs have different vibrational patterns[16]. Colours are a great way to support the organ function that needs a bit of a healing boost [31]. Colours can carry specific meanings. it's not just about aesthetics—it also communicates specific information [1] .

Colours represent a phenomenon towards which most people experience a strong emotional and also physical reaction[7] .It's symbolism is highly dependent upon the spiritual and physical environment in which it was created. If we look at different cultures today, the symbolism of certain colours may be completely different [2].

Worldwide colour plays an important role in the cultural and religious practices of the people. Every culture or religion has its own perspective on colours and none dares to violate this colour discrimination [19].

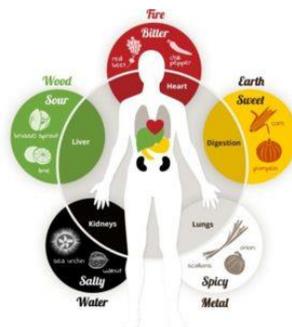
In fact; compared to the West, China has a surprisingly different and more powerful color symbolism [10].

6. Color Symbolism in Chinese Culture

Before the Five Elements Theory was used and according to Taoists' believe, there were only two colors: opposing, yet complementary principles, black and white, yin- yang. With the establishment of the Five Elements Theory, the spectrum of colours was enlarged, leading to the use of not only black and white, but red, green and yellow, a total of five 'main' colours.

In Chinese believes, the cosmos mirrors the Five Elements, therefore each colour represents or is associated with a symbolic meaning. The Five Element Chart shows associated properties or aspects of each element. Together, these aspects form the integrated whole of the Five Element Theory[27].

The foundation of traditional Chinese colours when used on its own, the colours carry specific meaning . However, the combination of the five colours together reflects a hope for good luck and warding off evils[12]



7. The Five Traditional Chinese Colours

7.1 Red

red (红 hong), the colour of the Fire element. It's the time of summer [18], It is associated with good fortune, happiness, Good luck can also be called 红运 (hóngyùn), “red luck”, and coming into a fortunate period of one's life is then called 走红运 (zǒu hóngyùn) “walking in red luck” [3].

“Red” is often connected with praises, celebrations, and respects in Chinese culture [8], On the eve of the Lunar New Year, the elders will give the children “red envelopes” 红包 [6], babies and Chinese kids (even older ones) anxiously await a gift in one of the famous red envelopes containing money 红包 (hóngbāo), literally meaning “red wrapping” [3].

Also in Chinese tradition, red is the colour of marriage. In ancient arranged weddings, a matchmaker had a fundamental role 红娘 (hóngniáng), the “red aunt” that cared for putting the families of the newlyweds in contact with one another; another Chinese tradition says that the destiny of the lovers is represented by a “red thread” 红线 [3].

It is the colour worn by brides, since it is believed to be an auspicious colour for warding off evil. Today, westerners take red to be a representation of China's Revolution or political system. However, this is definitely not the case since ancient Chinese roots certainly did not factor in the revolution for it [10].

The energy of this colour warms and nourishes the Heart, which in turn warms and nourishes the entire body, just as the energy of Fire does. Wearing red clothing and accessories helps to support your Heart energy, especially in the summertime. Red's firepower can also be used during other times of the year to help balance the warm energies of the Heart. Many people love to wear its more robust shades in the coldest of weather and, of course, on such holidays as Valentine's Day when they wish to stoke the flames of passion [11].

The healing qualities of red are alkaline, non-astringent, non-electric, production of iron, growth, stimulation, strength, detoxification, stimulates adrenals and energises kidneys, increases heart beat and blood pressure [14].

7.2 Yellow

Yellow (黄 huang) is corresponding with the element Earth. Think about late summer, when everything is glowing, like that yellow-orange Indian summer. In China, yellow is considered the most beautiful and prestigious colour. It signifies neutrality and good look. And as yellow and gold are very familiar, gold stands for wealth and riches, but symbolism changes over time and surely is not logical [18].

In China, yellow was associated with the centre of the universe, and one creation myth describes how the first humans were made out of yellow clay. It was the sacred colour of the emperor. The term “huangpao jia shen” 黄袍加身 (be draped with the imperial yellow robe by one's supporters) means to be made emperor [6], as an imperial colour representing power, royalty and prosperity in traditional Chinese colour symbolism [10].

Yellow was the colour of the mystical Yellow Emperor 黄帝 (Huángdì), the Yellow River 黄河 (Huáng Hé) and the yellow and fertile land 黄壤 (huángǎng) around which the Chinese civilization was born. Even today there's the common thought that the Chinese are “yellow” even though the majority of their complexions take on this colouring only when they tan (a reason why young girls in particular, make widespread use of umbrellas, masks and creams and hide from the sun almost as if they were vampires...).

The colour yellow is also tied to another setting that is much less “noble”: “yellow” books and films 黄书 (huángshū) and 黄色电影 (huàngsè diànyǐng) are not like our crime shows, but correspond to those whom we would refer to chromatically as “red light” [3]. Today, yellow is symbolic of pornography in publications in China [10].

Yellow correlates with the Spleen. As it's the colour of the Earth when it lies fallow, its straw ground cover cultivating healthy soil for a future harvest. The energy of this color nourishes the Spleen, just as the energy of Earth does. Wearing yellow clothing and accessories lends strong support to the Spleen's energy, especially in late summer, which is the last month of the summer, defined in North America as the month of August. The colour's bright, warm energies help to dry up the Dampness that is prevalent during this time, protecting the Spleen's Qi from becoming too sluggish. This colour can be worn anytime of the year if there has been heavy rainfall and your Spleen needs added nurturing as a result [11].

The healing qualities of yellow are cleansing and purifying action on spleen and pancreas. Tones and cleanses the blood through promoting sweating and opens pores in the skin [14].

7.3 Black

Under the theory of five elements, water is represented by the colour black(黑 hei). It was the colour worn by imperial dignitaries. In ancient China it was also regarded as the king of colours and worshiped more frequently than any other[4].

Black colour in Chinese culture is associated with destruction, evil, profundity, disasters, cruelty, sadness and suffering. It is bad fortune and must not be worn to auspicious occasions like weddings. The Chinese word for black is '黑, hēi' which itself stands for bad luck, irregularity, illegality etc [10]. It's the colour of darkness and death, but also honor, as seen in the facial makeup of characters of great moral integrity in Chinese theater [3]. Whereas on the Chinese stage, "Bao-Gong" 包公 with blackened face represents a person who is honorable and righteous [6].

The colour black is protective, grounding and calming. It activates and strengthens the magnetic, or feminine energies in the body. Activates the subconscious mind, putting life, and all that goes with it, back into perspective. The colour black should rarely be used by itself, but always in combination with another colour. It is most effective when used in conjunction with white[28]. Black and White are used in the Taiji symbol to represent Yin and Yang[18].

Black also correlates with the Kidneys. Black is the absorption of all colours' energies and the colour of the deepest waters. It is incredibly potent and therefore considered the colour of our life force. The energy of this colour nourishes the Kidneys just as the energy of Water does.

Wearing black is ideal anytime because it supports your Kidney energy, but it is especially helpful in the winter. This is the time of year when your Kidneys need protection from the cold, so make sure you have enough black basics in your closet during these months. It really helps provide the tender loving care these organs crave at this time of year.

Black, just like the element of Water, cleanses you of fear, calms your nervous energy, and instills confidence [11].

7.4 White

White (白 bai) is the colour of the element Metal. On one side it symbolizes brightness, purity, intuition, and fulfillment. On the other side, it is also the colour of mourning and ghosts. Thus if you go to a Chinese funeral expect a lot of people wearing white clothes (red, on the other side, is not allowed at Chinese funerals) [18]!

In China, white is the colour of "the autumn," or the emblem of "old age". White clothing is said to have been worn in the time of the Shang Dynasty as white was the symbolic color of this dynasty [6].

White is strengthening. It is cleansing and purifying to the entire energy system. Awakens greater creativity. Stabilises the energy system and gives it an overall boost. The colour white amplifies the effects of any other colour used with it [28].

White is the perfect color; for it is all colours, in perfect balance and harmony. It is the colour of the awakened Spirit; the light of perfection; the light of the Cosmic Consciousness, the Divine Light [29].

White correlates with the Lungs. White is the colour of shining Metal when it is pure and well polished. The energy of this colour nourishes the Lungs just as the energy of Metal does.

Wearing white clothing and accessories provides much support to the energy of the Lungs, especially in the fall. This may sound shocking to those of you who have been a slave to the no white after Labor Day rule; however, it's true. A crisp white shirt or silk scarf will look nice against all the colors typically worn in autumn and will be especially helpful to your Lungs, ensuring that you breathe well despite the Dry air of the fall. Wearing white helps you avoid seasonal allergies and what you thought was the "inevitable" cold or flu [11].

7.5 Green

Green (青 qing), the colour of the wood element, connected with spring [18], green correlates with the liver. This colour of leaves that sprout from the wood of a wide range of trees from oak to spruce, the energy of this color nourishes the liver just as the energy of wood does.

Wearing green-coloured clothing and accessories is a wonderful way to soothe your Liver. This is especially true in the spring when your Liver needs more sustenance to regenerate and repair from the harsh effects of winter. Greens's energy, just like the energy of Wood, can also help rid you of destructive emotions, such as anger or resentment, which you may have stored away during the preceding winter when you couldn't get outside to exercise more and release them. When you use this exhilarating colour this way, you will no longer be angry or green with envy; instead, you will find yourself feeling hopeful and you will look radiant in the colour of new growth and rebirth [11]!

The healing qualities of green are calming, normalising action, tonic for mind and body, pituitary gland, sedative, balancing, chronic inflammations and swellings, works through the sympathetic nervous system.[14].

TABLE I: THE FIVE ELEMENTS AND THEIR CORRELATIONS

Element	Yin/Zang Organs	Colors	Taste	Sense Organs	Emotions	Tissues	Seasons
wood	liver/GB	green	sour	eyes	anger	tendons	Spring
fire	heart/SI	red	bitter	tongue	joy	pulse	Summer
Earth	spleen/stomach	yellow	sweet	mouth	pensiveness	muscles	Late Summer
Metal	lung/LI	white	pungent	nose	sadness	skin	Autumn
Water	kidney/UB	black	salty	ears	fear	bones	Winter

8. Conclusion

Disease is the physical manifestation of imbalances deep in our energy system. If we ignore the disharmony in our emotional, mental and spiritual bodies, this will permeate down through our energetic field until it reaches the physical body. The physical body interprets these energy distortions in a physical way, so that we experience pain and develop an illness or disease. Chronic illness needs to be stimulated by colour vibrations to promote its movement towards an acute condition so that energy balance can be restored.

Using colour energy, like sound vibrations have the wonderful capacity to move blocked energy and change energy patterns deep within us, and we have to find different ways to introduce certain colours to our body organs to reach the balance in our energy and feel healthy.

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