



# Chakras, Rainbows & The Meaning of Their Colors

Colors. They make the world go around. They allow us to see the vibrant life that surrounds us. Colors allow for views that hold depth of joy. They have a connection with our emotions. Everyone uses colors to express their life from choices of dress to expressions in speech. Consider our use of such expressions like “Feeling blue” or “green with envy.” Colors allow us to expand our understanding of life.

Colors allow us to understand the world around us. They are full of meanings and messages. Each color has an associated meaning and each color’s hues have the ability to further give us clues to life and are quick posts to living a soul-wise life based on choices that are aligned with your purpose.

## Primary Colors and Their Major Meanings

There is no denying the power of colors! They mean so much and so many things to different people depending upon your culture, personality and experiences. Colors affect our moods, emotions and health! Each color has some variety of meaning:

**RED** = Passion, Strength, Determination

**ORANGE** = Optimism, Extroverted, Social

**YELLOW** = Joy, Happiness, Intellect

**GREEN** = Freshness, Health, New beginnings

**BLUE** = Relaxer, Tranquility, Harmony

**INDIGO** = Integrity, Sincerity, Dignity

**PURPLE** = Good Judgment, Royalty, Spirituality



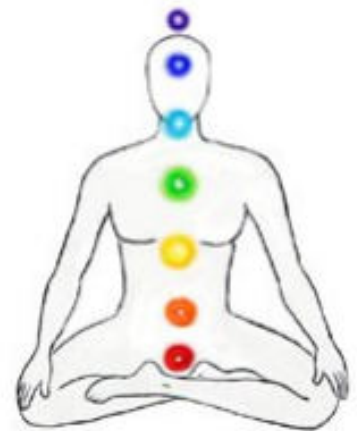
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## Chakras and Their Associated Colors

Chakras are centers of energy within our body. Each of these 7 centers represents a particular area of our lives. Energy flows through each of these centers that allow for a peaceful and healthy life that is easily led by spirit. When these centers are blocked, it can often lead to difficulties in life and illness. There are color's associated with each chakra. These colors have a correlation with our whole self: physical, emotional and spiritual states.

### CHAKRA OVERVIEW

- 1. Root Chakra (associated with the color red)**
  - Represents our foundation and feeling grounded
  - Based on the tailbone of our spine
- 2. Sacral Chakra (associated with the color orange)**
  - Represents our connection & ability to accept others and experiences
  - Based on lower abdominal region
- 3. Solar Plexus Chakra (associated with the color yellow)**
  - Represents confidence and self-esteem
  - Based in the upper abdominal region
- 4. Heart Chakra (associated with the color green)**
  - Represents the ability to love
  - Based in the center of the chest
- 5. Throat Chakra (associated with the color blue)**
  - Represents our ability to communicate
  - Based in the throat region
- 6. Third Eye Chakra (associated with the color indigo)**
  - Represents our ability to see the big picture and focus on priorities
  - Based in between the eyes in the middle of the forehead.
- 7. Crown Chakra (associated with the color purple)**
  - Represents our connection to spirit
  - Based on the top of the head





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## Correlation Between Colors of Rainbows & the Chakras

Each rainbow has a spectrum of colors. Red is always the highest color of a rainbow and then has shades of orange, yellow, green, blue, indigo and violet. Notice how this arrangement of colors matches and correlate to the colors associated with the chakras. The color of each chakra is seen in a rainbow ~ only they appear in reverse.



### SYMBOLISM

The colors of the chakras range from red to violet (from the root chakra to the crown chakra). It shows humans from their grounded physical self to their connection to spirit. So, the rainbow colors, appearing in reverse, shows the descent of man from the heavens to earth and the connection of humanity to spirit.

Each individual rainbow will show colors of varying degrees of vibrancy. Since the colors are seen through our own individual optic focal point, their colors will only be seen by you. The vibrancy, then, is a clue from what aspects of you are well balanced according to the chakras. Also, if one color of the rainbow is seen as dull or lack luster, the corresponding chakra may need to be supported with some healing work.

*For example, if the yellow in a rainbow you see is not as vibrant as the others, you may want to look at how your confidence may need to be bolstered.*



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## Significance of Color Order in a Double Rainbow

Seeing a double rainbow is truly a magical experience. The colors of each rainbow are displayed as mirror images of one another.

The lower rainbow's colors are seen as they would appear in a single rainbow. **The upper rainbow will have colors seen in reverse to this.** The red of the higher rainbow will be seen in the bottom edge and the purple will be the highest color of this.



This alignment of colors in the second rainbow creates magical meaning for us. A single rainbow has the symbolism of man's descent from heaven and the hope of a return journey to soulful understanding. The double rainbow's meaning is then depicted from an understanding of the colors of the chakras and shows us the ascent of life from our human form to our spiritual essence.

Seeing a double rainbow shows us the transformation back from the material to the spiritual. With the lower rainbow representing our coming into physical form, the upper rainbow shows the opposite. It is a very significant symbol that you are ready to embrace living from your inner wisdom- your soul and your spirit space.

A double rainbow shows you that now is the time to allow for this transformation to occur. Now is the time to embark upon, or exponentially excel, your soul wise living.