



# Color YOUR WORLD

LEARN THE SECRET LANGUAGE OF COLOR AND YOU'LL  
BE ABLE TO SPEAK VOLUMES ABOUT YOURSELF

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**T**he energies of color have amazing influence on our lives. Color is a language all its own, a wordless vocabulary that communicates through feelings. Simply put, color affects our moods, perceptions and behaviors.

Using color requires a thoughtful strategy. When color is used successfully, the result is pure magic.

Our home is our oasis — our serene and peaceful dwelling. Le Corbusier, the influential French architect said it best, “The home should be the treasure chest of living.” As such, you need to fill your home interior with colors that reflect your personality and heart.

The feelings and messages of color are always present. However, a color that works well as a fashion statement or in product packaging may not work in your home.

Red is appropriate for cars, logos and sale signs. Powerful, exciting and sexy, red demands attention. Interiors with too much red, the wrong shade of red or feature red used in the wrong way invoke anger, aggression and even panic.

White suggests authenticity, purity and sacred love. Nature produces whites in clouds, pearls and shells. White feels gleaming, fresh and clean. But if a white space is poorly lit, the mood becomes depressing — the opposite of openness and hope. Used in the wrong way, white is cold and institutional.

Your home communicates volumes about your values and family culture. Make sure you are using the right colors in the right way to express your highest and most beautiful truths.

## GUIDE TO COLORS

**RED:** Red energizes our connection to our roots and with feelings of security, stability and resiliency. The red spectrum ranges from mellow merlot to faded rose. Red mixed with tones of cinnamon, spices, stone or terracotta create feelings of support, warmth and being grounded. Dining rooms are great places for strategic touches of red. Spaces in taupe and brown feel warm.

**ORANGE:** Orange embraces pleasure. Considered an appetite-stimulant, orange metaphorically inspires us to nourish ourselves. Appropriate for dining rooms, orange often is used in the furnishings of restaurants. Its shades include burnished copper and warm pumpkin to the palest kiss of peach.

**YELLOW:** Yellow is cheerful and happy. It promotes enthusiasm. Sunlight has everything to do with joy. Candlelight and honey invoke glowing feelings of enlightenment. Kitchens are often finished with shades of butter and cream, dark amber, golden sand or pale lemon chiffon.

**GREEN:** Green implies newness and vitality. Subtle shades of green-grey bring sophistication to living rooms and libraries. Celadon communicates serenity, celery creates freshness and emerald supports healing and forgiveness. Humanitarians and healers often gravitate toward green.

**PINK:** Pink is associated with a higher heart. Soft shades of pink honor beauty. Ethereal shades of blush, rose quartz and wispy petal pink correspond with the higher energies of aesthetics and refinement.

**TURQUOISE:** Turquoise relates to self-expression and resonates with artists, writers and musicians. These shades include aquamarine, serene teal, robin's egg blue and sea glass. Because turquoise supports expressiveness, it often is used in art studios and home offices.

**BLUE:** Blue instills confidence, clarity and quiet trust. Ultramarine, sapphire, azure and cornflower support peace of mind. The color's versatility and peaceful message make it wonderful for nearly any space.

**PURPLE:** Purple is regal and majestic. Historically, royalty wore purple robes. The energy of amethyst connects us to our Creator. Raspberry, violet, periwinkle, pale wisteria and starlight inspire faith. Use purple or purple-blue shades to encourage harmony and a connection with one's soul. 

Patricia Wilson is a registered interior designer specializing in color. This guide is adapted from her book, “The Art of Gluten-Free Living,” a guide for being, eating and living well. Visit [PatriciaCWilson.com](http://PatriciaCWilson.com).