

Anikó Boleradszki Bolyós

Adventures in the world of colours



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Dear Reader,

I have created this colourful e-book for you, who are interested in the meaning and world of colours and my personal colour analysis. If you want to know just a little bit more about the message of colours, thank you for being here!

I've included the colours I work with in my analysis in this short little booklet. These are the primary, secondary and tertiary colours with some extra colours added. I draw from my own personal experience, the analyses of my guests, and the knowledge I have gained through years of study. I felt that now was the time to summarise all that is better seen in one go, in order to give a complete picture of colour psychology and its impact in particular.

I have put together this e-book by inserting a small chapter on a lighter theme between the sections on each colour. So if you like to read a book from cover to cover, you won't find it too heavy. However, if one is only interested in a particular colour at a particular moment, it is easy to pick up the related chapter. This is facilitated by the colour bar at the bottom and top of the pages.



By letting a new colour into our lives, we give ourselves the opportunity to explore another colourful side of ourselves. I like to experiment with colours, but some colours will stay with me for a lifetime because they belong to my heart, whatever it is.

Are you ready for a unique and colourful journey with me? If so, get comfortable, maybe have a hot cup of tea or coffee, and enjoy the story of colours that I have drawn from my heart for you!

"We always need colour. They help us in good times or in difficult times. They fill us up and give us a message. As we understand the coded message that is meant for us, we will be able to get closer to ourselves. They hold up a big mirror to us. There is a reason why one attracts us more than the other. A playful approach to the word of our soul."

— Anikó Boleradszki Bolyós

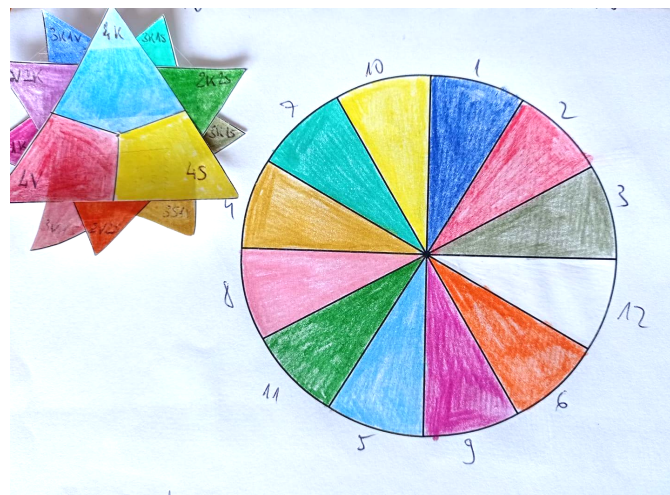
The colour interpretation

First of all I would like to write a little about colour interpretation, which is an important part of my work.

Colours tell us a lot about ourselves. That's why it's worth observing when we are attracted or repelled by a colour. It reveals so much about our emotional world, as well as about our personality.

The colour interpretation starts with a playful, short colouring activity. Depending on whether it is a face-to-face or online consultation, the client can do the colouring in one of two ways: in a web application or on paper with coloured pencils. For the latter, it is important that I get a good picture of the client and how they use the colours. The order of the colours, the colour of the pencils, whether they have a strong or weak stroke, whether the frames are kept, and I could go on and on. What is the same in both cases is the template and the colours used:

- the primary colours (red, yellow, blue),
- the secondary colours (green, orange, purple),
- the tertiary colours (coral, gold, olive green, turquoise, indigo, magenta),
- and two additional colours (white, pink).



It is important that the client themselves choose the colours they want to use, in a suitable relaxed environment. Or rather, the colours call to us, the colour itself chooses us. The colourful shapes give us direction and help us to spot deeper problems lurking unconsciously. Each colour refers to different areas, to particular feelings that need to be brought to the surface. It's not just the colours themselves that are important, but what we associate with them, how we talk about them and how much they are present in our lives or not. Colours can be used to travel to the depths, they are the key to understanding and exploring our subconscious and conscious selves. The rest is up to us, what we do with this information and affirmations about ourselves.

Personally, I chose this kind of method because it gives a deeper, more detailed picture of, for example, ingrained habits, childhood traumas. It also allows me to help and guide my clients more effectively. The most important part of the consultation is that I just point the client in the right direction using colour. The colouring shows which colours are desirable to work with, and by asking questions about them we move forward. In this way, we map out the area of the conversation that needs to be explored. The aim is that the clients themselves say it, reveal the root of the problem, with my help and support. The process is about daring to face our deepest issues that affect our daily lives. And, are we willing to do something for ourselves and, if necessary, can we change our habits? Here we can see how well we know ourselves.

I can tell you from personal experience that colours have lifted me out of a not so pleasant period in my life. I have always been a colourful person, but at the time I didn't really understand the suggestion. But that has changed now, and with this technique I would like to help others who want to get closer to their own colourful individuality, which was there before, just buried deep, waiting to be loved and understood. The soul always gives us signals, and it is up to us whether we notice these signals in time, or whether we are already physically affected by these unseen decoded messages. Appearances, or rather just the cultivation of appearances with colours, do not lead us to the deeper recesses of our soul. Body, mind and soul can only truly work together. If we work on ourselves inside, we will also notice more and more outside, the brilliance, the power of our inner light, and it will no longer only show in colourful clothes and jewellery, but will radiate from us, from our being.

“When you can be passionate, almost in love, not just with someone, but with something, I think you are in the right place. For me, colours and the daily intake of them in food, drink and surrounding myself with colours in my home and wearing them - life itself. I am also so happy that many people have been encouraged by this approach to life. One of the greatest feedbacks in my work with colour, and after doing my bespoke colour analysis, is when someone gets a nice gradual colouring in. It means that they are changing both inside and out, going through a natural process that is only due to themselves and their desire to know themselves better and better, both spiritually and externally.”

— Anikó Boleradszki Bolyós

The red

Let's start our adventures in the world of colour with a really powerful, energetic colour - red!

The colour red symbolises power, superiority and the material world, as well as radiating vitality and a passionate nature. It is the colour associated with the root chakra, which is the foundation of everything. It is also the source of the life instinct, the inner aggression that is in everyone, but at different levels. Those who are basically red have a personality trait of impulsiveness. They almost rage when they feel angry or unjust, and they can't handle it with the necessary composure and discernment in their lives.

Of course, it all depends on how one experiences this colour and how one benefits from its energy. I'm not what you would call a paragon of patience either, although many people have said how calm and patient I can be. Why is that important to mention? Because I have indeed made a lot of progress in patience and tolerance, but there are still situations and feelings from the past that can throw me off in a moment. They stir up my inner strength and militancy, which reinforces the ego rather than a loving solution seeking peace. It's not that I knock someone out, I'm just not sure I hear my heart clearly in those situations. However, this can be worked on and softened, but the most important thing is to recognise what the root cause is: where does this repressed anger, resentment, misunderstanding, or perhaps offensive explosiveness come from?

Red is very powerful: it also includes courage, daring, helping others, as well as speed and quick wit. It helps you to become self-aware, strengthens your desires, and thus has a strong influence on your sexuality. It strengthens the emotions and allows us to experience things intensely and quickly. It gives a great boost of energy. However, we should be careful not to overdo it either, with the colour itself and thus the impetus, because the flame can quickly die down and we feel bored or empty of what was previously a challenge. It's worth wearing or surrounding yourself with it if you want to find the strength to do something new. It gives the wearer a real fiery energy and confidence, and it's sure to make you stand out from the crowd. But is that what we want to do with it, if that's what we need right now, why not do it?



It really enhances our femininity, and can reward the wearer with real charm and seduction. It's important that if we don't feel like wearing red, we don't push it right away, but try to understand why we can't stand the colour. Do we feel too strong, challenging and bold? Maybe we would rather hide in the crowd and not attract the attention of others? Do we not have the courage to embrace our feminine side more, or can we just wear this energy and strength that it gives us?

The answer to everything is in our feelings, in our reactions. I love this colour but there are times when I feel I can't wear it, it's too much for me. Then I respect that and let the colour in that I can connect with in my everyday life. My soul responds and it's up to me to listen or push away its request. But there are also times when I love the color red on a daily basis. I don't overdo it in my clothing, but it's definitely present in my accessories. In an unstable state of mind, insecurity or self-doubt, this colour can lead us to a state of "I don't care". However, if you want to calm down, this colour is not recommended, because it only makes you feel more exhilarated. In such cases, it is worth looking for colours that suit our particular spiritual world and life situation. Feel which ones attract you or which ones repel you! Those who only like to show off in these colours and never leave them behind are usually more materialistic, always wanting to have everything in their hands, seeking earthly pleasures, putting the physical first, and seeking happiness mainly in the rational world.

Each side has its own beauty, difficulty and challenge - that's how I see it. We all come into this world with different tasks, and colour certainly helps us to recognise those distinctive traits, those imperfections that we have carried with us for a long time.

Finally, long live the colour red and its world-changing power to inspire action!

The shimmering tree of colours

There was once a very special, very old tree with coloured crystals hanging from its crown. If someone went up to it, the tree would drop something into their hand. No one knew exactly what the secret of the tree was, except that it was very much alive. For this reason, people were afraid of it, believing that it was cursed by an evil witch and that what they saw was the work of magic. Nevertheless, most of them believed in the miracle and visited the tree to see what it could give them, what its personal message was.

One of the brave adventurers was Frida, who hopped up to the tree and took a good look. What she saw was an unspeakable experience: the colours, the splendour and the glitter; yet, close to the tree, she felt at peace, as if she were at home. Then she hugged the tree, whose crown trembled, and the tree dropped straight into her hand a red rose with two prickly thorns. She stared at it, trying to decipher why a rose was her "reward"? There were so many beautiful crystals sparkling up there on the tree. She was sad, perhaps a little disappointed. She walked serenely on her way back and started talking to the rose:

"Tell me, please, what have we to do with each other? What do you want to tell me?"

The rose did not respond, and a further lonely silence fell on her walk home. After a long hike, she grew weary, and became less and less tolerant of the rose in her hand. In her anger she gripped it hard, but the two thorns pricked her hand, which began to bleed. She threw the rose away and cursed in anger. The rose suddenly turned into a beautiful fairy who smiled and told her:

"It was your inner rage that made you see and hear me. You must learn that not everything comes into your life immediately. You have to climb the stairs, and that takes patience and humility. When the anger overwhelms you, remember that good things come to those who wait. A momentary burst of anger can ruin years of built-up work or human relationships. Be patient with yourself first, then the outside world!"

Frida pondered. She thanked the fairy for her help and understood the message. That was her task now. It was the first step to getting where she wanted to go. So she went home and started to work on herself. She began to observe from the outside her reactions, her moods, and how hurtful she could be to others. She went through big changes, and her loved ones noticed her behaviour. She became more attentive, empathetic and content with every little success. These eventually led her to greater successes in life, so she never forgot the shining tree that showed her the way to herself.



The yellow

Yellow is a happy colour, associated with wisdom, intelligence, a healthy ego and humour. It is also a symbol of everyday happiness, contentment and the small pleasures of life. Laughter is very important in our lives. It makes our human relationships and our days complete. A lot of people associate jealousy with the colour green, but it's actually linked to yellow. Like all colours, we experience it as positive or unbalanced.

In its positive effects, yellow helps us to see the world with optimism, and we can project this outwards. It highlights things with the power of light, which brings understanding on an intellectual level. It creates a harmony between rational thinking and understanding. It helps us to develop our self-awareness and our inner work when we embark on a journey of self-discovery. It is recommended to wear or carry anything in this colour when taking an exam, as it will ease the exam nerves. Yellow represents the energy of intellect and wisdom, which is manifested in a constant desire to learn, especially in spiritual development.

It is worth noting that people with a lot of yellow in their birth and name charts (see [Colours and numbers](#)) may be prone to disintegration and dissipation of energy. Therefore, it is very important that a person should only start and complete one thing at a time, so that they can experience success and gain deeper knowledge. It is absolutely the job of the yellow type to excel at something and to be able to pass this on to others. Because of their knowledge, information and childlike curiosity, they are never boring. Add to that a sense of humour and you can have a very witty conversation with them.

Too much information can cause confusion and make us more nervous than we should be. Mental overwhelm can characterise this colour if we cannot properly channel its energy with the power of our spiritual wisdom. It can teach us a healthy balance of cheerfulness and hard work at the same time. We can also enjoy our days at work and radiate our light as we tackle the problems that come our way and cope in the midst of turmoil.

Yellow has a very stimulating effect, which is why it is not a good colour to eat or drink late at night, or to surround yourself with this energy. It's one of the best colours to choose for mornings and social events, and it's a great way to soar and burst with energy.

There is a darker side to this colour, but it all depends on what we make of it, whether we can learn from it. In a negative experience, humour can become cynical, sarcastic. This can lead to fears, anxieties, and mistrust. We can change this by paying more attention to ourselves and our own needs. Take it one step at a time, and let the small successes that can make us feel better come through.

Those who reject this colour may experience a lack of daily pleasures, a lot of anxiety, self-doubt. On the other hand, if you overdo this colour, you may experience excessive self-confidence, ego. Such a person loves to be in the centre of attention and may show signs of fussiness and being a

smart aleck. Knowledge should never be lost, but one should not boast about the acquired knowledge and skills. Better to be good at something, and even to be outstanding in that area. However, this does not make us better or more than anyone else, nor does it entitle us to treat the world around us differently.

A yellow person living in an emotionally unbalanced world may have a strong critical tendency and is often probably unaware of it. They are not driven by bad intentions, but rather by a strong will. They have difficulty adapting to others, which may lead them to have high expectations of the outside world. Behind a strong shell, there are usually challenges to be overcome, psychological wounds to be overcome. Yet this character is not to be resented, though, because they are wholehearted and long for a lot of love. They find it difficult to show their feelings, they are more aware and in control of them. The stronger they want to appear, the more self-doubt they may have.



I can tell you from personal experience that it is possible to live well with the colour yellow, but it requires a lot of inner work. For me it still takes time, but I feel that focusing on just one or two things is much easier now. I've always been drawn to yellow, but somehow it just didn't feel right to wear. I used to prefer to be more unique with accessories rather than colourful clothes. Then, when I started on the bumpy but exciting road of self-discovery, yellow somehow became part of my everyday life. As I developed my intellectual skills more and more, explored colours and thirsted for knowledge, yellow became my friend. I wore it more and more. First I had a yellow blazer and jacket, and later I had yellow tops. I especially like to wear it when I want to be cheerful and to live my days with optimism and humour. When I put it on, I feel like I'm bubbling, like I'm alive.

Just a little touch of yellow can brighten up our day, our mood, and we can have the same effect on the outside world. If someone is nice to look at, like a chickling, it makes our mouths twitch into a smile and we feel warmth inside. It's just the power of one colour, crowning the wearer with a super sunny glow. For me, the absence of this colour prompts self-awareness and inner introspection.

Colours and numbers

In addition to colour, I would also like to touch on the power of numbers, which plays a prominent role in the analysis. The knowledge I have acquired and the experience I have gained from the analyses I have carried out enrich my evaluation of the personality traits embodied in numbers and colours.

In 2022, I completed a six-month intensive numerology course that helped me to get an even better introduction to the world of numbers. I love to grow and learn so that I can add even more to my work. I have been lucky in that I have found and received teachers and helpers along the way from whom I have really learnt a lot, and I have been able to incorporate this into the knowledge I have acquired so far.

It's very interesting how you find your own way more and more and you realize that everything is really connected. As I did the colour analyses one by one, I felt more and more the lack of numbers. That's when I started to look into it more and asked my teacher at the time for help on how I could make my colour interpretation more complete. From the experience I had gained, I built up which colour belonged to which colour energy. I couldn't find any definite sources or mathematical formula for this, and later found out that there was none. Everybody has a different experience, a different way of seeing things. I can only give you what I have experienced — in addition to the knowledge I have acquired, of course. After all, without development, without learning, we cannot know ourselves. This is where the hard work really begins, to dare to embrace who we are. Whether it's our dark side or our colourful side, it belongs to us.

The numerical values of the letters of our names (Pythagorean numerology) and our birth numbers carry the vibrations, further deepening the significance of these two special elements. Together with them we vibrate, or emit energy in our daily lives. For this reason alone we cannot compare ourselves with others, as everyone has different colours and numbers. Everyone has different strengths and weaknesses and can build and develop from them. However, it is up to us to develop what is necessary to raise our personality to a higher level. This is where the combined power of numbers and colours can be of great help. I love working with them and helping others to develop themselves.

During the analysis, I will look at the birth and married name, as well as any name changes and name combinations (in the case of multiple first names) that occurred in the life of the guest. Also, the numbers of our date of birth have a lot to tell us, as we came into the world with its energy. By looking at colours and numbers together, we can get a clearer picture of, for example, what abilities we have, or which areas of our lives are easier or harder for us to cope with. Both approaches help us to live a better life in which we can fulfil our potential. Not only do we need to focus on our strengths all the time, but it is just as important to see and discover our weaknesses. Simply put, it matters how many times we run the same circles in our lives. As soon as we get to the source of the problem, we may have a different approach to the situation. Many times, external pressures can lead us to make decisions that can affect and destroy our whole life. Where am I getting at with this? For example, it can be a weakness not to be able to say no, or to be too impressionable. It is one challenge among many, and improving and strengthening it can change the way we live our lives and the way we approach them. If we can respect ourselves, others will slowly come to respect us.

Colour analysis doesn't rush you into change. On the contrary! First think, see and feel your true essence: the driving force behind your problems. Everyone has different challenges in life. Some people are often bored and feel their days empty, which is also not a good situation in the long run, while others struggle day in and day out and would like to have a break from the eternal struggle. That is why we should not look for answers in just one place, but dig deep in our journey of self-discovery. I provide the spade to get the process started. Self-time begins by honouring ourselves and taking time for our future development.



The blue

Every colour has two sides, just like us humans. We have a shadow side and a positive side, which together balance us. We look at the colour blue, like the others, from both sides.

Let's start with the positive side, which can strengthen us in our everyday lives. Blue is the colour of communication, which includes both speaking (giving) and listening (receiving). It is important to listen to each other and discuss problems that arise, or just to communicate clearly and intelligibly what is inside of us. When we experience the energy of blue well, we focus on solving a problem rather than attacking or generating an argument with the other person. Often silence is worth more than anything. Think first and then express an opinion on anything. That is what the power of blue encourages. It supports our rational decisions when we have to make a decision with a cool head. This is especially true in the workplace, when we need to act formally and make decisions.

It all depends on how we experience the energy of the colour that it radiates towards us, in other words, on the quality of the blue colour we can receive. If someone is repulsed by a colour, it suggests that there is inner work to be done, and it is worth digging deeper to find out what the reason might be. On the other hand, if someone surrounds themselves with too much blue, it also draws our attention to something.



If you move your blue energy well, so you don't lack energy, but you don't waste it, you live your life more consciously and you know that what you say has weight. This type of person exudes a sense of security and others will take them at their word. They live their lives honestly and with integrity, and expect others to do the same. Because of this, a blue person has a strong sense of justice.

A blue person, who is not very accepting of other colours, may have a strong desire for control, especially in career. They are unlikely to have two-way communication. Coldness, rigidity, only rational decisions in everyday life may characterize them. A bit frozen at heart, as the saying goes. The relationship with the father is also associated with blue. It's worth examining the relationship with the paternal side. Is it bad, or is he the only one to count on emotionally?

Those who absolutely dislike this colour may have communication problems: shyness and a strong lack of confidence. They may tend to be very isolated from the outside world and keep their feelings to themselves. This includes not being able to keep secrets. If we experience a colour badly, i.e. we don't resonate well with its energy, it's not a disaster but a sign. It is better to know what we should change than to remain in a destructive pattern or situation.

I am grateful to blue because I was not good at communicating for a long time. Today I can't imagine my life without it, but even now only at a healthy level. For me, blue itself is a way of expressing myself in style, which can be through speaking or writing, or in other creative ways.

The relationship between red and blue

The two characters in this short story, Blue and Red, disagreed on many things. Red lived her life very intensely, filling her days with passion. A true warrior, driven by the will to do something. Blue, on the other hand, was much more laid-back, calm and thought things through before taking the plunge.

But they both knew how well they complemented each other. Red was much respected by Blue for her strength, she always had the courage to do anything. And Red respected Blue for never going headlong into a wall. He could think with a cool head and he was so good with words. While Red was raging with anger, Blue reassured her with his steady faith and composure. He was hard on her, often cold, but she always softened his heart.

As fierce and fiery as Red was, she was also lovable, for no one could love life as she did. Her will to live was enviable. When Blue felt too cold to the outside world with his hardness, Red would balance him and show him that it could be lived more casually. They never overstepped each other's boundaries. If Red had too much of the serenity, Blue would no longer calm her, or if Blue had too much of the energy, Red would no longer fuel him.

Theirs was a passionate but harmonious love. Where one began, the other ended, giving them a chance to fill the space between them with other colours so they could move in balance. Their relationship may never end. Each needs the other to experience what a balanced life is like. They can live their time together with passion, yet in harmony.



The purple

I'll continue with the colour purple, which caused me no small head scratching in my year 2023. My faith was shaken, my inner balance was upset, and believe it or not, I fell in love with the colour. I longed for it, I looked everywhere for purple. My wardrobe was renewed and I could embrace this colour energy like never before. I could wear this colour, even though I was getting as far away from it as I could. It has tremendous healing, transformative power, I would prescribe it to everyone. Physically, it has a lot to do with calming you down when you're stressed and helping you to sleep.

Of course, there are many shades of this colour. It matters a lot which one we can wear and feel comfortable in. It is the colour of faith, without which we cannot find our place in the world. The all-encompassing inner transformation and transmutation can be associated with this colour spiritually, mentally and emotionally. The very energies of rebirth, spiritual awakening, can be classified here. When we are in an inner suffering for too long, it blocks and hinders our life. For everyone, there can come a point when they say enough is enough and want to break out of this perpetual state of suffering, of nothing being alright.



This energy of colour can help us through, or open doors for us to change our lives, our habits, our entrenchments, through humble sacrifice. But the road to this state is a long one, often at great cost. The more we put things off, the more work it will take to put them right. This is true of our human relationships, of any decision we make that has consequences. If we do not make the decision, we have made the decision by not taking our own destiny into our own hands. From that point on, fate itself can move us in a direction we have not yet known, which can be

much more painful, much more anxiety-provoking, because we can feel that everything we have built up is falling apart. This is why it is important to be aware and to keep strengthening our inner faith. Without these, the outside world will control our lives, and sooner or later, we will be the biggest victims of this.

The colour purple can also be very helpful in dealing with grief, but we must be careful not to overdo it. Too much purple, whether in decoration, clothing, food or drink, can make you more prone to depression and melancholy. It is a very powerful energy colour, which is why it should be used gradually and in small amounts. Bereavement can refer not only to the loss of a person, but also to the end of a job, a relationship or an era. Each of these can be a great pain to process, and it can be a long process. Everyone deals with loss in different ways, but this is a journey that only we can make ourselves. Outside support can be very helpful, but the process itself is part of our own development. It helps us to explore our shadow sides, without which we would not be whole. It is not only the light that feeds our souls, but also the hidden, unloved side of ourselves that works within us. Uncovering and accepting these two can lead us to self-acceptance, to proper self-worth.

Anyone who rejects this colour may feel that they are not ready for a major change, and may even fear it. It is a good time to gather strength and prepare yourself mentally, spiritually and physically for your next move. To be able to embrace this colour energy, we need to be very honest with ourselves and lower our ego in order to move forward. For me, it's been a long journey to wear purple today, but it's been a huge transformation and well worth it.

Purple can truly be our colour when we can wear it, it is directly connected to our soul and we can radiate that outwards. If someone is too dominated by this colour, there can be a major transformation, a personality change, even more in their life. It can indicate an excessive inner belief in putting ourselves first, and narcissism can already be operating in an unhealthy form.

The Magic Window

Once upon a time, there was a family who lived in very modest circumstances, but their home was filled with love. Among the youngest members of the family, one child was always a little different. He had an endless imagination, something even his parents often marvelled at.

One morning, he pulled back the curtain and gasped, saying he had never seen anything so beautiful before.

His mother, curious, asked him, “What do you see?”

The little boy replied, “I see colours. They swirl and dance side by side, vibrating with energy, filling me with joy. You have to see this!”

His mother walked over to the window and looked outside. But all she saw were the colourful flowers in the garden, the ones she and her husband tended with care. She simply smiled and told her son that this was a gift he must never lose.

With his sensitive soul and endless curiosity, he could perceive things that adults often lost sight of. It would be up to him whether he could still see the colours dancing and shimmering even when life grew difficult. She made him promise that he would never pass by nature indifferently, never let the world seem dull and grey just because life had its ups and downs. He must always protect his spirit so he could remain connected to the colours around him.

Then, they stepped outside into the garden and bathed in the hues of the rainbow. The mother could not see the radiant lights her son described, but he pointed them out to her, and she trusted him. She allowed herself to be taught by this wise little soul, knowing that his imagination and visions were worth taking seriously.

Through him, she learned that a child can be a great teacher to a parent—awakening the long-slumbering inner child within.

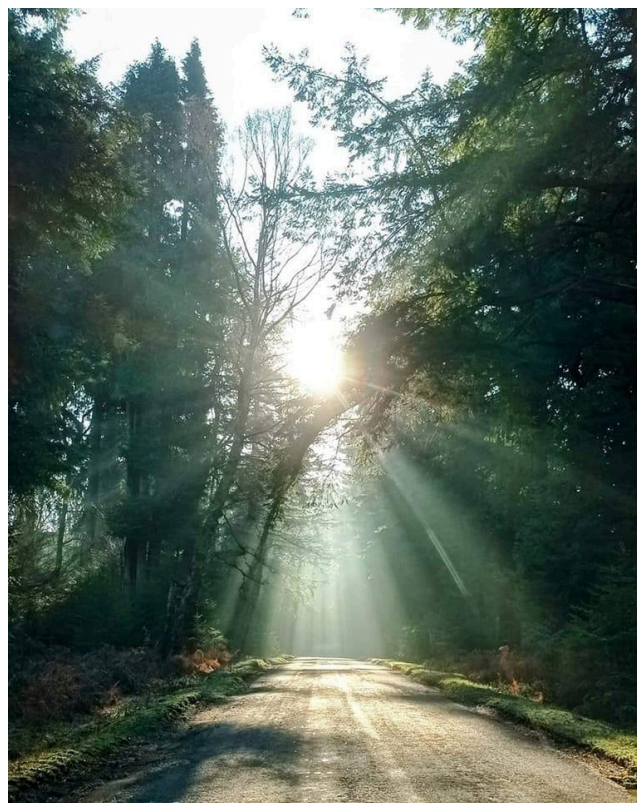


The green

Green is an essential colour in our everyday lives, even if it's not one of our favourite colours. It is the colour of life that surrounds us, of nature and of healers. Green is the colour associated with the heart chakra, the centre of the heart itself. To be in the energy of this colour is calming and helps us to be in balance both with ourselves and with the outside world. However, if we don't experience its energy well, if we can't take in its message, we can be just as imbalanced by it.

The strength of the interior and exterior of this colour should be emphasised. The environment around us and how we feel in it is important. How can the outside world affect us? Every person has a different way of looking at the world, and how we experience the world, both inside and out. If we are aware of ourselves, aware of our boundaries, both towards ourselves and towards others, then we can feel truly comfortable in our own skin. This can often be a challenging life task, as it all starts from childhood. If we haven't learned there to protect ourselves and learn our own boundaries, as long as it is healthy to let others in, it can be an eternal cycle of repetition in our lives through lessons and experiences of human relationships. It is precisely because of this that we can develop mistrust, suspicion, judgement of others and sometimes even of ourselves. The colour green gives us the strength to put our lives in order and to live in harmony with ourselves and others. We need to see, feel and recognise the depths of situations and why they are 'green-lighting' our days.

This colour supports both our decision-making and our judgement. It leads us on a journey to ourselves. As frightening as this can be, it can also be liberating to descend from the mountain top of obstacles to the depths. It can create anxiety, a sense of closure when we can't find our inner balance. To experience this colour in a positive way, we need to recognise when our environment is toxic and take action to change our habits. If necessary, we need to let go of people and things so that our own development and needs are not completely eclipsed by the needs of others. Let us dare to move forward, so that we can create an environment in which we can feel good about ourselves.



Green is always the colour that seeks balance. Its energy supports forgiveness, acceptance and calm, conscious insight. Jealousy and envy themselves can be linked to it as emotional reactions, which the more we deny and suppress, the more they will emerge and cause unpleasant moments and various trials. These signs and feelings are human, and they signal a lack of someone or something that we have not yet achieved or cannot have. Yet the root is formed in us, a lack of self-esteem that reinforces feelings in us that we are not good enough compared to others. This is what we need to recognise and understand! Let us open our hearts, through which a completely different way, a different perspective, opens up for us. A little "green envy" can even act as an incentive, a motivation to move in a better direction, which we have not done before. It will push us out and transform our inner world. We can't completely bridge and solve everything with just this colour, but it can still make our emotional crises easier. Communicating with love and showing it — no small thing. It helps to see a problem objectively.

Be out in the fresh air, around greenery as much as possible, to connect with nature, with mother earth, otherwise you will become more and more distant from yourself and feel a sense of lack. Not to mention, it's also good to recharge your body, not just your soul. Hugging a tree is an indescribable feeling. I do it every time I go out in the woods. It's a way to recharge, to connect with our energies, with our roots.

My own experience of green

I didn't want to miss any opportunity to write about my own experience of the colour green, which might be of help to others.

Since I was a child I have loved being outdoors. It's how I can really live my inner and outer freedom. Even when I'm emotionally down, which happens to me, in most cases a good walk can clear my thoughts and feelings. To this day, when I feel like I have had enough of the noise and crowds of the city, the woods are the best relaxation for me. When I'm in nature, breathing in the green colour close to the green canopy of the trees (see: [star breathing](#)), I'm injecting an even more powerful source of energy into my body.

Just by hugging a tree, I have already connected to the primal energy that nature can give us. Because that is the root of everything, that is where our whole being comes from. When I'm not out in nature for a while, I feel more physically and mentally tired, because a lot of energy is taken up by the constant proximity of people, by doing my duties, by living my daily routine. I often forget that the most important thing is to be well ourselves, because everything else starts from that, and that is how we can give to others. Because we have something to share.

Having had pneumonia for several months in 2023 taught me exactly this, that I need to maintain my own charger first, and then I can approach a situation or problem with more calm and composure. Since then I have also changed my lifestyle and eat a lot more vegetables, which also brings me into balance physically, mentally and emotionally. Green can be a great teacher in our lives. We can only create our inner harmony through hard work and by loving ourselves and our needs at a healthy level. It is important not to be selfish and to be able to love others in this world. But it always starts with loving ourselves.



The orange

Orange is one of the most cheerful colours. It encompasses boundless joy, fulfilment, confidence, self-worth and physicality itself. It is a colour associated with the sacral chakra, so the lack of it, or even its excess, can present challenges and tasks for us.

If we like this colour in general and don't feel it has too much energy, we can more easily embrace the pleasures and feel less shy about the opposite sex. It boosts our confidence in the outside world and in ourselves. It is also excellent for treating depression and fears.

There's a creative energy to this colour, so it has a huge creative power. Symbolically, it describes the emotional connection with others: the mother-child relationship, the couple relationship (you and me) and the relationship with women. Personally, I have been helped a lot by the energy of this colour in my recent life. More than one human relationship has been resolved, healing what needed to heal. What can be saved and what is important for us is worth doing and putting energy and time into it. To deepen a friendship or our relationship even more is a big task. But if we do it, it can make a huge difference to our quality of life. After all, why do we live in the first place if not to be able to love and be loved? This is where the orange can be a partner, so that we can first come to terms with our own being, and then reach out to others whom we can welcome into our personal space.



Experiencing this colour in an unbalanced state can leave us feeling insecure and indecisive due to emotional shocks. It can be characterised by a strong attachment to the past, which can lead to rumination and an overwhelming sense of impulsiveness. This is why it is important to make the best use of the energies of orange. Living small pleasures can also be a "daily task", not just living up to our obligations. It encourages us to let the energies flow within us, and our inner strength is worth tapping into from time to time. And this can only be achieved by the will to

live, by the pleasures of the earth, by inner work. And speaking of earthly pleasures, addictions (alcohol, drugs, gambling, etc.) can also be treated well with the colour orange.

More sociable people tend to like this colour because it makes them stand out from the crowd. Those who can really connect with the great energies of this colour are able to radiate it outwards, which others are happy to join in with. After all, who wouldn't connect with happy people? An orange person is a vibrant and passionate individual who can have a youthful energy.

The colour orange has the ability to break down barriers, inner fears and boundaries. These are all painful paths to take, but at the same time, to appreciate the present, you have to tread unknown paths. This colour helps to unblock emotional blockages from the past and can be associated with the ability to self-analyze.

I often see or hear people reject this colour. This is not a problem, it is a journey of discovery to find out why. As we become more aware of the message of the colours, what they say, we can take in the insights that are important to us. Rejection is always for a reason, whatever it is. I started to work with colours more seriously because they break taboos, they dig deep into our emotions, where not many people like to venture.

A little bit about self-awareness

Self-awareness is about starting to recognise, to know who we really are, how we react in certain situations. How we relate to people, how we approach work and how we see and perceive life itself. It's a long, painful but silent process, but we can make great progress and find our true place in this world.



I'm on my own path, like everyone else, but I know what I want to stand for and what I want to do to help others. For me, getting to this point has been a new way of looking at things. There's no turning back from here, only forward on my potholed road of colours. I wish the same for you! Neither colours nor numbers can solve our daily problems, but they can open our eyes to see ourselves and our fellow human beings more consciously.

The turquoise

Why do I love the colour turquoise so much? Because for me, it is a colour that strengthens the energy of perseverance. Slowly but surely, you can achieve the expected result. The energy of this colour can stay with you for a very long time. It's a kind of unstoppable energy that, in one way or another, appears in everyday life. It's worth wearing around the house or even around yourself for a long time. On the other hand, turquoise protects you from negative external influences. It also has a calming effect. It is an excellent choice when you are surrounded by unfamiliar company, where you cannot yet fully relax. It can help us to communicate and gives us the strength to speak and express ourselves in public.

Creativity is also part of it, and it is also the colour of team players. Often, after a hard day or when we are overworked, we find it harder to speak coherently, to find the right words to say. It's a good colour to use when you need to find the right words. A colour can be more supportive than we think. If turquoise is calling to us, it's worth thinking about how we can live our creativity at the moment. It may not have happened yet, but we feel it is missing from our lives. This colour can open doors, almost point us in the right direction.

Turquoise is the revealer of the heart and a great healer of our emotions. I tend to crave the company of this colour most when I feel I need to think about my own affairs and want to see my feelings clearly. Its energy gives me a sense of calm and serenity. It helps us to communicate what we really feel, not just what we reasonably think is right. To speak from the heart, to open up, is not an easy task, but the more we pay attention to our own communication, the more we can see what moves us and how we can express ourselves more clearly.



For those who reject this colour, it is also worth considering how they feel when it appears in front of them, or even when they think about wearing it. Our feelings are a tell-tale sign, and we don't need to go into the meaning of the colour if rejection itself leads us to loneliness and a feeling of isolation. It's never too late to work on ourselves and find the right direction in which

we can fulfil ourselves. It's not the turquoise itself that we need to love and impose upon ourselves at all costs, but to see what we can change, but have not yet recognised. Colours help us to do that. They open up our hearts and guide us along the path to finding our true selves, who only want love and to connect with others.

From a physical point of view, the lungs, heart and throat can be associated and supported by this colour. It is not by chance that emotional blocks or anxiety can lead to speech impediments, fear of performing. Asthma can also be included here, which is also triggered by a feeling of suffocation, emotional anxiety and worry. Turquoise supports the learning and mastering of foreign languages, making them easier to absorb. If we can communicate with our hearts, we can be open to learning about and absorbing new cultures, and in fact we can then connect more easily with others. Openness, a new way of looking at things, can carry us through a foreign environment, perhaps in a foreign country. Wherever we live, or even if we're just passing through, the colours are with us and accompany us all the way. It's just that we may need one of them more than the other at a particular moment or situation in life. If someone is too attached to this colour, if they can't accept anything else, it could be a sign of someone who doesn't like to be alone, who wants to be part of a team. One can be very carried away by the art world, perhaps floating above the ground. There can also be an addiction to technology, whereby one loses the ability to live in the present moment completely. It is important to balance the rational and spiritual worlds for those who wish to make a greater impact with this colour. Emotional storms are always present in our lives, no one is an exception. However, it is up to us to decide if we are only driven by our emotions or if we can think with a cooler, more conscious mind in a given situation.

A little thought on colours

Colours open the door to another world. They create an effect that makes us part of our own little wonderland. Everyone sees and perceives them differently, but they can take us on an unforgettable journey. That's why we let ourselves be bathed in their energy, their impact. Every colour has a message for us. Not everything can be put into words, because some of it has to be felt to understand what it has in store for us: what do we need to be stronger in, or what is the energy that may be building up inside us? Seeing the miracle and living the moment — that is what is indescribable. Just let it nurture our souls!

The coral

Coral is a lovely colour and I love wearing it at any time of the year. Perhaps many people think of deep sea coral reefs when they think of this colour. Not for nothing, as this colour can really dig deep within us, into our spiritual blockages and long-held belief systems. I like to call it a great soul revealer, with family and our roots as its primary starting point. Everything starts there and we carry it on through generations. Today, we find a lot of help to work on ourselves and to uncover the hurts, bad thinking and entrenched family patterns that, let's face it, can poison our daily lives and, by extension, those of others. The way we treat ourselves affects others, because if we treat ourselves well, we do not make ourselves dependent or exploitable to others.

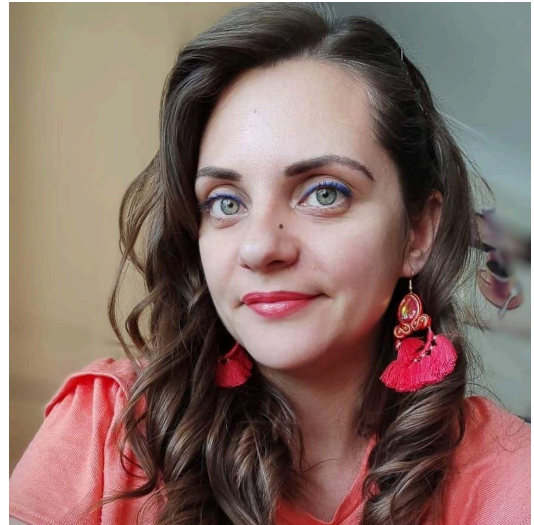
This includes the very experience of independence and freedom, which is only possible if we live our lives consciously. Being independent does not only mean being alone and not needing the help of others, it also means that I can manage my life and that I want to help others and give what I can. Independence can exist in a family life or even in a marriage. After all, in our social life we are in control of our own lives, which is expressed in our decisions, our actions and how we relate to each other or our own family. I experience freedom, but in doing so, I also consider others, and selfishness is not a feature of my life. Dependency in human relationships can do a lot of destructive work and unfortunately very often it is vulnerability that leads people there, whether it is due to external influences (material, emotional, etc.). We can feel trapped. Coral can also help us to untangle this feeling of dependency and vulnerability, which can bring us a lot of relief. In a social relationship, within a family or at work, in small or large communities, it is important to experience interdependence. Everyone puts in the necessary energy, work and heart and soul to make each other feel good and not a burden on each other. Sharing and caring - the key to a healthy human relationship.

Through coral, if we experience this colour energy well, we can gain great wisdom. In many families there is a black sheep, and if we feel this role, then we have the answer to our place in that family. There is always at least one person who breaks family patterns, beliefs and conformity, and lives life with a completely new outlook, and then perhaps starts a family accordingly. However, if we don't take to this colour well (or at all), it can be a telltale sign that we are carrying too much of our family members' backpacks at the same time as our own. It can put a heavy burden on our shoulders, on our spine, which unfortunately cannot be got rid of in this way with the same thoughtfulness and self-sacrifice that our ancestors did.

It is a colour associated with the unconscious, deep enough to make a meaningful change, to step out of the victim role. To do this, we must first see ourselves clearly, and only then can we take steps towards the new, where we have not yet been because we are afraid to break out of the suffering and comfort we have become accustomed to. We should not sacrifice our lives for anyone just because it feels right to the outside world. And what would they think of us if we did not? They would surely think that we are letting others down, or that we are selfish. But there are degrees of selfishness. If our own lives are poisoned by serving and helping others, and we

cannot move forward in our lives because of it, we are living the life of others, not our own. We don't become worse people just because we draw healthy boundaries and make our own lives important alongside the other's. This is true of our family, our couple relationships, where it is important to work in mutual respect so that neither party gives up on themselves completely. This includes parenting, where we very often have to give up on ourselves. But we must not let it stay that way! In the meantime, let us not lose who we are and who we want to be in our individual journey.

A coral person may experience disappointment or unrequited emotions many times in their life. Precisely because of their over-sensitivity and naivety, which can also be classified here, they only see the good side of people, and can therefore fall for it. The coral type often feels that the world is against them, that everyone is out to hurt them, but this is not true. They can only be disappointed by their overly idyllic ideas, which often lead them to distrust no one. If we lack this colour or its energy in our lives, it is likely that we may have more to do with human relationships, a task that can be a big mirror to our relationship with ourselves.



Giving mutual respect is age-neutral. Both child-parent and parent-child are essential. If one of them falls, there is no balance between the parties, only expectations and control. Because of this, communication also becomes stale. I have experienced through my own example that if only one party tries to fix this, it is inadequate. It takes two people and an honest, open conversation. Without it, only the shadow of ego dominates that relationship, not love and understanding are the main drivers.

A bridge made of colourful rays

Once upon a time, there was a colourful bridge that very few people dared to approach. It was as if nothing was holding it. It didn't look stable enough for that reason either. It was made up of colourful rays, which formed the base of the bridge, the walkway. It wasn't mundane, and that's why they feared it the most, because it must be powered by magic. It seemed very fabulous, they could never explain its exact existence or who had erected it. At both ends it was signposted that something wonderful would happen to anyone who crossed it, because time does not pass in the way we perceive it in the normal world. Many people didn't know if this was good or not, so they avoided it.



One day, a young man, Attila, set off on an adventure with a loaded backpack. From the first steps he was overcome with uncertainty, even though it was only the beginning. He felt that the colourful rays could disappear from under his feet at any moment. It was a bit like walking on a rainbow. Then he looked down and saw a large clearing deep below him. He was a little shaken by the height, that he might fall at any moment. Then he took a deep breath, regained his strength and kept walking.

For a long time he walked and did not stop, and then suddenly he was lifted up by the rays, and as if he had been sitting on a wave, he was just carried along. There was no way he could get off easily. Everything happened so fast, he didn't even realize what was happening around him, he just rode the waves. He didn't think, he didn't contemplate anything, he just held on with all his strength. Everything seemed so beautiful at the time: he felt strong and he had the faith to achieve anything. But then he just fell off. He felt helpless, hurt, hopeless. He felt these feelings of despair, and he thought he would stay that way.

Suddenly the colourful rays straightened out again, everything was stable again. He was no longer afraid as he had been at the beginning of his journey. The picture became clearer. He felt as if years had passed in total uncertainty, in cycles of up and down. At last he arrived on the other side of the bridge, where he was greeted with a round of applause and appreciative whistles. Meanwhile, an inner voice, but not his own, addressed him appreciatively:

“Congratulations, you strong soul, for never giving up! You see, the bridge just showed that a moment is the span of a human life, but we decide how we take the waves. There is not always only up and only down - that was the lesson to be learned. We are given enough strength to take the obstacles that are thrown at us, but in the process time passes. Many people forget this, and end up getting more tired of the struggle, of the fall, than of letting things just happen to them. But you have stood the test this time. Return with this knowledge to pass the message on! Whoever hears it will be waited for here at the end, but they must make the journey alone.”

The waves must be experienced. We can keep up with the pace, but to do so we must learn resilience, so that we can enjoy the occasional slap in the face or the occasional blow to the head. We decide whether to stay down deep or come back up with the next wave.

The magenta

The colour magenta encompasses the capacity and need for love, which can bring sacrificial love, human happiness, true passion. On the other hand, a magenta person may also experience melancholy and loneliness due to a great hunger for love. It is also important to find a healthy balance in the give and take of love. It is important that there is no smothering love, or hurtful, insulting or rejecting love. As many people say, those who are hurt the most with words are those who are loved the most. However, this should not always be the case, even if they live together, connecting their lives. It is true that we can hurt others unintentionally without even realising it.

Style also matters a lot. If we're not in the right mood and we take it out on the other person, we can't expect much good either. But, to put myself in the picture, I'm also prone to moodiness. However, even when I inevitably hurt my loved ones, I can still apologise to them and admit my mistakes. Therefore, for me, these are all related to the magenta: showing love and owning up to our mistakes, taking responsibility for our actions and deeds.

Loudness and lack of inhibitions can also be associated with the magenta, which can be very destructive to human relationships. Humour also has its extremes, because if we hurt the other person with it, we humiliate them and destroy their self-esteem. Yet I think that those who experience this energy of colour well have a lot to offer and can be counted on for everything. Their work is one of the most important things for them, and they can draw a lot from and contribute to human relationships. In fact, they put almost too much into a relationship and can often be disappointed not to get it back. They are very attentive to detail, so they are also recommended for work where they can exercise this ability. They are detectives, so to speak, with very sophisticated analytical skills.



Magenta possesses a remarkable quality: it enables its bearer to notice the small wonders of life, even amid the rush of everyday existence. In other words, this colour helps one to be present in the moment and step out of the frantic race of life. It can make the individual highly sensitive—particularly those who are born under the influence of this colour's energy. Due to this sensitivity, they may at times become overly attached, cosseting, or excessively caring towards their loved ones—something that can eventually become burdensome for those around them. As they often live in a dreamlike world, real life can frequently feel disappointing to them. This may lead to a longing to escape, a reluctance to face life's real challenges. They may feel as though they lack the strength to cope, as if their soul is wounded.

There is another strong ability that magenta can give to a positive wearer: the ability to stand up from any depth. To me, this means that we have evolved in some way and can therefore embrace the kind of energy that will get us through the more difficult times of life. Because everyone has difficult periods, along with the good, it's inevitable. Also, just because someone lacks the colour magenta in their name, or even in their date of birth, doesn't mean they can't bring that energy into their life. It's just that it can be a learning lesson for them to live with that colour and evolve with it. If someone has too much magenta, or too much of its energy, it is likely that they are putting too much energy into serving others. They are not able to draw their boundaries and let others cross them. This is because they want to help others all the time. They don't feel they have to put themselves first so that they can give to others and not take from themselves. They are also known as a work obsessive, a careerist who are not able to have fun or recharge. But for those who lack this colour, superficiality can be present in their human relationships and in their work. It is the opposite of someone who puts a lot of energy into something.

Without the energy of magenta, we can be egotistical and uninhibited, running roughshod over the feelings of others to achieve our goals. That's why it doesn't matter how much of a colour we can absorb or how much it is present in our lives. The task with a colour is not to impose it on ourselves when an analysis reveals its absence, but to be patient with ourselves to understand why we cannot identify with it or why there is too much of it in our lives. Colours just help us to get closer to our negative sides alongside our positive ones. They awaken us to the question, are we living our lives with heart and can we give it to others?

The star adorned in colours

On a warm summer night, the fleeting tale of our little explorer, Emilia, began as she lay down on the soft grass of the meadow to gaze up at the stars. She had studied them often, letting her thoughts drift far and wide. Inside, she felt a deep peace and was full of hope—she still believed in miracles.

After a while, sleepiness overcame her, and in a hazy half-dream she noticed a truly extraordinary star shining far off in the distance. It gleamed in the colours of the rainbow—it was impossible to miss such brilliance.

She immediately became alert and rubbed her eyes, thinking perhaps it was only a dream. But the celestial body still shimmered before her, glowing with vibrant colour, as though it were calling out to her. Emilia let herself be drawn in by the star's radiant energy, surrendering to the wonder of the moment.

Seven beams of light, each in a different hue of the rainbow, began to stream towards her. They arrived swiftly, surrounding Emilia and filling her with the supportive energies of each colour. She could feel every single ray wrapping gently around her like a soft blanket. Though only a few moments passed, for her, time itself seemed to pause.

Eventually, the rays withdrew, returning home to their own star. Emilia now felt stronger and more balanced, uplifted by the power of the colours. After this magical encounter, she looked up again—but the colourful star had vanished.

She hesitated for a moment, uncertain whether what she had seen and felt had truly happened. Yet her deep, childlike faith would not allow her to doubt for long. For miracles do exist—you simply must believe in them, and then they will find their way to you.

She never forgot this adventure. It was then that she decided to dive deeper into the world of colour, even if she had no idea where this journey would eventually take her. Because every path begins for a reason. And those who have faith and listen to the voice of their soul are more likely to notice the signposts along the way—even in the densest of fogs.

For the fog is only ever temporary, and clarity always returns—if we are patient and strong enough to wait for better days. Sometimes we must lose ourselves in the night's mist to find our way back to daylight once more.



The olive

Emotionally, this colour carries energies akin to green, which is associated with harmony and joy in life. The driving force of this colour works through the heart, and based on that, we can make well-considered decisions in our lives. There can always be a sense of duality within us—whether regarding our decisions or simply life itself. This colour can help us work through emotions and build a bridge between dualities. Emotional and material balance fall into this category as well—neither functions completely without the other. Even in the material world, emotions are necessary; we don't make decisions solely with a cold head. For example, we might save up for a long time for something our heart desires, or invest in our family home. These higher goals are fundamentally driven by emotion, and we must also create financial stability to support them. Everything is interconnected, which is precisely why we shouldn't focus solely on one thing all the time. We need to dedicate time and energy to something over the long term, but that doesn't mean we should neglect the other areas of our life.

It's important to allow the olive green energy to flow well, as it is linked to a luscious sense of joy—and when this joy is present within us, it naturally spreads to others. Surely, dear reader, you know that feeling when someone's hearty laughter fills the room? It makes you smile too, doesn't it? Laughter and cheerfulness always touch the human soul. When something comes from the heart, it can be felt from afar, and its impact is far stronger than any forced action or laughter. But what happens if we don't experience this colour's energy in a positive way? In that case, the opposite of joyful cheer occurs. It may become the colour of great sorrow—for those who live life feeling constantly victimised, as though the world is against them. That doesn't necessarily mean a person is always like this. Of course, there are some who embody the victim role deeply and spend their days in constant lament. But as human beings, we all have difficult times—periods that affect our physical, mental, and emotional wellbeing alike. During such times, it's hard to laugh freely and see only the cheerful side of life. Our soul may harden a little, and we might not respond to things as we otherwise would. That's exactly why I want to highlight that olive green is a major driver of emotions. It's up to us how we connect with this colour and its miraculous energies. What kind of mental state are we in? What phase of life are we going through? And what is our mindset towards everyday life? Self-pity can easily creep into anyone's life, but I still believe that it's healthy—at least for a time—if we can eventually pull ourselves out of it. We need to show empathy toward ourselves too, not just constantly consider the needs of others. And especially, we shouldn't feel bad when we're hurt without having given any reason for it. In such cases, the situation isn't about us as a person, but it still affects our emotional world. This tends to happen on difficult days, when nothing seems to go as we'd like. At times like that, we may take everything to heart and become overly sensitive in the eyes of those around us.

Everyone goes through experiences, and it's crucial how we process both the good and the bad. This colour carries the kind of positive energy that helps us get through the hardships of life and make a fresh start without clinging to past wounds. The most essential foundation of

self-awareness is honesty with ourselves. We must first recognise and admit our own mistakes. Without that, there's no way forward—we remain stuck.

If this colour is currently missing from our life—or perhaps it's never truly been present—it's worth considering whether joy can genuinely be part of our everyday experience. Do we allow ourselves to feel inner happiness despite life's many difficulties? On the other hand, if there's too much olive green in or around us constantly, it can bring about intense emotional storms. That's when we become overly sensitive and unable to take a joke, for example. Too much emotional energy isn't helpful either, because without conscious awareness, it's difficult to build or sustain anything. This can apply even to an ordinary weekday, when it's better not to pour our emotions fully into something but instead take the next step with a clear mind. Olive green can be the perfect colour to help us release the martyr role and move forward.

Speaking from experience, I myself have been going through a difficult year—perhaps one of the hardest from a health perspective—but even so, I try to laugh and enjoy myself. It took a long time to pull myself out of a state that wasn't particularly joyful, all while dealing with physical pain. But as I began focusing on other things, becoming more active, and spending more time with friends, I started to feel better—not only emotionally but physically too. Everything begins with ourselves—this is what I believe! If we want to heal, it's up to us to give ourselves the emotional, physical, and mental 'medicine' we need. Often, that means embracing a sense of freedom and not forgetting how to laugh. Slowly but surely, we may notice that healing begins to take place—just as it did for me. Having learned from all this, I intend to pay even more attention to it in the future.



How can colours uplift our mood?

When we're feeling sad or down, everything can appear a little greyer. But that's exactly why we should bring more colour into our lives! Even if we don't feel it in the moment, colours can cheer us up, give us strength and momentum, and help us see the world in a vibrant light once again. Let's not allow our soul to turn grey just because that's how we perceive the outside world in a given moment. It's not always the boldest, brightest colours that help the most—sometimes, less is more. That's where pastel shades come in: softer tones that still carry supportive, uplifting energy. Colouring books, painting with oils, and similar creative activities can have a wonderfully positive effect. They allow us to recharge through the energy of the colours we're working with. So go ahead—colour, play with colours, and sooner or later your soul will thank you for it!



The indigo

The colour indigo is associated with clairvoyance and clear hearing. Those who bathe in the energy of this colour—whether from birth or during a particular life phase—are often blessed with strong intuitive abilities. Indigo's energy can enhance these gifts, allowing for deeper exploration, even into topics considered taboo. When experienced positively, it supports exceptional organisational skills and can be particularly empowering for those in leadership roles. As it carries the power of blue, it also brings strength in both verbal and non-verbal communication. However, because blue can also symbolise coldness, this colour may give the impression of superiority or emotional distance. Of course, this depends on how the individual resonates with the colour itself. After all, we can only radiate what is within us—how we think, how we act, and how we live our everyday lives.

Indigo is a noble colour, full of hidden secrets, which is exactly what makes it so alluring to many. It's not at all a colour that blends into the background—on the contrary, it creates a presence for the one who wears it. But when we are not able to receive the energy of indigo well, the story changes. In such cases, it may become the colour of the quiet, introverted personality—someone who struggles to express their thoughts clearly. There may be issues with self-expression, or even speech difficulties. This personality type tends to have a very symbolic way of seeing the world. They may live in a dreamlike state, holding visions or dreams that are difficult to articulate. Because of this subtle difference, they may find it hard to connect with others, often being misunderstood or keeping their emotional world guarded from most people. This “lone wolf” way of living can lead to stress and frustration.



Yet indigo, because of the deep qualities it inherits from blue, can also bring peace and insight—especially helpful when dealing with feelings of loneliness or depression. That said, if we surround ourselves with too much indigo, it can actually pull us down emotionally. It's wise to balance it with other, lighter colours—those that can soften the coldness of blue with warmth and playfulness. Indigo often signifies that the person is preoccupied with the meaning of life. With its philosophical viewpoint, it can make it difficult to stay present in the moment. There's a tendency to overthink and approach life too intellectually, which can leave us feeling emotionally empty in an otherwise meaningful world.

Indigo teaches us to walk through the depths of the self, to confront ourselves honestly, and to stay conscious throughout this inner journey—but it also reminds us not to leave emotions out of the equation. Only together can emotion and awareness function properly in everyday life. One without the other always leaves something missing. Indigo suggests a high degree of reliability and stability, which is why it can be a great choice to wear during important meetings or negotiations. If this colour is missing from our life—and we don't even feel drawn to it—there's nothing wrong with that. It may simply indicate that we're afraid to delve into emotional matters, and prefer to seek answers solely in the rational world. Even so, other colours can elevate our emotional side and support us through inner battles, challenges, and crises. Indigo may be a passing phase or a powerful symbol for a certain chapter in our life. It's worth experimenting with colours, bringing something new into our daily routine, to discover which ones resonate most deeply with us. I should also emphasise that every colour has something to teach us—something that can influence our emotions, thinking, and even physical wellbeing. A “blue phase” can often encourage greater self-awareness, and it might be a time when we need to rely more on our intellect to make serious decisions. Though we should follow the path of the heart, sometimes we must change direction so we don't let our emotions completely carry us away. All of this is only temporary—and changing direction doesn't mean we've strayed from the path our heart has paved.

The healing power of colours

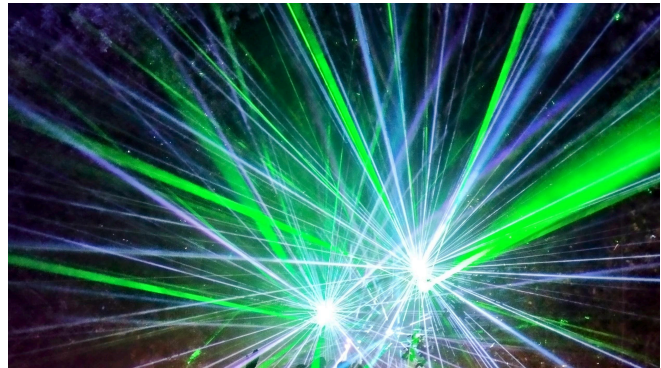
At the beginning of 2023, I was struggling with chest and stomach issues, which came with significant pain. Alongside prescribed medication, one of the most effective forms of relief was the supportive energy of the colour indigo. Whenever I was in unbearable pain—especially around my lungs and chest—I would dig out my indigo-coloured top from the wardrobe and wear it. It helped just as much when the pain was located in the stomach area. Green is also healing; white cleanses and refreshes, while blue has anti-inflammatory properties. In times of inflammation, pain, or even menstruation, I avoid red wherever possible—even in food. Red only stimulates inflammation and intensifies pain. Colours alone won't solve the issue entirely, but when used consciously, they never let us down.

In connection with the above, there's a very useful technique that allows you to bring colours into the body with ease. I'd like to emphasise that everything I share in this book is something I have personally experienced and consciously integrated into my own life. The breathing

technique I'll describe below helped me through a two-hour hospital wait filled with intense pain. I highly recommend it—please receive it with love.

The star breathing technique

This technique can relieve pain within three breaths, no matter where you are. It can also help if you're feeling sad, anxious, stressed, or stuck in a mood or emotional state you'd like to shift—just breathe in the “colour antidote”. This is a visualisation process. Don't worry about being able to visualise—if you can imagine things, you can do this too.



Before you begin, take a moment—intuitively or with the help of this book—to identify which colour you might need. For example, if you're feeling nervous, anxious or worried, turn to pink. If you're in pain or struggling with insomnia, indigo is the right choice. Red gives strength and motivation to act. Yellow brings joy and light-heartedness into your day. Choose the colour whose healing energy you need most.

Start by sitting comfortably and relaxing. Ideally, sit with a straight spine. If you lie down, there's a chance you might fall asleep—if so, keep your arms raised upright; if you doze off, your arms will fall and wake you. Once relaxed, cleanse your lungs with three deep breaths—strong inhalations followed by slow, steady exhalations. Now visualise a dark indigo sky filled with silver stars. Choose one star for yourself—one of them is truly yours. Once you've found it, always return to this star when practising star breathing.

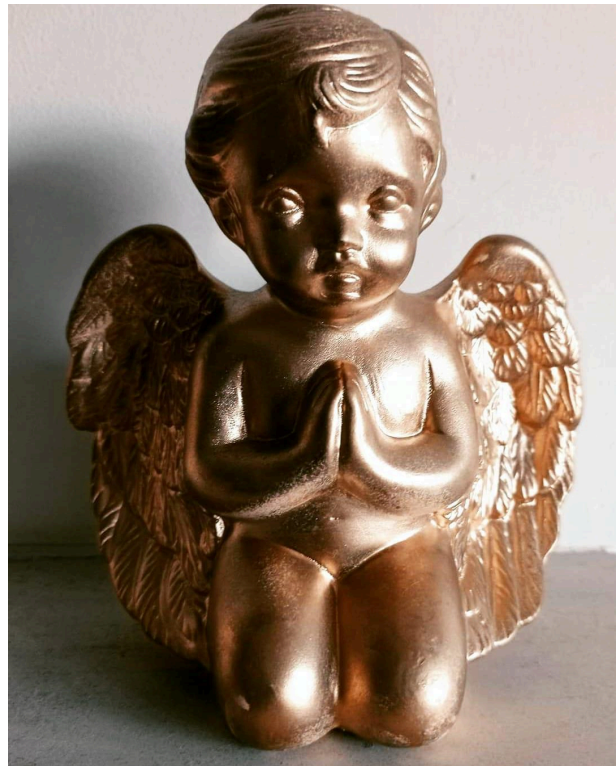
“Switch on” your star by imagining it radiating the colour you've chosen. The beam of light should be wide and strong. See how it fills the air around you with that colour. Inhale through your nose to the count of three, and as you do, visualise yourself breathing in that colour. You should actually see the colour separating from the air and entering your body through your nose. Hold the coloured breath inside you while counting to three, then exhale slowly through your nose. Repeat this breath at least three times. If you don't achieve the desired effect in the first three breaths, take another two rounds of three inhales and exhales.

You can use this colour breathing either to recharge your whole body or to target a specific area of pain by directing the coloured breath to the affected organ or body part. Once you've learned how to activate your personal star, you'll realise you can switch it on and off whenever you like. It's an incredibly helpful technique for moments when no other support is available. It can calm the nerves in times of stage fright or reduce stress in high-pressure situations.

I hope this practice will be of benefit to you. Use it in good health!

The gold

The colour gold is very close to who I am and to my heart, because—according to numerology, based on my date of birth—it is the colour I have the most to do with. I would even call it my life task. And yet, interestingly, for a long time I couldn't bring myself to like it, let alone wear it. I couldn't even picture it on myself. In fact, as a child, I was harshly criticised whenever I wore this colour, and that led me to bury even the thought of ever embracing it. But this has changed—thanks to the inner work I've done. That's how I came closer to the positive energy of gold. I began to love and accept myself, without which the energy of gold would still repel me. This is still a work in progress—I'm going through a major transformation—but I must emphasise: this inner journey is a lifelong one. We can never truly rest from it.



But what is worth knowing about this colour?

Gold is the very essence of brilliance and splendour. It symbolises wealth and luxury, carrying with it a sense of nobility and dignity. But it's not those who are boastful, showy, or concerned only with appearances who can truly shine in the supportive energy of gold. It is those who are willing to work on themselves from within and confront their own flaws. A truly wealthy person is rich on the inside—not someone who seeks glitter and happiness solely in material things. These are what we call “golden souls”: people who seek a balance between emotional and material security, knowing that only with both can they create a full life and build healthy, deep human connections. A genuine golden radiance can be felt from afar—not just in elegant appearance, but in the inner light that person carries.

In its imbalanced form, the energy of gold can give rise to irrational fears, feelings of isolation and confinement. It can lead us to judge others more harshly, to see the world only through our own lens—triggering a constant inner battle. As a result, we may become cold, pessimistic, or indifferent to the world around us.

Gold helps us to appreciate everyday happiness—the miracle of life itself, which is no small gift, even if daily struggles often make us forget it. It is the colour of the mature soul—those who may have always felt “older than their years,” even as children, due to their serious mindset and attitude. They often find it difficult to relax or let go, as their drive for perfection keeps them in

constant control. But if they become aware of this tendency, they can undergo profound change. A golden personality is humble and knows their limits: they don't completely neglect themselves for others, but neither are they selfish. Humility, too, has extremes—and this is one of life's many lessons that gold teaches us through experience.

Gold shows us that being exceptional at something is a good thing. It encourages us to teach others, while still remaining connected to our fellow human beings—not placing ourselves above them. The golden type teaches through personal experience and knowledge—but with a heart so open and kind that others aren't intimidated by them. Instead, they're drawn to them, respecting and enjoying their presence.

The balance between rationality and spirituality is also part of gold's message. When we lose that balance, we may lose ourselves—swaying between extremes. But the way forward always lies through the heart. Wisdom, integrity, and responsibility all belong to the energy of gold. There are countless ways to look within and dig deep—and I believe that whoever seeks, will find. But the digging, the persistent inner work, can only be done by ourselves. All external help is merely supportive—it can only guide us to the place where our true inner treasure lies. And the more we are able to love without expectation, the more we can feel the glitter of gold shine within our hearts

Letting go of the ego is no easy task, nor can it be done completely—after all, it has a role to play in life. But human life is not as long as we think—it only seems so in the midst of daily worries and inner battles. The moment we learn to value our time—and become mindful of who we give it to, who we share our heart with—our life and attitude towards it begins to change. The greatest golden treasures often lie right under our nose—we just see them as dull and faded. But once we polish our little inner gems, heal our relationships, develop ourselves, and open up to the world, our old treasures will shine again—brighter than ever before. That's when we can truly feel: everything is exactly as it should be.

The Chandelier Radiant with Light

This little story is about Agatha, a woman who couldn't see the beauty around her—her days were ruled entirely by fear and anxiety. No matter who tried to cheer her up, any joy was always short-lived, and she would soon fall back into herself.

She was so consumed by self-pity and destructive thoughts that she couldn't truly experience goodness—let alone the lightness of happiness. Her mind was always stuck in the past or racing into the future; she was never really able to live in the present moment.

One day, a kind acquaintance recommended a technique that might help her release her inner tension and anxiety. Agatha gave it a try, but felt like she had failed again—she couldn't connect with it deeply enough. Her friend reminded her not to give up straight away; that the inner journey often only begins after many attempts. First, she had to find her way back to herself—back to her inner voice.

Agatha persevered, but the more she tried, the more frustrated she became. Then, during one attempt, she stopped overthinking and just surrendered to the process, telling herself, “Whatever happens, happens.”

It was this very mindset that helped her finally break through. In this moment of surrender, she experienced a deeper meditation in which she saw the following image: a grand chandelier radiant with light, stretching across the ceiling like a vast flower, its petals blooming outward.

The room was enormous, with a high ceiling, and where she stood, it remained cloaked in darkness. She could see the light—but she was still stumbling in the pitch black below. That’s when she understood the message of her meditation: only she could switch on the light around her. She had to find the switch, even in the deepest darkness.

Even if someone held her hand and guided her with their voice, she could still trip, grow tired, and give up. Only she could be the solution to her own inner struggles. Only she could bring light into that room—right up to the ceiling—so that she might finally meet the chandelier adorned with glittering flower-petals of light.

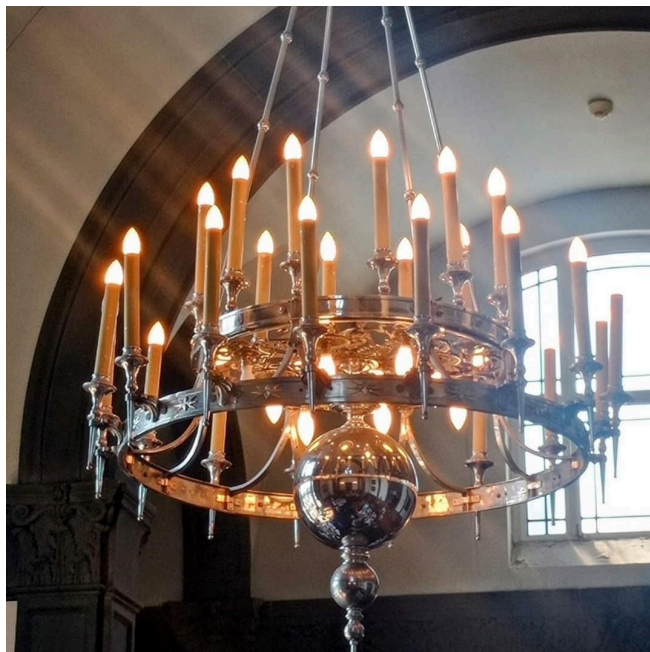
It would take great strength and courage, but she wanted to see that room bathed in brilliance.

So she kept practising—deep meditation, visualisation, the inner journey itself—until one day, the dark room no longer greeted her.

Instead, she found herself in a beautiful ballroom, surrounded by dancers twirling in vibrant, colourful gowns. Music filled the air—there was joy and celebration. The chandelier above glowed in all the colours of the rainbow, reflecting the joyful energy of the room.

Agatha found herself among them, wearing a magical golden dress. She felt that she had come home. Her inner world had finally opened up. She could now rejoice in the inner richness that could only be discovered within.

And only after this transformation did the outside world become more beautiful, more vibrant—for she had found herself. And now, the self she had discovered within could fully exist out in the world, too.



The white

White is the combination of all other colours. It is most often linked with purity, radiating like a freshly laundered garment in a washing powder advert. Every new beginning, every fresh flame appears dazzlingly pure at first sight, with no visible flaw. Yet, as with white clothing, it does not remain immaculate for long if it is not cared for—after repeated washings, the brilliance fades and the whiteness is no longer the same as it was at the very beginning. Purity can be nurtured, maintained, and preserved, but we must accept that nothing and no one is flawlessly spotless—and need not be—in this world. For if everything were so dazzlingly white, it would no longer belong to the Earth, where growth requires effort, struggle, and the very marks of life itself. It is through these stains of experience that we become better, learn, and in turn inspire others. Purity can only survive alongside discolouration, for the two cannot exist without one another. At times, we must pass through the greyness—or even the black shadows—so that we may recognise our brighter selves, which live within us whether we choose to see them or not. White shines a light precisely on this truth: that we must perceive every corner of our own being, in black and white.



It is a curious colour, for though we cannot see through it, we still know it to be both pure and original. It reveals hidden feelings as well as false ones. White is best when combined with other colours—for while strong on its own, it may also feel somewhat stern or heavy in its energy. Those drawn to white are often seekers of truth, unafraid to confront what is unpleasant along the way. They understand that behind every truth lies one or more secrets. White is the very essence of faith, rooted in reason, and it allows one to see the path ahead with clarity.

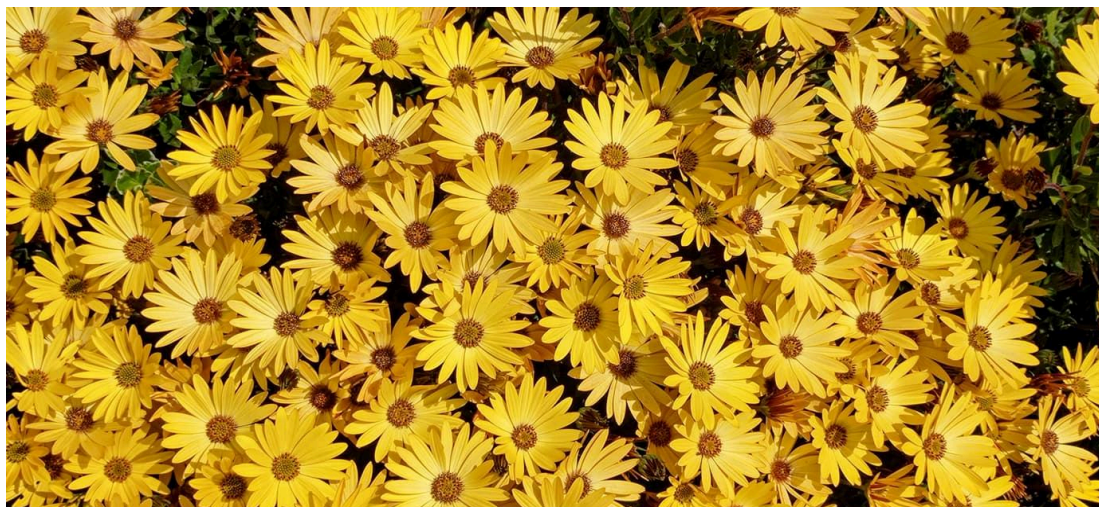
An “overdose” of this colour, however, may lead to nervousness or a sense of emptiness, resulting in emotional isolation. This is why it is wise to blend white with other colours, so that multiple energies may meet and flow both towards us and from us. For everything begins within: the outside world merely responds to us and to our own emotions. When we feel in need of protection—or when we long to cleanse ourselves of burdens—white can lend its support.

Above all, white is a symbol of peace, embodying equality for all within its energy. It purifies and detoxifies. At the start of any emotional or physical cleansing process, there is pain and struggle, for this is the moment when repressed emotional wounds begin to surface and release their hold over us. With the help of white, we may find absolution and become emotionally freed from the weight we carry. It helps us to understand this inner suffering. On a bleak, grey day, it is worth wearing white, for it strengthens vitality. White has a harmonising effect on every colour. For example, it can transform the aggression and anger of red into unconditional love.

Colour Deficiency, Colour Excess

In the personalised colour analyses I prepare, a common question arises: how can we tell which is our “deficiency colour”? This refers to the colour whose energy we need most in the present moment. If we reflect on which area of life we currently feel stuck in, or where a greater challenge awaits us, we will already have our answer as to which colour’s support we might need.

For example, if we feel drained of energy, lacking motivation, or in need of greater self-confidence, then it is worth bringing the energy of red into our daily lives. Or, if we struggle to focus on studying or completing a task, yellow can be of great help. It is an intellectual colour that supports mental activity, stimulates the mind, and can even lift our mood.



Finally, a very common example: when we feel restless, impatient, hot-headed, and unable to think calmly, it is blue that can provide the desired effect. It soothes us and strengthens our ability to make clear-headed decisions, preventing us from being ruled by emotion alone.

It is also important to emphasise that our “excess colours” reveal much about us as well. For instance, if we cling to wearing only one colour over a long period of time, shutting out all others, this over-reliance may also point to an inner imbalance. As the saying goes: we cannot see the wood for the trees. By holding too tightly to the energy of a single colour, we may resist change altogether. Balance is essential in life, and this is equally true for colours. It is the golden mean that keeps us in harmony. Of course, no balance is permanent—that is precisely where colours can support us, helping us adapt to change more easily. And whenever we become unsettled—emotionally, mentally, or physically—they help us to return to equilibrium. Pay attention to the colours that call to you! They may appear in decorations, jewellery, clothing, or the colours of the walls around you. As a first step, notice: what colours are you wearing right now, and which surround you in your space? What might these choices reveal about you?

The pink

It may come as no surprise to many that pink is the colour of unconditional, accepting love. This colour represents an essential energy in our world—the energy of allowing others to be who they truly are, while also embracing our own authentic self. How liberating it feels when we dare to be ourselves in this world, and are still loved by others as we are! Everyone carries an inner child who longs to be treated with the tenderness of a loving mother. Pink speaks of self-acceptance and nurturing. It embodies gentleness, compassion, and romance. It is often associated with femininity, yet men can wear it too. Children in particular are drawn to pink. It is closely linked to the love between mother and child. Importantly, compassion is not the same as pity, and this colour supports us in keeping this energy flowing in a healthy way, where it belongs.

A truly “pink” personality cares for their environment and has no difficulty expressing love to others. They are the “warriors of gentleness”, not driven by conflict or competition. Instead, they are guided by higher ideals, which is why they may often feel as though they live in a “pink bubble”. Pink also carries a powerful energy that can sweep away fears and is always ready to be called upon. When we are anxious, worried, or burdened by fear, pink can be of great help. Its energy can be drawn in through practices like the [star breathing technique](#), or invited into our lives through clothing and decoration. Anyone who can embrace softness and walk down the street with a radiant smile has already experienced the effect of this colour. Pink holds the quality of insight, reminding us that caring should also be directed inward—not only toward others. If we neglect ourselves by constantly prioritising others, we only harm ourselves and grow distant from our true self. Whatever colour we pair pink with, it softens, refines, and gentles its qualities.

Those who dislike this colour often struggle with the maternal energy of tenderness and acceptance, finding it difficult to embody or to connect deeply with their own children—or with their own inner child. In relationships, this can manifest as feelings of inferiority or emotional withdrawal, though such imbalances still point to a deeply sensitive soul. It is important to highlight that this often stems from the patterns we inherit from our parents and childhood. If we were unable to form a deep emotional connection with our mother, it may become our life’s task to learn how to channel our feminine energy and parenthood in a balanced way. I can say this is true for myself as well—there is room for me to grow in this area, but I am already working on it. Childhood traumas and emotional blocks shape our adulthood, affecting our self-esteem and even our ability to care for ourselves. Pink may signal to us a lack of love or a sense of being misunderstood by the



world. It may also point to inner loneliness, born from the difficulty of connecting emotionally with others due to our own inner vulnerability and guardedness. Even if we enjoy wearing pink, we may still feel a longing for greater attention and love. When our feminine side is out of balance, the weight shifts onto our masculine side—which, over the long term, is not healthy.

If we overindulge in pink, we may find ourselves living in a dream world, which can lead to disappointment. We might fall into the trap of platonic love, or become captives of false illusions.

A True Dream in Wonderland

This tale is about a tired, emotionally exhausted mother who found it hard to enjoy her daily life under the heavy weight of constant responsibilities. She felt trapped in a monotonous cycle with no end in sight. Joy and the feeling of freedom had slipped away, and she no longer seemed able to take delight in anything.

One evening, after putting her child to bed, she soon drifted off to sleep herself. Her soul then set off on a great journey. A wondrous dream began, and she found herself once more in her own room. Suddenly, a crystal sphere rolled to her feet. It gleamed beautifully, as though a whole other world existed within it. Shimmering lights and moving shapes could be made out inside. She could not see them clearly, but her eyes perceived their presence. Bending down, she picked up the sphere and tried to peer into it, curious to discover its secret. As her eyes focused ever more intently on the tiny lights within, she realised, to her amazement, that she herself had stepped inside this world—and could no longer see the outside. She turned slowly and looked around.

She was standing in a magical meadow, surrounded by fragrant fruit trees and flowers in dazzling colours, and a magnificent rose garden. The sight enchanted her; the colours glowed so vividly they seemed almost to vibrate. She felt irresistibly drawn towards them. There were so many hues that she did not know which to choose. Then she closed her eyes and asked herself:

“Which colour chooses me? What do I need most right now?”

The garden filled with pink roses called to her sweetly. She stepped into it and felt the energy of true, unconditional love radiating from the blossoms. Her fears and worries melted away. Peace washed over her. It felt so good to rest in this tender presence. She felt loved, and realised she could also see beauty and worth within herself. Breathing in the fragrance of the roses, her whole body and soul were filled with deep, moving feelings. Memories surfaced of carefree childhood days: running freely, laughing loudly, delighting in sunshine and rain, and visiting her grandparents who always awaited her with such joy.



Then she heard a familiar tune, a voice humming in the distance. It drew closer and closer until she recognised it—her mother’s voice, singing her favourite childhood song:

*“The itsy bitsy spider crawled up the water spout.
Down came the rain, and washed the spider out.
Out came the sun, and dried up all the rain,
and the itsy bitsy spider went up the spout again”*

She listened as the song reached into the depths of her heart, tears streaming down her face. It awakened feelings she had long been searching for but had been unable to reach. It reminded her that she had nothing to fear. Even if she failed or fell, there was always a way forward. There was always a solution. She must never give up. Life was to be lived with heart—with love for life itself, for others, and for herself.

She felt freed, for she had rediscovered her long-lost inner child. At last she understood why she was there: to open her weary spiritual eyes in the midst of monotonous adult life. She was happier than ever before, yet she knew it was nearly time to return. She turned and saw a door covered in climbing pink roses. It opened wide before her, inviting her back into her own reality. She stepped through, and the dream came to an end.

The next morning, she awoke with a smile as bright as the sun, remembering every detail clearly. The day began joyfully, full of energy and vigour. She felt renewed strength, and she understood the personal message of her dream: that she was capable of anything, as long as she believed in herself—and even the hardest days could be brightened with small joys and laughter. She ran quickly into her child’s room and woke them with a big kiss. The morning began with singing and dancing. They jumped and laughed together on the bed, paying no attention to the time, simply revelling in those shared, magical moments.

The black

Many people are fond of black, precisely because—as the saying goes—it slims and conceals. One feels it can make the figure appear leaner and at the same time offer a sense of hiding. The energy of this colour carries with it an air of mystical secrecy. Those who wear it often are not likely to reveal themselves easily. They keep a hidden world within, into which not just anyone is invited; entry is based on trust. Loneliness is also tied to this shade, and in truth many people would benefit from experiencing solitude at some stage in order to truly appreciate the proper flow of love.

I have my own [story connected to this colour](#), one that conveys the message that light and shadow can only function well together. Black has its counterpart: light itself. Just as night is as essential as day, so too does black hold an important place in our lives. When we dare to look deeper into the world of black, we can discover light within it as well. For in facing our darker sides, we gain illumination about them, and may accept them as integral parts of ourselves. Often we must tear down the walls of what no longer serves us, so that something new may be built. In this, black can be a faithful ally. More than any other colour, it has the power to reveal both our weaknesses and our strengths.



Wearing too much black may also suggest something is missing from our lives, leaving us feeling empty. In difficult life situations from which we cannot easily extricate ourselves—or problems we cannot yet resolve—we may be drawn towards black. The colour can hold its wearer captive, shielding them from realities they feel too weak to face. In this sense, black is thought to provide safety: a place to hide from the world.

It is also the shade often worn by those suffering from depression, who cannot see the light, but are instead surrounded daily by dark thoughts. My mother, for instance, has suffered from depression and schizophrenia since my childhood, and black has always been her favourite colour. She always wears it, and feels most comfortable in it. At times she adds other hues, but black is ever-present, her source of security. Another personal experience: one of my close friends dressed almost exclusively in oversized black clothes, despite having a lovely figure. Over the years, she began slowly adding small touches of colour, until one day she appeared in a bright yellow jumper that seemed to crown her transformation. For a long while she resisted letting colours in, but as she worked on herself, our friendship deepened, and gradually the hues found their way alongside the black. As pieces of her soul healed, she felt more inclined to

embrace colour, to show more of her true self, and at last, after a long time, she was ready to emerge from her shell.

Why do I share these reflections? To give strength and hope. There is a way out of every situation—but we must take steps towards it. Every change begins within. To shine outwardly, to glow with colour, we must first become colourful within, open to the new, open to change itself. The meaning of black also depends on who wears it: for teenagers, it carries a different message. It often signals the transition to adulthood, when they are still searching for their identity and need a private space in which to retreat. For them, wearing black can be a temporary journey, a cocoon through which they eventually emerge as butterflies. In adolescence it is also linked to rebellion—the wild, rule-defying spirit often expressed through dark clothing. On the other hand, if someone entirely lacks black in their life, this too says something: perhaps they fear looking too deeply within. In such cases, they may become overly dependent on the external world and on the opinions of others.

It is not always the bright, radiant colours that solve our problems. At times, it is better to withdraw a little, to do inner work, and untangle our knotted threads. For this reason, black is best when combined with other shades. Black with red, for example, can compensate for many deficiencies. Black with blue suggests calmness and a willingness to move forward at a slower pace—already preparing to step back into the light. The lesson black has taught me is this: there is no such thing as a good or bad colour. There are only possibilities, and energies that support our growth. Each colour radiates its own teaching. We decide how to respond to them, and how to weave them into every aspect of our lives.

Light and Shadow

One day, Light and Shadow were talking to each other. Light asked Shadow:

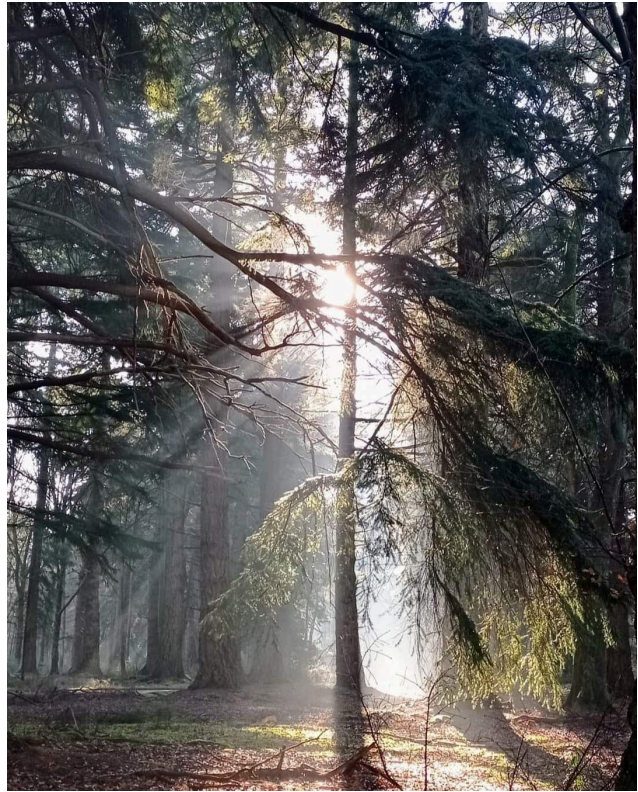
“Tell me, dear Shadow, why won’t you allow brightness to shine everywhere? Why do you darken people’s lives with the power of darkness?”

To this, Shadow replied:

“Dearest Light! You see, this is my fate—to receive such questions and to be judged only for what is seen as bad in me. This is what I chose: to endure criticism, for I am not the “child of Light”. But if I were not by your side, people would never grow. They would never experience hardship, nor face difficulties that could guide them towards a better path. Through me, they find strength, and only then can they truly value life.”

If there were only light, there would be no reason to struggle, no true meaning in growth. People imagine happiness as a life of ease, yet I have witnessed far more moments of joy following a difficult time than in periods when nothing happened at all. Creation is only possible when both Light and Darkness move the soul together. It belongs to the balance of life itself. Without Light, there is no Darkness—and without Darkness, no Light. Good may triumph, but its shadow will always remain. It can never be abandoned, for it is part of it.

Light thought deeply and understood the message. And so they continued to live together, in a kind of “brotherhood”. For neither could exist without the other.



The silver

The colour silver is linked to femininity, impartiality, and longing. It carries with it the energy of the Moon, the gathering of female forces. Speaking for myself, I can only write from my role as a wife and a mother, drawing from what I live and what I have already experienced. Many lessons led me to my husband, preparing me to receive a love nourished by true values—a genuine partner.

While silver is associated with the feminine, I hold deep respect for the masculine as well. Both are equally important, separately and together. A woman is the heart-engine, the emotional grounding for her partner and her family. Much depends on childhood—how we saw the world as little girls and how we grew into womanhood through the years. What does this mean to us? Do we carry our female fate as a burden, or can we live our softer energies with pride, embracing the receptivity that belongs to our being in this world? The journey of becoming a woman has its own phases, each stage shaping how we experience our femininity.



Silver stabilises emotions, frees us from emotional restraints, and restores balance. It reflects mistakes without distortion, excuse, or bias. This is a gift, for it is most often through our mistakes that we learn—and grow. Silver illuminates the path. It restores equilibrium, eases conflicts. A person attuned to silver does not judge, but allows others to form their own opinions. It encourages authenticity, shining light upon who we truly are. For women, it can greatly enhance femininity—something never to be forsaken.

When misused, however, this colour may lead us into superficial relationships. The Moon can blur our sight, cloaking things in mystery, as it belongs to the night. Yet it is up to us whether we dare to face the veil of the night and the shadowy side that calls us towards growth. An excess of silver can saturate us with female energies, leading to hysteria, dramatic worldviews, and perceiving everything as trauma. For true balance requires both masculine and feminine forces. On the other hand, if silver is missing from our lives, we might ask: where do we need to soften? Do we allow our feelings to flow? Are we honest enough to face them, and receptive enough to approach life with gentleness?

I must admit, I often carry too much masculine energy within me. Yet I see this as a task, a lesson to work on. Anything can be learned if we truly wish to. For me, greater receptivity, care, and softness began with motherhood. That was when I started to live as the woman I longed to be—rather than always fighting the world and its daily struggles with masculine force. That path only exhausts us. Life is not given to us merely for battle, but also for joy—for savouring what we have. Inner harmony can only be achieved by ourselves, yet first we must accept our roles, and acknowledge that it is not weakness to receive help when needed. Everyone loses balance at times, myself included, but it can be restored once we understand what drives us—and accept that being a man or a woman is no small task. Neither role should be underestimated. Yet together, in union, the journey can even feel light, when we lift one another's being, teach one another, and slowly polish each other into man and woman—into one.

It is no simple thing to find both man and woman within ourselves and place them rightly—to know when and how to call upon their energy. Yet I believe countless life situations, encounters, and relationships can teach us how to let this flow in harmony. By releasing control—by realising that we are not always the ones to steer—we take a great step towards embodying our femininity. For we need not always fight as men, battling against what, in truth, often requires no battle at all. Many times, diplomacy and refinement prevail more powerfully in our daily lives. Perhaps we are surrounded by warriors who know no limits, but eventually fatigue comes, and we discover that this is not the way of the heart, but of the ego. To acknowledge something is not a weakness—and to receive supportive energies and lessons can make us stronger still. In my own life, my relationship has been my greatest teacher in this. It constantly reminds me never to forget which role belongs to whom. Burdens can be shared; neither man nor woman needs to bear it all. Together they form a whole, and by embracing this, they can truly elevate one another.

The depth of relationship

Connected to the colour silver, I cannot leave out the theme of relationships from the story of colours. In a partnership, energies also work together, and it is vital to find balance between the feminine and masculine. Colours can guide us here too: not only can they open a path of personal growth, but they may also illuminate how we relate to one another in love. For me, comparing my own colour analysis with my partner's brought great clarity. We gained a clearer understanding of each other's drives, ways of thinking, and personality traits. Without this awareness, no matter how much we love, we cannot truly connect. Constant misunderstandings and recurring conflicts arise, slowly pushing us apart. But two people are always joined by a root of connection—and it is that root which must be nurtured and strengthened so it may grow and flourish. We are not each other's enemies; we are meant to be companions, walking hand in hand, experiencing the fullness of life together.



In a relationship, the way we look into each other's eyes—the depth to which we see and feel each other's soul—speaks volumes about what the connection is built upon. Wordlessly. For me, the true, enduring relationships are those that need no excessive words, no justifications—because the feelings, the invisible energies binding us, are already there.

Even after eleven years, I believe in love and in its sustainability. There are always valleys, but it is up to us whether they carry us further apart or draw us closer, stronger. Personally, I have learned to swim with the waves and to move with them, even when I feel they crash against me. This applies to my relationship too, where both of us want to reach the shore—but together. We wait out the storm: it rumbles, it crashes, but we still do not let go of each other's hand. Even when both of us are weary, we know we will get through it—this storm is simply longer than the ones before.

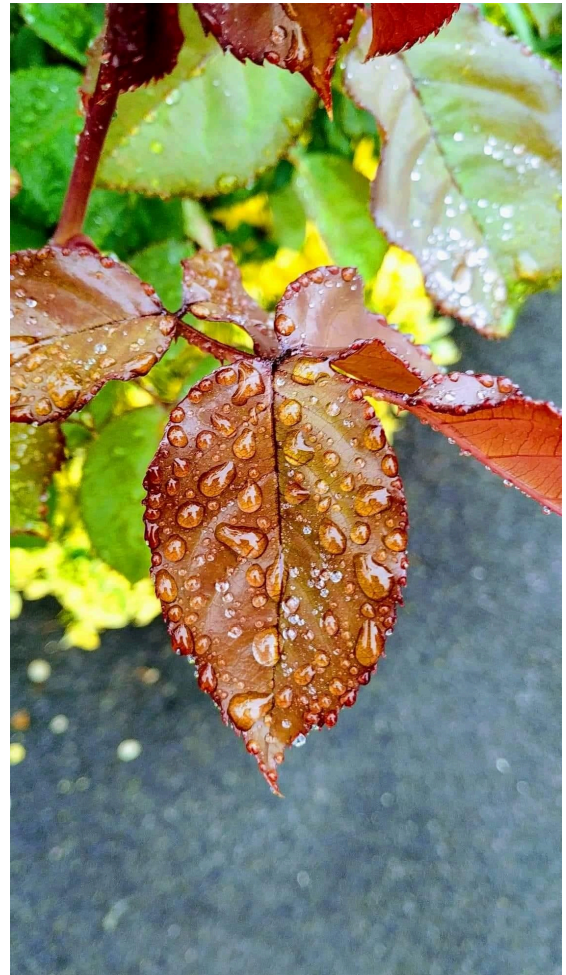
The brown

Brown embodies solidity, stability, reliability. Those most drawn to this colour are often people who love earthly things and pleasures, yet who do not necessarily enjoy being in the spotlight. They prefer to remain in the background, working steadily from there. Brown resonates with more rational individuals who stand firmly with both feet on the ground. Of course, this always depends on the other colours present and the person's wider character. We should never analyse someone based on a single colour alone. A full personal colour and number chart gives real insight into who someone is. After all, there are aspects of our personality we ourselves may not yet have discovered. Colours can help us to understand why we function the way we do now—and where we are heading in life.

Someone who loves brown usually values a stable life and does not enjoy change. They are rarely the leader, more often the trusted right hand of the leader, someone who reliably gets the job done. Professional success matters deeply to them, and they work hard for it. Learning and continuous development are essential. They believe in actions and deeds, guided by reason rather than passion or impulse. For them, common sense and awareness are paramount.

By contrast, those who avoid brown often crave bustle, surface-level variety, and constant change. They may be drawn to a more modern lifestyle, detached from grounded, earthy matters. But an excess of brown can also cause imbalance. It may show up as stinginess, excessive materialism, or a tendency to approach everything only through logic and tangible value. Brown can be a favourite of melancholic people alongside black and grey, symbolising attachment to place and an overemphasis on comfort. Too much of it can trap us in situations, leaving us stagnant and unable to move forward. This is why no single colour should dominate—balance is the key.

For some, brown may feel ageing, yet it often brings the mind and soul a sense of calm and peace. It is a colour that allows many to hide in the background, while still maintaining control over their practical affairs. Brown does not merely speak; it acts. And it expects the same of others. Yet it can also cling to unworthy life situations, paralysed by fear of consequences or of



change itself. But this fear is unnecessary: with diligence and willpower, brown people can thrive anywhere.

Personally, I first associate brown with chocolate—and I suspect many would agree. We desire it for its taste and smell, but unconsciously the colour itself plays a role. A strong craving (or dependency) for chocolate may reveal suppressed emotions or unmet needs. Eating as a substitute can point to a lack of love, a way of giving our body and soul a fleeting sense of being cherished. Sadly, the comfort is temporary. The joy fades, and we soon search for the next piece of chocolate—yet this often harms our body more than it heals our heart. Teeth suffer, the body acidifies, too much sweetness ultimately brings bitterness into our days. And still, we cannot always stop—this is dependency.

We cannot usually break such habits overnight, but step by step they can be reduced. The true work lies in uncovering the emotional void beneath, and giving it healthy attention. Only then can we restore balance, and perhaps no longer crave chocolate so desperately. Occasional indulgence is natural—life is for enjoyment too—but extremes become traps we set for ourselves.

For me, chocolate has been exactly such a teacher. My sweet tooth showed me the consequences of constant indulgence and irregular eating. For health reasons I had to reduce it—slowly, at my own pace, but successfully. Chocolate is still a weakness of mine, but now we are friends without dependency. The lesson it gave me is this: the golden middle path always leads us to the right place, where we are not gnawed by overthinking or excess. In today's world, with stress pressing in from all sides, it is harder than ever to find that balance. But it is always up to us: do we surrender to it, or do we take our destiny into our own hands?

Courage and Cowardice

Courage always embraced new things, seizing opportunities as they came. Even when afraid, Courage acted—knowing that fear only paralyses and holds us back. Many admired Courage, respecting the strength, persistence, and willingness to stand tall.

Cowardice, on the other hand, feared everything—even the simplest, everyday matters that might push them out of their comfort zone. Every step was overthought, and just when it seemed they were ready to act, they would always retreat at the last moment. Cowardice dared not reveal true feelings, fearing harm or rejection. Always playing it safe, they chose submission over risk. Yet this safety brought no happiness. People took advantage of them, never fully respecting them, always noticing the uncertainty in their eyes.

Cowardice often gazed at Courage with longing, marveling at how admired they were. Courage seemed fearless—or at least never showed fear. But what Cowardice truly envied was Courage's willingness to embrace vulnerability. Courage never sought to appear perfect. Mistakes were made, wrong turns taken—but Courage owned them all. Cowardice knew how freeing it must feel to live authentically, to accept oneself openly—but still they trembled: What if others don't accept me as I am?

Years passed. Cowardice still hesitated, unable to take meaningful action, and their personal life remained clouded. Always suppressing, always afraid of losing grip on things. Meanwhile, Courage lived fully, seizing opportunities. Yes, there were failures—but always followed by rising again, climbing higher, pushing through obstacles. Until the end, Courage never gave up on dreams. Cowardice admired from afar, dreaming of one day becoming such a figure. But dreams alone were never enough; the strength to act was missing.



We can choose which character lives within us, guiding our decisions. Recognising when our life is heading the wrong way is itself an act of courage. Facing truth, and showing it through action, can lead to our greatest growth. The size of each step matters little—what counts is the movement itself, the willingness to begin, even when we do not yet know exactly where the path will take us.

The grey

Finally, a few words about the colour grey. It is one of the most common shades we wear, alongside black and white. Grey can serve as a base colour in our lives, and we may even feel its absence when we long for something muted, soft, subdued. Grey is the bridge between black and white. It can embody melancholy, sadness, a sense of fading or dullness. As I've written before, everything depends on how one lives with a particular colour energy—what stage of life they are in, and how they weave it into their existence.

Grey may symbolise a transitional state, representing waiting, or the feeling of helplessness. It's the sense of time passing—of growing older—yet without seeming to move forward. It therefore carries with it a certain vulnerability. For rest, relaxation, or simply wearing at home, it can be the perfect colour. Older people are often drawn to it, and in this way grey brings with it a quiet wisdom. And speaking of ageing: greying hair is a natural process, unavoidable, but it also marks an inner transformation. Grey teaches us to accept our age, our mortality, and our humanity. Ageing is a privilege, worthy of respect—a journey that allows us to grow wiser. Outward ageing is only physical; the inner richness of the soul's experience is immeasurable. Grey reassures us that everything unfolds in its own time. There is no need to rush or struggle against the flow.



Those who often wear this colour are likely to enjoy the comfort of their home, content to withdraw from the outside world. Grey can carry acceptance, but also a quiet sense of dissatisfaction. A “grey” type of person may often claim they are too old to start again or try something new. This energy can harden the spirit, leaving the inner child feeling weary and aged.

Grey must be worn with care. Too much of it can sap motivation, leaving its wearer disheartened, reluctant to act. Overindulgence in comfort or inactivity can bring a dull emptiness. Yet motivation is vital to our lives, which is why we must always weave brighter colours into our daily rhythm. Without energy and momentum, there are no goals, no dreams realised. We ourselves set our desires in motion, moving step by step closer to them. Even in older age, one can live joyfully and vibrantly. It is not age that defines us—it is how alive we feel within.

Those who dislike grey often find it difficult to switch off, to rest, to let go. Yet every colour that encourages retreat and stillness has its own importance, alongside the brighter, life-giving shades. To reject grey is to resist slowing down—but this colour reminds us of the value of pausing amidst daily duties. The quiet, “grey” days are never meaningless. Often, it is in stillness—when nothing seems to happen—that our best intuitions and insights arise. If the mind is constantly racing, it has no room to replenish itself. Grey teaches us to value what we already have, even during monotonous or uneventful days. Life need not always resemble an action film, a drama, or a battle. Stagnation, neutrality, simplicity—these are all phases of life. Each one helps us grow, so that we may later blossom again in colour. And when needed, we may return to the supportive calm of grey, allowing it to restore us.

The Grey World

Once upon a time there was a world that was grey and cold. It felt as though life unfolded in black and white, like an old film. People simply carried on through monotonous, colourless days. Everyone felt empty and tired, and no one knew what joy or deep, pure love meant—the kind of love that could bring light to their hearts. They believed only grey could illuminate their world; the other colours were surely just a fairytale. Since this grey way of living was all they had ever known, they had no idea that anything else even existed.

One day, a little girl strayed from the group during a school trip. She wandered into the depths of a forest, where a hidden path led her to a small, crumbling wooden cabin. She hesitated—was it really a good idea to step inside? Fear tingled in her chest, yet curiosity pulled her forward. Alone, but determined, she pushed the door open and entered the abandoned house.

Inside, she found another door. On it was an inscription: “If you open this door, the fog will lift, and the world will burst into colour.”

For a long time, she debated with herself. What if she never found her way back? She already felt lost—what if things only got worse? Fear gripped her, yet deep within she sensed that this was her moment. Now or never. Something had led her here for a reason. Gathering her courage, she took a deep breath and opened the door.



Instantly, a dazzling whirlwind of colours exploded into the room, forming a great tornado that swept her up with its force. The girl was carried helplessly into its spinning centre, weightless and timeless, as though she had left the ordinary world behind. Within the swirling storm she saw the impossible happen: the grey world blossomed into colour. Everything seemed to awaken, alive as if for the very first time. She had never seen—or felt—anything like it.

Gradually the tornado quietened, growing gentler and softer until it faded away completely. The girl landed safely back on the ground. Looking down at herself, she could hardly believe her eyes—she was wearing the most beautiful, colourful clothes. They had been with her all along; she simply had not been able to see them. Tears of joy rolled down her cheeks as gratitude filled her heart.

Just then, she heard the voices of her classmates, who had been desperately searching for her. She ran to meet them—and to her astonishment, they too were vibrant and colourful now. The forest itself had transformed; the grey mist was gone, replaced by a world radiant with colour.

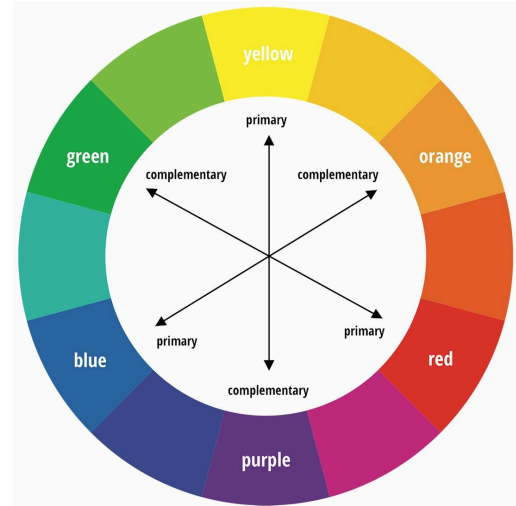
The secret had been found: the heart of the world itself, waiting for someone to awaken it. Only a soul open enough—still believing in miracles—could discover it. Only a pure child's heart could see the decaying cabin and the weathered door that most would overlook. Appearances are not everything. Sometimes, behind crumbling walls, a true treasure lies hidden. Only the heart can reveal it.

Those who close their hearts, who push aside their feelings, will see the colours fade away. For it is we who give life to colour, through living with heart. The heart beats in colour—but when it grows bitter, everything turns grey.

Complementary colours

Complementary colour pairs play a vital role in the world of colour. On the colour wheel, every hue has a counterpart that sits directly opposite it—for example, green and red, yellow and purple, and so on.

By combining the primary colours (yellow, red, blue) we create the so-called secondary colours (orange, violet, green). The complement of each primary is the secondary colour opposite it. If we go one step further and mix a primary with an adjacent secondary, we get what are known as tertiary colours. Working with complementary pairs allows us to balance our energies on an emotional and spiritual level. And not to forget—they create striking, stylish effects in fashion. Personally, I love combining complementary pairs in my outfits. They bring both playfulness and intention into everyday wear.



This balancing can just as easily be brought into our diet. Most fruits and vegetables are bursting with colour, and even white or red meats can be viewed as wearing a colour on the inside. What we bring into our bodies works even more quickly than clothing or interior design.

Colour energies can also be found in our names and dates of birth. These may be abundant in some cases, or entirely absent in others. When one energy is overwhelming, it can be softened and balanced with its complement. For instance, a very “red” personality might lose themselves in constant action, living almost in a military style, which can be difficult for others to handle. Such a person may be impatient or explosive. Here, green is strongly recommended—it soothes the fiery red temperament and allows space for emotions to surface alongside impulsiveness. Over time, this balance can be felt within. Everyone responds differently: for some, the effect is gradual; for others, almost immediate. But it isn’t about waiting for some magic pill. Colour is about awareness and understanding—how to consciously improve our days. Red, for example, strengthens perseverance whenever we feel we lack the drive to begin.

On the other hand, if red is our missing colour while green is present in our names or birth dates, then red needs to be replenished in order to bring balance. These are just examples, but through analysis I have already come across fascinating insights. We should never underestimate the message of colour—it speaks far more deeply about us than we might assume. Of course, this little book isn’t the place to dive too deeply into all the endless combinations. What matters most is that each of us listens to what colours our soul and our style are craving. Sometimes we may prefer muted shades, other days our spirit is drawn to vibrant, lively tones.

This is where colour and style consultations become so exciting—they encourage us to make conscious choices. I myself once had a wonderful personal consultation with Ágnes Huszka, and it turned out that the colours I had been drawn to all along were indeed the ones that suited me best. This was a priceless confirmation for my soul: no coincidence that I love wearing those vivid “parrot colours”. Not only does my spirit connect with them, but my outer appearance—skin tone, hair, and eye colour—harmonises with them too. That said, I do not exclude black or brown if they call me. Had I been classified differently at the end of the consultation, I wouldn’t have been disheartened. Everything depends on what energy we want to connect with at a given moment. That’s why we cannot be confined strictly to one colour type. Our moods and our souls shift day by day, and only we can feel what is right for us at any particular time. Of course, if we want to shine at a special occasion, it is worth choosing colours aligned with our type. I wanted to highlight this because colour interpretation isn’t only about personal palettes, though they do interconnect. True radiance begins within—only then can it shine outward. Colours simply support us in this inner journey, helping us grow in confidence in the eyes of the world.

The next chapter of my life will be to learn the art of colour and style consulting. This has long been a dream of mine, and it is firmly in my plans for the near future. If it comes true, I will certainly write another book on the subject—linking my new knowledge with what I have already learnt. But let’s not get ahead of ourselves just yet!

My own colour analysis

I find it important to pause from time to time and analyse my own “colouring”. I don’t always like what I see—but that’s exactly the point. It opens my eyes to what is going on inside me, to the areas where I still have work to do. I don’t believe there ever comes a time when we are “done” with ourselves. Perhaps we resolve one issue in one area of life, but usually—so we never get bored—something else arises that calls for our focus. The key is to address one thing at a time, but to do it thoroughly, so we can move on to the “next stop”. For me, colour analysis lays this out in front of me. It is like a map—of our subconscious and conscious selves—mentally, physically, emotionally, and spiritually.

Colour analysis is a gentle way of discovering one’s true self. Colours lead us back into the realms of childhood, and often even further. They may open the door to our early years, a door that the conscious mind has long kept shut. And if we learn their language, colours can reveal how we truly felt in the past, how we feel in the present, and the direction we are heading now.

Just as colours affect us, so too do scents. They influence our emotions, and with that our moods in any given moment. Often, a familiar scent sparks nostalgia, recalling pivotal childhood memories. On a difficult day, bathing in a pleasant fragrance, surrounded by colour, can work wonders. Scents energise us. Everyone has favourites—whether a perfume, essential oil, favourite dish, or the fragrance of a beloved flower. A scent can lift us out of reality for a few seconds, allowing us to savour the true magic of the moment. I love pausing on a walk to smell the flowers, and I love the scent of rain and freshly cut grass just as much.

No matter the season, colour remains essential to me. Even on grey, heavy days, colours bring strength and light into life. Black also belongs to my palette. Our shadows and unresolved parts of the subconscious cannot always be concealed beneath the “everything is fine” shades. Inner pain must be lived through—not repressed. And so, I surround myself with darker or lighter colours depending on where I am.

We cannot force anything upon ourselves simply because it is fashionable, or because the outside world urges us to hurry. Only we know how much time we need to move through challenges, whether one or many at once. When they come, they often shake everything up, don’t they? This, too, is part of the emotional dimension of colour for me. Colours appear in our



lives precisely when and how they need to—at the right time, in the right form. For me, loving colours means being able to open and to receive, which in turn allows us to see a greater picture of ourselves and of the world around us.

Colours not only dress us—they encourage us to be authentic. They support and heal our bodies and our souls. Everyone has their own palette, and that is exactly as it should be. Through colour, we can dig deep into the world of our subconscious. That is why I have chosen to make colour a key part of my vocation. They integrate perfectly with every other method I use. Colours have their own language—one we only truly understand when the world is colourful enough for us to see beauty even alongside struggle and hardship.

Thank you for being here and reading my book! I hope you found it helpful, inspiring, and supportive.

I would also like to express my special gratitude to Mária Meszes, who has given me (and continues to give me) a helping hand throughout my colourful journey.



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