

'Colour is a power which directly influences the soul' - Wassily Kandinsky

Colour has a powerful effect on the way we feel and can deeply affect our mood. The same way that music can relax you, or make you want to get up and dance, some colours can soothe the soul while others ignite it or flare it up. Different colours have different vibrations and the colour that surrounds us, causes a reaction in us, whether we are aware of it or not.

Taking time to appreciate how different colours make us feel is important. We all react differently to colours and what one person finds calming, another person may find gloomy. Learn to be aware of which colours work best for you. If you are feeling overwhelmed, stressed or frazzled try taking yourself to an environment that has cool, soothing tones to help you feel calmer. If you are feeling down and deflated, wear something bright and colourful to help boost your mood and lift your spirits.

Colour is everywhere, enjoy and embrace it and help it to bring balance to your life.

