

## Seven Colors of Happiness Kai Swigart, Ph.D., M.F.T.

When we experience negative emotions, such as those present during periods of anxiety or depression, our brains prompt us to fight, run away, or freeze with fear as if we are confronted by a serious threat. Despite the lugubrious latitudes we sometimes traverse, we are rarely faced with crises of this magnitude. Such emotional states have a detrimental effect upon our lives. Positive emotions make it easier for us to accept what happens, expand our thinking, and creatively consider the full range of possible solutions. Learning habits that increase our happiness will improve our health and overall effectiveness. Since thoughts and emotions vibrate at particular frequencies, like the colors of the chakra system, it is helpful to consider them on this basis. Below are seven color coded prescriptions, corresponding to the hues and functions of the primary [chakras](#), intended to help you become a healthier, happier you.

Negative emotions narrow your mind in order to limit your options to only those that will help you survive, and focus your attention on making it happen. They block out all other possibilities and courses of action. Did you know that sustaining life during a time of crisis is the only intended purpose of negative emotions? How often are we really faced with life threatening situations? Yet how often do we feel negative emotions such as the anger, fear, sadness, or stress that may accompany anxiety and depression?

Imagine that you get into a doozy of an argument with your partner, that you are blinded by rage, and all you can think about is what you can do to hurt them back. Or, that you are in dire financial straits, on the verge of another bankruptcy, and the only thing on your mind is running away. Or, that your job stress is so great you dread going to work, avoid it whenever possible, and feel so paralyzed by fear when you are there that you are unable to function. Negative emotions trigger the instinctual responses of fight, flight, or freeze; creating the illusion that a life threatening situation is occurring. Although clearly unpleasant, and although they could lead to or result from anxiety or depression; do any of these examples truly represent a threat to your life? The negative emotions generated by such situations limit our options and focus our thoughts on survival in the absence of a real threat, and by doing so may create an actual crisis.

On the other hand, when you experience positive emotions, such as joy, satisfaction, and love; you will perceive more of the available options from within the infinite range of possibilities. The power of positive thinking is old news, but knowledge of the scope of its benefits is expanding. Benefits of positive thinking include greater happiness, improved health, enhanced creativity, and accelerated spiritual growth.

According to Ayurveda we are composed of three bodies containing five sheaths: physical body (food sheath); astral body (pranic, mental, and intellectual sheaths), and causal body (seed sheath). The astral body is connected to the physical body at several points called chakras. We are alive because of the life force, or prana, flowing through us. Prana circulates within the astral body through channels called nadis, enters the physical body through the chakras, and circulates within the physical body through

pathways called meridians. Many forms of illness exist first in the astral body, and may exist there for years before reaching the physical body. A blockage or imbalance in the energy flow within the astral body may lead to physical, emotional, or mental illness. Chakras send energy outward from the core of the physical body to the astral body, and receive prana from the astral body which enters the core. Chakras can be open or closed, excessive or deficient, or can exist at various stages in between. The chakras must be in balance with each other, and there should be an even flow of energy through all of them. After entering through the chakras, prana circulates within the physical body through meridians. These meridians govern the functioning of the major organ systems of the body. For each organ system to remain healthy and balanced, prana must flow freely along the meridians.

Since meditation is the single most important vibrational frequency in all colors of happiness, it is essential that we understand two general meditative methods. The first of these is attentional focus meditation, which is where you focus on one specific thing. It could be your breathing, a bodily sensation, or a particular object in front of you. The purpose of this type of meditation is to focus strongly on one point and continuously bring your attention back to it whenever your mind wanders. The second type is open-monitoring meditation. This is where you pay attention to all of the things happening around you—you simply notice everything without reacting to anything.

If you want to be happier, please choose one of the following methods based on your current life circumstances, practice it daily, and realize its benefits. When things change, you may want to switch to the color that best fits your new situation. These prescriptions will help make you happier in the absence of unresolved core personality issues and their accompanying defenses. For those with such issues and defenses, therapy or spiritual teaching may be indicated.

Survival Red: The practices within this method will help you learn to be happier in the wake of a crisis. Critical incident stress debriefing, additional sleep, [earthing](#), weight training, cardio, relationship support, meditation, and [hatha yoga](#) will help restore balance, grounding, and resilience. Increased protein consumption, cedar incense, ruby, garnet, or hematite gemstones; and balancing yoga poses such as Tree, Eagle, and Dancer will also help restore health and happiness following a real or perceived threat to survival.

**Emotional Orange:** This recipe will help you learn to become happier when faced with anxiety, depression, or mood instability. Cognitive therapy, helping others, daily gratitude lists, hobbies, cardio, weight training, [tantra yoga](#), and meditation will help restore sweetness and stability to your mood. Increased fluid consumption; orris root, gardenia, and damiana incense; pearl, carnelian, moonstone, and coral gemstones; and yoga poses of Triangle, Forward Bends, Shoulder Stands, Plough, and Butterfly will also help you feel better during difficult emotional moments.

**Confident Yellow:** This prescription will increase your happiness quotient if you are lacking confidence or self esteem. Public speaking, spending time with positive friends or family, hobbies, giving, gratitude lists, helping others, weight training, cardio, meditation, and [Kundalini yoga](#) will increase your personal power and improve your mood. Eating more carbs; dragons blood, sandalwood, saffron, musk, cinnamon, and ginger incense; red coral, amber, topaz, yellow citrine, and rutilated quartz gemstones; and yoga poses of Cobra, Bow, Abs Strengthener, Leg Lifts, and Crocodile Variation will also make you a happier, more assertive you.

**Loving Green:** When you are unhappy in love, these recommendations will jumpstart the joy in your heart. Giving, planning a trip, going outside for 20 minutes each day, practicing genuine smiling, throwing negative thoughts in the trash, spending time with positive friends and family, helping others, hobbies, cardio, weight training, meditation, and [Bhatia yoga](#) will return the life to your love. Eating more green fruits and vegetables; lavender, jasmine, orris root, yarrow, marjoram, and meadow sweet incense; emerald, tourmaline, jade, and rose quartz gemstones; and yoga poses of Locust, Camel, Cobra, Fish and Pranayama will also help you become more loving, compassionate, and happy.

**Communication Blue:** When poor communication is bringing you down, then this formula will give you the needed lift. Therapy or classes for communication, brain training, hobbies, daily writing about positive things, helping others, unencumbered giving, going outside for 20 minutes each day, burning negative thoughts written on paper, cardio, weight training, meditation, and [mantra yoga](#) will help you feel better when your words have let you down. Increased fruit consumption; frankincense, benzoin and mace incense; turquoise, aquamarine, and celestite gemstones; and yoga poses of Lion, Shoulder Stand, Plough, Headstand, Camel and Fish will also improve your communicational clarity, expression, and happiness.

Intuitional Indigo: When illusion is inhibiting your happiness, then these practices will bliss out your blues. Sensitivity training, planning a trip, weight training, cardio, meditation, and [yantra yoga](#) will help you see the bigger picture. Increased silver intake; mugwort, star anise, acacia, and saffron incense; lapis lazuli, quartz, and star sapphire gemstones; and yoga poses of fish, sealing posture, and shoulder stand will also increase the scope and clarity of your inner vision.

Understanding Violet: When you lack awareness of higher consciousness, and when this distracts you from your dream; then this approach will help you find the way. Meditation and [Jnana yoga](#) will turn on the light of awakened consciousness. Fasting; lotus and gotu kola incense; diamond and amethyst gemstones; and yoga poses of The Headstand, The Lotus, and all Meditation Poses will also lead to enlightened, happy living.

So choose the most applicable color prescription, practice it daily, and enjoy the improvement in your health, happiness, and overall effectiveness.

References:

[10-minute guided meditation](#)

[7 Simple productivity tips you can apply today, backed by science](#)

[A Wandering Mind Is an Unhappy Mind](#)

[An afternoon nap tunes out negative emotions, tunes in positive ones](#)

[DAN GILBERT](#)

[Flourish: A Visionary New Understanding of Happiness and Well-being](#)

[Giving Leads to Happiness in Young Children](#)

[Got up on the wrong side of the bed? Your work will show it](#)

[How can you feel better about your body?](#)

[How much sleep do we really need to work productively?](#)

[How to Achieve Your Goals \(This Simple Trick Makes Progress Easy\)](#)

[How to quickly and easily feel happier and more satisfied with life:](#)

[How To Rewire Your Brain for Positivity and Happiness](#)

[How Vacations Affect Your Happiness](#)

[Imagination can change what we hear and see](#)

[Is being selfless the smartest way to be selfish?](#)

[Is there a way to create a positive feedback loop of happiness for yourself?](#)

[Matthieu Ricard: The habits of happiness](#)

[Money spent on others can buy happiness](#)

[NurtureShock: New Thinking About Children](#)

[Open Hearts Build Lives: Positive Emotions, Induced Through Loving-Kindness Meditation, Build Consequential Personal Resources](#)

[Sea + sun = happiness: science](#)

[Study: For a better workday, smile like you mean it](#)

[Study: Glee from buying objects wanes, while joy of buying experiences keeps growing](#)

[The broaden-and-build theory of positive emotions](#)

[The Difference Between Professionals and Amateurs](#)

[The Happiness Advantage: The Seven Principles of Positive Psychology](#)

[ThatFuel Success and Performance at Work](#)

[The Longevity Project: Surprising Discoveries for Health and Long Life from the Landmark Eight-Decade Study](#)

[The science of smiling: A guide to human's most powerful gesture](#)

[Top five regrets of the dying](#)

[Was grandmom right about "counting your blessings"?](#)

[Weather and Individual Happiness](#)

[What are your relationships worth, in dollars?](#)

[What happens to our brains when we exercise and how it makes us happier?](#)

[What Makes Us Happy?](#)

[Where Is the Grass Greener? The Economics of Happiness](#)

[Why Are Older People Happier?](#)