

*"Don't worry, he's true blue."*

*"I caught him red-handed."*

*"So I told her a little white lie."*

*"Why not just admit you're too yellow to do it?"*

*"Ever since our argument, I've been blue."*

*"I saw red when she lied to me."*

*"I was green with envy when I saw their new house."*

## Color Symbolism

**Red** is a bossy color, it grabs the attention and overrules all surrounding colors. It is conspicuous and its powers to command makes it the obvious safety color for stop signs and lights. Red sits at the top of the rainbow. It has the longest wave length of any color. It is the hottest of the warm colors.

**Physical Effects:** Red quickens the heart rate, prompts release of adrenalin into the bloodstream and engenders a sense of warmth. People overestimate the passage of time in a red room. Red causes people to get excited, become argumentative and to react faster.

**Symbolism:** Red is associated with the heart and emotion..... Love ... Red is passionate... "Seeing red" is outrageous anger... Lust is red... Scarlet letters red-light districts... Red is for blood violently spilt.

**Yellow** is a comparatively light color, a natural symbol of enlightenment.

It radiates warmth, inspiration and a sunny disposition. It is the happiest color. It has the highest reflectivity of all colors and appears to radiate outward, to advance, and to appear larger.

**Physical Effects:** Yellow is an excellent color affecting food for thought. Research has shown that grades of school children improved noticeably when their study rooms were painted an attractive yellow. Certain shades of yellow can produce a sensation of sunlight and warmth, yet just a slight change in shading can cause a feeling of nausea.

**Symbolism:** The life-giving sun is yellow. Gold, the measure of earthly wealth is also yellow. Blondes have more fun! Let your fingers do the walking thru the yellow pages. However, to be yellow is to show cowardice. For the artist Vincent Van Gogh, the color yellow meant everything good. It stood for faith, love, triumph, hope and friendship. It was the color of the sun, wheatfields, flowers. Van Gogh even painted his house yellow.

**Blue** is the peacemaker of colors; cool, soothing, orderly. It is spiritual and divine, and as it is the color of the sky, it leads us to heaven. Blue is a flattering color for clothing. The popularity for blue denim is limitless.

**Physical Effects:** Blue can be an emotional sedative; it has a calming effect. Blue can lower the blood pressure and has been recommended for bedrooms or other areas designed to be restful. Blue is a cool color, and can seem to lower the temperature of a room. People tend to underestimate the passage of time in a blue room.

**Symbolism:** Blue represents honor, as in being "true blue." A blue ribbon means first place. Blue-chip is high quality, and to be blue-blooded means to be high born. Blue skies are a cure for the "blues."

Orange has somewhat of an identity crisis; it appears in the rainbow, but is still considered a secondary color. It is warm, an evening color, an earth color; Utah's Bryce Canyon National Park is one vast panorama of the hue. If Autumn has a color, it is orange; blazing foliage and orange flowers seem to coincide. Orange can be very appealing in a fruitful sense, and it has exotic overtones as a common color for spices. It is strongly oriented toward food, as the crunchy, crusty fried and baked goods. It is pottery color and as so has a domestic quality, representing the comfort of the fire and hearth.

**Physical Effects:** Makes time pass even faster than red, and can make people argumentative and restless. Stimulates the appetite in some shades.

**Symbolism:** Orange means fall, harvest, Halloween pumpkins, parties and fun.

Green is the color of life and living. It denotes growth, renewal, hope everlasting, eternity. Green is cheerful and lively when used as a pure color. It can be dull or sickly when shades, tints, or other hues are added.

**Physical Effects:** Green is the most restful color to the eye. Green slows action and contributes to a slower pace.

**Symbolism:** Green is associated with the qualities of stability and security; it is interesting to note that most nations use at least some green currency. A green thumb is great in the garden; however, the rest of the body is never green unless seriously ill or dead. Often green is an ambivalent color, representing opposing ideas. Though it is the color associated with emotional balance, it also symbolizes jealousy. The color of freshness is also the color of decay. "The wearing of the green," has had different connotations through time, from the Irish symbolism of freedom to Robin Hood, to khaki green, and camouflage of the Green Berets and the military service.

Violet and/or Purple: are created by mixing two colors which are physically, emotionally, and symbolically poles apart -- red and blue. When they are skillfully combined, they evoke heavenly delicacy or incomparable richness. When they are mishandled, they are unsettling and depressing.

**Physical Effects:** As a cool color, especially blue-violet, it can make the temperature of a room seem lower. A tint of violet can foster a feeling of serenity and restfulness. When large amounts of dark purple are used, it can be depressing or threatening.

**Symbolism:** Purple is the color naturally synonymous with sensuality. It is a color of power and power corrupted. In ecclesiastical symbolism, purple is identified with the Easter season. Nature cooperated by decorating the earth with crocuses and the complementary yellow daffodils at Easter. Psychologically, violet is associated with internalization and sublimation. It indicates depth of feeling. "Florid purple prose" may be penned by a "shrinking violet."