

Attraction to Color

Over the last few months I had an obsession with anything that was blush, pink or rose gold. My friend and blogger, Gabie from [Tea End blog](#) commented that the color pink was related to nurturing and mothering. It was during a time I had our children home for the holidays. My motherly happiness resulted in purchasing rose gold earrings, a watch, a pink pullover...I couldn't seem to get enough of it.



Now, I'm doing the same thing but with lavenders, purples and violets. Really? I've never been a fan of purple. The only thing I can remember loving that was purple was my stuffed

poodle FiFi back in 6th grade.

Since I don't understand this new founded color sensitivity, I did some research on why we are drawn to certain colors.



According to energyandvibration.com **VIOLET** is the channel

for true balance, facilitating keeping one's "feet on the ground (Earth)" – while the "head remains in Heaven". Like with most things, there are positive and negative aspects to color.

Being attracted to **VIOLET** means having consistent difficulties with remaining grounded. When one is blocked or stuck in **VIOLET** they are too contemplative and often times unrealistic and impractical.



Just prior to my purple craving, I was stressing about getting our taxes assembled, doing financial paperwork, on top of all the other responsibilities in life. I did feel overwhelmed and not very grounded.



When I am out of balance I worry needlessly. Worrying is truly a worthless behavior because it doesn't generate results. Even though I try and talk myself out of worrying, I still do...back in the deep recesses of my mind. I find myself fretting over things I can't control.



However, not one to wallow for long periods of time, I decided to embrace the positive aspects of **VIOLET**.



And purple and lavender and all shades in between.



Openness to **VIOLET** is knowing and being in that Truth, and total Trust in the intuition and guidance it provides. It is also the Willingness to ACT ON that Trust with complete Faith. In reading the words trust and faith, my worrying minimized.



VIOLET can help also promote inner calmness and mental peace.



My color craving also seems timely as Violet and its opposite, Gold are Easter colors, representing the Ascension and Christ.



Color therapy and healing have been used for centuries. I'm far from an expert, but I've enjoyed researching and trying to understand my purple obsession. Have you experienced a color craving and don't understand why?

Mary

The flower photos are from my garden and Whitfill Nursery.