

WFWP Maryland's Gathering: Healing Through Colors and Positive Psychology

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The Maryland Chapter has a gathering once every month where members and guests alike can come and learn more about enriching life topics and what WFWP is up to. We welcome everyone to come every 3rd or 4th Sunday of the month!

On Sunday, October 28th we had the pleasure of participating in a lively talk and activity led by Rhonda Williams, Teacher and Humanitarian. She spoke about how we can discover and understand more about ourselves through colors, and how we can use positive psychology to become increasingly aware of our emotions and daily choices. (See the introspective activity below for more details.)

Mrs. Williams also spoke passionately about learning and training ourselves to live by universal values and virtues. It is these values by which all faiths abide; therefore, working on bringing faiths and religions together under the umbrella of these commonly held values is crucial to creating lasting peace. She shared with us an article of reasons why interfaith work is so important.

At the end, we each chose a card at random with a virtue to read aloud, and we shared its personal significance to us. You can find these cards at www.virtuesproject.com/ if you'd like to purchase your own set. Perfect for a daily or monthly inspiration or goal!

Feel free to check out Rhonda Williams' work at: www.artbcause.com/

Introspective activity:

Write down your favorite color, second favorite color, and least favorite colors. Then go to the color index below, as described by Rhonda Williams in a recent WFWP Webinar, and learn about how you relate to your environment and the people around you, the direction in which you are moving, and areas in life you might want to heal, challenge, or overcome.

Yellow: The source of yellow is the sun, and it radiates outward. It is giving, hopeful, optimistic, and idealistic. If this is your favorite color you are optimistic and happy. If it is your second favorite color, you have a high and demanding goal you are moving towards. If you don't like yellow, you have been optimistic about something in the past, got hurt, and shy away from it.

Blue: The energy of blue is safe, comforting, and secure, as if being hugged by the sky. People who like blue want to build harmony with other people. To do so, these people tend to be analytical to understand social rules and cues, and do not always speak up if it would cause a disruption. If this is your second favorite color, you may be searching for inner peace, even if your current situation feels chaotic. If you don't like blue, there is something in your life that isn't peaceful, so it is hard to relate to the color.

Red: Red is a power color with intense energy, representing excitement. If this is your favorite color, you are likely emotional, and enjoy going places and meeting new people. If red is your second favorite color,

then you are desiring to find more adventure in your life. If you don't like red, you don't appreciate when people express themselves too strongly.



Orange: Orange is the combination of primary colors yellow and red. People who love orange want to reach out, influence, and embrace people, much like a motivator. If this is your second favorite color, you find value in influencing others. Those who dislike orange don't trust people with too much energy of persuasion.

Green: Green is the combination of blue and yellow. It is most seen in nature. Green represents serving the public purpose, as the trees clean the air. Those who choose green as their favorite color are likely to have an occupation helping society, such as a doctor. If green is your second favorite color you find value in having responsibility within society. Those who do not like green feel there are rules in society that are inhibiting their happiness, and they want to depart from restrictive social order.

Purple: Purple is a mix of opposites: calming blue and adventurous red. As such, people who like this color tend to be creative and moody. Purple is a rare find in nature, meaning those who like this color focus in on what is different or unique. If you chose purple as your second favorite color, you are seeking to develop your own uniqueness. Those who don't like purple feel uncomfortable with mystery.

Pink: Pink is a color that represents sensitivity and kindness. If this is your secondary color choice, you want to be more compassionate with others. Many people do not like pink because sensitivity and kindness are thought of as weaknesses. On the contrary, challenge yourself to see these characteristics as strengths.

Brown: Brown represents the earth and soil, and can be a bit boring. Those who choose brown as their favorite color are happy to stay at home with friends and family. If this is your second favorite color, you may be seeking calmness and stability, and to be surrounded by loved ones.

Grey: Those who love the color grey enjoy meditative time by themselves. If your second favorite color is grey, you are looking to be more self-reflective. If you don't like grey, you don't feel totally comfortable being alone by yourself, and would rather seek constant stimulation.

White: Those who embrace the color white want things to be absolute and truthful, which can also come across as severe. That is why prisons and hospitals have been incorporating more calming colors in their décor beyond white.

Black: Black is the absence of light. It represents what is outside of our control, such as fate, destiny, and death. If you chose black as your second favorite color, there may be a block between you and your future keeping you from moving forward. Those who don't like black are not comfortable with things they cannot control.

Turquoise: Turquoise is considered a sophisticated color. If this is your second favorite color you may be looking for more refinement in your life.

Lavender or Peach: Rhonda Williams describes these as spiritual colors. Those who enjoy these colors are sensitive to spiritual realities, and seek to be in tune.