

# Color Alchemy

Self-Mastery with the Endless Supply of Color

7 Days  
7 Colors  
7 Triumphs

Jami Lin

Vitality

Creativity

Power

Love

Focus

Intuition

Bliss

# ColorAlchemy

## Self-Mastery with the Endless Supply of Color

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You are the Light  
unto Yourself  
-Buddha





## Table of Contents

How to use ColorAlchemy	vi
Preface: Dr. Burton Jacknow PhD	vi
Foreword: Dr. Darren Starwynn, OMD	vii
Introduction: Jami Lin	viii
Acknowledgments	256
End Notes	256
Graphic Credits	257
About Jami Lin	258

### Part 1

ColorAlchemy Quick Start	1
Living ColorAlchemy	13
Mental ColorAlchemy	25
Physical ColorAlchemy	51
Spiritual ColorAlchemy	67

### Part 2: Daily ColorAlchemy Triumphs 81

Week #1 Colors of Your Mind		Week #2 Colors of Your Body	
<b>Monday</b>	<b>88</b>	<b>Monday</b>	<b>113</b>
Enhance Color Breathing	88		
Adding Visualization	90		
<b>Tuesday</b>	<b>91</b>	<b>Tuesday</b>	<b>119</b>
		Healing Hands	124
<b>Wednesday</b>	<b>93</b>	<b>Wednesday</b>	<b>125</b>
Daily Habits	95		
Journaling	96		
<b>Thursday</b>	<b>99</b>	<b>Thursday</b>	<b>131</b>
Blessing Your Materials	101	As Above, So Below	136
Complementary Breathing	104	Liquid Light Meditation	
<b>Friday</b>	<b>105</b>		
		<b>Friday</b>	<b>137</b>
		Blessing Your Body	142
<b>Saturday</b>	<b>107</b>	<b>Saturday</b>	<b>143</b>
		Color Rays & Healing	147
		Color Ray Guide	148
<b>Sunday</b>	<b>109</b>	<b>Sunday</b>	<b>149</b>
		Reading Auras	153
		Diagnosing Auras	154



**Week #3**  
**Colorful Activators**

<b>Monday</b>	<b>157</b>
On the Body	158
In the Body	161
<b>Tuesday</b>	<b>163</b>
Around the Body	164
Office ColorAlchemy	167
Journaling Success	168
<b>Wednesday</b>	<b>169</b>
Frozen Light: Gemstones	170
Cleanse & Bless Stones	172
Using Stones	173
<b>Thursday</b>	<b>175</b>
Liquid Light: Essential Oils	176
Fragrance and the Mind	178
Working with	
Essential Oils	181
<b>Friday</b>	<b>185</b>
Making Collages	186
Drawing Mandalas	187
<b>Saturday</b>	<b>191</b>
Color Toning	192
<b>Sunday</b>	<b>197</b>
ColorAlchemy Elixirs	197
Creating Elixirs	198
Bathe ColorAlchemy	201

**Week #4**  
**Colors of Your Spirit**

<b>Monday</b>	<b>205</b>
Dance your Spirit	207
Chakra Dance	208
Moving Mediations	209
<b>Tuesday</b>	<b>211</b>
ColorAlchemy Music	
by Maestro Steven Halpern	212
Chanting to Open Chakras	217
<b>Wednesday</b>	<b>221</b>
Healing Core Issues	222
BETA Scan	224
<b>Thursday</b>	<b>227</b>
Astrology & ColorAlchemy	228
Numerology	231
Dreams & ColorAlchemy	232
<b>Friday</b>	<b>233</b>
Fire Rituals	233
New Moon Rituals	237
Candle Rituals	238
<b>Saturday</b>	<b>241</b>
Precious Time	242
ColorAlchemy Meditations	243
<b>Sunday</b>	<b>247</b>
Affirmations	248
Initiations & Triumphs	250
Initiation Celebrations	253

**A Personal Note from Jami Lin**

Spend a few minutes each morning with the appropriate Daily Color to have enlightening ColorAlchemy all day long. Experiment and have fun with all the ColorAlchemy Activators. In just one short month, you'll *Live ColorAlchemy* to create easy, life-transforming habits that will be yours forever. You'll see what I mean as you experience greater joy as you grow your colorful life.

Will you let me know how you do? Share your ColorAlchemy experiences with me on my special blog: [JamiLin.com/blog](http://JamiLin.com/blog).

Have fun and enjoy your day full of color ... With love and in living color,  
Jami Lin



## How to Use ColorAlchemy

Every day is an opportunity to maximize all aspects of life using color. Every color moment is an occasion for joy. ColorAlchemy coaches you to live in the moment, in the *colorful place*, to accomplish goals and to be happy. ColorAlchemy is divided into two sections:

### Part 1: Living ColorAlchemy

Appreciate the universal mental, physical, and spiritual connections among the science, history, and psychology of color to discover why ColorAlchemy is consistently effective.

### Part 2: Daily ColorAlchemy Triumphs

Every day of the week is a different color that aligns with all the universal qualities to enhance your life. For a total of twenty-eight days, each Daily Color provides simple and fast ways to enhance your life with *Living ColorAlchemy*.

Experience the Daily Color and absorb its life-enhancing attributes every day. Leisurely discover *Living Color Alchemy* (part 1) as a proven, reliable, and ever-present resource.

## Preface

During my fifty years as a scientist and an inventor, I have appreciated the healing value of how colored light has a beneficial influence on the body and human psyche. Even before NASA's clinical trials using colored LED lights to accelerate healing in space that delivered light deep into tissues of the body to promote wound healing and human tissue growth, the science that explains how color wavelengths influenced the body's chemical structure to stimulate its natural healing process was unmistakable.

Dating back to Hippocrates, healers understood that every aspect of our bodies, including all physiological and psychological processes within, are in resonance with various colors of the visible and invisible light spectrum. They also understood how limited absorption of color has been linked to depression and mental illness. Clinical studies made by such world renowned scholars as Dr. Norman E. Rosenthal, MD (Senior Researcher at the National Institute of Mental Health and Clinical Professor of Psychiatry at Georgetown University), explicitly reveal that when a subject is receiving normal doses of full-spectrum, environmental light as compared to those with suppressed light (SAD: seasonal affective disorder), proper levels of melatonin is released in the body, depression is minimized, and mood is positively elevated.

Jami Lin's *ColorAlchemy* simplifies the science and allows readers easy access to the physical, emotional, and psychological benefits of color healing.

Burton Jacknow, PhD in Physical Organic Chemistry, Columbia University

## Foreword

All of us are in an intimate relationship with color, all the time and every minute, whether or not we are conscious of it. While most people easily recognize the role of color in clothing, in interior decorating, and in the sights of our marvelous Earth, our relationship with color goes much further.

Every aspect of our bodies, including all physiological and psychological processes, are in resonance with the various colors of visible and invisible light. Resonance means how a vibrating energy field, such as an organ in the body, a cell, or even a thought, influences another while communicating beneficial or depleting information at the same time.

Although our bodies and the physical world appear solid, it is an illusion of our senses. All organic and inorganic structure is empty space between atomic and subatomic particles. These particles are in a constant dance of vibration and interaction—and one vital language of these particles is color wavelengths. Color is pure information for our body/mind. You can heal a toxic or stressed liver with green light, build up depleted adrenals with magenta, help ace a test requiring a lot of mental concentration with lemon light, and soothe inflammation or stressed-out emotions with violet or blue.

Color is the language our organs, glands, cells, and energy centers use to communicate. Color is the biggest way we experience each other and the environment through either seeing with our eyes or sensing through our hearts and other feeling centers.

All the substances we use for medicine possess chemical bonds that release color wavelengths when metabolized by our bodies. Through using color, light, and microcurrent successfully with my patients for many years, I am confident that future research will confirm that the release of color is what heals the body—not the chemicals themselves.

Jami Lin understands the *mental medicine* of color as it works through the mind, heart and emotions. She makes a deep and complex science easily accessible for anyone using color for healing, peace, and comfort in our challenging world. Her bite-size gems of color wisdom provide profound results with only a few minutes of guided awareness.

Travel beyond how you have unconsciously worked with colors all your life and through every cell of your body. Nurture yourself with healing and balancing ColorAlchemy each day with simple and highly practical exercises, meditations, and tools for daily living. Consciously, take greater charge of your own happiness and destiny. Even a little ColorAlchemy goes a long way!

Darren Starwynn  
OMD, Doctor of Chinese Medicine  
Color-Medicine Healer and CEO of MicroLight Research



## Introduction

ColorAlchemy is a simple method of converting darkness into light. ColorAlchemy is the convergence of spirituality and science for immediately reducing stress and making long-term, beneficial life changes. Explained by twenty-first-century science, it has roots in almost all ancient traditions. Twenty years ago, I could tell you that working with color is an inspirational vehicle for personal growth and happiness. Today, I can explain why it is so effective!

Light is energy that human beings see with the naked eye, the spectrum from red to violet. ColorAlchemy guides your adventures through the spectrum while satisfying your intellectual curiosity about the energetic powers of light.

Quantum scientists agree that the energy of matter is an intangible subatomic substance that holds molecular structure together like some grand intelligence. Knowing that made me wonder, Is this the intelligence that governs mind over matter? Is this the energy of creation represented by all spiritual traditions as the light of the Creator?

By trusting the logic of my intuition, and acknowledging that colors are light, and that humankind embodies the energy of the Creator, you too can use color to “let there be light” in your life.

Since recorded history, some level of societal darkness has always existed. Current times are no exception. Humankind continues to struggle amid the gray tones of self-sabotage, fear, confusion, lethargy, and pessimism.

Even during life’s most stressful challenges, I refused to fall prey to the dark side of life, and always have. Before I could reach my mother’s art easel at age three, I was hypnotized watching her paint and enjoyed how her brushes recreated light onto a canvas. In spite of Mom’s misgivings with the mess created with my first finger paints, it initiated my love of color. From that day on, I wanted to express myself with the source of all beauty—just like Mom.

I graduated with a BA in interior design from the University of Florida, School of Architecture, and have practiced professionally ever since. I love how color excites the senses and enhances emotions. As day transforms into night or when different qualities of light are introduced (whether natural, incandescent, halogen, etc.), it is fascinating to experience how their unique characteristics alter the color and feeling of a space. I delight in the way painting a room transforms its energetic personality, influences surrounding areas, and changes the mood of occupants.

As a Feng Shui master, my privilege and goal is to improve the quality of people’s lives with the colors of the Chinese five elements and incorporate age-old observations with contemporary scientific breakthroughs.



The more I research and continue my experiments with color, the more my excitement grows. By spending only a few minutes a day in *color consciousness*, I am more relaxed and I accomplish more with greater ease—plus, I am happier than ever before! I am constantly discovering profound understandings within my psyche and have greater confidence. The lives of my clients and students improve.

Motivated by these revelations, I wrote *ColorAlchemy* to show you how to physically and mentally benefit with color and light.

Psychological studies about people affected by Seasonal Affective Disorder (SAD) document that the human body (matter) requires spectral-light energy to alleviate debilitating conditions of the mind, such as depression and despair. As a result of mental dis-ease (not-so-good energy), one's immune system is compromised, making the body a magnet for physical illness. With proper light absorption and ColorAlchemy's color consciousness (positive mind energy), anyone can conquer mind over matter, heal mind and body, and soulfully, appreciate the simple joys of life.

ColorAlchemy's universal responses mimic current sociological global conditions. We can choose to be indifferent and surrender to the dark trappings of life or we can take conscious steps to live in the light.

ColorAlchemy practice also diminishes human failure and enhances success. Applying the *alert colors* of Homeland Security's Advisory System, we can use Red for the most intense warning, or consciously choose to use its positive qualities to stimulate vitality and motivation. The positive or negative influence of Orange's high emotion, just like all the rainbow colors, is determined by how it is integrated and controlled. Yellow's powerful brightness may still be too hot for comfort, but conversely it helps influence the world with intellectual brilliance. The scientific sequence of color wavelengths continues to follow the psychological progression. Green, Blue, Indigo, and Violet progressively soften into the more loving, quiet, and inward parts of ourselves.

The positive and negative traits of every color provide clues for creating personal happiness and tips for transforming the layers of bleak darkness into radiant joy. ColorAlchemy helps you release what doesn't promote positive potential. Absorbing the positive aspects of color sweetens life even further.

In these fast-paced times, living with less stress and loving one's self more are just a few of the golden nuggets at the end of ColorAlchemy's beneficial rainbow.

Instantaneous accessibility to information on the Internet accelerates our lives. Most people *want IT NOW*. By moving so quickly, we often lose the focus of our birthright, our priorities, and our essential spirit. More often than not, we overlook easy and readily available tools that can connect us to the deep, quiet, luminous, divine aspects of *BEing a human being*.

ColorAlchemy's simplicity is as powerful and seductive as the blissful calm of discovering an unexpected rainbow. With ColorAlchemy's quick methods, mind over matter and inner peace are vibrant triumphs. Accessibility is simply one colorful breathing exercise away.

Experience and enrich your life with the Daily Colors: wear them, drink them, breathe them, bathe in them, draw with them, and live the profound influence for yourself.

Deepen your relationship with the colors that are already a part of your energy. BE all that you can be. Your heart and spirit will instantly be transformed. Capture the beauty of your inner rainbow.

Celebrate your colorful triumphs. Enjoy and discover the beautiful colors that are your birthrights. Let there be light within you and through you. I know that we can bring the darkness into the light. Enjoy your colorful adventure for the rest of your life.

Jami Lin  
Summer 2008



*Color creates Love, Joy and Peace in any language.*