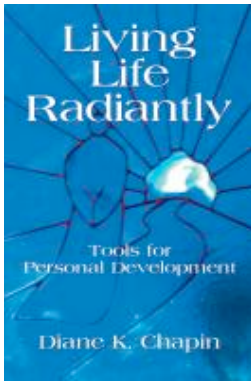
The background of the cover is a deep blue with a subtle, shimmering texture. Overlaid on this is a stained glass-style illustration. It features a central figure of a person, possibly a woman, with a long, flowing robe. The figure is rendered in dark blue and black outlines. To the right of the figure's head, there is a bright, glowing orb or sun-like shape, also outlined in dark blue/black, with rays emanating from it. The overall composition is centered and evokes a sense of spiritual or personal illumination.

Living Life Radiantly

Tools for
Personal Development

Diane K. Chapin



In this second book of her series, Diane Chapin presents many simple, fundamental and meaningful tools which, as you use them, initiate subtle, then dramatic changes in your outlook and manner of dealing with the world. Topics covered include God as light, personal color, a spiritual meditation comparable to TM, faith and devotion, lack vs. abundance, beliefs and belief clusters, thoughts, attitudes, manifesting processes and more, with many meditations for the topics presented.

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**Living Life Radiantly –
Tools for Personal Development**

**Diane K. Chapin,
As a Vehicle for
The Buddha Consciousness**

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CHAPTER 6

PERSONAL COLOR

We greet you. As we have hinted at in previous chapters, we are going to speak on vibrational attunement and color. What we are going to address is the spirituality of vibrational attunement through one's personal color.

What we would like to say before we really begin is that the Universe is a mass of color, as all things are energy. What we see is a range of colors that is extensive and we live, literally, in light. Not only are we light, but we live in light, we utilize light and we are the light experience itself. In other words, as you attune yourself to your personal vibratory rate, you are attuning yourself to the use of your own vibrational energy. All things are energy and light. As energy and light flow through you, you are attuned not only to yourself, but with every color, every aspect, every ray of the Universe. In other words, you become one with the All, one with the Universe and one with your deepest self, which is called God.

Therefore, our recommendation to attune to (your) personal color goes beyond the idea of merely refreshing yourself, nourishing yourself or gaining a momentary pick-up. What we are talking about is spiritually attuning yourself to the wisdom and knowledge of the Universe through using color.

Color can be used under many more and different circumstances than we have previously discussed. Personal color is only one of the attributes of the universal unfoldment of color. When you visualize color, you are automatically asking for the best solution to all your problems. This is a 'given' when one works with light and energy. There are different vibrational states that man

would perceive, but since all things are in Spirit, in reality, there is only one vibration and that is spirituality.

The highest color you can meditate on for your planet, is white. It is the color of love, of God, and indicates deep upliftment and a certain awareness of self as Spirit. The white, light is the light of Spirit, itself, for it includes all other colors and is singular in its vibration. It is the closest that you will see through your human eyes to that you call God. In other words, all things vibrate to the *white* light or to the One.

Use your personal color, but use other colors to benefit your day. Understand that *red*, is the color of vivacity, aliveness, depth of soul, compassion and support. Use an *orange* or *yellow*

color to uplift yourself... to give yourself a special gift of refreshment.

While these colors are both energy lifters or energizers, *yellow* is used much more than *orange* for this purpose. Also, while *orange* is less disturbing than *red*, *yellow* is a bit more harmonious than *orange*.

When we say to use these colors, we truly mean to sit back, to reflect and allow yourself the opportunity to literally become that color. Recognize that, at the time you are in such a meditation, you are vibrationally tuning yourself.

See yourself as a tuning fork and know that you are literally vibrating to the color you see. As those vibrations penetrate the spirit, the body, the soul, you are uplifting yourself beyond your heart problems, beyond illness, and you are truly in alignment with what is correct. You are then seeing reality as it is rather than as a collection of molecules and 'particles' held together for your convenience. You are seeing the light of reality.

Pink, rose, violet and possibly even purple are heart colors, the colors of love. If there are difficulties in your life

in terms of love, visualize pink and rose tones. Know that, as you do these color visualizations, you are cleansing your light, uplifting your energy and bringing yourself into the perfection of the moment of Spirit and of God.

When one is in distress with another soul, a very useful method to help alleviate that situation is to visualize the violet or purple light from your heart to their heart. (Violet is a facilitating and connecting color.) As you do this, know that you are bridging that gap, you are closing your difficulties with that person and you are opening your heart to the best for all.

Brown light is very grounding, or can be seen as posing the need for grounding. When you are in meditation and it is difficult to return, we recommend the apricot, light. This is the light that is not only grounding, but cooling, and brings you back into the focus of the earth plane.

This is living the spiritual life. This is living the life you were meant to live, to see reality, to understand that all things are fluid and that energy and light are for your use. If you have money difficulties, begin to realize money as light and energy... money as a resource for your use, as energy. It flows through you, it is for your use and it is not meant to bring you into a state of anxiety. If you have money problems, visualize a very cleansing green color, followed by white. These could also be seen as a light green, or as alternating bands, spots or whatever feels appropriate. Visualize a very cleansing color that will allow you to have that energy flow through you and resonate to you.

In other words, what you are doing as you meditate with personal color, is resonating to what perfection is, what energy is, what Spirit is. At the time of your meditation, you have the opportunity to let your cares drop away and to live in the perfection of Spirit itself. This is why we recommend using the tools that we suggest

throughout the day... of meditation and personal color. Touch your face and agree to have a better day with each forthcoming day. The process of upliftment can come in gradual steps. Using color and attunement, these steps can be easily, rather than with forcing your beliefs.

We ask you to suspend belief as you enter into meditation with personal color. Many who engage in meditation, still have expectations about the outcome of their meditations. They still concern themselves with what will become of their daily life, they are meditating for a purpose. This is well, but when you meditate with personal color we ask you to open the vortex (Ref. Universal Introduction & Background), to say, "Peace, Be Still" to your fears (Chapter Seven), and to meditate specifically to be in perfection with those colors that are most harmonious.

There is no higher meditation than the use of light and energy.

Once you understand the use of light and energy, your whole human experience becomes a meditation, becomes living in perfection, living in holiness and knowing for yourself that it is available to you... for it flows through you. The recognition of perfection comes through using light and there is a very simple reason for that. It is that you are acknowledging and recognizing perfection as you step into the use of light. In other words, it takes away the feeling of separation. This is why we recommend the use of light so highly. It dissolves the separation humankind feels from God. There is no separation. There is only light, love, consciousness, peace and energy. Remember, negativity is a human-made concept which comes from the misuse of individual free will and from humanity's need to create disarray in order to have things to do.

All things will be done for you through Spirit, but you must enter into a state of spirituality in order for these things to be achieved. If your doors are closed, if you are shut down, if you are unwilling to live in the moment, if you are in anxiety and fear, it becomes very difficult for Spirit to accomplish all that can be done. When we speak of living in color, of living in the light, we are speaking of living in that state where you will continuously receive miracles.

Miracles are, very simply put, that which exceeds what you expect. Miracles occur every day and you will find other information sources speaking very similarly about miracles. Miracles are the solution to your problems for your highest good. So look for those solutions each time a problem arises, but look to them through using light and energy. Know that your problems are not concrete, nor are you stuck with them, for they can be moved through your own conscious efforts.

What is cause and effect? It is the use of light and energy in its most advanced form. We teach you to be positive, to clean up your thoughts and to live in an uplifted state. When you become accomplished with using the law of cause and effect, you will understand that it is merely the use of light and energy. In other words, as you generate uplifted thoughts, you are in touch with the attunement of your own color, of the color of At-Onement... and you are using light. As you put your thoughts out, you are using energy. As you resolve your daily problems, you will find you are using light and energy, but you must stay in that state where you are living in spirituality.

We recognize that, on the human plane, this is a difficult idea. That is why we teach you to refocus throughout the day on different parts of the body, on different ideas and different steps that focus you back on spirituality. In this way, you are solving your life's

problems through spiritual means, through intuition and through your heart, rather than by human means such as ego and intellect. Meditating on the light is teaching you to reconstruct your thoughts, to reconstruct the way you handle your life and to become in tune spiritually. This is a very simple method and every color has a purpose and a specific vibration.

Black, is not necessarily the color of evil as many on the earth plane think, but very much a color of deep accomplishment, for what is the opposite of white, but black. Seeing this color indicates that one has come through a great deal of personal trials and overcome many things. It is a very accomplished personal color and can be a precursor to white or gold, often lacking only the recognition or awareness of self as Spirit.

Green, of various shades and hues, is very often used for healing illness. Some people might do better with a light green color for healing since it is less harsh than dark green. Use green, for healing when you do not feel well.

Deep blue, is a color of deep emotionality and of attachment to emotion. It is often seen where people are working through emotional issues, but is also seen in some parts of the world as a very spiritual color. Blue is also sometimes used for healing, but not as much as other colors. It is a color to be used in the sense that one needs to visualize the lighter shades of blue. And, as these individuals transcend, as they recover from the need to live in their emotions, the lighter shade of blues will appear, and then they will move into the violets, the pinks, the roses, (rose is really quite an evolved color) and at that time, they will often begin to move into lighter shades of pink and white.

These are the symbolic meanings of color. This does not mean that we, in other realms, visualize light and color in the way we are describing to you. This is for your growth

and your use. We see them as one and we see it all as spirituality in motion. We do not EXPERIENCE the heart color or the blue color. We see them, but we are unattached to them. So, eventually one must learn the lesson of non-attachment; but, for now, the use of colors will bring about a great restoration and upliftment.

Let us discuss those hues which you never see. There are so many shades of delicacy and beauty. Those colors beyond the normal range of human physical vision are dazzling, alive and possess a sparkle and luminescence that many artists can only try to emulate. Each color that you do see in the spectrum has alternating shades of darkness, lightness and delicacy that you never see. Each color really has levels of attunement within it and is a ladder to higher spiritual evolvment. As you meditate on each given color, you will find yourself attuning differently to Spirit each time. You will hear a different intuitive message each time. So, the spectrum of color encompasses all that there is in the Universe. Energy and light are what comprise all that you experience. Color is the key to spiritual At-Onement at its most accelerated rate.

Gold, is a very prominent color, associated with royal accomplishment, abundance and completion. In a series of meditations on personal color, at times, a gold will present itself as completion. That is the circle of understanding that comes when each given color has been completed, so that a new color will present itself.

If different colors are presenting themselves to you, it is for your attunement and your learning. It is not to say that your personal color has been taken away from you. It means that you are moving through the spectrum of understanding, that you are moving into a phase where you are growing spiritually and are ready to receive more information through using color and light.

Do not be afraid of these different colors that can come to you at various times. Rather, let them bless you. Let them teach you what they have. If you will listen, you will find that energy and light will speak to you through intuition and will teach you many things. They will teach you spiritual stability, spiritual level-headedness, to understand your deepest nature and your heart, and they will teach you the concept of fluidity: That all things are fluid.

Listen to your intuition. Let your personal color and the colors of the many hues teach you what they have. Know, at those times, that you are using light and energy properly and that, through the proper use of light and energy, you can transcend cause and effect.

This is what the Masters know, how to use light and energy to perform seeming miracles. They understand the rearrangement of mass, matter and particles through the use of light and energy. There is no magic to this. It has to do with understanding that there are no objects, there is no death, there is no illness, and that all is Spirit. (This is a very advanced concept, as we have said and most will continue under the law of cause and effect.) The use of light and energy, in this way, is the recognition of the spiritual truths. It goes beyond understanding. It is recognizing the validity of the spiritual truths and of using them as they were intended to be used, as tools. All this is achieved by being still in the moment, by living for that moment only and by the recognition that there is no past, there is no future, there is only the moment.

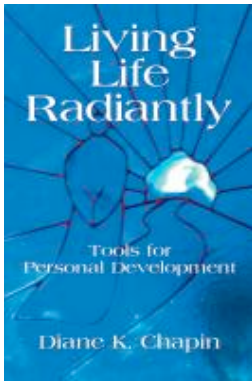
In the meantime we caution that, as you work through the color spectrum, you do not set aside the watchful attitude you need to have toward your thoughts, actions, words, deeds and feelings. It takes a long time to learn to use light and energy as the Masters have and to have that body of information flowing through you at such a rate

that it is useful to you. So, while you are meditating on light color and energy, we caution you to continue to use cause and effect to your advantage and to continue listening to your intuition and your heart.

When you visualize a color outside of you, you are looking at it. We call this 'viewing your personal color.' In the early stages, we feel that this is very, very helpful, but what we want you to do is to experience your color, to become that color, to know that when you become a color, you are becoming frequency, energy and light. So, when we say 'experience,' once again, you are recognizing who and what you are. First you experience it, then you recognize it, then you can live it. As you view your personal color, you are looking at who and what you are, but, as you know that it flows through you, it is like opening the shutter of a camera, of understanding more and more. Each time you see a larger picture.

This comes in stages... you view your personal color, you learn to use light and color, and then you begin to realize that there is more to the color than you think. Intuition has done its work. Spirit has flowed through you and you are beginning to understand that, in truth, you are energy, you are light and you are the essence of Spirit. What these steps are teaching you to do is to recognize who and what you already are.

So, know that this is but a single step in spirituality that can be very readily achieved, very easily achieved, and that will teach you, basically, all that the Universe has to teach... the understanding of light and energy and the use of different colors.



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