



The Color of Alzheimer's

There is only one time when it is essential to awaken.

That time is now.

-The Buddha

Only the soul that knows the mighty grief can know the mighty rapture.

Sorrows come to stretch out spaces in the heart for joy.

-Edwin Markham

The degree of vision that dwells in a man is a correct measure of the man.

-Thomas Carlyle

From an energy standpoint, those learning/teaching with Alzheimer's have a systemic depletion, rather than on particular area. Systemic energy depletions always indicate that there is a need to boost the immune system. Ironically enough, there is a theory that Alzheimer's may be a slow growing viral infection. Interestingly enough, if it didn't have something to do with the immune system and was purely a "brain dis-ease" then the depletion of energy would be more from the brow center or the crown.

Systemic depletions, particularly the immune system need yellow to stimulate self worth, the sense of self and also represents honoring self. Self esteem and self worth, self expression are all represented by yellow, but yellow is also the color for intellect and ego.

Thursday's Kick! The Color of Alzheimer's

Statistically, yellow was introduced into the workplace in the late 1940's early 1950's by color theorist and industry color consultant Faber Birren. Yes, he is responsible for all the yellow caution lines and hard hats, even yellow school buses. The studies proved that introducing yellow reduced injuries significantly. In part it is because yellow is the longest wavelength and can be seen at a distance. (Hence, the school buses).

I also believe yellow reduced accidents because it stimulates thought by stimulating the brain's natural abilities. It also is about self, so on a whole different level, yellow helps you keep your mind on your work.

It makes sense that yellow would be the color to introduce in the environment of someone learning from Alzheimer's. It promotes a cheery outlook and helps with depression as well. If you know of someone experiencing the lessons of Alzheimer's, see if they have any yellow in their environment. You don't have to introduce a "boat load", perhaps just starting out with a cup or a placemat when they eat. If you yourself are having some issues with cognition, introduce some yellow into your life. If you have trouble with reading retention (and this can be anyone, including myself at times) try putting a yellow transparency over the information you are trying to retain and see if that helps.

Yellow helps boost the immune system, and also helps in stimulating thought, so introducing it within the environment of someone with Alzheimer's is a good thing. Please visit my entry about the metaphysical aspects of Alzheimer's and what you can learn from this lesson. Thank you, I hope this offers some sound direction.