
Color My World

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Date : 16-11-2010

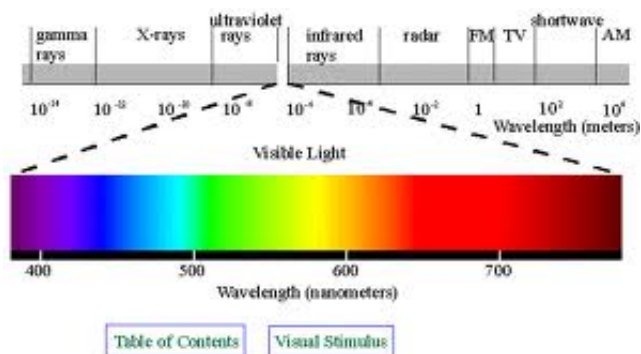
The seasons change and so do the colors. Why? Sure, there is a



scientific biological reason and it's not really open for dispute, but there is a spiritual reason as well. Everything in our world runs in cycles, usually cycles of 7, and there is a time for everything, as in the 28 times of Ecclesiastes (3: 2-8), and depending where you live there are 4 very distinct seasons.

So why then the colorful change during the different seasons and why are we mentioning it in a kabbalah blog?

Because color is nothing more than differing frequencies of light and light is nothing more than a stream of photons, which are energy bundles, ergo colors are just reflections of differing frequencies of energy, the same as the Hebrew letters.



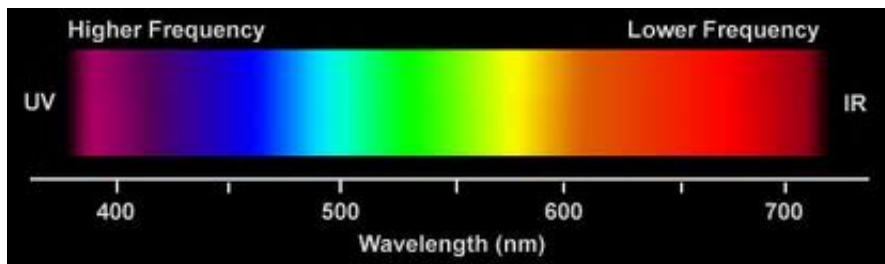
Our ancestors knew this, which is why when the Israelites built the Pyramid that built it to reflect the spectrum of light. The most basic measurements of the [Pyramid](#) are its height, exactly **210** holy cubits, and its base, exactly **330** holy cubits. We're calling them holy cubits because this cubit (**27.5** inches) is the one based on G-d's name, (**YHVH**) and designated for the Future Temple, as we've discussed in our prior articles. Nevertheless, given only **210** and **330** and the **10** dimensional structure of the universe agreed upon by both most modern physicists and the ancient kabbalists, we find that:

$1/(330 \cdot 10^2) = 1/33,000$ inches (the exact wavelength for red light)

and

$1/(210 \cdot 330) = 1/69300$ inches (the exact wavelength for violet light on the opposite side of the visible light spectrum).

And by the way, $210 + 330 + 1 = 541$, the numerical value of Israel, at the center of the visible frequency scale.



Be that as it may, our world was created for us and there is



meaning and purpose in everything in G-d's Creation. Everything was put there to support us, including the colors. We actually need the energy available to us in the colors, and there is an easy way to tap into that energy. If you live in a area where the leaves change colors you especially need to tap into them before winter arrives, no different than the squirrels need to hoard acorns.

So what do we do?

Very simply, you want to spend some time outdoors, stare in the direction of whatever color pops out as brightest, and allow your eyes to soften their focus. Soon the colors will intensify. Just allow yourself to absorb them.



You can do this for a few seconds, or you can doing a full meditation or Ana B'koach--all depends on your desires. In the Fall, I'd do this with as many different colors as I could find, intense reds, yellows, oranges. Winter will be here soon.

In the Spring, or in an area of perpetual green, focus on the bright



light green, yellowish new growth; the energy will rejuvenate you. While hiking in the Cascade Mountains, inspired by the beauty and the waterfalls, I went a few miles too deep and had exhausted myself, with sundown fast approaching. In a few seconds of soft focus, the green forest was ablaze of bright light green rejuvenating energy. And after only a couple minutes of relishing in this energy, I quickly retraced my trail and beat the sun.

And by the way, the colors of sunset and sunrise, give us those bountiful same energies, just in time to begin our days, and our nights. As for the blue frequencies, we have only to look up to the sky. Take advantage and enjoy all that was given to us.

We were given this world, let's make the most of it. Getting in tune with it, is a great way to begin.