



SAMPLE PAGES

Light & Color Theory

Find the Light & Color of your aura and discover
the deeper meaning behind each light and color
of the Human Universe

RYAN HOSKINS

Christine Schmidt, Editor Paula Doubleday, Design & Layout

Contact & Follow Ryan

lightandcolortheory.com

ryan@lightandcolortheory.com

Light & Color Theory

 www.instagram.com/lightandcolortheory


 www.facebook.com/lightandcolortheory

 www.lightandcolortheory.tumblr.com

Ryan Hoskins – Artist

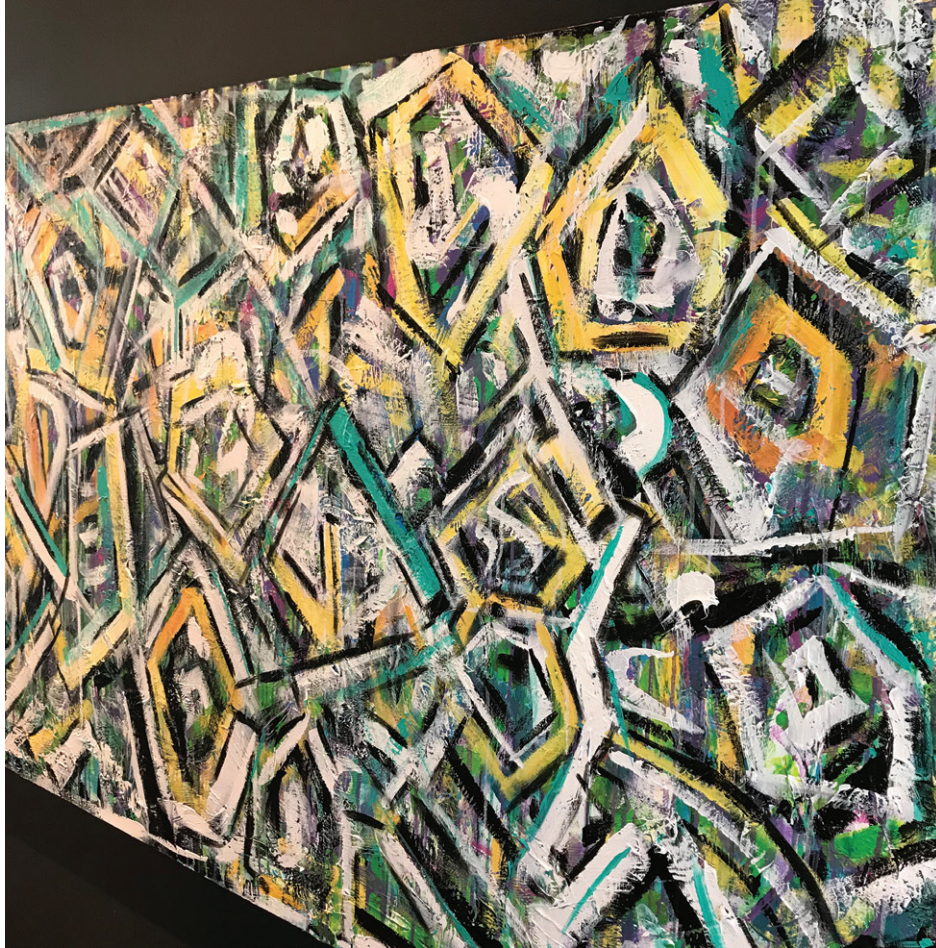
 www.instagram.com/ryanhoskinsartist

 www.facebook.com/ryanhoskinsart

 www.ryanhoskinsartist.tumblr.com

 [@ryanhoskinsart](https://twitter.com/ryanhoskinsart)

 www.linkedin.com/in/ryan-hoskins-2301a511a



Out of Dark was the first painting I created after leaving my job to pursue art full time. It explores victory, reason, peace, power, acceptance, instinct, tolerance, and sacrifice.

4

Deep Dive: Yellow Light & Color Victory

The Elemental Energy that asserts itself when there is Yellow Light or Yellow Color is Victory.
Yellow Light and Color are comprised of:

Primary Behavior Trait: **Creativity** | Primary Comprehension Trait: **Intuition**

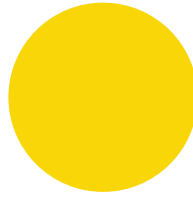
BRIGHT

Individualism

**The bright side of Victory
is Individualism:**

The freedom to be independent and self-reliant.

*Evolution, Competition, Intelligence, Identity,
Eureka, Compensation*



DARK

Inequality

**The dark side of Victory
is Inequality:**

Creating disparity by being overly selfish.
*Injustice, Unfair Competition, Disparity, Bias,
Separation, Envy*

People who have a Yellow Component contain the Elemental Energy of Victory. They are impenetrable, contradictory, and acutely aware of their emotions and intuitions. They are neither leaders nor followers—they are individuals. They crave creative control and love luxury, style, and taste. Yellows must avoid jealousy, not necessarily of others but of their place in the world. Their experience is unique and it is theirs to own and embrace.

Their worst childhood influence was that “it’s not okay to feel too happy or too functional.” Of course, it is quite alright to have fun while you are accomplishing things, and it is quite alright to have fun in general. Yellows fear becoming insignificant, but this will ease when they let go of their deepest belief that “you are good if you can be yourself.” Yellows must learn that they do not need the approval, appreciation, or permission of anyone else in order for them to be themselves. In order to feel loved, Yellows must feel appreciated for who they are. They must find people who have an authentic understanding of what makes them truly special. Yellows can get lost in self-indulgence, not just over-eating but also self-embellishment and self-involvement. They must forget the past, and use the present as a source of renewal. Their greatest evil is disturbing the peace—“if I can’t be happy, no one else can be!”

Their most important body part is the stomach. It seems that cooking, yoga, and walking about town looking at the things that they enjoy may greatly benefit Yellows.

Attributes:

- Acutely aware of their intuition
- Neither a leader, nor a follower, an individual
- True to themselves and their emotional needs
- Enjoy luxury, style, and taste
- Can spend many hours in their imaginations
- Creative and rule-breaking

6

Deep Dive: Blue Light & Color **Tolerance**

The Elemental Energy that asserts itself when there is Blue Light or Blue Color is Tolerance.

Blue Light and Blue Color are comprised of:

Primary Behavior Trait: **Responsibility** | Primary Comprehension Trait: **Intuition**

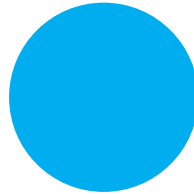
BRIGHT

Liberty

The bright side of
Tolerance is Liberty:

The right to any non-violent existence.

*Choice, Decision, Personal Authority,
Emancipation*



DARK

Anarchy

The dark side of
Tolerance is Anarchy:

Disorder resulting from a lack of external
and internal control.

*Imbalance, Confusion, Revolt, Impatience,
Hostility*

People with a Blue Component contain the Elemental Energy of Tolerance. They are engaged, responsible, and committed, but can also be anxious and self-doubting. They yearn to trust people and institutions and can be powerful advocates for change. They must avoid anxiety, being mindful to care about things, but not worry about them.

Their worst childhood message was that “it’s not okay to trust yourself.” Of course, it is important to trust yourself and to access the deep wisdom that lives inside your Body and Mind. Without trusting ourselves, our grounding to the Universe is shaken, leaving us mentally and physically anxious. A Blue’s deepest fear is being alone without support or guidance. This fear will be lessened when they let go of their deepest belief that “you are good if you believe what is right.” Blues must understand that you can believe in the “wrong” things and still be a good person. Blues often find friction in a rigid attachment to their beliefs, sometimes causing them to lose friends or lovers over insignificant disagreements. In order to feel loved, they must be made to feel safe. They should strive to be present and to trust in themselves. Blues manipulate others and themselves by only seeing the worst in things. They are often apt to point out everything that is going wrong, not everything that is going right.

Their most important body part is the lungs. It seems that running, swimming, yoga, and sex are all extra fun activities for Blues. Exercising the breath helps to restore and calm them. They may also enjoy blackberries and poppy seeds.

Attributes:

- Committed, engaged, responsible
- Enjoys “the expected” versus “the unknown”
- Know the rules but don’t always follow them
- Have strong personal heroes and heroines
- Hard working and dedicated to their ambitions
- Rely on those they trust most
- Can be powerful advocates for change

8

Deep Dive: Pink Light & Color **Sacrifice**

The Elemental Energy that asserts itself when there is Pink Light or Pink Color is Sacrifice.

Pink Light and Pink Color are comprised of:

Primary Behavior Trait: **Confidence** | Primary Comprehension Trait: **Intuition**

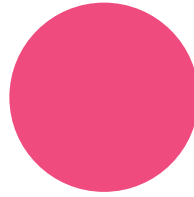
BRIGHT

True Love

The bright side of
Sacrifice is True Love:

The ability to eternally sacrifice and
forgive others and the world.

*Devotion, Unconditional Love, Tenderness,
Compassion*



DARK

Betrayal

The dark side of
Sacrifice is Betrayal:

To be unfaithful in guarding, maintaining,
or honoring one's own or another's
promises.

*Misguide, Lust, Reject,
Discourage, Exploit, Devastate*

People with a Pink Light or Pink Color Component have the Elemental Energy of Sacrifice. They are strongly independent, and they hate relying on other people. They are caring and protective of those close to them, can be funny or even edgy, and they know how to get results. They must avoid lust, not just sexual lust but an obsessive or blinded approach to life.

Their worst childhood message was that “it’s not okay to be vulnerable.” Being vulnerable is the key to love, sexual pleasure, and experiencing a full life. It is important to be vulnerable. Their deepest fear is being harmed or controlled by others. This fear will be allayed when they let go of their deepest belief that “you are good if you are strong and in control.” Pinks must learn that even when they or others are weak and out of control, they are still good people. This is the essence of true love of self and others. Pinks must stand up and fight for what they believe in. However, their greatest evil is demanding that others do as they believe. Even if you have someone’s best intentions at heart, you cannot make them do as you believe.

Their most important body part is the brain. They seem to greatly benefit from playing intellectual games and reading books or watching TV shows with interesting or complex narratives. They may enjoy brain-healthy foods like salmon, potatoes, leafy greens, and fresh berries.

Attributes:

- Caring and protective of those close to them
- Knows how to get results
- Strong-willed, do not give up, do not back down
- Loves to see the people they care about succeed
- Has a tender, sensitive side they rarely share
- Believes in hard work and struggle
- Feels that life is, overall, a messy process
- Feels most alive when doing the impossible