

Arden Reece - The True Colors Course

What You'll Discover in These 7 Weeks

Course sessions are on Wednesdays at [5:00pm Pacific](#).

In this 7-week transformational program, Arden will guide you through the fundamental skills and competencies you'll need to fully empower your authentic self through color.

Each weekly, LIVE training session will build harmoniously upon the next so that you'll develop a complete, holistic understanding of the practices, tools and principles you'll need to discover, appreciate and radiate your true colors from the inside out.

Module 1) What is Color:

Exploring the World of Color (May 4)

In this exploration of color, we start with the simple question: "What is color?" We'll look at the scientific meanings — from how we "see" and experience color from the perspective fueled by our most basic biological needs, to conscious color symbolism and associations, to our personal relationships with color.

In this module, you will:

- Understand how color plays a big role in your mind, body and soul
- Discover how color can trick your perceptions and senses and the secrets for seeing and using color
- Explore your own personal relationship and collective history with color
- Identify the hue, value and chroma of a color and understand how it is created
- Understand how to create harmony and balance with color utilizing the color wheel

Module 2) The Meaning of Color:

How Color & Personality Align (May 11)

In this module, we'll delve into color psychology and a discussion about **our personal relationships and subjective histories with color**. We'll explore how chroma and personality collide, take an extrovert/ambivert/introvert quiz and learn about the five color personality types.

We'll study images of individuals and their artwork to illustrate each color personality and their combinations. You'll learn how your coloring affects your personality, career choices and how others see you, drawing on Kandinsky, Marcel Breuer, Chagall, Itten and other artists as examples.

In this module, you will:

- Identify the positive and negative meanings of your favorite colors and learn what they say about you
- Study the history of personal color pioneer Johannes Itten of the Bauhaus and his unique contribution to the world of color
- Understand how extroversion and introversion play a large role in your color personality
- Discover your color personality (sharp, deep, subdued, dynamic, animated) and how to integrate your core and sub personalities

Module 3) Identifying Your True Colors:

Creating Your Color Blueprint (May 18)

Our hair, skin and eyes contain pigments that produce uniquely coded colors. We'll take a look at human coloring and discover some of the latest research on human skin tones by the Pantone Color Institute. You'll identify all the colors seen in your hair, skin and eyes and notate them on your Color Blueprint.

Your Color Blueprint is unique to you and will guide your Essence Colors, your Magnetic Colors and your personal color harmonies. We'll discuss visual perception, successive contrast and Itten's seven color contrasts and how they relate to your personal colors, especially the concept of warm and cool. You'll also see how human coloring fits on the color wheel and learn why the Munsell color system is the preferred method in color notation.

In this module, you will:

- Discover how your subjective color preferences and personal colors align
- Identify all the colors that create your unique coloring
- Utilize the Munsell and Human Color Wheel
- Begin developing your Color Blueprint by adding colors that match your hair, skin and eyes
- See how value (light to dark) plays a role in your coloring
- Determine your dominant color temperature
- Understand how to "see" others and how to effectively collaborate with them creatively (in both relationship and home design)

Module 4) Your Essence Colors:

Allowing Your True Self To Be Seen (May 25)

The 12 core colors that enhance and complement your own coloring are known as your Essence Colors and Magnetic Colors. Itten wrote that "women/men look best when they wear their subjective and complementary colors."

Your six Essence Colors are your subjective colors; your six Magnetic Colors are your complementary colors. Essence Colors match and enhance your coloring; they open the

door for conversation, evoke trust, form bonds and show the “real” you. This module will give an overview of all 12 colors and delve into further study of the six Essence Colors with various images and examples for each.

In this module, you will:

- Use your Color Blueprint to identify your Essence Colors
- Discover your Soul and Spirit Colors and when you should surround yourself with them
- Identify your Approachable and Trusting Colors and learn how they influence others
- Determine what your Vulnerable Color is and why you should wear it
- Explore the various personal color harmonies and what they mean
- Discover your lightest and darkest color and why black might not be part of the equation
- Create your Restful Color through harmony exploration
- Experience wearing one of your Essence Colors

Module 5) Your Magnetics & Neutrals:

Elevate Your Presence & Add Space For Authenticity (June 1)

Your six Magnetic Colors are complements to your personal colors in your Color Blueprint and elevate your presence in the world. As the yang to your Essence Colors, your Magnetic Colors are powerful and create strong, positive impressions and associations. They can be balanced either through harmonizing with your Essence Colors or softening with your neutrals.

In this module, you will:

- Align your color personality with your Magnetic Colors by utilizing the Human Color Wheel
- Discover your Heart and Intellect Colors and how to best use them
- Uncover your Inspiring and Vibrant Colors
- Explore your Fearless and Vitality Colors
- Determine your best neutrals: warm-cool, warm, cool, silver-warm, silver-cool
- Create space for expressing your authentic self with neutrals
- Experience wearing one of your Magnetic Colors

Module 6) Uncovering the Secret Messages of Your Color Blueprint:

Mapping Your Characteristics to Support Your

Natural Beauty (June 8)

In this session, we'll delve deeper into the characteristics of our coloring: texture, pattern, sheen and luminescence. We'll review pattern/ground, textures and shapes seen in our face (eyes, nose, skin and hair) and **how we can utilize their secret messages** for selecting the right elements and metals that support us in our life and work.

By the end of the week, you'll have put together a customized Color Blueprint which identifies your personal coloring, your Essence and Magnetic Colors, neutrals, harmonies and the right patterns/textures and elements/metals for you.

You will discover how to:

- Map the characteristics of your facial features and uncover their hidden meanings
- Identify your supporting metal (silver, gold, bronze, copper, brass) and how and where to incorporate it in your life
- Integrate your learning of texture and pattern and how to use it to feel supported
- Determine the right elements (earth, water, fire, air, ether) that align with your Color Blueprint and personality

Module 7) Being Authentically Seen:

Using Color to Heal & Support (June 15)

Color is incredibly powerful. Our Magnetic Colors elevate our personality and our Essence Colors support our authenticity. Surrounding ourselves with our unique colors can heal our environments and create harmony. We can wear our colors, we can decorate with them and we can meditate with them.

In this last course session, we'll discover color healing through visualization and breathing. We'll learn that the colors in our Color Blueprints are as important as the colors in our auras, and we'll delve into why some of our Essence Colors are part of our aura and how we can integrate **all** our colors for living a full and joyous life.

In this module you will:

- Discover how proper use of your colors can help elevate your self-esteem and confidence in how you show up in the world
- Come to love and appreciate your body and your life as beautiful works of art
- Receive visualization and breathing practices for tapping into the healing powers of your Color Blueprint

The True Colors Course Bonus Collection

In addition to Arden's transformative 7-week virtual course, you'll receive these powerful bonuses. These bonus materials are being offered to complement what you'll learn in the course — and take your understanding and practice to an even deeper level.

Healing Properties of Gemstones —

Color Ray Healing: Expressing Your Truest Self

Audio Dialogue with Gemisphere's Dr. Ada González

Like other forms of energy medicine, gemstone energy medicine uses the body's inherent healing force to nourish and heal us in multiple ways. Each type of gemstone embodies a unique energy that can focus and amplify this healing force and produce specific therapeutic effects. In this inspiring and informative interview, Arden talks with holistic physician and worldwide expert on gemstone sphere healing, Dr. Ada González, about how we manifest disharmony and the specific gemstones that can help us correct color-ray imbalances so that we can heal and grow in the deepest way possible. Listen in as Dr. González guides us through a special color ray exercise that promotes healing and removes color ray blockages.

Dr. Ada González is a holistic physician, international speaker, and leading worldwide expert in a new field of medicine that uses the energy emanated by gemstone spheres to heal, nourish and illuminate all aspects of our lives. She has been teaching workshops and intensive training programs around the world for over fifteen years.

Gemstones, with their powerful energies and profound resonance with the human body, are the perfect energy medicine tools. Dr. González collaborates closely with Gemisphere, the premier source of the finest-quality therapeutic gemstones.

For her expertise in energy medicine, Dr. González has been interviewed by ABC News on *20/20*, as well as by *USA Today*, *Redbook*, *Organic Style*, and *Portland Tribune*. She received her medical degree from the National College of Naturopathic Medicine, her Master's degree from Yale University and her undergraduate degree from Cornell University. With over 20 years in practice, Dr. González specializes in nutrition and gemstone energy medicine and practices primarily in Portland, Oregon.

Guide to Color Secrets & Meanings

Learn the meanings, secrets and personalities behind the 10 hues and 3 monochromatics. Each hue is covered in detail providing you the biological and psychological meanings of all the colors including their energies and color personalities. This special guide covers the following hues and monochromatics: Red, Orange, Yellow, Yellow-Green, Green, Blue-Green, Blue, Blue-Violet, Violet, Red-Violet (Pink), Black, White and Gray.

Color Speaks: How to Make it

Say What You Want

Audio Dialogue with Color Strategist, Lori Sawaya

Everyone wants their home to reflect their style and personality, but creating a sense of place that is uniquely yours can be overwhelming. In this hour, color experts Arden Reece and Lori Sawaya will discuss how to use color to craft an atmosphere within your home that's not only visually beautiful but also speaks to who you are.

Lori Sawaya is a color strategist and IACC-NA certified color expert specializing in architectural color consultation and color order systems. Lori's expertise stands out because of her creative command of color coupled with an ability to grasp technical aspects of how

color works. More than 20 years working with print, architectural paint and color has forged a unique perspective and robust knowledge base.