

COLOR THEIR WORLD

HOW TO DECORATE A CHILD'S MIND, BODY, HEART
AND SOUL, ALONG WITH THEIR ROOM!



Stephanie Rose

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First published by AuthorHouse 12/21/2006

ISBN: 1-4259-1971-5

Library of Congress Control Number: 2006906460

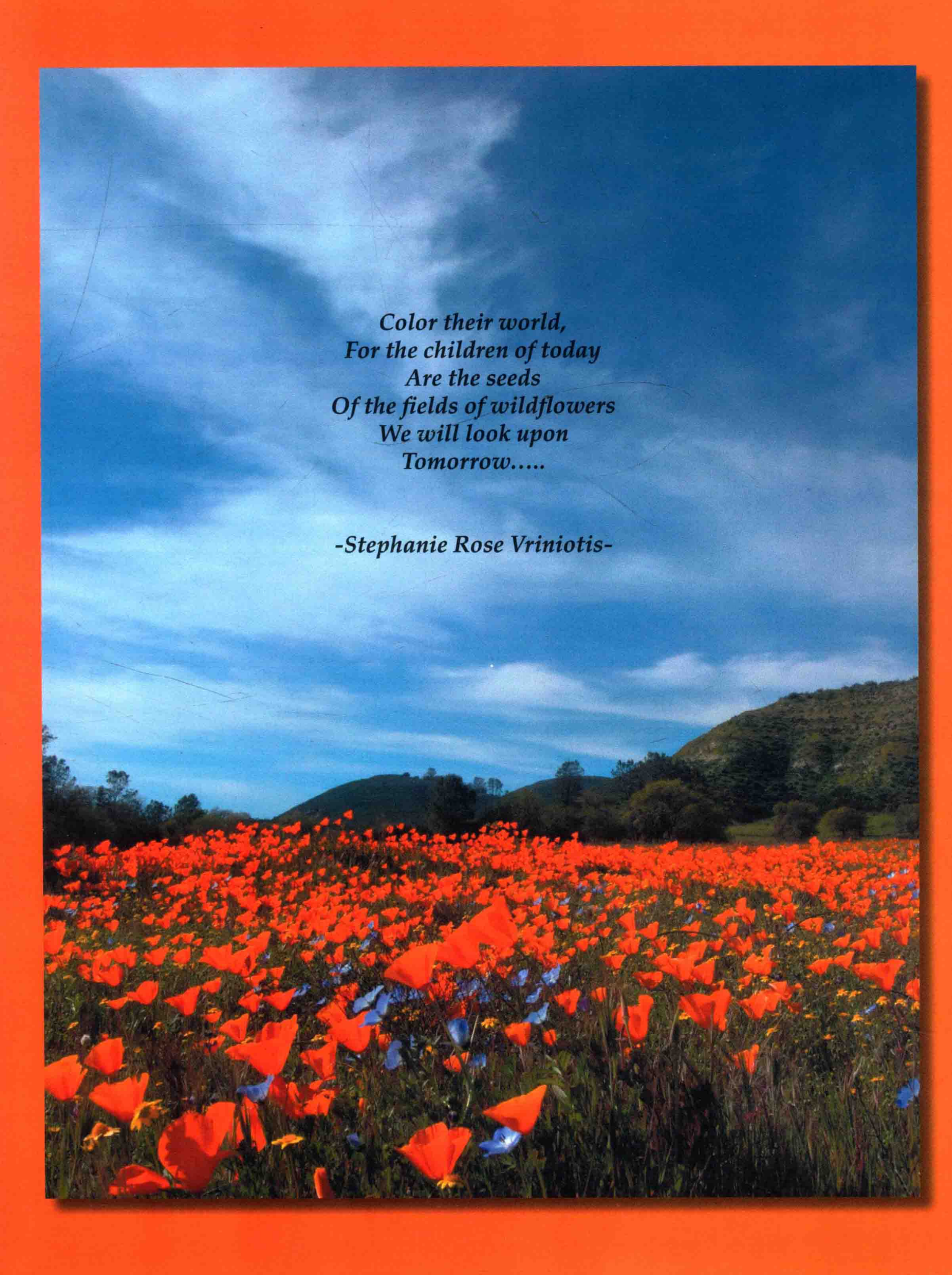
Printed in the United States of America
Bloomington, Indiana

This book is printed on acid-free paper.

Bloomington, IN



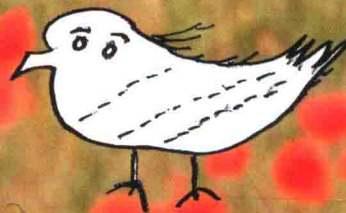
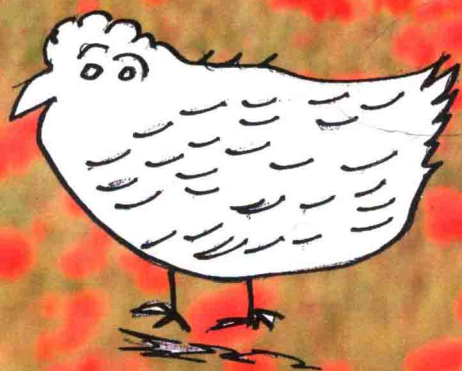
Milton Keynes, UK

A photograph of a vast field of wildflowers, primarily bright orange poppies, with some blue and yellow flowers scattered throughout. The field stretches towards rolling green hills in the background. The sky is a deep blue with large, white, wispy clouds. The entire image is framed by a thick orange border.

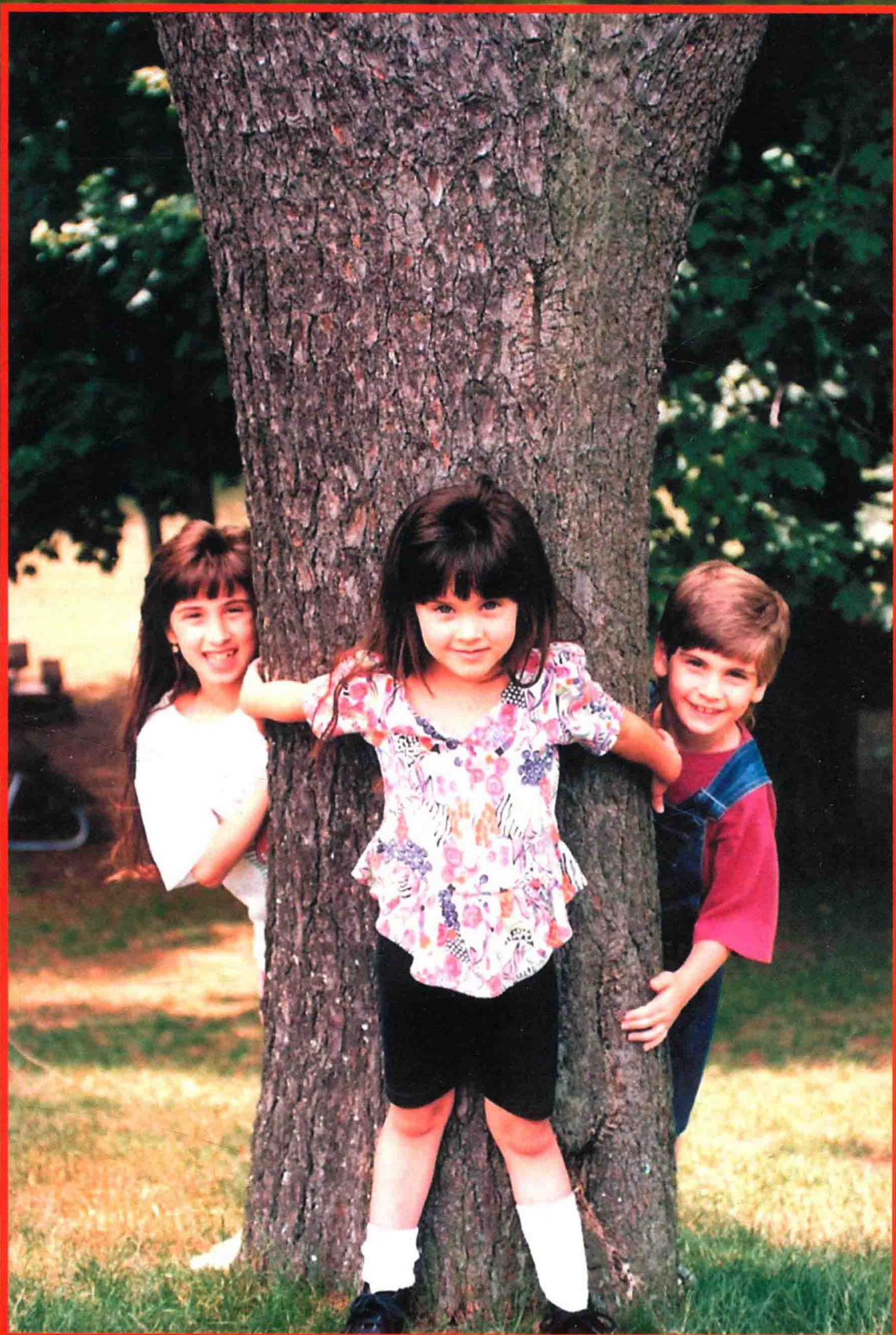
*Color their world,
For the children of today
Are the seeds
Of the fields of wildflowers
We will look upon
Tomorrow.....*

-Stephanie Rose Vriniotis-

*This book is dedicated to my three beautiful children,
Amanda, Steven and Alexa,
Without you my life would not be as colorful.
You have filled my world with so much
Pink (love),
Lots of red (passion),
Tons of orange (joy).
And you have given me green (balance),
Many blue times (soothing),
And yes, even some
Black times.
But all in all,
You are truly my Rainbow!!
Love you guys, as big as the world to the stars and back.....*



this one's for you Daddy





ACKNOWLEDGEMENTS

TO GOD & MY ANGELS – Even though I cannot see or touch you, I know that you are always there to watch over me and guide me. I thank you for all your help in getting me to this place in my life.

AMANDA – You are and always will be “the best thing that ever happened to me”. Your smile and beauty has a way of warming my heart! Thank you for listening to me.

STEVEN – I will always think of you as the “little man in my life”. Thank you for the hugs and kisses that heal me, and for your creative feedback. Your presence soothes my soul.

ALEXA- They say “angels come when you need them not when you want them to”, you my sweet Alexa, came just in the nick of time! Thank you for your sweetness and your compassion you have helped me get through the tough times.

NICK – Thank you little brother, for being the best brother anyone could wish for. Your gentle way always put a smile on my face. I often feel like you are more my child than my sibling. I’m so glad we have each other.

RICHARD – Thank you for being my “other brother”, and for always encouraging me and believing in me. Our long talks helped me to see things with eyes wide open. Thanks!

JACK – Thank you for being “that someone special” in my life. You found a way into my heart and healed it. Thank you for picking me up when I “fell down and went boom” and pushing me to reach for the sky!

MY PARENTS – Thank you for all the challenges you gave me. They made me strong and taught me how to count on myself. You provided, but forgot to nurture – I believe all children need nurturing no matter what age.

JACLYN – Thank you for being by my side so many times; learning, teaching and creating beautiful spaces. Your talent always leaves me in awe. Your friendship has touched my heart.

EVA – Thank you for being my “earth angel”. You and your family have helped my heart and soul in ways that are hard to explain, but I know you know them.

JULIE – Thank you for your spiritual guidance, your insight, your words and your excitement for me and this book.

BEECHWOOD ORGANIZATION – Thanks to everyone that I work with, especially Mike Dubb for giving me a job so that I can pay the bills while I wrote this book.

DAVID – Thank you for showing me how to put aside time to “write “. It helped me write half of this book! I always valued your thoughts and your belief in me...

TO ALL MY SPECIAL CLIENTS - Thank you for giving me the chance to “color your home” and for trusting me and listening to me when I spoke passionately about everything from decorating to “life”.

SUSAN & STEPHEN DOSTIS – You came into my life and became my favorite clients. After that you touched my heart and let me into your family. Thank you for making me feel like “one of the family”.

LINDA SEIDEL – Thank you for being more than a client, for being a good friend and always willing to listen.

TO ALL MY FRIENDS – The ones who crossed my path over the years, but are not in my life now, Thank you for the lessons you helped me learn. And to those who remain, - Thank you for still being here!!

NICKY - You gave me the lessons that made me the strongest even though they hurt the most. But the best thing you ever gave me was my three beautiful children. Thank you!

TO ALL THE PEOPLE along the way that taught me, inspired me, gave me information; all the books and websites and magazines I read along the way, news programs, even fortune cookies that left me with thoughts to ponder, I thank you for you words.

To FOTOLIA.COM – Thank you for permission to use all your beautiful photos.

To BENJAMIN MOORE PAINTS – Thank you for making products that I can always count on and for permission to use your name.

AUTHORHOUSE- Thank you to everyone at AuthorHouse who helped in the birth of this book. Special thanks to Lori Fender who’s creative soul and patience helped tremendously.

ABOUT THE AUTHOR

I'd like to tell you about myself. I was born on August 26, 1961 (a Virgo) in Tacoma, Washington). I lived there until I was 6 and then moved to Bayside, New York. My parents were both born in Greece and I was first generation born in the United States. I learned to speak Greek before I knew English. Attending school without understanding the language was not easy. I found myself depending a lot on what I could see. Everything visual to me was more accentuated. Especially color! Growing up I always loved color. I would notice what shade of blue the sky was, or how green the grass looked in the spring. A box of crayons would get me all excited (especially the box of 64). I would even dream in vivid color. When I was ten, my parents took me shopping to pick out carpeting for my bedroom. The one's they showed me were boring. Looking around by myself I found a remnant that I just had to have. Everyone in the store looked at me funny. It was hidden way in the back. It was multi-colored shag that resembled a rainbow (Remember, it was the 70's). I loved that carpet so much. When it was in my room, I felt happy as if I really was surrounded by a rainbow. Every 2 years, I would paint my room a different color. First, with the help of my father, then when I was 13, I did it by myself. I had a pink room, a purple one, a mint green, a yellow and at the end a beige (I was getting married and leaving at 20, I guess I felt I needed an "adult" color). I didn't know it then, but I was picking colors according to what my spirit was in need of. Pink for love, purple for imagination/thought, green for balance, yellow for energy, and beige for a serious time. Another thing I didn't realize was that I loved to decorate, it was in my blood. I also loved children, maybe because of their free-spirited nature. To this day, I still feel like a kid. When I graduated high school, I was voted the one to return with a baker's dozen. I wanted children more than I wanted a career. So, I got married, stayed at home and raised three beautiful children, Amanda, Steven and Alexa (my best creation) and loved being a "mommy". My children became my rainbow! They filled my days with so much love, joy and happiness that the sad times were bearable. When the kids were little, I started my own business designing and sewing one-of-a-kind outfits. It was great, I was able to work from home and not leave my family. I also found ways to involve them. I made them model the clothes I created. As they got older and they were in school full time I started decorating and

specialized in faux painting. I did that for 10 years, and created many beautiful rooms for my clients. I have a passion for anything creative. Writing this book evolved on its own. I found myself speaking to so many people on the topic of color and what it can do, until I realized people were listening to what I had to say, and they were interested. So here I am! After seventeen years of marriage, I found myself divorced and a single parent of three. I continued decorating and painting. It was my second love, next to my children. When I painted for my clients, I would put my heart and soul into their home. With every brushstroke I would place positive energy on their walls. I liked knowing that when I left their homes, they still felt my brilliance from room to room. I also love to meditate and dabble in the psychic arena. I'm able to use that ability when I decorate in order to become more in sync with what my clients are looking for. Sometimes, it's more of a feeling they want, then it is a look. My intuitive nature helps me to create what they want. I get a feeling, and that helps me to decide the right color to use for their environment. Along with that, I've always been interested in astrology. There is so much to learn about life, and a lot of it is written in the stars. Sometimes, just knowing a person's birth date can tell me a lot about them. When I have an insight about someone, I can figure out what color could help them feel balanced.

Children look at life with such wonder and amazement. Even though I'm an adult, I've never let go of that little girl in me. I choose to look at life with wonder. I have a thirst for knowledge about everything, the same way a child does. I want to be able to help other adults create rooms that will help little ones without them even realizing it. Just by "being" in their environment they are being healed and kept happy. My love for children, decorating and a need to help people is why I wrote Color Their World. It has taken me awhile to get this book completed and I'm sure that after you read it, you too will feel what I feel, a sense of hope and peace that we are doing all that we can to help children grow to be amazing spiritual beings!

ENJOY!

INTRODUCTION

Ever wonder what it is about a RAINBOW that makes people smile? Why looking at all those colors in the sky makes you feel happy? Color effects people in many ways; positively and negatively. Wouldn't it be wonderful to surround a child in colors that work best to help him or her grow up and have a balanced life?

***COLOR THEIR WORLD** is a book on decorating for children. Not just the type of decorating that uses fabrics, color, furniture and accessories. This book will also help to decorate their "mind, body, heart and soul". Making their environment touch their inner-being, by using color to help them grow mentally, spiritually and intuitively. By surrounding a child from birth with the right colors, you can help him/her grow into a more positive, less-stressed, happier adult. Let's face it, the children of today, are what our future will be tomorrow! With the help of my book, you will learn what color is, how it can be used to heal and how important color has been to humans for centuries.*

If you think this is going to be another "how to decorate" book, then put it back on the shelf. If on the other hand, you happen to understand that in these times of high-tech speed and stressful days, our children need all the help we can give them. With so much new technology today, our children face new problems. Given that, I believe we need new ways to combat them. The funny thing is, they really are "old" ways. The ancient people had natural ways to heal, protect and nurture their loved ones. Now, we need to go back to mystical ways of decorating. A way that not only looks beautiful, but makes the person in the room, feel good. Wouldn't it be great to know that you are really doing all that you can to help a child grow into a happy and peaceful adult?

*Did you know that by surrounding a child with a particular color, it will enable him/her to flourish? In **COLOR THEIR WORLD**, I show you how color was used in ancient times by Egyptians, Greeks, and other cultures. How every color has an effect on children's personality, moods and health, whether consciously or unconsciously. By explaining how to use color to balance out a child's life*

through decorating, I can help you to balance them out. I also discuss children's illness, how certain colors affect their health. For example; the color blue could help a child with asthma breathe easier; or, how orange can help a shy child become more confident. Did you also know that every astrological sign has a color associated with it? By knowing your child's sign, and using the right color in their décor, it has the ability to comfort them. I know that as you continue reading, you will start to feel empowered. Knowing that there is more you can do to ensure your child's happiness and well being. Sometimes parents feel they have done everything possible and to no avail, nothing changes. With my help, you will see that there is more we can do that doesn't involve anything more than your mental effort. We have so many brain cells that we don't even use. Knowledge is power. I will show you how to use color and energy in your child's décor to nurture and help them grow up balanced and happy.

Adults are always asking little kids what they
Want to be when they grow up
Because they are looking for ideas!

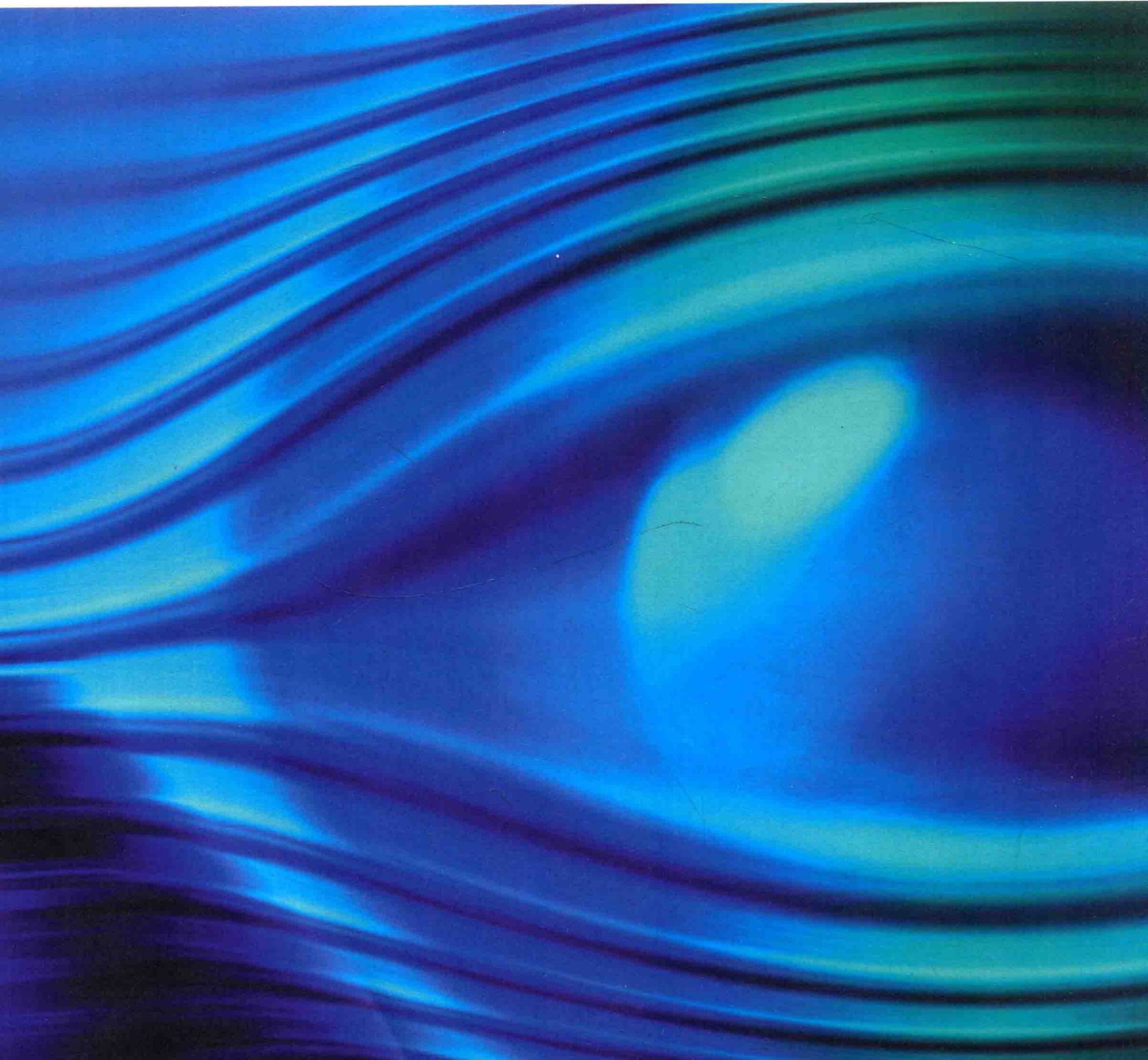
-Paula Poundstone-





CHAPTER 1

WHAT IS COLOR, HOW IS IT PERCEIVED?



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