

| Color | Symbolizes | Element Association | Meditation Purpose |
|--------|------------------------------|---------------------|---|
| Blue | Purity and Healing | Cure | Transforming anger into wisdom |
| White | Learning and Knowledge | Water | Cuts the delusions of ignorance and turns it into wisdom of reality |
| Red | Life, Force and Preservation | Fire | Transforms the delusions of attachment into wisdom of discernment |
| Green | Balance and Harmony | Nature | Transforms jealousy into wisdom of accomplishment |
| Yellow | Rootedness and Renunciation | Earth | Transforms pride into wisdom of sameness |