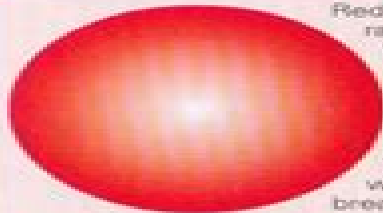


Guide to healing colours

When colours enter the body as light, they have an effect on the health of our brain, organs and body systems. Different colours are able to relax or stimulate the body and mind.

RED



Red is the colour with the slowest rate of vibration and the longest wavelength. Known to be able to raise blood pressure, red can strengthen and stimulate the body. Our blood contains red blood corpuscles, which provide nourishment to our organs.

Try this: If you feel very tired, wear a red jumper and consciously breathe its energy into your body.

MAGENTA



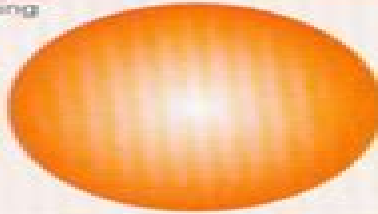
Magenta uplifts the spirits and can stop us feeling despondent or frustrated about our lives. Used in excess, it can be almost too relaxing, so use with care if you have an introverted personality or tend towards depression.

Try this: If facing challenges at work or home and you need to switch off, wrap up in a magenta towel after a long soak in the bath.

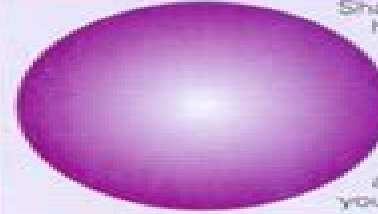
ORANGE

The colour orange has an energising feel, promoting confidence and well-being. A wonderful antidepressant, it encourages creativity and passion, and has beneficial effects on digestive and reproductive systems.

Try this: If you are feeling nervous before an important meeting, hug an orange cushion and absorb its positive energy.



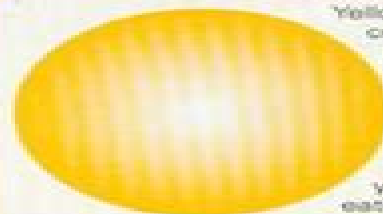
PURPLE



Shades of purple have been used to help calm people with nervous or mental imbalances. Purple is a colour of transformation at a deep level. A very spiritual colour, it is traditionally worn by the clergy and denotes spiritual peace and awareness.

Try this: To calm you, place a piece of purple velvet across your brow and relax to soft music.

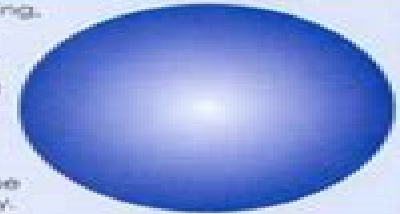
YELLOW



Yellow is an energising and uplifting colour that encourages positivity and inner power. It strengthens the nervous and digestive systems, calming butterflies in the stomach or stress-related tension in the abdominal area.

Try this: If you tend to rush your food or eat snacks often, buy yellow crockery and see if your eating habits become healthier.

BLUE



The colour blue is cool and calming, inspiring mental clarity and inner peace. It gives us a sense of security and has been shown to lower blood pressure by calming the autonomic nervous system. Deep blue is also able to stimulate the pituitary gland.

Try this: To refresh and relax yourself, sit and focus on the blue of the sky while breathing deeply.

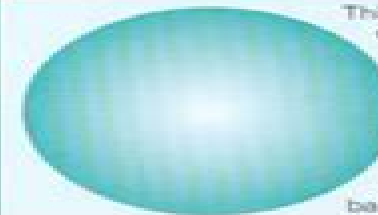
GREEN

Green is the colour of nature, which can reconnect us to planet Earth, our home. We instinctively lean towards green when in need of balance or harmony, which explains the popularity of gardening. Green is also good for the heart as it aids relaxation.

Try this: If stressed, place your hands either side of a plant and breathe in its colour and vitality.



TURQUOISE



This vivid green-blue colour, typical of a tropical ocean, is invigorating and calming. The spiritual stone of the Native Americans and ancient Aztecs, turquoise symbolises truth and aids communication on all levels.

Try this: Create a collage of photographs of tropical seas. Look at it while relaxing in the bath and try to imagine being there.

Color And Healing

Betty Wood



Color And Healing:

Color Healing Health Research Staff,1996-09 1956 an exhaustive survey compiled from the works of 21 of the leading practitioners of Chromotherapy including Edwin D Babbitt Principles of Light condensed by an authority of color and the human aura This is the best all around book on **Simply Color Therapy** Nina Ashby,2007-09-05 Why do babies feed and sleep better in a pastel environment Why should you wear a bright shade when you need to shine The author shows how and why colour can help sick or unhappy people feel better how the colours and chakras align and how to read and interpret the human aura *Color Therapy Plain & Simple* Nina Ashby,2018 This book provides a full spectrum of information from the practical to the spiritual Find out how to decorate with color to create specific moods Learn how to dress for success and interpret others personalities by the colors they wear Improve your health by using colored lights and color based meditations and visualizations and eating foods of certain color **Colour and Healing** Gladys Mayer,1996-09 Plus How Colour Affects Us Contents the Importance of Understanding Colour Colour Questions Colour in Everyday Life Colour Healing How to Use Colours Bibliography , How to Heal with Color Ted Andrews,2025-08-05 Everyone is affected by color We use colors to describe our physical health our emotions even our spiritual experiences Now you can learn how to use color to restore health and balance energy Popular author Ted Andrews presents an effective system for developing your innate healing skills including a chart that lists the beneficial colors for over fifty physical conditions With this easy to follow guide you will learn the basics of color healing why it works and simple techniques for healing yourself and others using colored lights candles cloths and charged water Discover how to Use color to balance and restore your energy Determine which colors you need using simple assessments Project and absorb the healing properties of color Develop the ability to sense color with easy fun exercises Color Therapy A. M. Babey-Brooke,R. B. Amber,1979 **Secrets of Color Healing** Stephanie Norris,2018 Secrets of Color Healing provides a comprehensive explanation of the theories of color on the human body discussing each color in detail and how it works in practice *Colour Therapy* PAULINE WILLS,2016-01-28 We all know what a strong effect colour has on us In fact colour healing has been used by mankind throughout history The ancient Egyptians Greeks and Romans all used colour in a variety ways to treat different ailments This accessible introduction gives practical advice on how to make the most creative use of colour in what we wear our surroundings and how certain colours can be effective in treating particular health conditions **Color Therapy** R. B. Amber,1964 **Color Therapy** Reuben Amber,1978 **Colour, Healing and the Human Soul** Gladys Mayer,2019-11-06 In a delightful study originally comprising two separate booklets the accomplished artist and teacher Gladys Mayer explains that colour is nothing other than the very substance of the soul Just as the body is made up of mineral water air and warmth so the soul is made up of colour This is revealed in the emotions of sadness and joy and the many shades in between as expressed in human language for example seeing red rose coloured spectacles and jaundiced view Mayer discusses the basis of colour theory and its

methodology and the importance of colour for everyday life and health It is as fundamental to the soul as air is to the body By increasing our awareness of the spiritual laws of colour we can acquire a balanced and enriched life of soul Thus colour can become a healing force in life enabling us to tackle the deadening grey aspects of our mechanised civilisation Based on the work of Rudolf Steiner which she studied intensively for many years Mayer offers an approach to colour that is of value to painters and artists as well as to those interested in psychology health and healing spirituality and personal development

Secrets of Colour Healing Stephanie Norris,2006 *Colour Therapy* Vijaya Kumar,2003 The recent popularity of alternative therapies among different communities of the worlds reflects the need to rely on natural safe and time tested methods of treatment Colour therapy is a discipline whose principles are based on an ancient system of knowledge that divides the body into principal chakras or centers each of which is governed by a specific colour It seeks to cure disorders and promote well being by channelising healing energy through the use of colour This book explores the world of colour therapy and provides useful tips on how to cure ailments maximise your potential and create harmony by using the right colours in your environment *Colour Healing Manual* Pauline Wills,2013-08-28 The healing properties of colour and light have been recognised since ancient times today colour therapy techniques are used to great effect in a range of complementary therapies and for personal wellbeing This book provides a comprehensive introduction to colour healing and offers step by step instructions for diagnosis and treatment Colour and Healing Gladys Mayer,1956 *Working with Colour Healing* Jane Struthers,2006-07-01 Yellow generates happiness and stimulates our brains Red feeds our sense of passion and energy These and every other color have the power to enhance your life and improve your general sense of well being Make the most of the rainbow of colors around you with this attractive reference Featuring beautiful images throughout that capture the essence of each hue it explains how color healing works and provides practical exercises to try with every color An in depth study of the seven major colors of the spectrum reveals how they relate to the seven chakras of the body and there s also comprehensive advice on using crystals light color patterns in the home and garden and color related foods *The Healing Power of Color* Betty Wood,1985-09 Healing Color for Health and Well-Being Lilian Verner-Bonds,2008-07 Color Healing is a clear introductory guide to color therapy and how it can be used to great advantage in healing our physical emotional and mental turmoil Beginning with an explanation of the history of color therapy the book then describes 13 significant colors and their properties and explains why they are effective in the treatment of particular conditions The third section describes the use of color in our home and office environment and offers practical advice to change the mood of a room The uses of chromatherapy crystals and color wheels in color therapy are also explained and suggestions for simple meditation processes are included *The Healing Power of Color* Betty Wood,1998-03 The author shows how color was used in ancient civilizations its applications in healing traditions and the ways it is currently used to affect mood and behavior

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