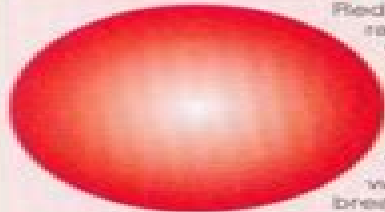


Guide to healing colours

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



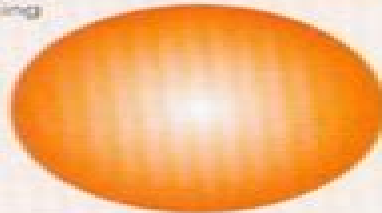
Magenta uplifts the spirits and can stop us feeling despondent or frustrated about our lives. Used in excess, it can be almost too relaxing, so use with care if you have an introverted personality or tend towards depression.

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.

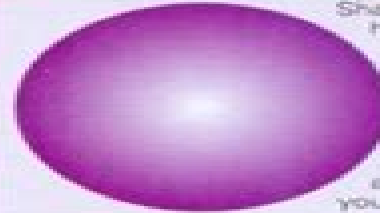
ORANGE

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.



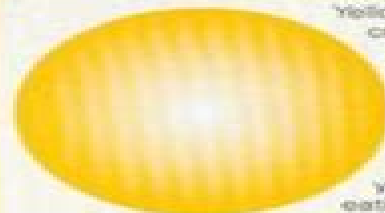
PURPLE



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.

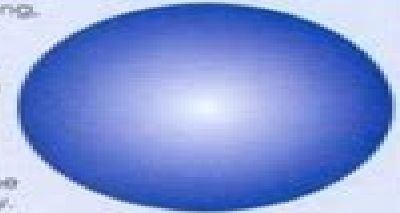
YELLOW



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.

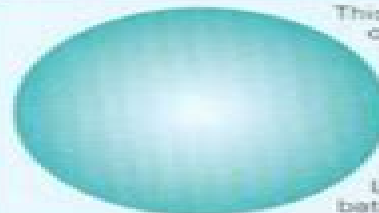
GREEN

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.

Healing With Colour

A. M. Babey-Brooke, R. B. Amber



Healing With Colour:

Color Therapy A. M. Babey-Brooke, R. B. Amber, 1979 *Color Therapy* Reuben Amber, R. B. Amber, 1983 Colour is a vibration that is constantly affecting us in our daily lives This book enumerates the myriad ways we can choose to consciously use colour to influence our body mind and soul to promote balanced health and well being PART 1 on the theory and philosophy of Chromotherapy begins with an historical survey of mythology from different parts of the world drawing on Ayurvedic lore The views of modern physics radionics and researchers including Burr De La Warr Reich and Steiner are presented PART 2 gives specific applications of colour in our environment with our food clothing and light sensitising us to the healing power or the destructive effects of a guided use of colour therapy A unique feature is the inclusion of an extensive repertory listing the relationship of colour taste polarity organs elements and diseases to foster a holistic use of these techniques This book is valuable not only for healing already existing imbalances but ideally to help us become more aware of how colour can create a positive balance within ourselves and impact our environment Topics include Healing with colour Auras Visualisations Gems Solarised Water Colour breathing *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 **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 **Colour Therapy** R. B. Amber, 1964 *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 **Rainbow Healing** Stephanie Egan, 2007 **Colour Therapy** Pauline Wills, 1997 Colour therapy has been used throughout history in one form or another This book explains the principles of colour therapy and provides advice on making creative use of colour in clothing our surroundings and in healing **Colour Therapy** Vijaya Kumar, 2013-01-01 Colour therapy is a discipline whose principles are based on an ancient system of knowledge that divides the body into principal chakras or centres each of which is governed by a specific colour It seeks to cure disorders and promote well being by channelling 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 **Healing Through Colour** Theo Gimbel,1980 Practical approach to the use of color in our health today *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 **Colour Therapy** Rashmi Sharma,Rashmi Sharma & Maharaj Krishan Sharma,1999-04-08 The science of Color Therapy is the science of Sun Rays which is a simple and profusely beneficial therapy Surya Nivarana Shastra is an ancient repertoire and is a part of Ayurveda to restore the Balance in Your Body This family guide to recognize effects of colour their applications as therapy to improve your everyday life by casting light on your physical ailments Learn and apply at ease Hidden secret of making material substances with the effect of colors from Sun rays How specific ailments can be cured by adjusting the color impact Psychological effects of colours Colour breathing

How To Heal Anne Jones,2022-03-21 What s stopping you from lifting your life above your fears and limitations With streaming reports of humanitarian disasters and global pandemics on news channels the ongoing climate emergency and a continuous bombardment of similar from social media it s not surprising that living in the modern world can take its toll on our physical mental and spiritual wellbeing In How to Heal renowned spiritual leader Anne Jones shows that amid all this confusion negativity and noise you can use the power of ancient symbols and rituals to reclaim control of your emotions breakthrough your barriers and lift your life to a happier calmer and more fulfilling place Unlock a new strength and resilience as Anne coaches you through a uniquely holistic approach to healing As you begin to clear negative beliefs thoughts and feelings about yourself every single part of you from your physical body to your mental health and spirit will respond come to life and start to heal What you think feel and see becomes your truth So now is the time to stop letting the world break you down and move beyond the past traumas that have come to define you By surrounding yourself with peace and positivity and taking control of the negativity that blocks your path you can begin a transformative healing process that will release your past reclaim your energy and revive your joy **The Complete Book of Healing** Tara Ward,2017-07-11 Many people view healing as a purely physical experience one which is achieved through the use of pills and potions But for thousands of years our ancestors relied on spiritual healing in times of illness sorrow and distress This type of healing is about dealing with the whole person and acknowledging the connection between the physical mental emotional and spiritual aspects of the self In The Complete Book of Healing author Tara Ward presents a range of techniques and tools for healing yourself and others including members of the family **Healing with Colour** Helen Graham,1996 The influence of colour has been familiar to healers since ancient times In this title the author introduces many self help healing techniques and explains the latest scientific research on colour theory showing you the benefits of working with colour to improve your

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