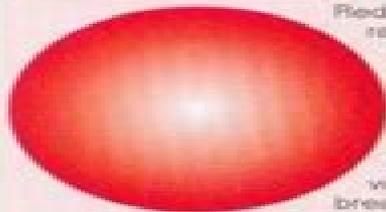


Guide to healing colours

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



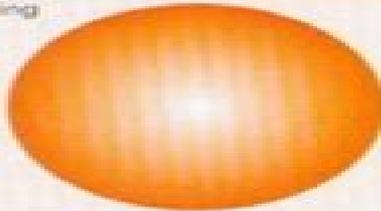
Magenta uplifts the spirits and can stop us feeling despondent or frustrated about our lives. Used in excess, it can be almost too relaxing, so use with care if you have an introverted personality or tend towards depression.

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.

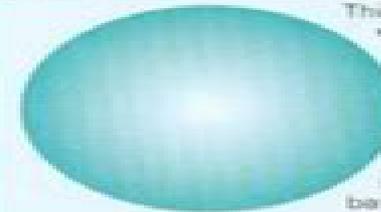
GREEN

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 Healing A Practical Guide

PAULINE WILLS



Color Healing A Practical Guide:

Color Healing Graham Travis,2000 Ancient and modern healing techniques are given new life in this series of practical guides Covering such diverse methods as treating the body s aura applying the art of feng shui to the confines of a city home and self administering pressure point massage these books each present a complete course of instruction with easy to understand terms and exercises The methods and philosophies found in this series will easily become part of illness prevention routines and relaxation techniques for both beginners and professional practitioners alike [The Healing Power of Light and Color](#) Praveeta Timmerman,2014-08-19 **The Complete Book of Color Healing** Lillian Verner-Bonds,Ra Bonewitz,2000 This richly illustrated guide of the science psychology and language of color reveals ways to enhance physical well being and generate pleasing sensations of energy excitement and joy This reasonably priced book illustrates its points with colorful drawings and pictures It s packed with information techniques exercises The New Times **A Practical Guide to Colour Healing in the Home** International College of Chromatics,1919 **Practice Guidelines for Family Nurse Practitioners - Revised Reprint - E-Book** Karen Fenstermacher,Barbara Hudson,2013-07-01 Convenient and portable Practice Guidelines for Family Nurse Practitioners 3rd Edition Revised Reprint offers quick access to essential guidelines for Nurse Practitioners in a variety of family practice settings Well known for its concise guidelines and extensive charts and tables this Revised Reprint includes extensive updates throughout and offers vital information on the latest diagnostic methods treatment options and drug therapies for primary care conditions commonly seen by Nurse Practitioners in patients of all ages Quick reference outline format and a wealth of tables and charts facilitate quick access to essential information Special populations assessment chapters including adult pediatric and geriatric allow for quick access to vital information for these specific age groups Provides essential instructions on which problems must be referred to a physician and which constitute an emergency Coverage includes the latest national guidelines Color insert provides visual reinforcement for a better understanding of skin disorders Compact size and spiral binding make this guide extremely versatile and portable NEW The 2014 Revised Reprint of Practice Guidelines for Family Nurse Practitioners 3rd Edition includes extensive updates throughout Updated treatment guidelines including medications for numerous skin conditions influenza pharyngitis GERD vaginitis PID lipid disorders hypertension diabetes depression and anxiety Coverage of several clinical issues such as osteoporosis fibromyalgia and guidelines for screening Pap smears has been extensively revised based on current standards of evaluation and therapy Changes affecting diagnosis are included for several conditions including hepatitis A B and C GERD H pylori infection and syncope **COLOR THERAPY** GM SUHANDONO WIJOYOKUSUMO,2026-02-15 FOREWORD Praise be to the presence of God Almighty for His abundant grace and bounty so that this guidebook of 100 Color Therapy Techniques can be completed well May prayers and greetings be poured out to the prophets and spiritual teachers who have illuminated the path of life with the light of wisdom Color is the most beautiful language of the universe Since the beginning

of creation color has accompanied the journey of human life The red of a sunrise lifts the spirit the green of leaves soothes the soul the blue of the ocean calms the heart Each color speaks at a different frequency affecting our body mind and soul at every moment whether consciously or unconsciously This book arose from the author s concern over the growing number of people losing their sense of balance in their lives Stress anxiety chronic fatigue and various modern diseases plague people of all ages Amidst rapid advances in medical technology people are increasingly estranged from their own understanding They have forgotten that within each person lies a tremendous natural healing power Color therapy is not a new science Ancient civilizations in Egypt India China and Greece recognized and practiced color healing thousands of years ago Temples were built with specific orientations to ensure the morning sun illuminated the healing space with the right colors Monks and priests used color in healing rituals These traditions persist today in various forms The author has compiled 100 techniques in this book using a step by step approach from the most basic to the most advanced so that anyone can learn and practice them regardless of educational background or spiritual beliefs These techniques are designed to be a practical guide that can be immediately applied to everyday life The primary goal of this book is not simply to provide information but to invite readers to experience the magic of color for themselves Therefore each technique is accompanied by a detailed step by step guide including objectives timing body position phases of implementation and signs of success Readers are encouraged to record their experiences in a color journal as everyone is unique and responds to color differently The author realizes that this book is far from perfect Color therapy is a vast ocean of knowledge What is presented here is just a drop in the ocean There are still many aspects that remain unexplored other techniques that have not been covered The author hopes this book can serve as a gateway for readers to enter the fascinating world of color and subsequently develop their own practices that best suit them The author extends his sincere gratitude to all the spiritual teachers who have guided him whether known directly or through their works Thank you to his family for their unwavering support and understanding throughout the writing process Thank you to the readers who have taken the time to study this book May the knowledge gained be beneficial to himself and others The author also wishes to thank the universe the sun that faithfully brings color to life every morning the ocean that teaches us the serenity of blue and the trees that share the freshness of green Nature is the best teacher of color In closing the author encourages readers to not only read this book but also put it into practice Theory without practice is like a body without a soul Feel the vibrations of each color for yourself record your experiences and let the colors guide you toward balance and healing Happy practicing and may all beings be happy Depok West Java February 2026 Writer SUHANDONO WIJOYOKUSUMO

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

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