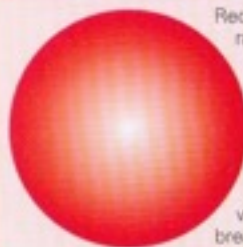




Guide to healing colours

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.

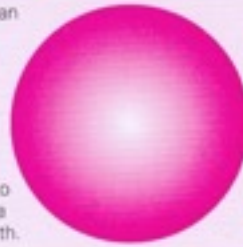
RED



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.

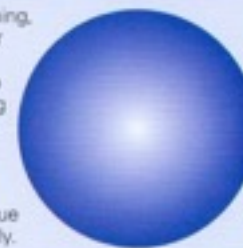
YELLOW



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.

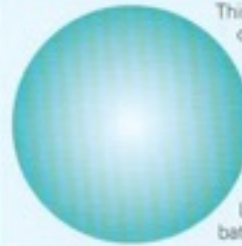
GREEN

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.

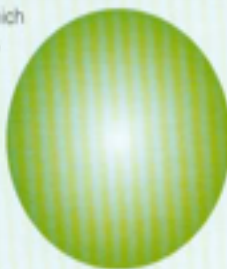
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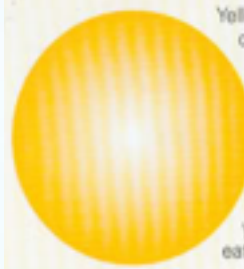
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| RED | PINK | PURPLE | NAVY | GREEN | BLUE | ORANGE |
|---|---|--|--|--|---|--|
| MEANS: passionate active EXCITING bold energy youthful physical PIONEERING leader willpower confidence ambition POWER | MEANS: love calm respect WARMTH longterm feminine intuitive care assertive sensitive NURTURE possibilities UNCONDITIONAL | MEANS: DEEP creativity unconventional original stimulation individual WEALTHmodesty compassion DISTINGUISHED respectable fantasy | MEANS: trust order LOYALTY sincere authority communication confidence PEACE integrity control responsible success CALM masculine | MEANS: BALANCE growth restore sanctuary EQUILIBRIUM positivityNATURE generous clarity prosperity good judgement safetystable | MEANS: spirit perspective CONTENT control rescue determination self-sufficient modern goals awarenewest OPEN ambition | MEANS: INSTINCT WARMTH gut reaction optimistic spontaneity extrovert social-new ideas FREEDOM impulse motivation |
| BRANDS: Kellogg's Virgin LEGO Coca-Cola Nintendo Red Bull Pinterest | BRANDS: BBC three Barbie COSMOPOLITAN VICTORIA'S SECRET | BRANDS: Cadbury YAHOO! Hallmark M&S Zoopla.co.uk Your advantage is property | BRANDS: Facebook Reebok British Gas t GAP | BRANDS: bp Holiday Inn tic tac LACOSTE Starbucks | BRANDS: intel Blu-ray Disc skype Twitter WordPress | BRANDS: Asda orange Penguin M&S bitly B |

boutique



Mandalas are traditionally used as a meditation tool and often pictures of deities or patterns are created within the circle. The repetition of these patterns over and over again helps clear the mind from any unwanted thoughts.

Enjoy your mindful colour meditation.



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