

THE COLOURS

RED - IN COLOUR THERAPY, RED IS CONSIDERED TO BE THE COLOUR OF LIFE, OF THE GLOWING SUN AND OF FIRE. IT HELPS TO INCREASE BLOOD CIRCULATION AND INCREASES THE SENSE OF WELL-BEING AND VITALITY. IT HAS BEEN USED WITH SUCCESS TO COMBAT ANEMIA, ASTHMA, CERTAIN SKIN DISEASES AND CHRONIC COUGHS. POSITIVE QUALITIES ASSOCIATED WITH THIS EARTH ELEMENT ARE STEADFASTNESS, COURAGE, LOYALTY AND PERSEVERANCE.

GREEN - IS ASSOCIATED WITH A HARMONIZING EFFECT. IT INSTILLS CALMNESS AND INSPIRES AT THE SAME TIME. GREEN IS APPLIED FOR THE NATUROPATHIC TREATMENT OF BRONCHITIS, LUNG PROBLEMS, INFLAMMATION OF THE JOINTS AND SWELLINGS. IT IS THE COLOUR OF CONCENTRATION AND IS SUPPOSED TO PROMOTE RELAXATION OF THE ORGANS AND STIMULATE GENERAL TOXIFICATION OF THE BODY.

BLUE - IS THE COLOUR OF PEACE AND INFINITY. IT IS CLAIMED TO PROFOUNDLY CALM AND RELAX US. THE TRANQUILIZING PROPERTY OF BLUE IS APPLIED FOR RELIEVING HEADACHES AND MIGRAINES, STOMACH PAINS, MUSCLE CRAMPS, NERVOUS IRRITATIONS, SLEEPLESSNESS AND ANXIETY. AS A GENERAL RULE, BLUE IS SAID TO HAVE A VERY POSITIVE EFFECT ON ALL KINDS OF PAIN CONDITIONS.

YELLOW - IS THE BRIGHTEST OF THE COLOURS COMMONLY USED IN COLOUR THERAPY AND ENHANCES GENERAL WELL-BEING. IT REFLECTS LIGHT IN ALL DIRECTIONS AND COULD THEREFORE BE ABLE TO CREATE AN IMPRESSION OF DETACHMENT AND LIBERATION. IN NATUROPATHY, YELLOW IS APPLIED WHEN TRYING TO COMBAT GLANDULAR AND LYMPHATIC SYSTEM DISEASES. IT STRENGTHENS THE NERVOUS SYSTEM AND CAN GREATLY ASSIST METABOLISM HAVING A BALANCING EFFECT ON THE DIGESTIVE SYSTEM.

PURPLE - IS THE COLOUR OF THE EMOTIONS AND IS CONSIDERED TO BE A MEDITATIVE COLOUR. IT IS A GOOD COLOUR FOR IMPROVING IMMUNITY. IT PURIFIES THE SYSTEM AND IS USED IN ATTEMPTS TO SOOTHE ORGANS, RELAX MUSCLES AND CALM THE NERVOUS SYSTEM. IT IS AN EXCELLENT COLOUR FOR HEADACHES AND MIGRAINES.

LIGHT BLUE - ENHANCES PEACE AND SERENITY. IT HELPS WITH RESPIRATORY ILLNESS, THROAT OR SINUS INFECTIONS, COLD AND FLU SYMPTOMS.

WHITE - IT IS BENEFICIAL TO BEGIN AND END A COLOUR THERAPY SESSION WITH WHITE TO STABILIZE THE ENERGY SYSTEM OF THE INDIVIDUAL AND TO GIVE IT AN OVERALL BOOST. FEELING BLUE? S.A.D. THIS LIGHT HELPS IMMENSELY.

Debbie Shkuratoff
Valleyview Centre

Reiki Wellness #39

Office #42 Ph: (250) 743-1733

The Zen Room #41

Bio-Mat Room #34 Ph: (250) 743-8122

www.reikiwellness.ca

dshkuratoff@shaw.ca