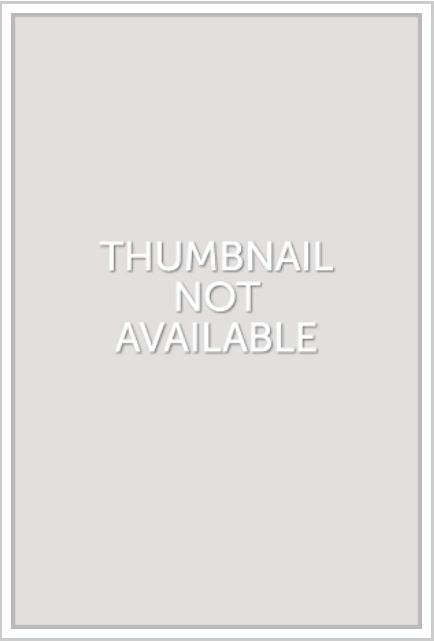


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Color Therapy: Healing with Color

By Reuben Amber

Aurora Press. Paperback. Book Condition: new. BRAND NEW, Color Therapy: Healing with Color, Reuben Amber, 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;...

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