



Colour Healing Manual: The Complete Colour Therapy Programme Revised Edition

Pauline Wills

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The healing properties of colour and light have been recognised since ancient times; today colour therapy techniques are used to great effect in a range of complementary therapies and for personal wellbeing. This book provides a comprehensive introduction to colour healing and offers step-by-step instructions for treatment.

The opening chapters provide an overview of the science behind light and colour, and a brief history of colour healing from Ancient Greece to modern day. The characteristics of different colours are then given, as well as an explanation of how each colour relates to particular body parts and the major and minor chakras. The core of the book offers a complete treatment programme, teaching diagnostic techniques and a variety of approaches including healing with prana energy, healing with touch, healing with a colour therapy instrument, and absent healing.

With useful illustrations and diagrams throughout, this book will be an essential guide for colour therapists, colourpuncture practitioners, kinesiologists, reflexologists and energy healers, as well as anyone with an interest in the restorative power of colour.



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