

The Healing Power of Colour

Colour is used in many forms to heal and aid the sick, diseased and the distressed. Colour has been used in healing from ancient times, as far back as Atlantis. The sun's rays have been known to have magical healing qualities and these rays passed through a spectrum, will give you colours that have very good healing qualities for certain illnesses and injuries.

Colour is used in ways such as **visualising** certain coloured rays in treatment of a patient who is known to have a certain illness, etc. It can be used in the form of passing sunlight through panes of coloured glass or **filters** and by using coloured lamps. Another method used to obtain the colour for therapy is by putting water in coloured, clear containers out in the sun and allowing the sun's rays to pass through the coloured glass into the water, then the water is sipped. Leave the containers out in the sun for 2 hours only and bring them in before midday. Some healers like to use the visualised coloured rays only but some like to help keep the colour energies around the patient also by keeping the colour in the food they eat, the clothes they wear and the colour of their surroundings.

RED: is the colour of energy, vitality and power. It is used for burning out cancer, drying up weeping sores or wounds, etc., it will warm cold areas to reduce pain. Red is a powerful healing agent for healing diseases of the blood and circulation. It will help with depression. Red is not to be used on people with high blood pressure or anxiety. If you stay under the red ray too long or are exposed to red for a considerable time it will make you very agitated or even aggressive.

ORANGE: is also a colour of energy. It is used to increase immunity, to increase sexual potency, to help in all digestive ailments, chest and kidney diseases. Orange will have a gentle warming effect if used lightly. Orange, like red should not be used for too long. It is not a good colour for nervy people or people easily agitated.

YELLOW: is the colour of intellect and it is used for mental stimulation, it will help you think quicker. It is good for clearing a foggy head. To help cure dermatitis and other skin problems and again it must be used carefully because it is very stimulating and it could cause exhaustion and depression.

GREEN: Is the colour of harmony and balance. It is good for tired nerves and it helps with the heart area. It will balance the emotions and bring about a feeling of calmness. Green is a good general healing colour because it stimulates growth so it is good for helping heal broken bones, regrowth of tissue of all kinds. Green is a good colour for pregnant women to help create an atmosphere of serenity and calm. Too much green may create more negative energy if there is some already present in the person being treated.

Learn more

<http://www.weprintcolour.com/moodofcolour.htm>

"Whatever our creed, we feel that no good deed can by any possibility go unrewarded, no evil deed unpunished. (Orison Swett Marden)"

REPRO:TECH
Printing and digital media services

Mailing: P.O. Box #44112 Wexford Square, Brampton, Ontario,
Canada L6Z 2W1

Telephone (905) 452-3504 • Fax (905) 452-3840

Web [weprintcolor.com](http://www.weprintcolor.com) • Email sales@weprintcolor.com

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