



# both feet first

## Colour Therapy

*Colour goes beyond words and visual impact.  
It is a universal language to be felt with the heart, fully absorbed and deeply experienced!*  
*June McLeod*

**Colour is visual and brings everything to life. It is a stimulus that evokes tastes, sounds, memories and emotions. It has no boundaries is unconditional, non-judgement, and heals on the deepest level.**

**Its power is infinite, it can affect us consciously and unconsciously, its affect is beyond measure.**

**It has been used for thousands years, the Egyptians used colour for healing, and the Hindus introduced the association of a specific colour to each chakra or energy centre.**

**In 1672 Isaac Newton demonstrated that light was made up of coloured rays by passing sunlight through a prism onto a white surface and thus producing a natural example of a rainbow.**

**Colours and light influence our health and well being. We can feel great on a sunny day and often sad on dull days.**

**We take in colour from the rays of the sun- absorbing colour through our eyes, skin and breath. A blind person will sense colour through the skin. Colour is an essential aspect of all life, just as food, water and air.**

**Nowadays we all live in a less than optimal light environment because artificial light does not contain all colours in proper proportion, and glass in contrast with plastic blocks ultraviolet light, thus contributing to factors of ill health or imbalance (off colour).**

**Research has shown that children work better in an orange classroom. Meetings held in a room with red lighting lasts twice as long, and when a black bridge was painted green suicides from the bridge decreased by 30%. Diabetes patients whose livers were exposed to yellow/orange light needed much less insulin.**

**In colour therapy coloured silks, lights or gels are used to help restore equilibrium within the physical, emotional and mental body.**

**For more information and an appointment, please call**

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