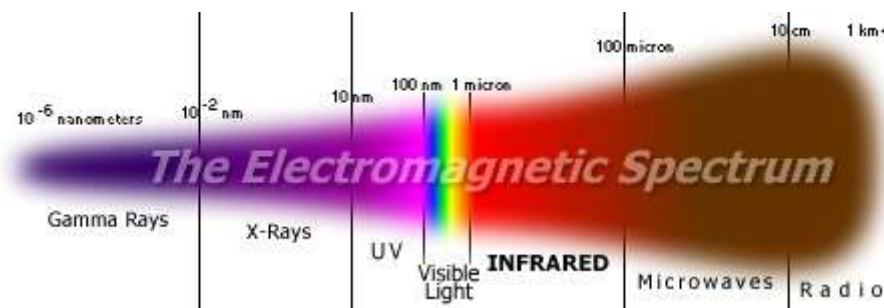


The Principles: Colour is the purest healing force in the Universe. Pure white sunlight contains everything necessary to maintain life on earth.

Colour therapy is a subtle, non-invasive therapy, using the healing energy contained within the visible rays of colour (about 40%) ie.

The Electromagnetic Spectrum



Violet has the shortest wavelength and the highest vibration and red has the longest wavelength and slowest vibration. The magnetic colours – red, orange, yellow are warming and the electrical colours, violet, indigo, blue are cooling.

It is only when this life-giving white light, containing all the colour vibrations, flows through us, connecting us to the Universal life force, that we are alive and in perfect health. When this light energy becomes blocked, disharmony is caused between the body, soul and mind and a state of disease follows.

We take in coloured light through our eyes and skin and through our chakras, affecting every cell in our body.

Just as we need to eat a balanced diet if we are to be healthy, so too do we need a balance of energy from the 7 spectrum colours.

These colour vibrations nourish not only the physical cells and organs, but have a powerful influence on our emotional, mental and nervous activity, as well as our spiritual well-being.



Coloured light travels to the pituitary gland, the master gland of the endocrine system, thus affecting our entire metabolism. The visible rays increase and stimulate the production of hormones.

Illness is only a state of energy imbalance. As colour therapy works with energy, it is able to move and balance blocked energy.