
Color Healing Home Improve Your Well Being And Yo

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EUGENE JONAS

Secrets of Colour Healing Touchstone

Self-help meets interior design in this holistic, gorgeously photographed guide that “thoughtfully and beautifully unpacks the tools and ideas to support mental wellness at home through design and styling” (Justina Blakeney, founder of Jungalow). “An original approach to domestic bliss.”—Publishers Weekly Licensed therapist turned interior designer Anita Yokota knows that our surroundings are more than just a reflection of our personal style; how our homes are decorated and arranged can have a monumental impact on our quality of life. During her seventeen years as a practicing marriage and family therapist, she noticed that the state of her clients’ homes often mirrored their emotional issues, which inspired her to develop the Home Therapy method: her signature system for creating wellness from the inside out by setting up your spaces to nurture your mind, body, and spirit. Instead of basing decorating decisions on trends and fads, Home Therapy’s unique, therapy-informed approach focuses equally on mental health and design and presents the psychology behind making your home intentional. From choosing the right lighting, furniture, and paint color to building boundaries and forming long-term organizational goals, Anita guides you through creating spaces that bring happiness and balance to the sanctuary we call home. Anita lays out the four “domains” that need to be addressed to improve your living experience: The Individual Domain

focuses on introspection to discover what you need in each space; The Organizational Domain helps you declutter and build functional rooms so you can be your most efficient self; The Communal Domain inspires you to form more authentic connections with others through good design layout; and The Renewal Domain centers self-care and rejuvenation to create the right energy for resting and recharging. Feeling calm and confident when you step out the door starts in your home. The perfect gift for anyone looking to create an intentional, thoughtful space, Home Therapy is an invaluable, beautifully photographed resource to decorating from a deeper perspective so you can have a home that supports your authentic self.

The Healing Energies of Colour Godsfield

This pocket companion shows how using appropriate colours at different times, you can bring balance and harmony to your life. Betty Shine shares the secrets of using colour to stimulate your senses and emotions, heal ailments and improve your confidence. She also shows how to “feel” invisible auras and how to use colour more effectively in the home, at work, and in what you wear.

Tony and Tina Color Energy Godsfield Press

Color interacts with the human energy system in a unique way to stabilize physical, emotional, mental, and spiritual conditions. With the simple color therapies in HOW TO HEAL WITH COLOR, readers will discover beneficial colors for over 50 physical conditions, develop psychic sensitivity to color vibrations, use colors to balance the body’s energy centers, and much more.

The Complete Book of Colour Healing CICO Books

A room-by-room approach to increasing the positive vibes in your home—creativity, energy, inspiration, clarity—with a toolkit of techniques that will give you plenty of ideas for improving your living and working spaces. Everyone wants a home that fills them with an all-encompassing feeling of peace: a home that fills the soul with clarity, energy, love, and safety, and supports our perfect experience here on earth. The Healing Home is a guide to designing and living that isn't just about choosing the right throw pillows or organizing your stuff. Its bounty of energetic techniques—including Feng Shui, space clearing, crystal healing, meditation, and mindfulness—emphasizes the connection between body, mind, and spirit in the bedroom, bathroom, living room, and more.

Working with Colour Healing HarperCollins Publishers

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.

Living with Color Southwater

Be your own color therapist! Learn how the colors you choose for your home can heal and nurture, excite and invigorate, and alleviate stress and promote calm in your life. Packed with photos of real-life, respiring interiors, Color Therapy at Home will help you select your favorite hues and color combinations, and understand why certain colors strike a chord with you. Every chapter details ways to inject color into your life, in each room of your home, through fabrics, wall coverings, furnishings, and accessories.

Color Therapy at Home Hampton Roads Publishing

Colors are all around us, but also within us. We not only have our favorite colours, our auras have their own color. Our chakras have their different colors. Tuning in to our colors rebalances our selves with nature and each other. Finding our right color has implications for the way we dress, how we decorate our homes, even the food we eat. Use the color inset and the exercises in this book to find the right colors for you in different situations. Become color intelligent, and live a glorious life of kaleidoscopic color rather than a monochrome existence.

Colour Healing Manual Rodale

The power of colour to energise, soothe, and heal has been recognised for thousands of years; this accessible and highly visual introduction will be your guide as you embark on your own colour-healing journey. *Secrets of Colour Healing* provides a comprehensive explanation of the theories behind the effects of colour on the human body, discussing each colour in detail and exploring how the therapy works in practice. From advice on practicing colour healing at home, including visualisation, to light therapy and nutritional colour therapy, this accessible guide will teach you all about the power of colour and how it can be harnessed to balance your environment, body, and spirit.

The Healing Power of Color CreateSpace

Discover the power of color and improve your physical and spiritual wellbeing Color speaks to us on a deep level, opening doorways to the mind and spirit. Our mood and sense of wellbeing can be powerfully boosted by the colors of the walls, furnishings and other objects in our homes, of the clothes we wear, of the flowers in our gardens, of the light in our living spaces—even by the color of the food on our plates. Color treatments can be used to safeguard and improve health: the therapeutic use of colored gems, color-infused drinks and colored light derives from wisdom that can be traced back to ancient Egypt. Gathering together and illuminating all these different aspects, 'Transform Your Life with Colour' is a lavishly-illustrated celebration of the world of color. An introductory section describing how we perceive color and how it affects us is followed by chapters on Color and Clothes, Color in Your Home, Color in Your Garden, Color and Nutrition and Color, Health and Wellbeing. By discovering the colors that are right for you and unlocking their power, you can improve all aspects of your life quickly, easily, and for good.

Secrets of Color Healing Vintage

Alter the colors around you to improve your quality of life! Color has been used for thousands of years to represent an individual's mental and emotional state. The colors that we surround ourselves with allow for a deeper exploration into the inner self. Used positively, color can have a profound healing quality, enhance our well-being and improve our lives. Now, in *Color Your Life*, veteran color therapists Howard and Dorothy Sun explain how color can be used to promote health, healing, and personal growth. This book will help you discover how to do your own Color Reflection Reading, learn about your aura and chakra colors and discover how color in your life can be the answer to spiritual growth and well-being.

Vibrational Color Healing Art: A Fun, Joyful and Playful Approach to Healing Clarkson Potter

This book examines the influence of colour on our lives, and shows that through learning to understand the way we respond to the stimulus of colour,

we can use its energy to promote balance and wellbeing.

Colour Healing Home Clarkson Potter

Yellow generates happiness and stimulates our brains. Red feeds our sense of passion and energy. These and every other color have the power to enhance your life and improve your general sense of well-being. Make the most of the rainbow of colors around you with this attractive reference. Featuring beautiful images throughout that capture the essence of each hue, it explains how color healing works and provides practical exercises to try with every color. An in-depth study of the seven major colors of the spectrum reveals how they relate to the seven chakras of the body, and there's also comprehensive advice on using crystals, light, color patterns in the home and garden, and color-related foods.

Healing Through Colour Southwater Publishing

Certain colours are life enhancing while others drain energy. The Complete Book of Colour Healing shows how to introduce the colours we need to express our personality, support our lifestyle and health needs.

The Little Book of Cosmic Colour Singing Dragon

This richly illustrated guide of the science, psychology, and language of color reveals ways to enhance physical well-being and generate pleasing sensations of energy, excitement, and joy. "This reasonably priced book illustrates its points with colorful drawings and pictures...[It's] packed with information, techniques, exercises."—The New Times.

Colour Healing Home Inner Traditions / Bear & Co

Develop your color awareness to boost your mood, enhance your home décor, get insight into others, help you on your way to success, and heal your life. We are surrounded by color, and we largely take it for granted. Each color, hue, tint, and shade has characteristics that affect our physical, emotional, and spiritual lives. Learn how to use color knowledge to enhance every aspect of your life, from health to relationships. This book provides a full spectrum of information from the practical to the spiritual. Find out how to decorate with color to create specific moods. Learn how to dress for success and interpret others' personalities by the colors they wear. Improve your health by using colored lights and color-based meditations and visualizations and eating foods of a certain color. The author provides information on each color of the spectrum and discusses color in relation to astrology, the chakras, the aura, and divination. Exercises for healing with color are also provided.

Home Design from the Inside Out Llewellyn Worldwide

The world of alternative disciplines and therapies is a vast maze -- there is overwhelming evidence of their benefits, but little guidance on getting started and knowing more. This series of no-nonsense guides introduces you to a wealth of alternative approaches, enabling you to maximise your personal well-being, improve your health, and develop the inner self.

Colourways Ivy Press

This timely book offers practical ways to enhance the positive elements in a home environment through use of colour, light and aroma, as well as feng shui, to ensure that our homes become peaceful sanctuaries where our energy is restored. There are ideas for every budget and step-by-step instructions and informative tip boxes ensure that all the ideas are easy to apply. "From the Trade Paperback edition.

Colour for Healing and Harmony Union Square & Co.

Discover inspiration from the most colorful homes in America with this vibrant lookbook and style manual that brings the magic of color into your home—from the author of *Living with Pattern* Personalizing your color palette may be one of the most important decisions you make in your home. The right combination of hues can set the mood and transform any room from ordinary to magical. Textile designer Rebecca Atwood invites you to take a color journey in this stunning yet practical guide. In *Living with Color*, you'll tour beautifully designed homes to see some of the most interesting uses of the rainbow and to gather inspiration for your own spaces. You'll train your eye to notice how color lives all around you, from the pink light bouncing off a building you see every day to the exact blue of the ocean on your last getaway. You can even learn how to express yourself through your own custom palette with Rebecca's accessible, illustrated overview of color theory. As you embark on your color hunt and begin to trust your own instincts, *Living with Color* will embolden you to breathe life into every part of your home.

The Practical Book of Colour Therapy Trafalgar Square Publishing

There are houses and there are homes, and throughout the pages of this book, holistic interior designer Robin Lennon teaches home dwellers to understand--and cherish--the difference. Lennon shows how our homes mirror our limiting beliefs more than we realize, and "Home Design from the Inside Out" helps us to overcome those limitations. of color photos. Line diagrams and illustrations.

How to Heal with Color Gaia Books

Color Healing is a clear, introductory guide to color therapy and how it can be used to great advantage in healing our physical, emotional and mental turmoil. Beginning with an explanation of the history of color therapy, the book then describes 13 significant colors and their properties, and explains why they are effective in the treatment of particular conditions. The third section describes the use of color in our home and office environment and offers practical advice to change the mood of a room. The uses of chromatherapy, crystals and color wheels in color therapy are also explained, and suggestions for simple meditation processes are included.