

SUMMARY AF COLOUR THERAPY ARTICLE

When I saw a title in a High style (summer 1999) magazine it attracted me. I started to read it and it was more and more interesting...

Colours are all around us. We divide colours on "warm" (reds and browns) and "cold" (greens, blues) colours.

A room can appear much bigger if walls are painted in bright colours.

Colours are important in fashion too. It is recommendable that you choose the right colour. It depends on colour of your hair, fatness and your skin tone. Black always appear you slimmer.

We know some kinds of colour therapies:

One of them is meditation. By visualising each corresponding colour entering your body through the correct chakra (place on your body). But there isn't time for meditation.

More practical is carrying small colour-cards. When you feel in need or you want to relax, you can pull out the right card and glanced at to reaffirm the fillings that are bought on through meditation.

Wearing the right colours is also a part of colour therapy. Everyone has colours that they feel more comfortable.

Each of colours have its properties:

- ☺ red: life, vitality, sexual power
- ☺ orange: health, energy, dynamism
- ☺ yellow: compassion, kindness, optimism
- ☺ green: balance, healing
- ☺ blue: intelligence, healing, harmony
- ☺ purple: spirituality, wisdom, mysticism

My favourite colour is red, because it is personification of fire and me.