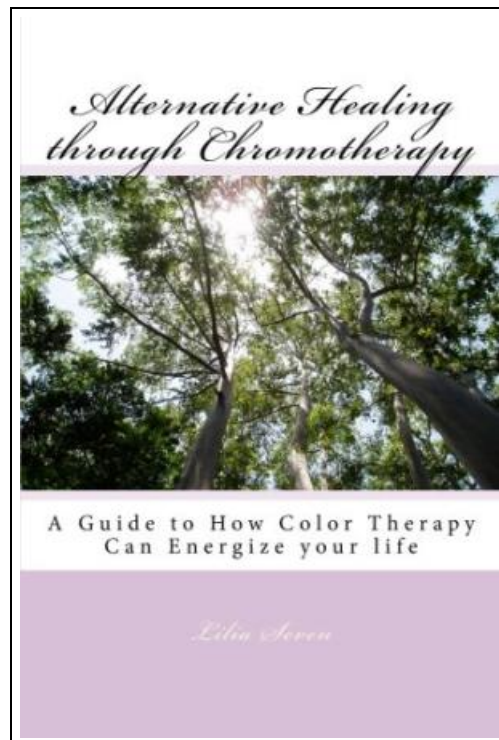


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ALTERNATIVE HEALING THROUGH CHROMOTHERAPY: A GUIDE TO HOW COLOR THERAPY CAN ENERGIZE YOUR LIFE (PAPERBACK)



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Createspace Independent Publishing Platform, United States, 2013. Paperback. Condition: New. Large Print. Language: English . Brand New Book ***** Print on Demand *****. Chromotherapy, or color therapy, is a method of therapy that is done using color. In itself color does not heal, but it has been said that it enables the body to heal itself. It probably has something to do with light, frequency, and vibration and how everything works together to make the whole. That is why color therapy is a form of holistic healing - it aims to see the whole picture. Colors have different frequencies and vibrations and even correspond to a certain note on the musical scale. We have heard the words: green with envy, in the pink of health, down in the blues, red carpet treatment, and such. Since the mind and emotions are the most powerful energies on earth, people have come to associate colors with emotions and vice-versa. In order to better understand how color affects our lives, let us see how it has evolved from the simple consciousness of early man to how we have come to use it now in our daily lives.



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