



COLOR THERAPY

To understand the power of color is to understand life.

Color could very well be the most magnificent experience we tend to take for granted. It's everywhere, surrounding and embracing us. We interpret life as much through color as we do through shape, texture, and sound. Our body absorbs color energy through the vibration color gives off. All organs and body systems are connected to main energy centers (chakras) with a spectrum of their own.

Through color, we receive all the energies we need to maintain a healthy body, mind, and soul. The National Institute of Mental Health has done studies showing that our mental health, behavior, and general efficiency in life depends to a great extent on normal color balance. When something is out of balance, we can strengthen our energy centers through the conscious use of color.

Light consists of the seven color energies: Red, Orange, Yellow, Green, Blue, Indigo, and Violet. Each color is connected to various areas of our body and will affect us differently emotionally, physically, and mentally. Through color therapy, we can effectively use color to give us an extra boost of energy when we need it. The truth is, the power of color is the very essence of life.

[LEARN MORE](#)



800.678.6824

sales@touchamerica.com



888.446.3747

sales@claswellness.com