

You can use the energy of colours to heal, thrive and prosper. It's very powerful. You just need to learn to sense colours and know the meaning of each colour.

Colour	Effect / meaning	Examples of use.
Black	Protection, strength and retreat. Too much of black can depress and weaken the body.	-combined with other colours it can assist in achieving your goals - promotes discipline, persistence and respect. - helps to release the old and enter new experiences - can increase your strength -helps to resolve old patterns and let go
Blue	Soothing, calming, inhibiting, cooling	- lowers blood pressure - slows a racing pulse -relieves headaches and migraines - relaxes eye strain - soothes earache and sore throat -stops bleeding -relieves fevers - calms anger and overexcitement
Brown	Protects, supports, provides structure. Too much brown can create dullness, fear of change and unwillingness to express your feelings.	- helps to connect to the healing properties of nature - helps to revive your energy and creativity - helps create healthy boundaries.
Gold	Attracts abundance, expands mind and increases awareness. Promotes wisdom, self-confidence, inner strength, courage and joy.	-assists in healing all illness -counteracts frustration, inadequacy and futility - helps to release any traumas -heals depression, scars, digestive problems, irritable bowel syndrome, menopausal problems -provides mental and emotional clarity
Green	Cleansing, dissolving, disinfecting, healing, calming, decongesting.	-revitalises nervous system, heart and liver - lowers blood pressure -stimulates growth of bones - disinfecting blood - cleans toxins
Grey	Detachment,	-helps to stay neutral when learning how to

	neutrality, solid, stable, calming	scan your body - assists with identification of blockages in a person's body or aura -helps with maintaining detachment when doing an intuitive reading
Indigo	Promotes intuition, improves concentration, and facilitates energy sensing.	-helps to release fears - promotes mental clarity - helps to heal eye problems -dissolves emotional confusion in adults -assists to release stress - gives a sense of clarity and direction in life -helps purify the blood and reduce excessive bleeding - improves sense of smell - acts as a painkiller
Orange	Expelling, stimulating, detoxifying, triggering, initiating.	-cleans throat, lungs, nose, ears and skin - heals digestive problems - awakens sexuality -relives constipation - stimulates happiness and confidence - relives allergies
Pink	Promotes the energy of unconditional love.	-heals grief and sadness -restores youthfulness -brings you in contact with your feelings -opens heart -brings self-acceptance and tranquillity -promotes compassion, affection, warmth, friendliness, kindness, gratitude, generosity, strength and nourishment. - helps to relive menopausal problems.
Purple	Stimulating mental and intuitive qualities.	- enhances senses: hearing, eye-sight and smell - releases negativity - promotes mental clarity - improves focus and attention - brings positivity and success - helps to connect with spirit - allows you to experience peace - evokes inspiration
Red	Stimulating, dilating,	- stimulates a sluggish immune system

	expanding and growing.	<ul style="list-style-type: none"> - instantly boosts energy levels - stimulates reproduction and fertility - increases blood flow in organs and body parts - counteracts tiredness and lethargy - stimulates low blood pressure - promotes courage and strength
Silver	Peace and persistence.	<ul style="list-style-type: none"> - calms and brings serenity -expands awareness. -strengthens the healing process -helps to flush toxicity from the blood - brings clarity
Violet	Regenerating, balancing, harmonising, cleansing, energising.	<ul style="list-style-type: none"> -regenerates nervous system - promotes spiritual development -balances all energies -helps to evoke a meditative state -harmonizes the spirit - re-programs cells -activates intuition -opens creativity -helps to release karma
White	Purifying, cleansing, balance, spiritual strengths.	<ul style="list-style-type: none"> -assists in making choices -helps with honesty, purity, protection and reflection - supports in achieving dreams - gives mental clarity and balance -cleans skin problems
Yellow	Purifying, cleansing, stimulating, detoxifying, triggering, hardening, initiating.	<ul style="list-style-type: none"> - promotes tissue growth - eases arthritis - cleans skin - helps to repair wounds - helps with mental stimulation - helps to release toxins from any organs

The process of using colours for energy healing:

1. Rub your hands together.
2. Place them slightly apart.
3. Visualise a colour and sense the energy of the colour with your hands.
4. Project this colour energy to the needed body part by placing your hand (s) over this body part, and then do clockwise movement.

