
TITLE BALANCING THE BODY WITH COLOURS - a shortcut

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ABSTRACT The purpose of this paper is to show a way to balance the bodys' energies using the healing power of the colours.

It also shows how energy flow or energy blockage within the colours of the Five Elements affect our personality, our wellbeing.

INTRODUCTION When I first did a colour balance I did it out of despair. This is how it happened:

One day, my 14-year old son Lars came home from school, almost in tears. He had a terrible headache and two hours of homework to do.

I thought: What can I do for him that is really short, easy and fun? - Having worked for ten years with colour therapy, I could only think of colours and muscle testing.

It took less than five minutes and my son started studying happily, not remembering how he had felt coming home. This partly unexpected result motivated me to use this method in my TFH classes as well as in my private practice. This paper contains the refined technique of the colour balance and some background knowledge on the psychological meaning of the colours of the Five Elements.

THE TECHNIQUE

- Step 1 - Switching on, using the Navel and the K 27s.
Verify the result, testing SUPRASPINATUS.
- Step 2 - Have the person visualize BRIGHT, LIGHT, SUNSHINE and test TERES MAJOR - if strong - proceed to Step 3, if "weak": Hold the persons' frontal eminences while he/she visualizes BRIGHT, LIGHT, SUNSHINE
Retest TERES MAJOR - it is now strong.

CV and GV are energy-pathways that constantly work in order to balance out the organ-meridians. That is why it is reasonable to balance them first.

Step 3 - Have the person pick one of the five colours - yellow, white, blue, green, red - to start out with. Have the person look at or think of this colour and test SUPRASPINATUS.

Strong - go on to Step 4

"Weak" - hold the persons frontal eminences and have her/him visualize the colour and everything that goes with it. Wait until the person is ready and retest SUPRASPINATUS. It is now strong.

Step 4 - Have the person look or think of the colour that represents the next element on the CREATION cycle. Example: After EARTH follows METAL, therefore the colour after yellow is white.

Test SUPRASPINATUS.

Strong - go on to the next colour on the CREATION cycle

"Weak" - see Step 3 and proceed as soon as the indicator muscle tests strong.

Step 5 - You have followed the CREATION cycle and all the five colours now test strong.

To finish the procedure, RETEST the five colours, using the CONTROL cycle this time.

RESULTS This technique has shown to be helpful in many ways:

- to balance a person
- to point out a trauma that was connected with one particular colour
- to relief pain
- to introduce people to the world of the colours and their healing power
- after a colour-balance, the 14 basic muscles test strong. Using the colour-balance after a 14 muscle-balance, there are still imbalances detectable
- and so on

THE COLOURS Life is colorful. Every colour has psychological aspects.
To every colour there are negative as well as positive aspects.

Some aspects to the colours of the Five Elements:

R E D	+	-
	Freedom to be active	Aggression, exhaustion
	Enthusiasm	To crave for attention
	Selfsufficient	Starving, demanding
Y E L L O W	+	-
	Relaxation, calmness	Lack of feelings or blocked emotions
	Cheerful, inspiring, open to the world	Emptiness, isolation
	Reasonable actions and reactions	Lightheadedness, exaltation
W H I T E	+	-
	Clear, open, free	Rigid, stiff, sterile
	To open up, light, bright	To conceal the face, hiding giving up own needs
	Purity, innocence	Lack of liveliness, desolation
B L U	+	-
	Inner guidance, peace, ease	To be worn out
	Retreat to own self	Addiction, fear, desolation, gr
	Reason, satisfaction	Reaching for the unreachable
G R E E N	+	-
	Inner peace	Stagnation,
	Originating + growing	Unable to proceed,
	Selfassertion	follow through

CONCLUSION As soon as the energy is flowing smoothly within the Five Elements, we feel happy and at ease.
An energy-blockage means stress, and soon the negative aspect of the element, where the blockage happens to be, will take over. That's when we feel uneasy, worried
Colour-balances are important.

- We can detect a pattern and learn how to deal with it.
- It is a non-frightening approach
- It is easy, short and fun to do
- It allows transformation to the positive, to harmony and well-being.