

Touch for Health and the New Luscher Color Test for Conflict Situations

by Alfred Schatz

An easy way to make use of and utilize the five conflict colors of the new Luscher Color Test is to analyze the conflict cause and to make suggestions for a possible solution.

The five conflict colors show us where the problem is. Many years of experience in psychosomatic clinics have shown that the Luscher colors can be used to point out a way for the solution of conflicts. With the Luscher conflict colors it is possible most of the time to unravel unconscious causes of conflicts in private and professional relationships.

The approach is extremely simple.

1. Think of the negative emotionally charged person or situation.
2. While you think of the above situation, you look at each Luscher color card in succession and muscle test each card.

3. Note the color(s) which caused an indicator change.
4. Read the text for the indicated color(s), both paragraphs: conflict cause and recommendations. Notice how each applies to you.
5. (Optional) Age recess to the date when you first learned to react this way. Do this by looking at the indicated color and going back to that age where the color card first causes an indicator muscle change. Use the ESR points and your other skills to defuse the negative emotional charge.

Note: The *Luscher Color Test* book is available through the THEnterprises book store.