

Living Your Colors

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Purpose:

1. To reduce stress.
2. To provide a self-help tool to increase well-being

Why colors?

Since birth we have experienced life in colors, even in our dreams! We express our life with our posture, our eyes our gesture, our way to act and react. This makes us unique. We radiate in colors.

Stressful events and situations, or the lifestyle in general, often show in our appearance. Tension shows in the facial expression, in symptoms like sweaty hands, restlessness, poor memory, sleeping disorders etc. The person is no longer at its best, the colorful expression fades.....

When?

This is where the Color Balance is helpful to reduce stress, to improve health and well being.

Be it to let go of past stressful experiences, or to prepare for a challenge in the future.

How do I do it?

The following Color-balance is a self-help tool used in Kinesiology, created by the author.

Procedure:

1. Think of a person or a situation that caused or causes stress. What colors do you see? How is your breathing? Is your body relaxed? Notice.
2. Hold your frontal eminences and look at the color (Color Balance) that attracts you most.
3. After a while, when it feels good, move on to the next color (clockwise) still holding the frontal eminences thinking of the situation, the person or the event.
4. Do the same until you end where you started out. (If you started with red, you end with red.)
5. Notice how you feel NOW about the person, event, situation. If an emotion TO RELEASE or TO INDUCE jumps into your eye, add it to the color and see yourself, letting go or releasing the emotion.
6. To anchor the change, please follow the inner arrows, until you arrive at the starting point.

According to traditional Chinese medicine the Five Elements represent the human being (organs, viscera, meridians emotions), the law of nature inside and around us.