

CHAPTER 17 COLOUR THERAPY

Knowledge review answers

1. The Chinese associate money and prosperity with the colour red.
2. Sir Isaac Newton discovered in 1665 that when sunlight passed through a prism it produced the colour spectrum.
3. Colour therapy can be used for emotional and behavioural problems, stress related conditions, depression, insomnia, fatigue and chronic fatigue syndrome, headaches, arthritis, skin conditions, menstrual problems or just as a relaxation therapy.
4. The purpose of colour breathing is first to heighten the awareness of colour and second to encourage a balance of all the seven main chakra colours for wellbeing.
5. Colours can be absorbed into the body by wearing natural fibres like silk, cotton, wool and linen as these fabrics act like a filter through which light passes.
6. Factors to be taken into consideration are: personal choice, the functions of the room, and the physical attributes of the room.
7. Kinesiology is also known as muscle testing. It can be used as a method of diagnosis.
8. The most healing of all light colours is white – as white light contains all colours.
9. A pendulum can be used as a method of diagnosis for colour therapy, by dowsing over each colour in turn while asking if that particular colour is needed for the client.
10. Red is known as the great energizer.
11. The colour green is the point of balance between the warm and cool colours, it is the colour of nature and is linked to the heart
12. Blue is known for its downward energy, assisting in calming down, grounding and aiding sleep.
13. Many therapists keep their products in blue bottles because blue is cool and purifying.
14. Yellow is the complementary colour to violet.

15. Magenta is the colour of 'letting go', so as to allow change to take place.
16. Specific contra indications for colour therapy will include: severe emotional disturbance; a psychological disorder; a physical illness being medically treated; and any religious and other strongly held beliefs must be taken into account before treatment is offered.
17. Specific after care advice for colour therapy includes: eating different coloured foods, or wearing a specific colour for a specific occasion; visualization or meditation exercises, or colour breathing exercises may also be offered.
18. A wavelength is the distance between successive waves, whereas the frequency is determined by the number of times a wave oscillates in one second.
19. The chakras connect the subtle (non-physical) body and the physical body.
20. Colour therapists use turquoise, as this colour represents the thymus chakra, situated above the heart chakra and below the throat chakra.