



Color Therapy: Healing With Color

By R. B. Amber

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Colour is a vibration that is constantly affecting us in our daily lives. This book enumerates the myriad ways we can choose to consciously use colour to influence our body, mind and soul to promote balanced health and well-being. It includes topics such as: Healing with colour; Auras; Visualisations; Gems; Solarised Water; and, Colour breathing.

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