

Colour Therapy and Soul Power Kinesiology Conference talk 2012 Catherine North

Do you spend a lot of time sorting out the best goal for your balance?
Using colour to identify the goal takes you speedily to a very deep spiritual level and to the priority issues in your life.

In Soul Power Kinesiology we muscle monitor for four Unicorn dual coloured bottles. Each of these identifies different aspects of priority issues.

- One priority bottle will identify the key aspect of the issue or goal.

After selecting the appropriate remedy colours and identifying the priority issues, Soul Power uses Kinesiology to assess the energy in various systems of the body.

- There are a number of pre-tests, and you can add your own

Soul Power differs from other kinesiology modalities in that:

- All the corrections/alignments are done in the aura with colour, adding a spiritual dimension to the work.

Add to this:

- The raising of consciousness that comes with interpreting the chosen colours using Kinesiology

This is a beautiful package for change. This change happens gently with application of the remedy colour.

- The client is held in the new vibration not only for the session but also for up to three weeks as the client continues to apply the remedy colour at home.

In applying the colours, the client's vibration is raised, and their energy changed, so that they are able to meet the challenges presented. This is a simple self-therapeutic process, where the client applies the remedy colours at their own home in their own time.

On a soul level we are a vibration of colour, and this is why this work is so powerful. Each level of our being radiates colour. Each cell of our physical body vibrates to a certain frequency, which forms an unseen colour. Thought waves radiate out in vibrations as unseen colour. Our emotions vibrate at various rates creating different colours. Our soul energy is attuned to a specific colour, according to our soul's purpose.

When we become stressed, unwell, or "off-colour" our body and our aura vibration changes, changing the colour of our aura. The vibration either speeds up (excess energy as in fevers, over-anxiousness, pain, etc) or slows down (blocked energy or lack of energy as in numbness, lethargy, underactive organs, depression, etc).

Colour has a great effect on the whole of our being. By applying certain colours we can bring the physical body to its rightful vibration and function. Colour can change our mental and emotional outlook on life, and on a soul level can align us to our purpose in life.

Initially I found it strange to do corrections without touching the body – working on the sacred geometric patterns which make up the complexities of our aura. However, I have found with this work, that the body corrects very gently, easily and quickly on all levels – physical, emotional, mental and spiritual.

Use the following charts to muscle monitor your priority dual colour Aura Light bottle/colours and its relevance to you.

The Academy of Healing Arts www.aha.org.nz teaches in depth understanding of colour and healing techniques in both the Soul Power Kinesiology and Colour for Life classes which lead to National and International professional qualifications with Natural Health Practitioners NZ and the International Kinesiology College.

Learn these profound healing techniques in a location near you!!
See www.aha.org.nz for a list of locations, teachers, and course dates.

Principal of Academy of Healing Arts

Catherine North: ph 09 372 4166 Email catherine@aha.org.nz
Come to beautiful Waiheke Island for a retreat to learn these amazing skills with Catherine. A time to pamper yourself in a semi-tropical climate, where beaches and cafes are just a stroll away.

Below are some simple, positive, interpretations of colours

Red energy earthing passion initiator awareness intensity stimulation
survival issues awakening

Orange aspiration insight enthusiastic ambition flamboyance self assurance
awareness releasing bondage

Yellow assimilation knowledge happiness intellect self confidence self control
adventurous convictions

Green harmony emotions expressing inner self love of humanity space new
beginnings direction truth

Blue peace stability communication faith idealism channel reliability
nurturing of mother gentleness

Indigo psychic abilities/ESP spiritual communication opening of the 3rd eye an
all sided view contact higher self

Violet spirituality service transformation healing mental strength self
attainment devotion mysticism

Magenta divine love receiving cosmic energies open to Higher Will/Source
deeper self identity elevating desires

Pink unconditional love feminine intuitive caring tenderness compassion
loyalty affection

Turquoise collective consciousness universal inter-connectedness know
commonality of all things archetypes.

Gold innate wisdom deep happiness

Silver the Light/Spirit clarity intensification positive aspects of all colours

Deep Magenta has the qualities of Magenta and Violet

Pale colours have the added quality of Silver(White)

Clear/ White has the qualities of Silver