

HEAL YOURSELF

by
MAITREYA SCHOOL OF HEALING



INTRODUCTION

2011

The healers of the Maitreya School of Healing want to make the knowledge of COLOUR HEALING more widely available. That is the reason for the creation of this booklet.

Being able to do colour healing for oneself and others is a wonderful skill. It is simple to do and with a little regular practice everybody could do it and benefit.

The aim of colour healing is to restore or maintain perfect health, well being and harmony.

The examples used for the flowers are by no means extensive. There are naturally many more, all over the world. The Californian Poppy with its bright yellow is very similar to the English Buttercup. Once one is aware of colours as a healing tool one notices them everywhere.

For a more in depth understanding of the process and for greater knowledge training is offered at the Maitreya School of Healing. Healing sessions are also available. Please consult our website.

www.maitreyaschoolandhealingcentre.org.uk



THE MAITREYA SCHOOL OF HEALING
is a registered Charity No: 285439.

Donations are appreciated so that we can continue
with our work.

Cheques can be made out to:
Maitreya School of Healing
c/o 48 Southgate Road, Southgate, Swansea, SA3 2DA

For more information consult our website at:
www.maitreyaschoolandhealingcentre.org.uk

HOW IS COLOUR HEALING DONE?

ONE NEEDS:

Intention
Knowledge
Practice
Developing intuition

INTENTION

Simply tell yourself that you will devote the next period of time to colour healing. Take as long or as little time as you can and want.

KNOWLEDGE

Get to know the colours. The colours used for colour healing are freely available in the nature around you. Take a walk in a park, botanical gardens, open fields, woodlands, marshland, the desert, mountains, the beach, wherever! At some point in this walk, stop, stand still and mentally select a plant or flower. Observe it closely in its natural habitat, trying to identify the hue, saturation and lightness of its colour.

Now close your eyes and try to reproduce that colour in your mind's eye. Try to recreate the colour as intensely and as accurately as possible. After a few moments, open your eyes and 'check' this inner colour against the actual outer colour. Are they a close match? If not, don't worry simply try again. If they do match, continue your walk until you find another plant/flower that attracts your attention. Repeat this exercise as often as you can. Don't forget to breath deeply and evenly.

PRACTICE

Practice makes perfect. The more often you can manage to do the above exercise, the more skilful you will become.

When you have learnt to remember the colour of your choice try to send it – project it – into certain parts of your body.

How? You can imagine the colour/energy leaving your hands and flowing from your fingertips, or you could send it from your third eye, the space between your eyebrows, or from your Heart Chakra. Or you could find your own technique. You could also send it to somebody else. This activity is called: **ABSENT HEALING**.

DEVELOPING INTUITION

When you become more skilful in doing colour healing for yourself and/or others you will develop intuition.

This is a feeling, an inner voice, which guides you toward the most appropriate colour and where to send it.

LEARN TO LISTEN

LEARN TO GIVE THANKS FREQUENTLY

SMILE OFTEN

PRACTICE FORGIVENESS TOWARD YOURSELF AND OTHERS

AND LAUGH AT LEAST ONCE A DAY ...

but as a famous healer and founding member of the Maitreya School of Healing always said:

'TAKE IT ALL WITH A PINCH OF SALT...'

Energy follows thought.

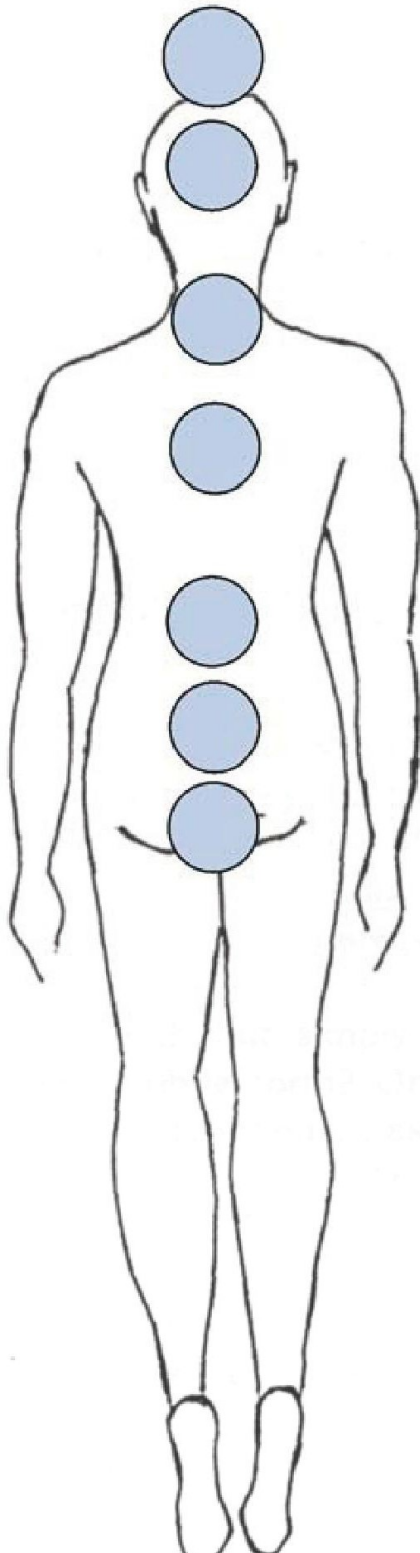
Colour is a form of energy.

Different colours vibrate at different levels and all of creation is in constant movement, constant vibration.

Our bodies appear so solid however, when closely observed through a magnifying glass we learn that our atoms move about all the time.

When colour is applied we can influence the movement of these atoms, make them faster, or slower.

THAT IS THE ESSENCE OF COLOUR HEALING.



7th Chakra - Crown

6th Chakra - Brow

5th Chakra - Throat

4th Chakra - Heart

3rd Chakra - Solar Plexus

2nd Chakra - Sacral

1st Chakra - Base

A Chakra is a
crossover point of
energy lines

HEALING COLOURS

SPRING GREEN

ROSE PINK

BLUEBELL BLUE

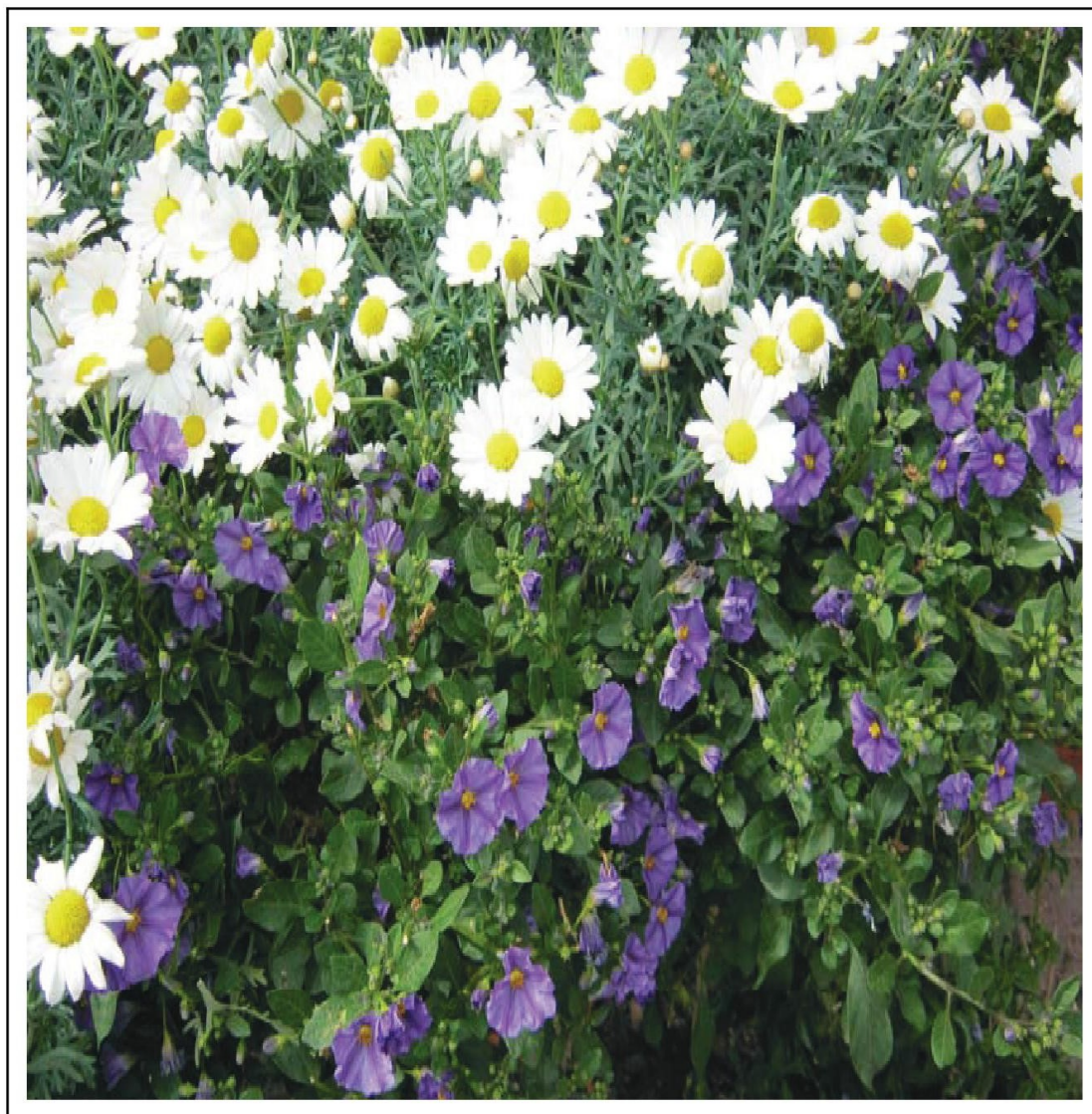
DAFFODIL YELLOW

WISTERIA AMETHYST

VIOLET PURPLE

WHITE

There are many other healing colours but for the sake of simplicity we will only focus on the ones most frequently used.



SPRING GREEN

WHERE TO FIND IT

It is a fresh, new, yellowy kind of green found in Spring. We can see it in new grass, unfurling beech leaves, in all sun drenched spring foliage.....

QUALITIES

Cleansing, clearing, detoxifying, purification, renewal and balancing. Green gives stability, endurance and peace.

APPLICATION

It is one of the most widely used colours. It can be applied everywhere. Being the general colour of nature, green provides nourishment, cools the blood and animates the nerves. Green used on the Brow Chakra clears catarrh. Used on the filtering organs (liver, pancreas, gall bladder, kidneys, intestines) it clears and cleanses. Applied to the Throat Chakra it aids communication, clears the whole body and cleans the blood.



ROSE PINK

WHERE TO FIND IT

The soft rose colour found in roses, columbines, clematis.....

QUALITIES

Warmth, acceptance, compassion, sympathy, unconditional love.

APPLICATION

It is often applied to the Heart Chakra. You can also surround yourself with it like wearing a warm, protective cloak. It is very beneficial to send this energy to others, to our planet, to the whole universe.



BLUEBELL BLUE

WHERE TO FIND IT

Bluebells can be found in many woods and grasslands in the UK during the spring time, other similar colours are in pansies, hyacinths, delphiniums, cornflowers.....

QUALITIES

Healing, mending, restoring, relaxing, calming.

APPLICATION

Excellent energy to apply to broken bones, tissues, pain, sores, ulcers. It is often applied to the Solar Plexus Chakra to keep one's balance and to keep grounded.



DAFFODIL YELLOW

WHERE TO FIND IT

The sunlight colours are found in many varieties of daffodils, buttercups, gorse, sunflowers.....

QUALITIES

Like that of sunlight, it promotes vitality, gives life, promotes growth, joy, stimulation, release, creativity.

APPLICATION

To the Brow and Crown Chakras.

When applied to the spleen it invigorates and works like a tonic.



WISTERIA AMETHYST

WHERE TO FIND IT

The paler colour of amethyst is found in the crystal, the wisteria, pansies, lilac, stock, sweet pea, violets.....

QUALITIES

Strength, support, dignity, spiritual growth, builds courage.

APPLICATION

Where strength is needed, could be any of the organs, often applied to the Heart Chakra when there are serious challenges, life threatening disharmonies. Applied to the head for calming thoughts and Insomnia.



VIOLET PURPLE

WHERE TO FIND IT

Violets, delphiniums, petunias.....

QUALITIES

Helps to build up spiritual connections. Powerful support, strength.

APPLICATION

To Heart Chakra when great strength is needed. To the Crown Chakra to establish a cosmic connection.



WHITE

WHERE TO FIND IT

Lilies, daisies, margaritas, snow.....

QUALITIES

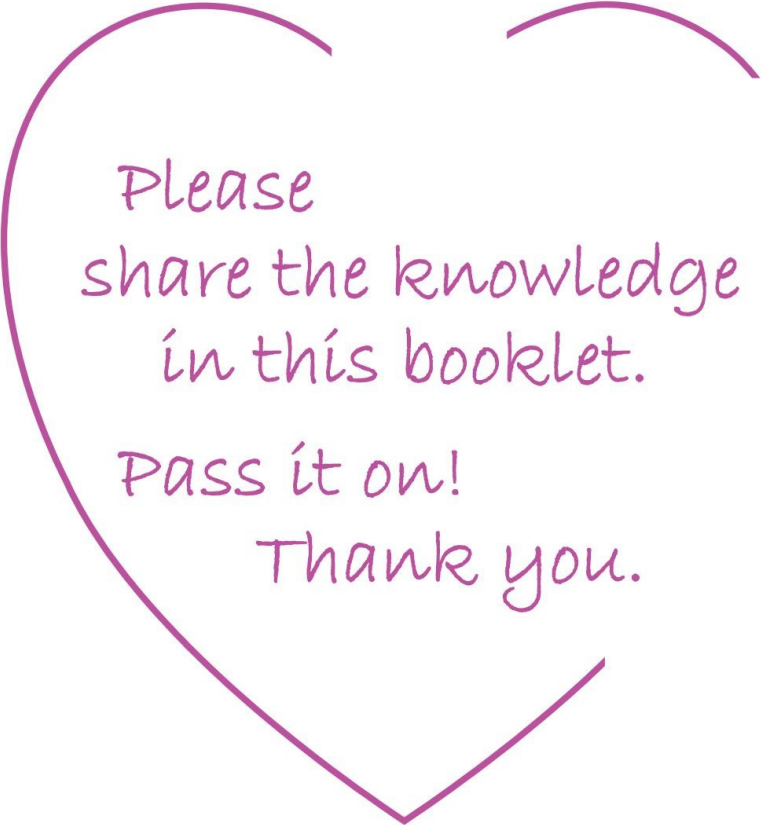
Purity, unity, synthesis, radiance.

APPLICATION

Anywhere, often used to finish, supplement colours
Used.

Good to use when one is uncertain as to which
colour would be most beneficial.





Please
share the knowledge
in this booklet.

Pass it on!
Thank you.