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The Color Box



Synopsis

Colour box is an interactive tool which enables readers to harness the energy of colour to bring harmony, balance and texture to their lives. The pack includes 12 Colour Insight Cards which can be used in a personality test, and seven Aura-Soma healing oils for energy, balance and protection.

Book Information

Paperback: 144 pages

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Average Customer Review: 3.4 out of 5 stars 5 customer reviews

Best Sellers Rank: #348,705 in Books (See Top 100 in Books) #82 in Books > Religion & Spirituality > New Age & Spirituality > Self-Help #513 in Books > Health, Fitness & Dieting > Alternative Medicine > Energy Healing #1112 in Books > Self-Help > Stress Management

Customer Reviews

Those who have been blind to the power of color will find this interactive Color Box enlightening, or at the very least entertaining. Color psychologist Lori Reid (author of *The Complete Book of Chinese Horoscopes* and *The Art of Hand Reading*) fills this comprehensive book with splashes of colorful tidbits, many based on scientific research about how color affects moods and personalities. "Sit in a red room, and your chatter will become animated and time will fly," she writes. "Sit in a blue room, and your thoughts will become introspective." More far-reaching than a feng shui assessment, a color makeover can affect your personality, health, and relationships in the home and even make your face come alive. Those skeptical about the healing power of a plain, old color need to remember that "Color is not a pigment," writes Reid. "It is not tangible, nor is there anything solid about it. Essentially, a color is a frequency, carried in wave form, just like heat or sound." These vibrations affect our brains--which in turn affect our moods, she explains. Of course, this is a highly colorful book with plenty of charts and research results, as well as a few metaphysical discussions of aura colors and healing vibrations. Reid even includes suggestions on how to use colors in meals. The boxed set contains the 144-page book, a color poster, 12 personality-test cards, and seven Aura-Soma pomanders (colored, scented holistic oils). --Gail Hudson

This relatively small, but very colorful book, covers so many topics that each one is more like an overview, giving you a taste of what it involves if you desire to explore it further. It contains a little bit of everything dealing with color: how colors influence people's emotions and behavior, the use of colors in decorating and clothing, a bit of feng shui, use of color in healing, a touch of colors in auras, an overview of Aura Soma Products - pomanders and equilibrium oils and much more. The seven pomanders which are included in this set are a sheer delight - they are very brightly colored and have lovely scents - some are more fruity, some are more spicy - and while I generally don't like any commercial perfumes, I love these pomanders. From the very first day, they have stimulated some very interested dreams and I have found them very uplifting. It also crossed my mind that this Color Box would make a wonderful gift.

It may be a bit late placing a feedback now since I ordered this product in 2010 but anyway...I was very disappointed with the product because I didn't receive everything. It was stated the product included colour cards and perfume bottles but I only received the book. Very disappointed.

i liked how it teaches you the power that is in color, and if we use it correctly in our lives it can help heal our souls. Color is from God

This little kit is perfect. I absolutely love it. Color Box touches down on many aspects of color's functions, how it is already present in our lives, and how to further incorporate it into daily living. From healing with auras and crystals, to the positive effects of scents and feng shui, this box is perfectly packed with tons of information to get you started on using color in all its healing ways. I highly recommend picking up with kit (which includes scented oils and corresponding poster, color cards, and a book) if you have ever been interested in the affects of color on our minds, and using it to better your life.

If you are interested in the chakras or feng shui or just the beauty of the rainbow this book is for you. Add the fun of essential oils and you've really got a winner. I used this book and the oils to do a chakra series with my yoga students - they loved it and I had kundalini awakening!!

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