

Personal development with Balance With Colour

Balance With Colour is about self-improvement so that we become more empathetic, self-assured, and confident. And when we are kind and caring for others, it will bounce back making it a win, win, for all, because we all depend on and live off each other.

Balance With Colour is not colour therapy, it is simply about using colour (any colour, although we focus on seven colours) in a positive way to influence our thinking and to cope with day-to-day stresses. In this way, a particular colour is not used to define the effects of that colour on any medical or psychological condition but rather to simply enable us to think of the positive feelings and messages that colourful natural creations bring to mind, instead of dwelling only on daily doses of negativity. It is in no way going to cure or help us get over traumas or grief because they are caused by outside influences that we cannot control. What it will do is to enable us to control our emotional reactions. For anyone suffering not just sadness, that we all suffer often, but depression, good friendship or professional help may be needed. But **Balance With Colour** can be used as part of any treatment deemed necessary.