

*Are you feeling overwhelmed and not able to cope?
Are you feeling stressed, anxious, worried, lonely, frustrated,
confused, sad, overworked,
and feel you are sliding into depression?
You feel overloaded with too much day-to-day information,
noise or scaremongering?
And you need to get back balance in your thinking?*

**Nature has the answer
It is easy and free since the beginning of time**

Balance With Colour is a unique and simple day-to-day practice that helps get our thinking back in balance. It is easy to learn and in a very short time can become a valuable habit to keep balance in one's life.

*It is for young and old; and can be used privately,
shared with family, business colleagues, social groups, and in schools.*

Balance With Colour is not colour therapy and will not interfere with any other practice, treatment or beliefs, it compliments them.