

## By Catherine Wilcox

## **COLORIZE YOURSELF**

It was in 1937 that the first animated movie was shot in color. Snow White (ironic the movie with white, in the title, a non-color was the first animated movie to be shot in color), a Disney film broke ground with its "color" production. Although most think the 1939 version of the Wizard of Oz was the first full length color movie, a fictional movie titled The World, The Flesh and The Devil was the first full length movie produced in color in 1959, as opposed to being colorized after being shot.

I don't know about you but black and white (both non-colors by the way) films have a hard time hold my attention. The reason is color is constantly messaging the brain; do this, think that, feel this. Life is so much richer in color don't you agree? Color is power however - er, energy which is power. Energy that guides and changes our life.

I wrote, <u>Color Speak</u>, the <u>Language of Color</u> to help people <u>use</u> color to enhance their lives on both the physical, mental, emotional and spiritual platforms of the human condition. Color Speak, the Language of Color has information that can help people change their lives. The <u>Color Therapy Diagnostic Worksheet</u> a follow up aide to Color Speak helps one personally discover their inner being. Offering suggestions on how to enhance one's life with color, the Color Therapy Diagnostic Worksheet is a must have for those on the journey of enlightenment.



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