



## Colour Cotton Therapy

Morning Clouds

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### Morning Clouds

More than a book, this is an experience. The production of this book is first class with the reproduction of colour plates being very true in colour. These colour plates are not jarring in any way on the eye or the soul.

The author, Morning Clouds, writes a disclaimer at the front of her book that "The energy work of these colours is to assist a person in bringing about a change within themselves and restoring equilibrium."

The introduction states that the colours are a unique form of vibrational healing that relate to the body, the subtle energy system and their specific frequencies, and I was intrigued by this suggestion. However in experiencing each delightful page I wholeheartedly agreed.

There are healing colours for the subtle energy body: aura, chakras, meridians and glands, before one sees the healing colour cotton suggested for electromagnetic radiation, the energy emitted by mains powered everyday electrical appliances we have in our homes.

There are clear instructions on how to use your chosen colour and experience the energy vibrations for as long as you require.

**Distributed by Gary Allen**