



THE HIDDEN LANGUAGE OF COLOUR



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Advanced Study Majors:
•Grief & Loss Counselling
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THE HIDDEN LANGUAGE OF COLOUR

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- Delivering mental health through the medium of colour.
- Colour is a hidden language, it is an intrinsic part of all of us.
- Our response to colours is like a mirror to our inner being.
- Delivering mental health through the medium of colour is a gentle and creative way to enable clients to name up life challenges within themselves.



THE UNIVERSAL LANGUAGE OF ENERGY AND COLOUR

Using the carriageway of the energetic self is a powerful teaching tool to teach people that the power is within.

Empowering people with the knowledge and experience of the energetic system through colour helps bring the participants to the awareness that they have choice in bringing balance to their own lives.

This workshop is research based, cognitive and experiential.

Workshop Outline

Session 1

Educational & Interactive talk:

- Introduction
- The Energy System
- The Hidden Language of Colour
- Group Interaction



THE HIDDEN LANGUAGE OF COLOUR

Session 2

(2 Hours)

LIFE ISSUES
WITHIN THE RED
CENTRE

- Group exploration of how the colour red feels for them

**Wear or bring
something
Red**



The Power Centre

- Grounding Exercises
- Suppression of Selves
- Constructive Anger
- Experiential exercise

THE HIDDEN LANGUAGE OF COLOUR

Session 3

(2 Hours)

LIFE ISSUES WITHIN
THE ORANGE
CENTRE

•Group exploration of
how the colour orange
feels for them

Wear or bring
something
Orange



The Linkage

- Independence
- Control
- Sociality
- Effects of Trauma

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Session 4

(2 Hours)

LIFE ISSUES
WITHIN THE
YELLOW CENTRE

- Group exploration of how the colour yellow feels for them

**Wear or bring
something
Yellow**



Digestion of Life

- Anxiety
- Joy
- Choice
- Experiential exercise incorporating art and journaling

THE HIDDEN LANGUAGE OF COLOUR

Session 5

(2 Hours)

LIFE ISSUES
WITHIN THE
GREEN CENTRE

- Group exploration of how the colour green feels for them

**Wear or bring
something
Green**



Heart Issues

- Life Decisions
- Hope/Dreams
- Exercise – mandalas incorporating sound & colour therapy

THE HIDDEN LANGUAGE OF COLOUR

Session 6

(2 Hours)

LIFE ISSUES
WITHIN THE
TURQUOISE
CENTRE

- Group exploration of how the colour turquoise feels for them

**Wear or bring
something
Turquoise**



Creativity

- Emotional care
- Exploration of creativity
- Balloon exercise

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Session 7

(2 Hours)

LIFE ISSUES
WITHIN THE BLUE
CENTRE

- Group exploration of how the colour blue feels for them

**Wear or bring
something
Blue**

Communication

- Aspects of Depression
- Chain Analysis Therapy/Taking small steps
- Energetic Throat Sound Toning



THE HIDDEN LANGUAGE OF COLOUR

LIFE ISSUES
WITHIN INDIGO
CENTRES

- Group exploration of how the colour violet feels for them

Transformation

- Awareness
- Spirituality

Session 8 & 9

(2 Hours)

**Wear or bring
something
Violet**



THE HIDDEN LANGUAGE OF COLOUR

LIFE ISSUES
WITHIN THE
MAGENTA &
INDIGO CENTRES

- Group exploration of how the colour magenta feels for them

Divine Love
•Higher Self

Session 8 & 9

(2 Hours)

**Wear or bring
something
Magenta**



Celebration



Session 10

(2 Hours)



CREATE a silk scarf in
your own unique
personal colours!



THIS EXERCISE IS AN OPTIONAL EXTRA

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THANK YOU FOR YOUR TIME

“The world is round... what seems like the end can also be the beginning”

Unknown

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