



# How to Heal with Color

*Ted Andrews*

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## **How to Heal with Color** Ted Andrews

Everyone is affected by color. We use colors to describe our physical health, our emotions, even our spiritual experiences. Now you can learn how to use color to restore health and balance energy.

Popular author Ted Andrews presents an effective system for developing your innate healing skills, including a chart that lists the beneficial colors for over fifty physical conditions. With this easy-to-follow guide, you will learn the basics of color healing, why it works, and simple techniques for healing yourself and others using colored lights, candles, cloths, and charged water. Discover how to:

- **Use color to balance and restore your energy**
- **Determine which colors you need using simple assessments**
- **Project and absorb the healing properties of color**
- **Develop the ability to "sense" color with easy, fun exercises**

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