The ColorAlchemy Manual is Uniquely Comprehensive

ColorAlchemy is a passage into self-mastery.
Journey through twenty-one colorful days of enlightening personal experience.

Create quick and enjoyable habits for positive and transformational change!
Benefit from the endless supply of color with hundreds of Daily-Color exercises.

The unique Daily-Color format allows you to progressively improve the quality of your life by:

• Recognizing emotional, physical, and spiritual imperfections along with unsupportive behavioral patterns.
• Releasing self-sabotaging limitations.
• Reinforcing inner strength and personal balance.
• Experiencing the value of a two-minute color pause.
• Discovering personal “color deficiencies” and how to balance them.
• Developing a personal Practicing ColorAlchemy practice tailored to your individual needs and enjoyment.
• Teaching you to consistently and automatically benefit from whatever color you need, whenever you need it.

Experience ColorAlchemy to:

1) Receive instantaneous results!

Practicing ColorAlchemy any where or at any time you:

• Instantaneously turn stress into calm.
• Change negative situations into ones that are positive.

2) Heal deep-rooted, core issues (insecurities, not speaking up, not feeling good enough, etc.).

ColorAlchemy’s consistency:

• Transforms negative thought/behavioral patterns to positive experience.
• Expands creativity, vision, and intuition.
• Unlocks and awakens your greatest potential.
• Develops greater inner peace and outward joy.
Comparative Title Analysis

**Color Me Beautiful**
Carole Jackson
April 12, 1987

**Categories:** Health, Mind & Body, Beauty & Fashion, Cosmetics

**Description:** *Color Me Beautiful* discusses “seasonal colors” for how to dress, use make up, and accessorize.

**ColorAlchemy:** ColorAlchemy’s original “Daily Colors” uses full-spectrum color rather than a limited seasonal palette. In ColorAlchemy’s few pages on wearing colors, instead of eliminating some colors from your wardrobe and missing out on valuable attributes, ColorAlchemy finds attractive variations to reap the benefits of all colors.

**The Alchemy of Light and Color**
Oliver Leslie Reiser
Dec 30, 2005

**Categories:** Health, Mind & Body, Psychology & Counseling, Neuropsychology

**Description:** Vision and Reality; The Physical, Chemical, and Biochemical Basis of Color; Nerve Conduction and Qualities; The Facts of Visual Experience; Specific Energies and the "All or None" Law; The Doctrine of Chronaxy; Consciousness and Nerve Fiber Radiation; Soul as Harmony of the Body; Neural Frequencies and Ether Waves.

**ColorAlchemy:**

Rieser’s writing is complex, difficult for the layman, and any similarity is in the title only. The *Living ColorAlchemy* chapter takes sage-old and current scientific findings and presents them in user-friendly terms. This chapter validates ColorAlchemy’s beneficial influence and inspires ColorAlchemy consistency because of its dependable results.

**Vibrational Healing Through the Chakras: With Light, Color, Sound, Crystals, and Aromatherapy**
Joy Gardner-Gordon
Feb 2006

**Categories:** Health, Mind & Body, Alternative Medicine, Energy Healing

**Description:** *Vibrational Healing Through the Chakras* provides the use of vibrational tools such as crystals, aromas, sounds, and bodywork.

ColorAlchemy updates information about crystals, aromas, sounds, bodywork, and the Chakras plus includes many other techniques, individually, and uniquely, in combination. ColorAlchemy’s special qualities include how each Chakra’s attributes are identified by universal emotional, physical, and spiritual characteristics as well as how to identify overactive, or under stimulated attributes. This enables the reader to evaluate their shortcomings and to easily determine what color(s) are needed for holistic balance.

**“Sound” Highlight:** with more than 30 years as a pioneering researcher and composer of sound-healing music, Steven Halpern shares his expertise on sound ColorAlchemy.

The ColorAlchemy Manual also includes more Body ColorAlchemy (complimentary color breathing, working with color rays, feeling color through the skin, using auras to diagnose holistic weakness, and using Chakra Age/Chakra maturing process), Mental ColorAlchemy (visualization, meditative breathing, working with your Observer and your handmade ColorAlchemy oracle-deck, soul colors, and color personality), more Colorful Applications (wearing colors and decorating with them, making collages and drawing mandalas, drinking ColorAlchemy elixirs, and bathing ColorAlchemy), and evolving your Spiritual ColorAlchemy (diagnosing with BETA: Behavior, Emotion, Thoughts & Actions), astrology numerology & dreams, rituals, meditation, and discovering your ColorAlchemy initiation.
**Color Medicine: The Secrets of Color/Vibrational Healing**
Charles Klotsche
Dec 1993

**Categories:** Health, Mind & Body, Alternative Medicine, General

**Description:** A professional manual about restoring blocked energy to the body’s systems by specific color wave lengths.

**ColorAlchemy:** In ColorAlchemy’s few pages on “color toning,” simplified techniques are presented without the need for specialized equipment. ColorAlchemy shows readers how to use inexpensive items in the closet and around the house for healing.

**Edgar Cayce on the Power of Color, Stones and Crystals**
Dan Campbell
1993

**Categories:** Religion & Spirituality, New Age, General

**Description:** Esoterically describes how the molecular structure of stones and crystals and their colorful vibrations influence the human body.

**ColorAlchemy:** *Colorful Applications* explains simple ways of working with the vibrational energy of stones in laymen’s terms. As ColorAlchemy is “the manual,” specific body, mind, and spirit influences are included along with which stones are best to use for specific conditions, how to cleanse and bless them, and the many ways to use stones in ColorAlchemy including my personal favorites.

**Healing With Color Zone Therapy**
Joseph Corvo
March 1998

**Categories:** Health, Mind & Body, Alternative Medicine, General

**Description:** An “A to Z list” of physical illness.

**ColorAlchemy:** ColorAlchemy describes using color healing in specific body locations to improve physical ailments and adds the combination of mental and spiritual aspects to increase holistic wellness. Specifically, ColorAlchemy uniqueness includes:

- **Body ColorAlchemy:** The body’s physical workings & Chakra attributes
- **Mental ColorAlchemy:** Observing your mental process and thoughts, and
- **Spiritual ColorAlchemy:** The colors of The Light/God through cross-cultural and collective wisdom.

**What Color Is Your Aura?**
Barbara Bowers
Dec 1989

**Categories:** Health, Mind & Body, Self-Help, General

**Description:** The human aura and personality.

**ColorAlchemy:** The ColorAlchemy Manual includes up-to date information and how to read them. Special features of ColorAlchemy include diagnosing mind, body, and spiritual conditions with “Aura-Indicators” in each Chakra section.
**Light and Colors**
W. J. Colville May 2003

**Categories:** Religion & Spirituality, New Age, General

**Description:** Descriptions of the apparatus used in chromo-therapy, the influence of colors on morals; colors as perceived in the human atmosphere or aura; magnetism, mesmerism, hypnotism and suggestive therapeutics.

**ColorAlchemy:** Huh? The above content implies limited market scope. ColorAlchemy is simple and is written for anyone to use color for self improvement. As a process of personal discovery, ColorAlchemy provides all the therapeutic and healing techniques with quick and enjoyable applications.

**Light Years Ahead:** The Illustrated Guide to Full Spectrum and Colored Light in Mindbody Healing
Brian Breiling
May 1996

**Categories:** Health, Mind & Body, Alternative Medicine, General

**Description:** In clinical, technical terms, scientists discuss latest therapies and documented histories about the influence of light on Mindbody Healing and Subtle Energy Medicine.

**ColorAlchemy:** ColorAlchemy’s pioneering and enjoyable concepts are easy to read and incorporates contemporary research without the need of a professional clinician, therapist or life coach – or medical translator.

**Light:** Medicine of the Future: How We Can Use It to Heal Ourselves NOW
Jacob Liberman
Feb 1991

**Categories:** Health, Mind & Body, Alternative Medicine, General

**Description:** Clinical studies about florescent lighting compared to full spectrum lighting for physiological and physical improvement.

**ColorAlchemy:** The previous two books are wonderful for ColorAlchemy readers who want to explore clinical studies and scientific validation.

**Homeopathic Color Remedies**
Ambika Wauters
May 1999

**Categories:** Health, Mind & Body, Alternative Medicine, Homeopathy

**Description:** References to diseases from homeopathic view. Introduction to the writer’s self-developed homeopathic remedies.

**ColorAlchemy:** I hope I have previously described ColorAlchemy’s unique and special qualities through the previous comparisons.
Description: Techniques for healing using colored lights, candles, cloths, and charged water.

ColorAlchemy: Color describes our physical health, emotions, and even spiritual experience. Use color to restore health and emotional balance. ColorAlchemy provides the effective Daily-Color system for developing long-term healing skills. Learn the basics of color healing and why it works. Discover the colors for your specific needs and holistically benefit with any or all of the easy techniques that you enjoy the most.