

生活 · 时尚 · 健康

Secrets of Colour Healing

# 色彩与健康

[英] 斯蒂芬·诺里斯 著  
王健倩 译



出版社

# 色彩与健康



[英] 史黛芬妮·诺里斯 著  
王健倩 译

浙江摄影出版社

浙江省版权局  
著作权合同登记章  
图字：11-2003-58号

版权所有 翻印必究

This translation of Secrets of Colour  
Healing originally published in  
English in 2001 is published by  
arrangement with THE IVY PRESS  
Limited. Copyright © The Ivy Press  
2000/2001 (as appropriate)

## 编者的话

这套“生活·时尚·健康”丛书包括《梦的奥秘》、《趣味数字学》、《色彩与健康》和《催眠疗法》，是我社从英国引进的休闲类文化读物。

作者大多是相关领域的资深研究者，或是长期的从业人员，他们从西方文化的视角介绍了有关梦、数字学、色彩与催眠术等方面的知识，可以开拓我们的视野。

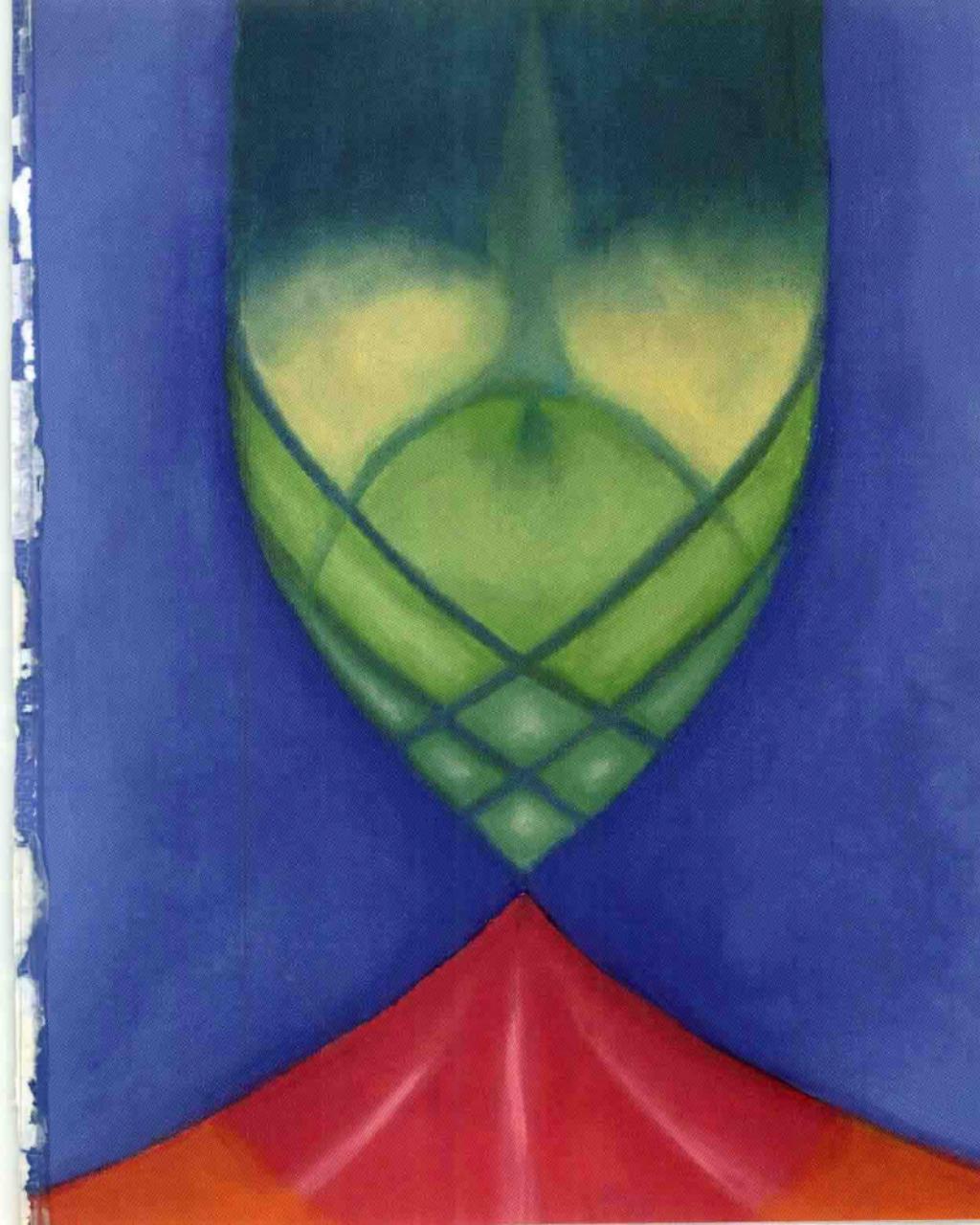
丛书行文轻松、图文并茂、化繁为简。只是由于东西方文化的差异，书中的有些观点与现代科学尚有距离，还需读者自己去进一步辨别、揣摩和把握。

# 目 录

如何使用这本书	6
引言	8
色彩疗法的历史	10
光谱的色彩	22
色彩疗法	94
周围环境的色彩	174



此为试读, 需要完整PDF请访问: [www.ertong](http://www.ertong)



责任编辑：裘禾敏

责任校对：程翠华

责任出版：寿小瑛

### 图书在版编目(CIP)数据

色彩与健康 / (英) 诺里斯著；王健倩译。—杭州：  
浙江摄影出版社，2003.10

(生活·时尚·健康)

ISBN 7-80686-147-5

I. 色... II. ①诺... ②王... III. 色彩—关系—健康 IV. R16

中国版本图书馆CIP数据核字 (2003) 第070452号

## 色 彩 与 健 康

原著：[英] 史黛芬妮·诺里斯

翻译：王健倩

浙江摄影出版社出版、发行

(杭州市武林路357号 邮编：310006)

经销：全国新华书店

印刷：德清县印刷厂

开本：889×1194 1/64

字数：100,000

印张：3.375

印数：1—5000

2003年10月第1版

2003年10月第1次印刷

ISBN 7-80686-147-5/R·5

定价：19.00元

(如有印、装质量问题，请寄本社出版室调换)

# 色彩与健康



[英] 史黛芬妮·诺里斯 著  
王健倩 译

浙江摄影出版社

## 编者的话

这套“生活·时尚·健康”丛书包括《梦的奥秘》、《趣味数字学》、《色彩与健康》和《催眠疗法》，是我社从英国引进的休闲类文化读物。

作者大多是相关领域的资深研究者，或是长期的从业人员，他们从西方文化的视角介绍了有关梦、数字学、色彩与催眠术等方面的知识，可以开拓我们的视野。

丛书行文轻松、图文并茂、化繁为简。只是由于东西方文化的差异，书中的有些观点与现代科学尚有距离，还需读者自己去进一步辨别、揣摩和把握。

# 目 录

如何使用这本书	6
引言	8
色彩疗法的历史	10
光谱的色彩	22
色彩疗法	94
周围环境的色彩	174





色彩心理学

色彩心理学研究光谱的  
每一种色彩对人们心  
情、情绪和行为的影响。

# 如何 使用这本书

为了使《色彩与健康》便于使用，本书分成四章。第一章描述了古代人们使用色彩的方式，阐述了色彩疗法的科学原理。第二章解释了光谱的七种色彩和特质。第三章详细阐述了色彩疗法的具体步骤，包括想象图景和静思色彩等。最后一章介绍了色彩在环境中的重要性，以及日常生活中如何与周围的色彩保持和谐统一。

## 进一步说明

本书出版商和作者对书中所描述的任何事件、主张和理念都不负任何法律责任。如果生病或患有精神症状，建议最好先看医生，然后再进行色彩治疗。色彩疗法不能代替任何医疗方案。



Red rose  
A strong red color  
produces a strong  
and powerful  
sense of energy.

**RED** Red is the colour of the heart, of fire and of blood, of courage, and one, and warmth. It is the colour which would tickle our warmth, strength, and power. When we are in the presence of red, we feel more alive, and our physical surroundings, in order to attract our energies again, would subdivide into the blood, and impinge on circulation. We also need red in our environment in everyday life, and to give us a sense of security.

**A red rag to a bull**  
Red is a very physical colour  
and often provokes a physical  
reaction in people. It can make  
them feel angry or annoyed.  
However, it can also make  
them feel more alert, more  
alive, and more energetic.  
This is why it is often used  
in art and design, and the  
color red is often used in  
theater and other arts.



St. George  
A George riding  
the dragon, and  
opposite him the  
red dragon and the  
red knight.



Red rose  
A strong red color  
produces a strong  
and powerful  
sense of energy.

**Red sweater**  
Red is a very powerful colour  
and should not be used if you  
have a weak heart, or if you  
have a history of heart problems. However, if you  
have a strong heart, and you  
feel that you have a strong  
and healthy heart, then you  
can use red in your environment.

Color of the year 2015

Red

Color of the  
year 2015

Red

Color of the  
year 2015

Red

Color of the  
year 2015

Red

Color of the  
year 2015

Red

Color of the  
year 2015

Red

Color of the  
year 2015

Red

Color of the  
year 2015

Red

Color of the  
year 2015

Red

Color of the  
year 2015

Red

Color of the  
year 2015

Red

Color of the  
year 2015

Red

Color of the  
year 2015

Red

Color of the  
year 2015

Red

Color of the  
year 2015

Red

Color of the  
year 2015

Red

Color of the  
year 2015

Red

## 内容实用

彩页上描述了每种色彩的特性

此为试读，需要完整PDF请访问：[www.ertong.com](http://www.ertong.com)



**TAKING A COLOUR BATH** When you take a colour bath, it is important not to be over-the-top, otherwise it interferes with the effect of the colour energy you are using and, if you are bathing in essential oil, could also cause that to evaporate. You can have the water temperature at the temperature for it to feel warm, or you can take the water temperature a little higher than your body's temperature. It is, in any case, not good ideas to take too hot or too cold as it is bad for the heart. A moderate temperature, close to body temperature, is best.

**Essential oils**  
If you are adding essential oils to your bath, make sure that you have time to let them dissolve in the water before you get in. If you add essential oils to your bath, you will need to take the water temperature down to allow the oils to disperse. This means that the bath will be cool for about 12 minutes, so allow yourself to adjust the amount of oil to ensure the amount of cooling is enough.



**Temperature**  
The bath is considered good for...  
- to help to stimulate the lymphatic system.  
- to help to increase your temperature of the body.  
- to help to increase the effect of the colour energy you are using.  
- to help to increase the effect of the colour energy you are using.  
- to help to increase the effect of the colour energy you are using.

**Bath salts**  
The bath salts will help you feel good and relax after a long day. They are also good for the overall well-being of the body.



**Colour and spectrum**  
State of balance at the end of the day  
- to help to increase your temperature of the body.  
- to help to increase the effect of the colour energy you are using.  
- to help to increase the effect of the colour energy you are using.

**Cold bath or shower**

**Blue, indigo, and violet**  
A blue bath will help you feel good and relaxed. It will cool you down and as the ridge of positive energy moves through the muscles, you will feel better. You will feel more relaxed and find that your body's natural rhythms are more balanced. Blue is a colour that helps to calm the mind and body. It is also a colour that helps to relieve stress.



## 家庭自我疗法

讲授了在家使用具体色彩疗法。

118

119

Copyright © 2009, Dorling Kindersley Limited. All rights reserved.

120

121

## Different Kinds of Colour Baths



**Time of day**  
Different times of day are used for different kinds of baths.

**B**aths of different colours that are taken in the morning, as they have a stimulating effect that will energize you for the day. You need to be careful not to take a bath that is too warm, however, as it is likely to cause a headache. Alternatively, a red or orange bath is a good choice for a cold morning, as it will give the circulation going and help ward off colds and chills.

120

If your thinking is fuzzy or you feel yourself unable to make a decision, you may want to take a bath that is a mix of two or three drops of camomile oil, which corresponds to reduced, relaxed frequency, to your bath. This will stimulate your brain and help you to think clearly and to take better care of your health, as it makes you feel alert.

**Evening baths**  
Baths of colour at the cool end of the spectrum are best taken in the evening, as they have a sedative effect. To help you sleep better, you may need to take off the clothes at the bath and cover the body with a thick, warm blanket.

**Relaxing baths**  
Baths of colour at the cool end of the spectrum are best taken in the evening, as they have a sedative effect. To help you sleep better, you may need to take off the clothes at the bath and cover the body with a thick, warm blanket.

Drugs of positive oil will help you to feel good and relaxed. You can easily create solutions in them. Lavender is particularly good for making it a bath salts just before you get to bed. You will feel relaxed and calm and emotionally and physically prepared to sleep. It is also an anti-depressant.

### Cleansing the nose

Take time to rinse it if it is a good idea to take a bath to cleanse the nose. The nose reflects negative energies from the environment and the body. Making a bath will be beneficial with the experience of feeling cleaner after being with certain people – this is particularly true when you are around other individuals during personal interactions.

A turquoise bath is especially good for cleansing the nostrils, while bath salts are also good for this purpose. Try spending some ordinary soap salt into your bath can help to remove your mucus.



**Building Blocks**  
This is a common personal entertainment for children, and adults often play with them, too. As they help the colour into the body.

## COLOUR THAT YOU LIVE WITH

Our own home is where we take sanctuary from the world, our safe place at the end of a day's work, and our place of relaxation, where we have the chance to recharge our batteries. In short, it is the place where we spend a large part of our lives and as it is important that the colour we live with supports us physically, emotionally, mentally, and spiritually.



**Point samples**  
If you want to paint your walls in a palette of pastel colours.

**Follow your instincts**  
This does not mean to follow all of your whims, but to follow your feelings when you are getting dressed or choosing what to eat. If you feel like having a meal that is high in protein, then go for it. If you feel like having a meal that is high in carbohydrates, then go for it. If you feel like having a meal that is high in fat, then go for it. If you feel like having a meal that is high in sugar, then go for it. If you feel like having a meal that is high in salt, then go for it. If you feel like having a meal that is high in fiber, then go for it. If you feel like having a meal that is high in protein, then go for it. If you feel like having a meal that is high in carbohydrates, then go for it. If you feel like having a meal that is high in fat, then go for it. If you feel like having a meal that is high in sugar, then go for it. If you feel like having a meal that is high in salt, then go for it. If you feel like having a meal that is high in fiber, then go for it.

**Environment**  
This does not mean to follow all of your whims, but to follow your feelings when you are getting dressed or choosing what to eat. If you feel like having a meal that is high in protein, then go for it. If you feel like having a meal that is high in carbohydrates, then go for it. If you feel like having a meal that is high in fat, then go for it. If you feel like having a meal that is high in sugar, then go for it. If you feel like having a meal that is high in salt, then go for it. If you feel like having a meal that is high in fiber, then go for it.

190

191

**Clothes transformation**  
This is a common personal entertainment for children, and adults often play with them, too. As they help the colour into the body.



## 环境

可以学到环境中的色彩如何有助于心理健康。这些环境包括服装和室内设计。

# 引言



## 生存

自古以来，色彩就对人类的健康、生存和文化起到了重要的作用。

**所**谓色彩，简言之，就是光。没有光，人类就不能生存。人体细胞对光会有所反应。如果缺乏光，就会直接影响人的生理、情感、心理和精神健康。只要想想人类如何对色彩直觉地做出反应，如对壮丽的日出所产生的敬畏，或对彩虹的魔力所产生的希望，就会认识到色彩疗法的巨大作用。

## 最早的色彩疗法大师

不同于现代人的是，人类的祖先经常使用色彩疗法。根据对大自然和周围世界的观察，

他们掌握了某些色彩的特质。这些特质至今都适用。如人们认为红色与宝贵的火是一样的色彩，而火可以用来取暖及烹调食物，再加上红色还是流淌在血管中血液的色彩，因此红色代表生命，在艺术和日常生活中占据了突出的位置。

## 染料和颜料

深蓝色，或称靛青，是夜晚天空的色彩。人们在这种色彩中入睡，为的是睡醒后充满精力，迎接新一天的到来。绿色是野生植物的色彩。人们饥饿寻觅食物或者身患疾病时，都会寻找绿色植物充饥或治病。

人类祖先还把从植物中获取的天然染料涂在人体上用于点缀。他们还从地下的矿物质或碾碎的果浆中获取颜料，用来涂抹在居住的洞壁上。

## 环境的色彩

人们通过自身服饰上的色

彩和家居装饰中的色彩表达自我。另外，人们根据自己的本能，采用某种特定色彩来平衡体内的精力。如果不是这样，就容易患上生理、心理和精神疾病。通过饮食、服饰和以某种特定方式装饰周围环境的色彩，使病体痊愈。这就是色彩疗法的本质。在这点上，我们这些新世纪的人们开始继承了古代智慧的精髓。

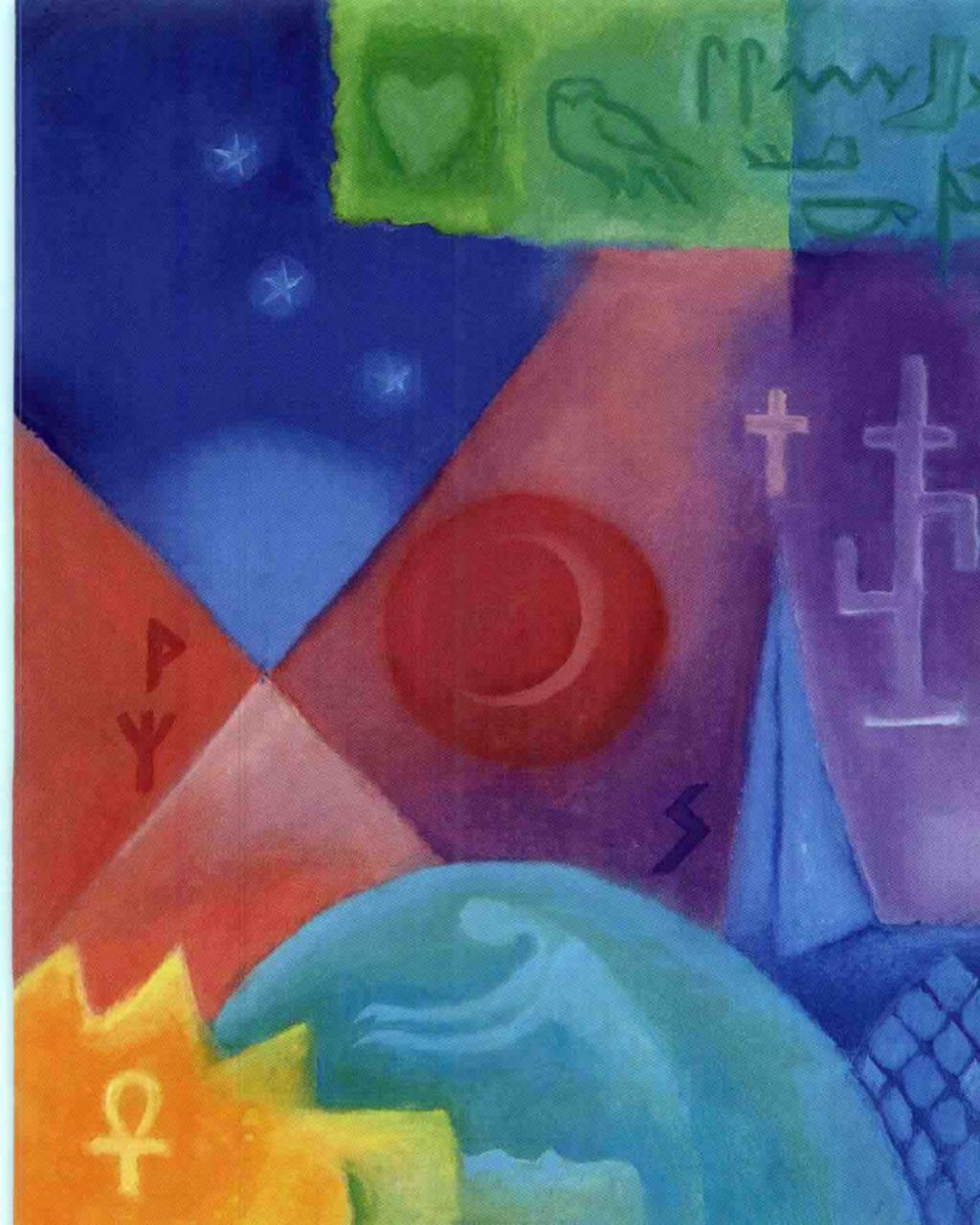
### 电磁波频谱

每种色彩都有不同的光波和振动频率，肉眼不能看到的电磁波是无线电波、红外线、紫外线、X光和伽马波。有人认为，人们能够通过“第三只眼睛”看到正常范围以外的光。

# 色彩疗法 的历史

色彩疗法的历史可以追溯到古代的埃及、印度和中国，甚至是亚特兰蒂斯岛。据传这个岛上的圆形庙宇中，有许多独特的房屋，用自然光和水晶对人们进行治疗。同样，在古埃及的庙宇中，也设有采集太阳光、用于治疗的设备。

中世纪大教堂装有很多彩色玻璃窗，太阳光穿过彩色玻璃射入，形成多彩的光线，使患者能够沐浴在各种色彩中，得到治疗，恢复健康。自古以来，人类总是崇拜太阳，因为太阳光包含了光谱中所有的光，能够起到治疗作用。



# 体液学说



色彩治疗

古代的治病大师，包括阿维斯纳，采用色彩治疗各种疾病。

整个中世纪，治疗疾病或体内不均衡症状的理念都来自于体液学说。根据体液学说，人体主要有四种体液：多血质、粘液质、胆汁质和抑郁质。这些体液与四个占星要素相对应：火、土、空气和水，还与炎热、干燥、寒冷和湿度有关。

每一种体液都与某种特定色彩的特性、人的体质或气质有关。因此，体内血液过多，就会血色红润且具有乐观的气质。如果体内以白色粘液质为主，则这种人具有不易激动的

性格。黄色胆汁型的人易怒，黑色胆汁型的人容易感到忧郁。

## 阿维斯纳

当时人们相信，如果体内体液比例失调，采用相应的色彩进行治疗，可以使失调的体液比例恢复正常。

这种疗法早为古时医生所知。波斯医师阿维斯纳（980—1037）在其著名的《药典》中论述到，红色刺激血液循环。因此身体某部位出血的人不能看红色，而只能看蓝色，因为蓝色具有镇静的作用，会减缓血液循环速度。因此，在以前的著名哲学家和著名医生，如亚里士多德、毕达哥拉斯以及希波克拉底等人的著作的启发下，他提出了在治疗疾病过程中可以采用彩色药膏、绷带和花束等治疗手段。

## 帕拉塞尔苏斯

瑞士的帕拉塞尔苏斯