



Insights â?? Theresa Sundt

Description

THERESA SUNDT artist and colour therapist



My strong connection with colour is in my DNA, as I was born under the golden Greek light at the beginning of springtime when nature is full of colour and scent. Most of my childhood was spent swimming and snorkelling in turquoise seas forming a strong constitution from the huge intake of vitamin C, which gets me going in full speed throughout my life. Thank you so much Father Sun.



I spent 20 years teaching art and expressing the beauty around me through my work, mainly hand-woven tapestries. I dyed most of the fibres I used always fascinated by the effects the sun and the soil had on the plants for the variety of colours they produced. Then I discovered through Suzy Chiazari's book titled COLOUR that our whole energy responds to the spectrum. With novice's thirst, I created my Colour Healing Tapestries business, using the seven colours of the spectrum to create cross-stitch designs on canvas. People could choose the stitching kits in the most appropriate colour for their needs and get exposed to their healing properties, while actively meditating through stitching's repetitive rhythm. In 1999 colour therapy was still in its infancy, few people heard of it and the ones who did, did not know what to do with it.

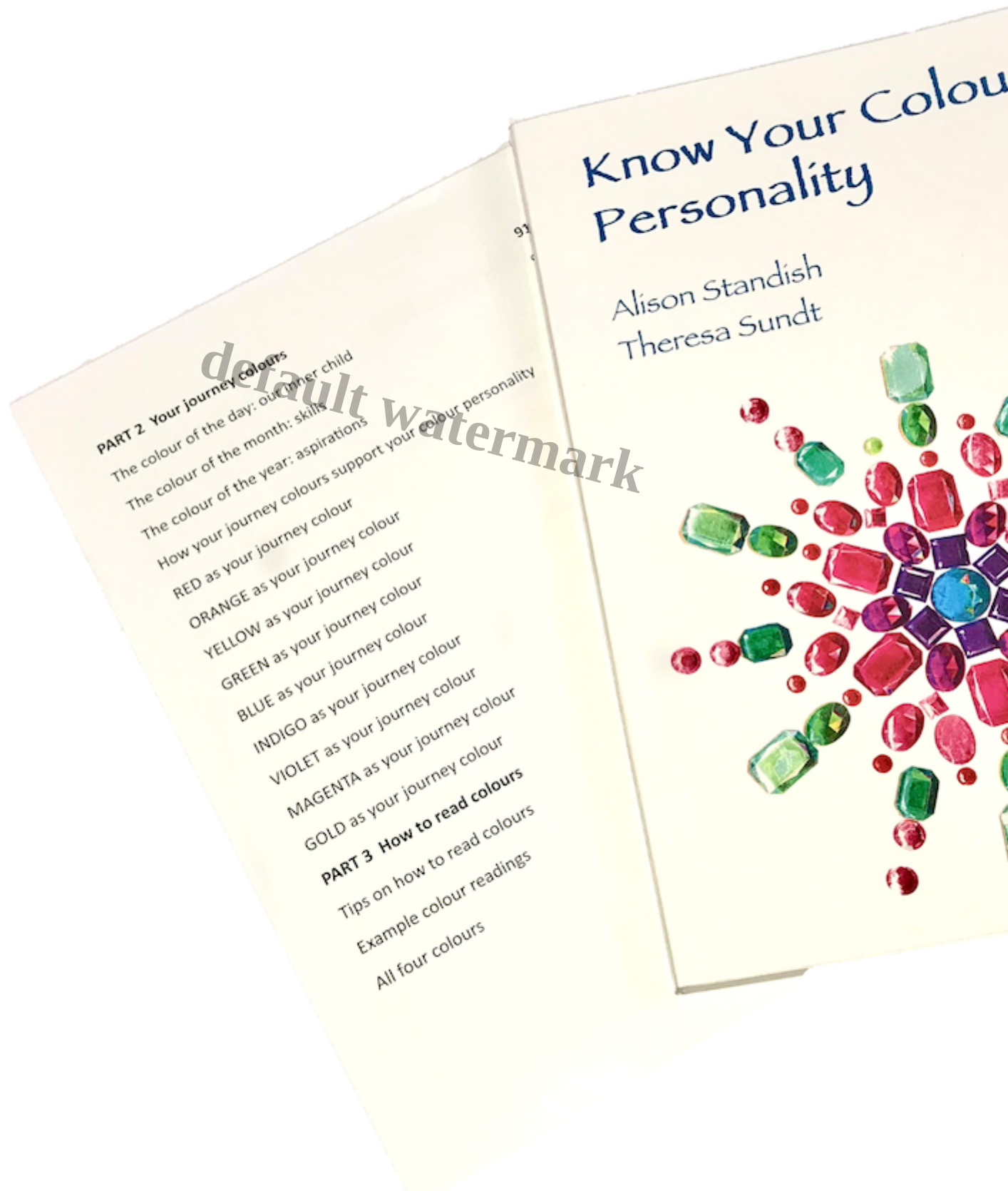


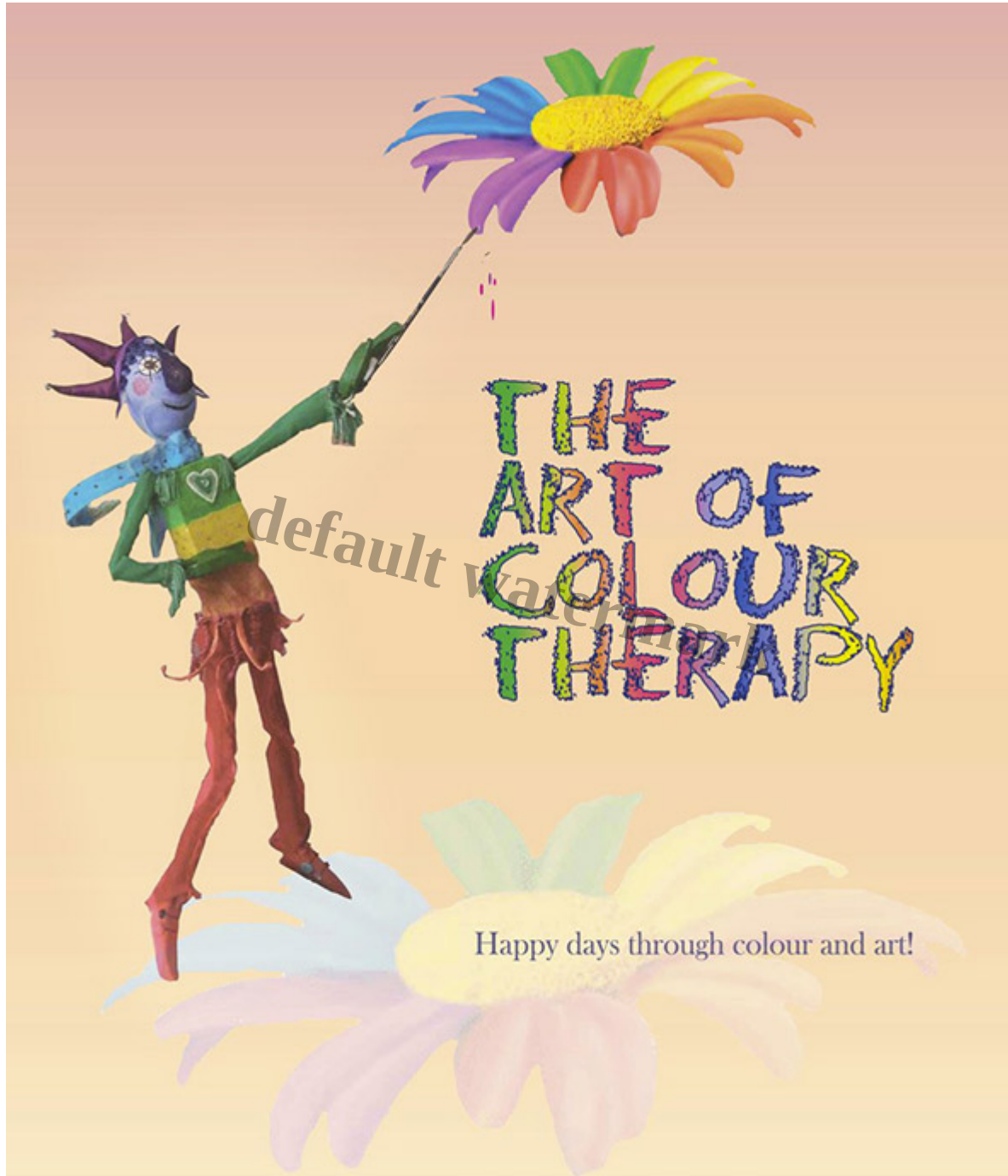
I went on to study Colour Therapy and before too long I started working as the colour therapist consultant for Bioptron's state-of-the-art healing products. Polarised, polychromatic and incoherent light via seven bio-informed colour lenses was doing powerful healing in all areas, body, mind and spirit! Parallel to my work with Bioptron I started teaching colour therapy in school, retreats, lectures and workshops in the corporate world. The seven colour puppets beautifully conceived by the talented British puppeteer Katherine Morton, accompanied me in far places all over the world to enhance my presentations. It was thrilling to watch how colour never failed to boost people's well being. Art was crucial as part of experiencing the different moods of colour, adding to it the meditative power of creativity. I soon added information about how our colours, defined by the numbers of our date of birth totally affect our behaviour and relationships. My custom-made Birthday Colours Portraits are energetic portraits based on the four colours of our date of birth: colour of the day, colour of the month, colour of the year and the overall colour. These 'portraits' depict one's Personality's Colours; they

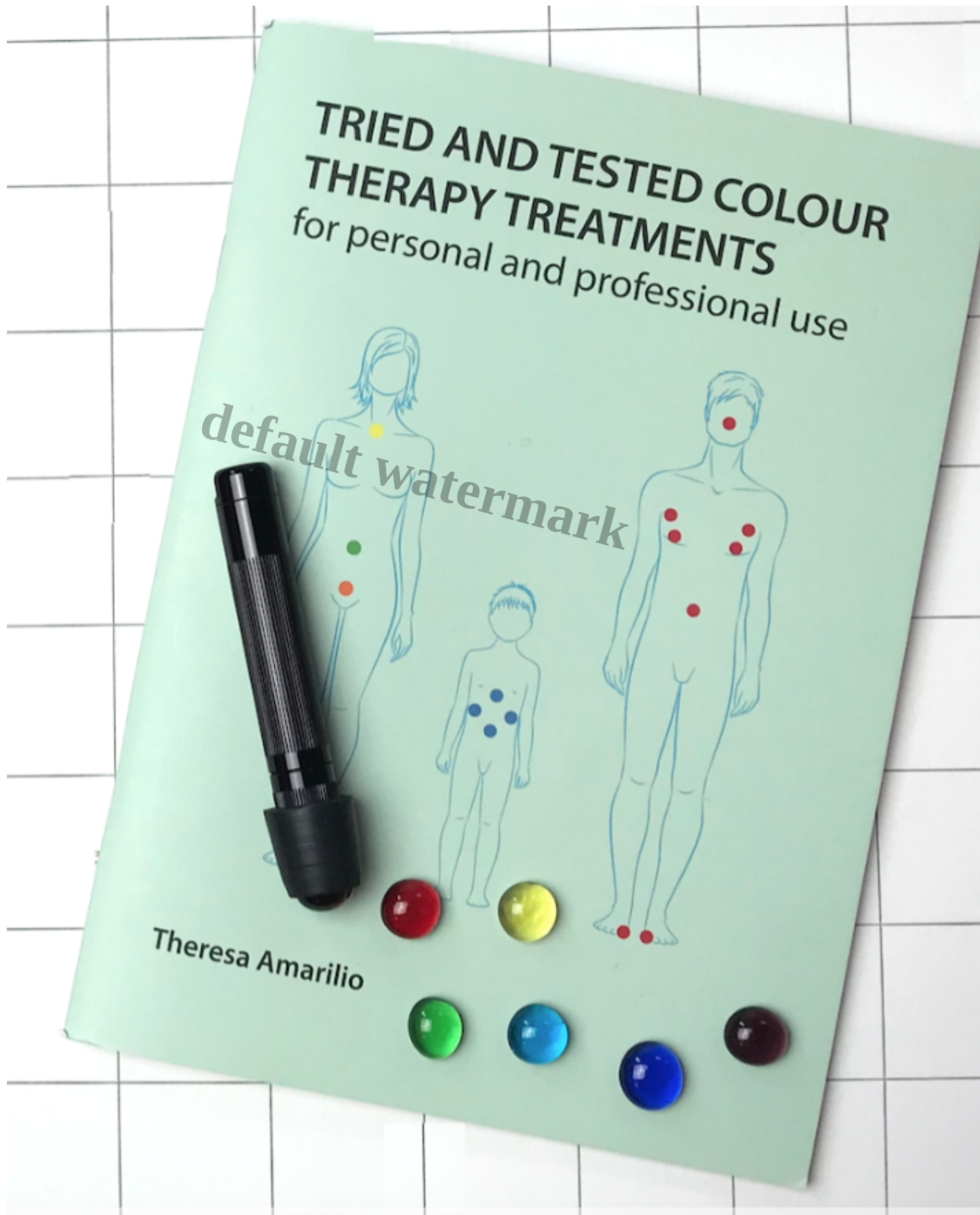
are custom made pictures, made with best quality yarn in fine woven patterns. There is so much insight for each different colour and our behaviour is directly connects us to it. Just by looking at those â??energetic portraitsâ?? one gets a clear idea about the personâ??s strengths and shortcomings. This understanding helps to bring acceptance that encourages a peaceful life and it shows us how to reach our full potential. I also give one to one session on colour personality analysis.

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More than a decade later, thousands of people have heard about the therapeutic side of colour in healing and art, but there was always something missing: colour therapy was still not part of their lives. The price of the state-of-the-art colour therapy devices like Bioptron's products made healing with light inaccessible to many. Colour Therapy

Category

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