



Spirale Colour Therapy

A concept developed by Pascale Osanz

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Why do we need a colour therapy consultation?

- ▶ Feeling confused?
- ▶ Feeling sick of not knowing where we are going in life?
- ▶ Putting the blame on others?
- ▶ Can't sleep properly?
- ▶ Always apologizing for everything and everyone?

Spirale gives back the sense of self-responsibility, self-value and positive power to the individual.



Here is the answer:



Select your favourite 12 colours

The first three colours show your purpose in life

The next three colours show your excuses and blockages

The next three colours show where you are at this point in time.

The last three colours show the tendency towards the future



The Colour Matrix

	Heritage/ purpose in life	Excuses/ Gifts	Here Now	Tendency towards future
Higher self	3	6	9	12
Conscious	2	5	8	11
Subconscious	1	4	7	10

Importance of colour combination

- ▶ Two colours next to each other in the matrix have different meanings
- ▶ Three colours together could change the previous meaning as well



Meaning of each row

- ▶ We can read colours vertically (four columns) but also horizontally (by rows)
- ▶ Lower row: subconscious
- ▶ Middle row: conscious level
- ▶ Top row: higher self level



Spirale = colour but also fragrance.

At the end of the consultation:

Which colour is missing?

I can replace it with the galactic elixir connecting to this specific colour

14 galactic elixirs



Colours connected to Tarot cards

Each colour is connected to a specific Tarot card.

We discover who we are on the psychological and the emotional levels and therefore move on the physical level.

