

*Colour Comfort  
Companion Book  
Symptoms*

*Module 2*



Thelma van der Werff



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## *Introduction*

This Colour Comfort companion book is a workbook to use with your e-course Module 2

Do you have symptoms in your body? What is your body trying to communicate with you?

This is a personal workbook for you to use, allowing the language of colour to show you where there are imbalances in your life / body.

“Colour is a true messenger!”

Thelma van der Werff



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## *Symptoms*

Please describe your symptoms. How do your symptoms feel? Can you best describe what you are experiencing inside or on your body? How do you feel about it? Be as precise as possible. *Example: it is like a stabbing pain, it burns, it feels like someone has stabbed a knife into me, it bothers me.....*

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What is this illness / symptom preventing you from doing and or having?

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When did your symptoms / illness start?  
How many years, months or days ago?

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Close your eyes and feel the symptoms! What colour would you give it? *Please don't try to analyze it, just feel and 'see' which colour comes up in your mind.*

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Read in one of the suggested books, or a book you found yourself, the underlying mental, emotional and energetic causes of physical symptoms and medical conditions. Write it down.

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Now put all information together:

Time: (..... years, months, ago)

Colour: ( .....this happened, I felt like.....)

Emotion: (description of symptom....)

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Bring balance with the opposite colour.

Write down the opposite colour of the colour you have given this symptom before. *Example: have you given your symptom the colour red, now visualize the colour green*

You can visualize this colour going through your body, or part in your body where your symptom is.

You can place a silk scarf in the opposite colour on your body, on the affected area.

You can place a crystal on your body.

Write down any changes, thoughts, emotions, feelings etc.

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