



## The Aura-Soma Sourcebook: Color Therapy for the Soul

By Mike Booth

Healing Arts Press. Paperback. Book Condition: New. Paperback. 304 pages. Dimensions: 9.9in. x 8.0in. x 0.7in. A complete guide to the practice of Aura-Soma color therapy. Includes illustrated descriptions of all 104 Aura-Soma Equilibrium bottles. Shows how colors reveal our connection to the living energies around us and our possibilities for growth in consciousness. Explores the 30 related fragrances that protect the aura and align the individual with specific energies. Aura-Soma is an innovative approach to soul therapy that relies on bottles of dual-colored liquids, known as Equilibrium bottles, that incorporate plant extracts, essential oils, and the energies and extracts of precious and semiprecious stones. The energetic properties found in the liquids interact with the individual's aura to help support balance in the body, mind, and spirit. In The Aura-Soma Sourcebook, authors Mike Booth and Carol McKnight detail the origins, holistic understanding, and consciousness-mirroring effects of each of the 104 equilibrium combinations. The practice of Aura-Soma is initially based on a person's selection of four Equilibrium bottles. The choice of bottles and the sequence in which they are chosen provide keys to understanding past difficulties and mirror the need and potential for growth in one's consciousness. The book includes full-color spreads that...



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