



DANCE DEBUT INC.

THE K.E.Y. TO HEALTH WITH ENERGY MEDICINE: DANCE
YINTEGRATION * WWW.DANCEDEBUT.COM
YOUTUBE: MICHELLE GREENWELL

DANCE, IT'S A NATURAL THING

4614 Route 252
Mabou, NS
info@dancedebut.com
902-945-2967

DANCING WITH COLOR

MUSCLE STRENGTH • FLEXIBILITY • CONCENTRATION • INTENTION

5 Element Colors

The Power of Color in a Dance Class

Everything in our world is made up of vibrating molecules that are sensed by us through action, sound, feeling or color. Color is how we see vibration and each color has a different frequency that it vibrates at. These colors resonate with the frequency of specific notes that we often experience through sound waves, or music.

Using Muscle Biofeedback technique we can determine which color and its corresponding frequency can assist with aspects of our dancing. We can strengthen our muscles, increase flexibility, provide more focus and concentration for learning and remembering, as well as set intentions for outcomes with our performance. Through the biophysical concepts of quantum mechanics there are many scientific topics of discovery to explore, but for our purposes, we want to understand how color can influence our lives and our love of dance.

The science of color has many different research aspects. The information I am using is a combination from Dr. John Thie's Touch for Health System, from Dr. Sheldon Deal's Applied Kinesiology Shortcuts on The Endocrine System, Ernst Chladni, Hans Jenny (cymatics), Alexander Lauterwasser, Evelyn Mulders and Lynne McTaggart.



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Five Element Colors: Fire (**Red**), Earth (**Yellow**), Metal (**White, Grey or Silver**), Water (**Blue**), Wood (**Green**),

Choose your goal: i.e. Gain Flexibility.

Muscle Test each color to see where there is a shift in muscle response. If the indicator muscle is holding while looking at the colors, when the muscle releases that is the shift to indicate this color will be helpful. Place the color on the skin using a swatch, or look at the color near you while stretching. Notice the difference in the tissue as you move through your range of motion and hold the outer limits of the flexibility.

Other goal choices: Muscle Strength, Concentration, Better Sleep, Pain Reduction, Energy or Vitality, Confidence for Performance.

To achieve a goal, a favorite dance step can be danced while wearing a color chosen for the goal. Play your favorite music and enjoy the experience – “Dance like no one is watching”. Many times, we forget about the goal and it plays out beautifully. When we resonate with the goal we forget about challenges we may have had previously and are pleased with our results unaware of blocks that might previously been experienced. If you write down your goals and tuck them into a notebook, you will often be surprised when you look back at the notes and see how far you have come.

Enjoy adding color to your day and making your dreams happen!
Sincerely Michelle Greenwell



EMAIL



TWITTER HANDLE



TELEPHONE



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