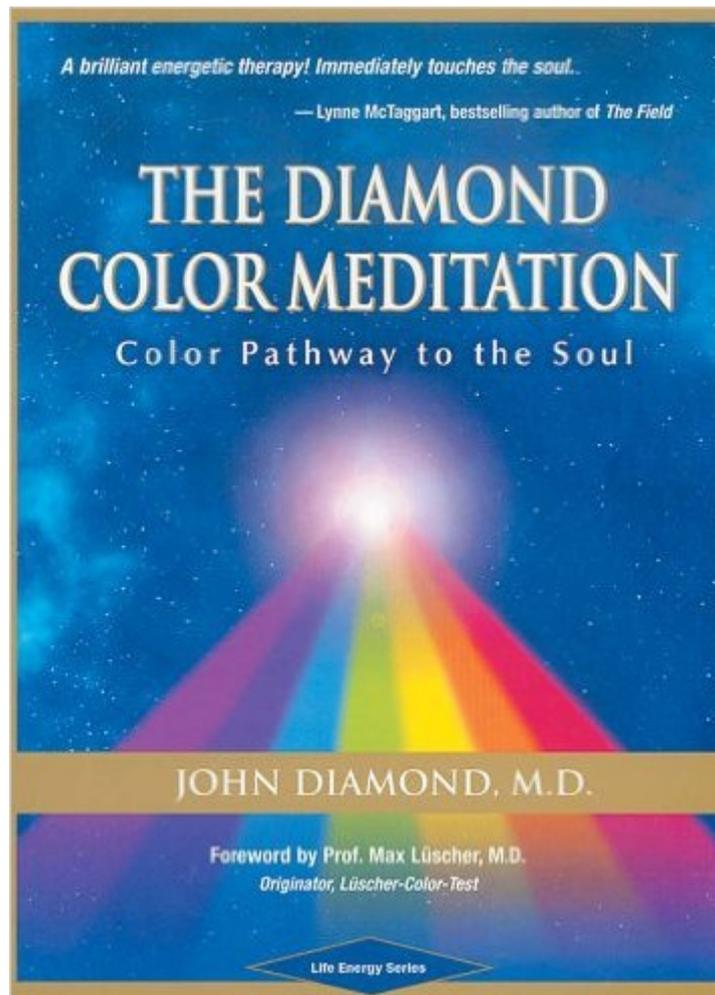


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The Diamond Color Meditation: Color Pathway To The Soul (Diamonds For The Mind Series)



Synopsis

The Diamond Color Meditation presents an inspiring use of color in a therapeutic meditation that is designed for relaxation, deep personal growth, and healing. As you discover the power of each color, you will experience the healing effect it has on your mind, body, and soul. Going far beyond traditional color therapies, this book introduces a completely original concept that uses color to evoke the only true healing that which begins from within.

Book Information

Series: Diamonds for the Mind Series

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Average Customer Review: 4.2 out of 5 stars [See all reviews](#) (10 customer reviews)

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Customer Reviews

The Diamond Color Meditation is a revolutionary approach to meditation by one of the world's great pioneers of holistic medicine. It is deceptively simple, so much so that I believe most anyone could do it and benefit. It certainly does not require any previous experience of meditation and, indeed, is very different from the usual "passive" Eastern-derived approach. More important, the benefits are immediate, long-lasting and profound. The reason for this is that the Meditation goes to the heart of our life problems by helping to alleviate what Dr. Diamond terms our existential anguish, the root cause of all human suffering and disease, both physical and mental. The result is our Life Energy is raised at the deepest level. I cannot stress enough the brilliant simplicity of the approach and its effectiveness. Doing the Meditation on a daily basis helps my entire day, enhancing my creativity, relationships and general functioning. I understand that it is the fruit of years of research and is yet another example of the astounding originality, insight, and therapeutic efficacy of Dr. Diamond's

work. I strongly recommend it to everyone.

Hardcover and bound so as to stay open, The Diamond Color Meditation is a perfect travel companion, great for train rides or during lunch break at work. I find that I feel more focused and deal better with such stresses as electronic bookkeeping with the aid of this easy-to-use tool. This is one book I can re-read and never get tired of. Well done Dr. Diamond.

This is a truly remarkable book. Dr. Diamond presents original insights and a philosophy that is inspiring. The meditation itself is a beautiful experience-one I look forward to using regularly throughout the years to come! I am already experiencing tremendous positive benefits from this book.

I've had this for a month now and use it daily. I find it quickly and simply gets me to a place where I feel the meditation is working to get insights I haven't accessed before. I read a review of it on merlianne.com: "...the author has designed this system to overcome the anguish and bring about deep healing....You may feel an immediate shift in the first reading/meditation, or a sense of the old wounds loosening and softening. If you continue for several days, more good effects continue to roll in - the colors are by turns soothing, energizing and healing." That convinced me to work with the book and I think it is simply fantastic!

I have been doing this active color meditation for over a year now, and I still find the process very centering and uplifting. The brilliance of the book is its simplicity - it addresses a deep psychological issue, finding the love of one's mother, with a very practical series of colors and symbols, all framed in black to maximize their effect. Of course, the result is generalized from one's mother to the rest of the world. In this regard, it is the simplest and most effective "how to be more loving" book I have found.

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