



HEALING COLORS
FLOW.

PAINING YOUR
SPACE WITH PURE
LOVE ...

GREEN WORLD
TURNS IN PEACE.



Interior Peace

ZEN MIND PAINTING

HEALING + HOLISTIC + HARMONIOUS

CAN COLOR CONTRIBUTE TO YOUR WELL BEING?

I'm feeling kind of blue ...

I was so mad I was seeing red ...

I was just green with envy!!



That our **emotional** states relate to color is reflected in expressions such as “feeling blue”, “green with envy” or “seeing red”.

Tradition holds color affects mood and physical health. ‘Modern science’ supports some ancient practices and beliefs about the healing effects color, most notably, the effects of color fields and reflected, ambient light.

Theories suggest frequencies (vibrations or cycles) of proximate particles tend to align and this change in frequency can change function. This ‘harmonic convergence’ effect is subtle, but over time resulting changes in function can be important to physical health and well being.

You can see the tendency of cycles align by holding a vibrating tuning fork close to a glass of water. Many women have experienced a powerful demonstration of this effect when their monthly cycle aligned to that of other women.

The relationship between frequency and function can be seen with two tuning forks -- a middle C vibrates at 261.63 Hz, an A at 440 Hz. Different vibrations, different sounds. The same applies to light -- different frequencies, different colors.

The precise relationship between frequency, function and health has not been defined on a scientific basis, but many traditional definitions may be confirmed by further research.

WHAT IS “ZEN MIND” PAINTING?

INTERIOR PEACE Zen Mind Painters apply healing colors using holistic application techniques and materials harmonious with our natural environment.

Our HEALING LIGHT Color System is derived from recent Egyptian and Meso-American archeological discoveries, in line with ancient texts, Early Christian, Muslim and Buddhist beliefs about the spiritual meaning of color.

HEALING COLORS
MINDFUL APPLICATION
EARTH FRIENDLY PAINTS

Our application specialists are trained in the Zen philosophy of ‘active awareness’, encouraged to focus their full being on their work. We use gentle techniques to prepare and apply all materials and work in silence or with harmonious, natural sounds.

Our job site preparation involves ritual cleansing, meditation and prayer, and features total respect for your physical, temporal and spiritual spaces.

We use products as compatible with our natural environment as possible. We take added precautions, using herbs and other natural materials known for their therapeutic and purifying values.

With INTERIOR PEACE Zen Mind Painters your physical environment reflects the serenity and peace you visualize for all the world.



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Visit us at www.interiorpeace.com

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♻️ 10% Post Consumer Waste



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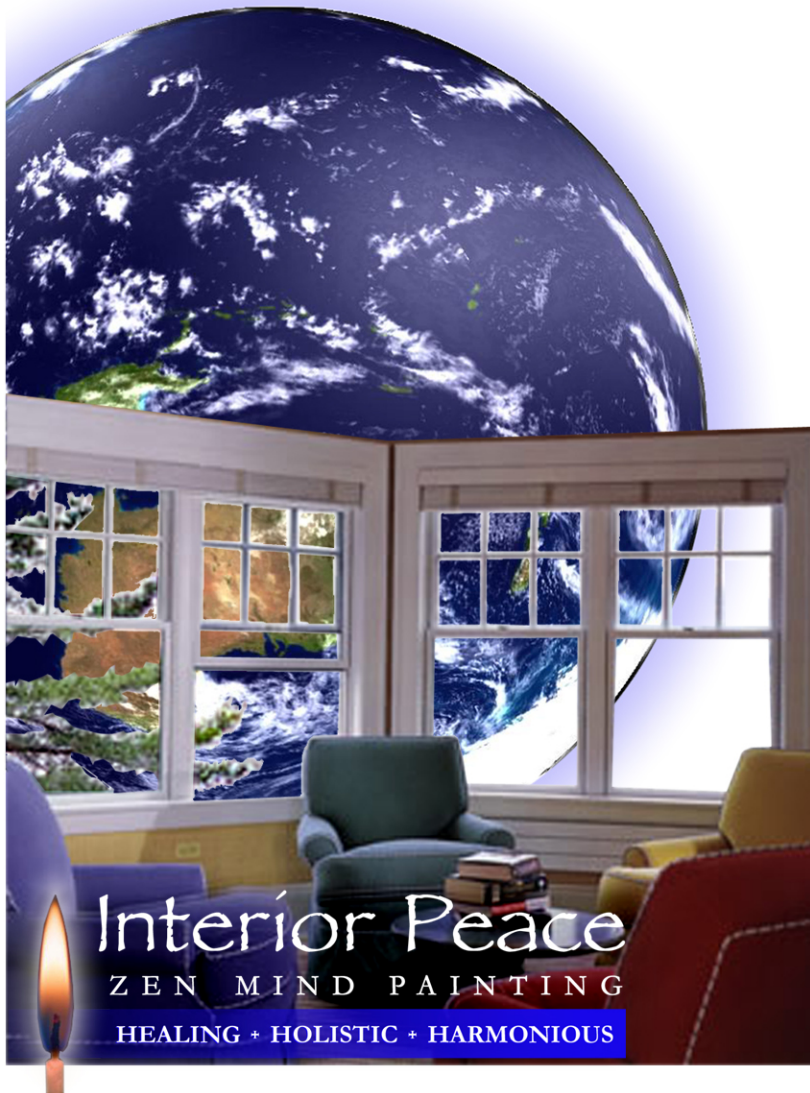
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THINK GLOBALLY, ACT LOCALLY ...

“You must be the change you wish to see in the world.”

Mahatma Gandhi



It is our desire to help you create and maintain a healing environment in your home using our HEALING LIGHT Color System, applied with mindful awareness and love, using materials that respect our global environment.

We believe your home is a reflection of your dreams. An integral part of your true being, it shows your attitude toward the planet and the other beings that live here.

The colors you choose to surround you are not just paints on an inanimate surface existing on a plane distinct from your physical body and spirit. *They are a point on a continuum*, altering the frequency of that which begins at the source of all light, flows into the physical universe and ultimately becomes part of you.

Your physical body is influenced by the frequency of the colors -- if harmonious, the effect is pleasing and beneficial. If are not, it can be negative, resulting in agitation, stress, depression and illness.

Color enhances your flow of spiritual energy. Each of the seven chakras is traditionally influenced by specific colors. All religious traditions recognize spiritual colors.

Studies have confirmed many beliefs about color. Relationships have been shown to IQ in children, blood pressure, appetite and mood.

In addition to guiding your selection of colors harmonious with your physical and spiritual being, we encourage global stewardship through the use of *Earth friendly paints* and other products appropriate to health and sustainable development.

Paint presents serious ecological and toxicological risks during production, manufacture, application, use and disposal. Ingredients such as solvents, monomers, softening agents, and biocides all affect our individual and global environment and health.

Of particular concern are VOCs. They can cause minor eye, nose, and respiratory irritation, but cancer is a far greater concern. Studies indicate painters are more likely to contract lung, bladder, biliary tract and testicular cancer. You are exposed to the same risks.

To protect our planet, your health and ours, we offer the choice of *Zero VOC paints*, new generation *natural paints* made from plant oils or traditional, locally produced *organic paints*.

You make a consistent effort to live well, eat right, exercise and keep your life stress free and peaceful. You live mindfully, aware of your impact on our planet. You continually strive to achieve spiritual enlightenment.

INTERIOR PEACE Zen Mind Painters offers to assist you on your journey by mindfully working to create a physical environment to reflect the serenity and peace you visualize for all the world.

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