

Light, Metal and Colour in Metal Colour Light Therapy

If we ask ourselves, where and how we can meet the metal, we know from earliest time the tools, music instruments and treasures made from copper, iron, silver or gold.

In music art and music therapy we experience the different sounds of metals and the effects on human body and soul.

We meet the metals – transformed in colour through glass melting process – in the glass windows of old cathedrals and, new formed, in Metal Colour Light.

Metal Colour Light Therapy

Through her impuls for Metal Colour Light Therapy Marianne Altmaier dedicatet herself to the colour sounds of metals.

Searching for an essential expression of metal- and colour quality in glass, she found light gestures and rhythm in the colours of particular glasses and created motive, which starts to “speak”, when light is falling through..

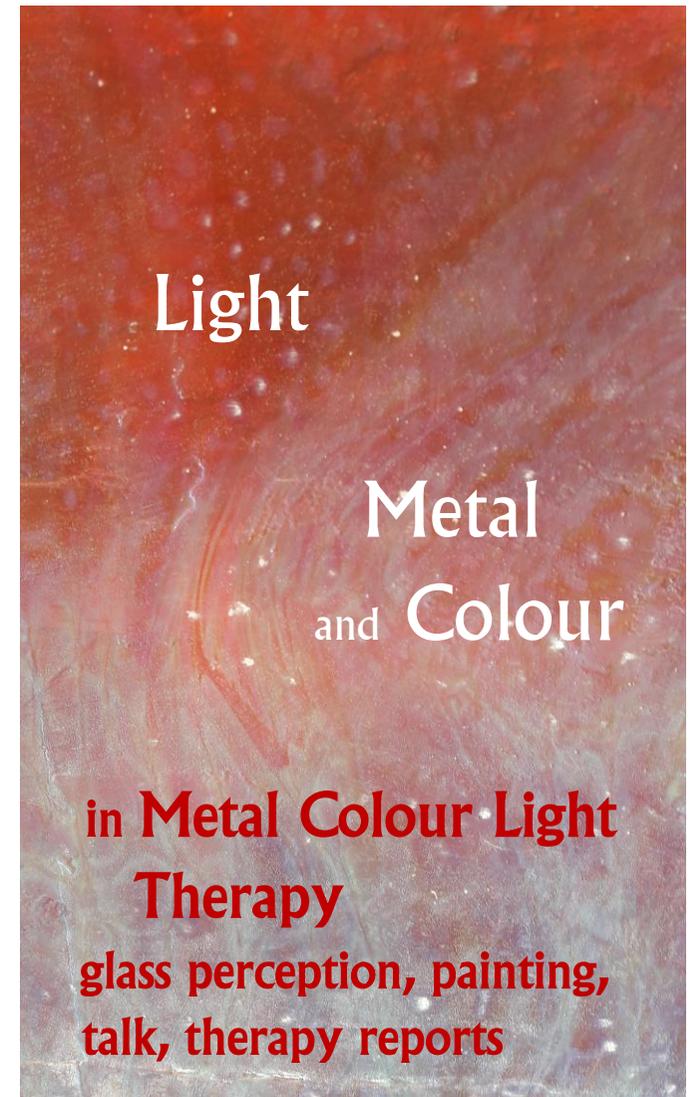


cobalt blue glass

Friedlinde Meier
Lichtblick e.V.
Hauptstraße 130
D - 79739 Schwörstadt

Tel. 0049 / 7762 / 80 50 80
Mail: lichtblick@metallfarblicht.de
www.metallfarblicht.de

Foto in front: Silver glass after pouring



Introduction and AG for
MCLT in the art therapy days
from 9.-12. August 2018
in St. Petersburg



Iron green glass

If now the day light, in always changing mood, is falling though this “motives of light” in metal coloured glass – the patient experience the play of light and shadow through the coloured glass engraving.

This perception of coloured light stimulates the patient to vibrancy in body soul and spirit.

A resonance, which stimulates the human being to warming up, to deeper breathing, to enlivening and encouraging.

In meeting the glasses, the observing human experience processes of breathing and building new warmth, motivated through the metals iron, manganese, gold

silver, copper – transformed in colour.

The effects of coloured light grasp the whole human being through warming, releasing, enlivening, strengthening and structuring qualities and processes. Through rhythmical repeated perceptions the Metal Colour Light Glass can develop to a much-loved friend.

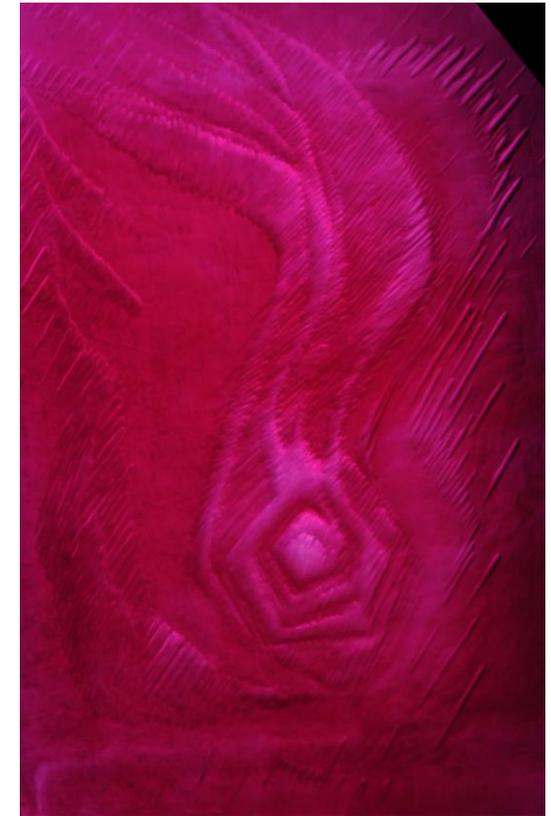
Meeting the Metal Colour Light arises after images and after sounds like colour, geometric figures, inner pictures and words – which accompanies the patient on his way to recovery.

Patients tell, that remembered pictures of the Metal Colour Light Glass can bring them new and strong relief in situations:

- of acute pain
- of ascending fear
- of ascending sadness

Indications:

- . respiratory deceases
- . neurodermatitis
- . cardiac and circulatory troubles
- . cancer decease
- . gastro-intestinal deceases
- . rheumatic deceases
- . chronic pain
- . in biographic crisis
- . burnout syndrome, PTBS



Gold purpur glass

- . fears and depression
- . muscle tension
- . migraine

- . for developmental disorders - rubikon, adolescence, ...
- . in curative education – ADHS, learning disorder, autism, epilepsy, hysterical constitution, and multiple disability.