

# User's Manual

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Emocolor is easy self-help color therapy application. It can improve and balance your emotional state.

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## Requirements

Supported devices: phones with Java MIDP and colors, and screen resolution at least 64x64 pixels.

Memory: 30KB

## Overview

Emotions are a fact of life for all human beings. Experts tell us that feelings play a large role on how our body heals and stays healthy.

It has been known for eons of time that color plays a major role in setting up a particular mood or state of mind. Color does affect one's feelings, moods, and emotions. Emocolor uses different colors for improving your emotional state.

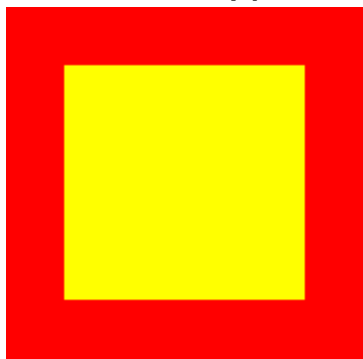
Current version of Emocolor deals with some basic emotions: aggression, anger, attachment, criticism, doubt, fear, frustration, grief, guilt, illusion, lies, repression, shame and sorrow.

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You can choose between three types of therapy.



Colored rectangle (default). Full screen with main color and small progress bar on bottom of rectangle.



Rainbow rectangles. Sequence of colored rectangles.



Rainbow ellipses. Sequence of colored ellipses. Three different backgrounds are available: white, black and gray.

You can select therapy types in the 'Configuration' menu. You can switch therapy types by pressing 'left', 'right' buttons OR 'select' (if 'shape' is displayed on second button). You can also select background color for circle therapy by pressing 'up', 'down' OR 'select' (if 'background' is displayed on second button).

## Working with Emocolor

Choose 'Emotions' from the main menu and then select the item from Emotions list. Therapy session begins! Concentrate your mind on colors, gaze at the color, drink in the color through your eyes.

When the session ends then End Session message is displayed and Repeat button becomes available. You can repeat the session if you want to. You can interrupt the session by pressing 'Back'.

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Specific colors and combinations can psychologically effect the majority of people regardless of their culture or past. However, sometimes this depends on nationality, past experiences and personal preference. Therefore, if you do not feel any effect from choosen Emotion, try to select a color directly from the 'Colors' menu. Also, you can use 'Colors' menu if your emotion is not in the Emotions list.

We strongly suggest to keep the mobile device backlight on.

## Cautions

- 1) Never use color therapy instead of conventional care for serious ailments.
- 2) If you suffer from epilepsy, use caution when using rainbow therapy types.

## Support

Please send your questions to [support@gtdes.com](mailto:support@gtdes.com)