

Iridology Moncton

Iridology Moncton - Color Therapy is an alternative healing therapy which dates back thousands of years. Evidence shows that the ancient cultures of China, India and Egypt depended on using color energy. Color is the result of light of varying wavelengths, therefore, every color has its' own specific wavelength and energy.

Color Therapy Has Several Functions

The seven colors of the spectrum consists of: red, orange, yellow, green, blue, indigo and violet. Each and every color has a specific energy which resonates with the 7 main energy centers referred to as chakras in the body. Imagine if you will that the chakras are a set of cogwheels that operate rather like the mechanism of a clock; each and every cogwheel must move smoothly in order for the clock to work right. In people, wellbeing and good health is attained by a balance of all of these energies. In order to maintain proper health, it is very essential to have balance of the energy inside each of the body's chakras.

Color therapy could be used to re-balance or stimulate these energies. Our chakras could be re-balanced by applying the right color to the body. Red refers to the base chakra, orange pertains to the sacral chakra, yellow refers to the solar plexus chakra, green relates to the heart chakra, blue pertains to the throat chakra, indigo pertains to the brow chakra, that is normally known as the third eye, and violet refers to the crown chakra.

Color energy can effect us on a lot of different levels: emotional, spiritual and physical. We can absorb color energy through the eyes, the skin, our skull and our aura, or likewise known as magnetic energy field. Each and every cell within the body needs light energy, hence; color energy has widespread effects on the whole body. There are numerous methods of giving our bodies color like for instance; Solarized Water, lamps and light boxes with color filters, colored silks and hands on healing utilizing color.

Color therapy has been proven to assist on a physical level and may be easier to quantify, although, there are deeper concerns surrounding colors regarding the psychological and spiritual levels. Since our wellbeing is not just a physical issue, more practitioners now are fortunately treating patients in a holistic manner. Both orthodox and complementary practitioners understand that we are made up of a combination of body, spirit and mind. None of these distinctive areas function entirely alone and each has a direct effect upon the other. For the reason that color deals with all levels of our being, Color Therapy can be extremely useful.

When we are babies, our initial experience with color inside the womb where we are enveloped is a nurturing and comforting pink. As a child, we learn to connect colors as part of our initial learning processes. These initial color associations contribute to our consciousness. Once we grow older, we attach a variety of different feelings, meanings and memories to certain colors and then this could become a feature in our subconscious. We may build up prejudices to colors which have sad, frightening, or happy connotations for us.

Our whole life is full of experiences, with some bad and some good experiences making up an overall impression on us. Some of the negative experiences could in the end manifest themselves physically into discomfort which can evolve into a dis-ease. Like for example, perhaps over the years, for some purpose we have been in a certain state where we have felt powerless to express our own truth or speak our mind. This could manifest as an issue in the throat chakra. The throat chakra relates in the spiritual aspect of self expression. Thus, if self expression has been blocked, the energy in this particular part will be stagnant and not flowing freely. In turn, this stagnant blockage can cause a physical manifestation of dis-ease.

To help find aid to likely issues, begin concentrating on your strong color preferences. Being able to work with the right colors can assist dispel negative feelings, free blockages and re-balance the body, emotionally, spiritually and in turn, physically.

Color is such a huge part of our world, it should be a part of our everyday life and not just something we experience for an hour or two with a therapist. Color Therapy is a completely non-invasive and holistic therapy. We are surrounded by color. Our amazing planet does not have all the beautiful colors of the rainbow for no reason. Everything in life is here for a reason, nothing is here only by chance and color is no exception. In order to heighten our awareness of the energy of color and how it can change our lives, find an expert color therapist. We all have the capacity for wellbeing and health within us.