

## Iridology Charlottetown

Iridology Charlottetown - Color Therapy is an alternative healing therapy which dates back thousands of years. Evidence shows that the ancient cultures of China, India and Egypt relied on utilizing color energy. Color is the result of light of different wavelengths, thus, every color has its own certain wavelength and energy.

### Color Therapy Has Numerous Functions

There are seven spectrum colors: blue, indigo, violet, red, orange, yellow and green. Each of these colors has energy which resonates with the energy of the 7 main chakras or also called energy centers of the body. Envision if you will that the chakras are a set of cogwheels which operate rather like the mechanism of a clock; each cogwheel should move efficiently in order for the clock to function right. In people, wellbeing and good health is achieved by a balance of all of these energies. In order to maintain proper health, it is very important to have balance of the energy in each of the body's chakras.

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

Color energy could effect us on many different levels: spiritual, physical and emotional. We could absorb color energy through our skull, the eyes, the skin and our aura, or likewise known as magnetic energy field. Every cell inside the body requires light energy, hence; color energy has widespread effects on the whole body. There are various ways of giving our bodies color including; Light boxes and lamps with color filters, Solarized Water, colored silks as well as hands on healing using color.

Color therapy can assist on physical levels, even if there are several deeper benefits to psychological and spiritual levels. For the reason that a lot of the issues which individuals deal with daily are not physical, more and more practitioners are focusing on holistic means of treatment. Both orthodox and complementary practitioners understand that we are made up of a combination of body, spirit and mind. None of these distinctive areas work totally alone and each has a direct impact upon the other. In view of the fact that color addresses all levels of our being, Color Therapy could be extremely effective.

When we are babies, our initial encounter with color within the womb where we are enveloped is a comforting and nurturing pink. As a kid, we learn to connect colors as part of our early learning processes. These first 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 could build up prejudices to colors that have happy, sad or frightening connotations for us.

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

To be able to help find aid to potential problems, start paying attention to your strong color preferences. Being able to work with the right colors could help free blockages, dispel negative feelings and re-balance the body, spiritually, emotionally and in turn, physically.

Color is part of our day by day world and must play a larger part in our everyday world, not just for the short time we work with a color therapist. Color therapy is a holistic, yet really non-evasive therapy. We are surrounded by color. Our wonderful planet does not have all the nice colors of the rainbow for no reason. Everything in the natural world 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 transform our lives, look for an expert color therapist. We all have the capacity for wellbeing and health in us.