

Iridology Kitchener

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

Color Therapy Has Various Functions

There are seven spectrum colors: blue, indigo, violet, red, orange, yellow and green. Each of these colors has energy that resonates with the energy of the 7 main chakras or energy centers of the body. Imagine if you will that the chakras are a set of cogwheels that operate rather similar to the mechanism of a clock; each and every cogwheel needs to move efficiently 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 extremely important to have balance of the energy within each of the body's chakras.

So as to stimulate or re-balance energies, using color therapy could be utilized as the chakras could re-balanced by applying the correct color to the body. Red refers to the base chakra, orange pertains to the sacral chakra, yellow relates to the solar plexus chakra, green refers to the heart chakra, blue refers to the throat chakra, indigo pertains to the brow chakra, that is usually called the third eye, and violet refers to the crown chakra.

Color energy could impact us on lots of different levels: spiritual, physical and emotional. We are able to absorb color energy through the eyes, the skin, our skull and our aura, or likewise known as magnetic energy field. Each and every cell inside the body needs light energy, thus; color energy has widespread effects on the entire body. There are various ways of giving our bodies color like; Lamps and light boxes with color filters, Solarized Water, colored silks and hands on healing using color.

Color therapy has been shown to assist on a physical level and can be easier to quantify, even though, there are deeper problems surrounding colors about the spiritual and psychological levels. For the reason that our wellbeing is not simply a physical issue, more practitioners these days are fortunately treating patients in a holistic manner. Both complementary and orthodox practitioners understand that we are made up of a combination of spirit, mind and body. None of these distinctive areas work totally alone and each has a direct effect upon the other. In view of the fact that color addresses all levels of our being, Color Therapy could be very helpful.

When we are babies, our first 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. As soon as we grow older, we connect various different meanings, memories and feelings to particular colors and then this could become a feature in our subconscious. We may build up prejudices to colors that have frightening, happy or sad connotations for us.

Life is full of experiences for everyone and these experiences make an overall impression on us, some negative and some positive. It is the negative experiences that may manifest themselves physically in time into a level of discomfort which in turn becomes dis-ease. Like for instance, maybe through the years, for some reason we have been in a particular situation where we have felt unable to express our own truth or speak our mind. This could manifest as a problem in the throat chakra. The throat chakra refers to the spiritual aspect of self expression. Thus, if self expression has been blocked, the energy in this particular part would be stagnant and not flowing freely. In turn, this stagnant blockage can cause a physical manifestation of dis-ease.

Focusing on strong color preferences can likewise be a helpful aid to finding probable problems. Being able to work with the right colors can assist free blockages, dispel negative feelings and re-balance the body, spiritually, emotionally and in turn, physically.

Color is part of our daily world and should play a larger part in our everyday world, not simply 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 incredible planet does not have all the gorgeous colors of the rainbow for no reason. Everything in life is here for a reason, nothing is here simply by chance and color is no exception. In order to heighten our awareness of the energy of color and how it could transform our lives, find an expert color therapist. We all have the capacity for health and wellbeing inside us.