

Iridology Owen Sound

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

Color Therapy Has A lot of Uses

The seven colors of the spectrum comprises: green, blue, indigo, violet, red, orange and yellow. Each and every color has a particular energy which resonates with the 7 main energy centers known as chakras in the body. Envision if you will that the chakras are a set of cogwheels that work quite similar to the workings of a clock; each and every cogwheel must move efficiently in order for the clock to run properly. In people, good health and wellbeing is attained by a balance of all of these energies. To be able to maintain proper health, it is extremely important to have balance of the energy in each of the body's chakras.

So as to re-balance or stimulate energies, using color therapy can be used as the chakras can re-balanced by applying the correct color to the body. Red relates to the base chakra, orange relates to the sacral chakra, yellow relates to the solar plexus chakra, green relates to the heart chakra, blue relates to the throat chakra, indigo is related to the brow chakra, which is normally known as the third eye, and violet pertains to the crown chakra.

The energy of color affects individuals on all levels, as in the physical, emotional and spiritual. We absorb color through the eyes, the skin, our skull and our aura, or magnetic energy field. Every cell within the body needs light energy, therefore; color energy has widespread effects on the entire body. There are many 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 shown to assist on a physical level and might be easier to quantify, even though, there are deeper problems surrounding colors about the psychological and spiritual levels. As our wellbeing is not simply 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 mind, body and spirit. None of these distinctive areas function entirely alone and each has a direct effect upon the other. For the reason that color addresses all levels of our being, Color Therapy could be extremely useful.

As babies, our very first color encounters take place within the womb where we are enclosed in a nurturing and comforting pink. As kids, we are even taught to connect colors into are early learning processes. These very first color associations contribute to our consciousness. When we grow older, we attach various different meanings, memories and feelings to certain colors and then this can become a feature in our subconscious. We could build up prejudices to colors that have happy, sad or frightening connotations for us.

Life is full of experiences for everyone and these experiences make an overall impression on us, some positive and some negative. It is the negative experiences that may manifest themselves in a physical way in time into a level of discomfort which in turn becomes dis-ease. Like for example, perhaps over the years, for some reason we have been in a certain situation where we have felt unable to express our own truth or speak our mind. This could manifest as an issue in the throat chakra. The throat chakra pertains to the spiritual aspect of self expression. Hence, if self expression has been blocked, the energy in this area will be stagnant and not flowing freely. In turn, this stagnant blockage can result in a physical manifestation of dis-ease.

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

Color is part of our daily world and must play a larger part in our day by day world, not simply for the short time we work with a color therapist. Color therapy is a holistic, yet completely 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 nature is here for a purpose, nothing is here just 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, look for an expert color therapist. We all have the capacity for health and wellbeing inside us.