

Iridology Saskatoon

Iridology Saskatoon - 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 the use of color energy. Color is the result of light of different wavelengths, therefore, every color has its' own certain energy and wavelength.

Color Therapy Has Numerous Uses

There are seven spectrum colors: yellow, green, blue, indigo, violet, red and orange. Each of these colors has energy that resonates with the energy of the 7 main chakras or likewise called energy centers of the body. Envision if you will that the chakras are a set of cogwheels that work rather similar to the workings 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. To be able to maintain proper health, it is extremely essential to have balance of the energy within each of the body's chakras.

Color therapy can be used to be able to re-balance or stimulate these energies. Our chakras can be re-balanced by applying the correct color to the body. Red relates to the base chakra, orange refers to the sacral chakra, yellow relates to the solar plexus chakra, green pertains to the heart chakra, blue pertains to the throat chakra, indigo is related to the brow chakra, which is often known as the third eye, and violet refers 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 likewise called magnetic energy field. Each and every cell within the body requires light energy, therefore; color energy has widespread effects on the whole body. There are numerous ways of giving our bodies color like for instance; Solarized Water, lamps and light boxes with color filters, colored silks and hands on healing using color.

Color therapy could help on physical levels, while there are a lot of deeper benefits to spiritual and psychological levels. Since many of the issues that people face everyday are not physical, more and more practitioners are focusing on holistic means of treatment. Both complementary and orthodox practitioners know that we are made up of a combination of mind, body and spirit. None of these distinctive areas work totally alone and each has a direct effect upon the other. In view of the fact that color deals with all levels of our being, Color Therapy could be really helpful.

As babies, our very first color experiences take place in the womb where we are enclosed in a comforting and nurturing pink. As children, we are also taught to connect colors into are primary learning processes. These initial color associations contribute to our consciousness. When we grow older, we attach various different feelings, meanings and memories to specific colors and then this could become a feature in our subconscious. We could 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 positive and some negative. It is the negative experiences which could manifest themselves in a physical way eventually into a level of discomfort that in turn becomes dis-ease. Like for example, maybe over the years, for some reason we have been in a certain condition where we have felt unable to express our own truth or speak our mind. This could manifest as a concern 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 could lead to a physical manifestation of dis-ease.

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

Color is part of our everyday world and must play a bigger part in our daily world, not just 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 amazing world does not have all the nice colors of the rainbow for no reason. Everything in nature is here for a purpose, nothing is here simply by chance and color is no exception. To be able to to heighten our awareness of the energy of color and how it could transform our lives, look for a professional color therapist. We all have the capacity for wellbeing and health within us.