

Iridology Lloydminster

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

Color Therapy Has Numerous Uses

The seven colors of the spectrum includes: indigo, violet, red, orange, yellow, green and blue. Every color has a particular energy which resonates with the 7 main energy centers referred to as chakras in the body. Visualize if you will that the chakras are a set of cogwheels which operate rather like the mechanism of a clock; each and every cogwheel needs to move smoothly in order for the clock to function 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 really essential to have balance of the energy in each of the body's chakras.

So as to stimulate or re-balance energies, using color therapy could be used as the chakras can re-balanced by applying the correct color to the body. Red pertains to the base chakra, orange refers to the sacral chakra, yellow pertains to the solar plexus chakra, green pertains to the heart chakra, blue relates to the throat chakra, indigo refers to the brow chakra, which is usually called 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 our skull, the eyes, the skin and our aura, or likewise called magnetic energy field. Each cell within the body requires light energy, hence; color energy has widespread effects on the whole body. There are many ways of giving our bodies color including; Solarized Water, light boxes and lamps with color filters, colored silks as well as hands on healing utilizing color.

Color therapy could assist on physical levels, although there are several deeper advantages to psychological and spiritual levels. As a lot of the problems that individuals deal with on a daily basis are not physical, more and more practitioners are concentrating 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 function totally alone and each has a direct impact upon the other. For the reason that color addresses all levels of our being, Color Therapy could be really helpful.

When we are babies, our very first encounter with color within the womb where we are enveloped is a comforting and nurturing pink. As a child, we learn to associate colors as part of our early learning processes. These very first color associations contribute to our consciousness. When we grow older, we attach a variety of different meanings, memories and feelings to particular colors and then this could become a feature in our subconscious. We can build up prejudices to colors that have sad, frightening, or happy 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 in a physical way eventually into a level of discomfort which in turn becomes dis-ease. Like for example, maybe through the years, for some reason we have been in a certain state where we have felt unable to speak our mind or express our own truth. This could manifest as an issue in the throat chakra. The throat chakra refers to the spiritual aspect of self expression. Hence, 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 result in a physical manifestation of dis-ease.

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

Color is really a big part of our world, it should be a part of our daily life and not just something we experience for an hour or two with a therapist. Color Therapy is a really non-invasive and holistic therapy. We are surrounded by color. Our amazing 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 just 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 a professional color therapist. We all have the capacity for health and wellbeing in us.