

## Iridology Kingston

Iridology Kingston - 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 various wavelengths, thus, each and every color has its' own certain wavelength and energy.

### Color Therapy Has Various Functions

The seven colors of the spectrum includes: orange, yellow, green, blue, indigo, violet and red. Every color has a specific energy that 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 somewhat similar to the mechanism of a clock; every cogwheel must move efficiently in order for the clock to run properly. In people, good health and wellbeing 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.

So as to re-balance or stimulate energies, utilizing color therapy can be utilized as the chakras are able to be re-balanced by applying the right color to the body. Red pertains to the base chakra, orange refers to the sacral chakra, yellow pertains 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 called the third eye, and violet pertains to the crown chakra.

Color energy can effect us on many different levels: spiritual, physical and emotional. We are able to absorb color energy through the skin, our skull, the eyes and our aura, or likewise known as magnetic energy field. Each cell inside the body needs light energy, hence; color energy has widespread effects on the entire body. There are numerous methods of giving our bodies color like; Light boxes and lamps with color filters, Solarized Water, colored silks as well as hands on healing using color.

Color therapy could help on physical levels, while there are several deeper benefits to psychological and spiritual levels. As lots of the problems which people face 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 mind, body and spirit. None of these distinctive areas function entirely alone and each has a direct impact upon the other. In view of the fact that color deals with all levels of our being, Color Therapy can be really effective.

When we are babies, our very first encounter with color in the womb where we are enveloped is a comforting and nurturing pink. As a kid, we learn to connect colors as part of our primary learning processes. These very first color associations contribute to our consciousness. Once we grow older, we attach various different feelings, meanings and memories to particular colors and then this can become a feature in our subconscious. We may build up prejudices to colors which have frightening, happy or sad connotations for us.

Our entire life is full of experiences, with some bad and some good experiences making up an overall impression on us. Some of the negative experiences may sooner or later manifest themselves in a physical way into discomfort that could evolve into a dis-ease. Like for example, maybe over the years, for some reason we have been in a particular condition where we have felt unable to express our own truth or speak our mind. This can manifest as a concern in the throat chakra. The throat chakra refers to the spiritual aspect of self expression. Therefore, if self expression has been blocked, the energy in this area would 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 potential concerns, begin focusing on your strong color preferences. Being able to work with the correct colors can help dispel negative feelings, free blockages and re-balance the body, emotionally, spiritually and in turn, physically.

Color is part of our daily world and should play a bigger 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 nature is here for a purpose, 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, look for an expert color therapist. We all have the capacity for wellbeing and health in us.