

## Iridology Prince George

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

### Color Therapy Has A lot of Functions

The seven colors of the spectrum includes: yellow, green, blue, indigo, red and orange. Every color has a particular energy that resonates with the 7 main energy centers called chakras in the body. Visualize if you will that the chakras are a set of cogwheels that operate rather like the mechanism of a clock; each and every cogwheel needs to move smoothly in order for the clock to run properly. In people, good health and wellbeing is attained by a balance of all of these energies. In order to maintain good health, it is extremely vital to have balance of the energy within each of the body's chakras.

Color therapy can be used so as to stimulate or re-balance these energies. Our chakras can 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 is for the throat chakra, indigo is related to the brow chakra, which is usually known as the third eye, and violet relates to the crown chakra.

The energy of color impacts us on all levels, as in the spiritual, physical and emotional. We absorb color through our skull, the eyes, the skin and our aura, or magnetic energy field. Every cell in the body requires light energy, thus; color energy has widespread effects on the entire body. There are many methods of giving our bodies color including; Solarized Water, light boxes and lamps with color filters, colored silks and hands on healing using color.

Color therapy can assist on physical levels, though there are several deeper advantages to spiritual and psychological levels. As a lot of the issues that individuals deal with each day are not physical, more and more practitioners are focusing on holistic means of treatment. Both complementary and orthodox 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. For the reason that color addresses all levels of our being, Color Therapy can be extremely helpful.

As babies, our first color experiences take place in the womb where we are enclosed in a nurturing and comforting pink. As children, we are likewise taught to connect colors into are primary learning processes. These first color associations contribute to our consciousness. Once we grow older, we connect various different memories, feelings and meanings to certain colors and then this can become a feature in our subconscious. We can build up prejudices to colors which have happy, sad or frightening connotations for us.

Our whole life is full of experiences, with some good and some bad experiences making up an overall impression on us. Some of the negative experiences could eventually manifest themselves physically into discomfort that can evolve into a dis-ease. Like for instance, perhaps over the years, for some purpose we have been in a certain state where we have felt powerless to express our own truth or speak our mind. This can 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 part would be stagnant and not flowing freely. In turn, this stagnant blockage can lead to a physical manifestation of dis-ease.

Focusing on strong color preferences can also be a useful aid to finding likely issues. Being able to work with the correct colors can assist dispel negative feelings, free blockages and re-balance the body, spiritually, emotionally and in turn, physically.

Color is really a huge part of our world, it should be a part of our day by day life and not simply something we experience for an hour or two with a therapist. Color Therapy is a completely non-invasive and holistic 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 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 can transform our lives, find an expert color therapist. We all have the capacity for health and wellbeing inside us.