

Iridology Brandon

Iridology Brandon - The alternative healing therapy using color dates back thousands of years. The ancient cultures of China, India, and Egypt relied on the healing energy of color. Color is the result of light of various wavelengths, hence, each and every color has its own certain energy and wavelength.

Color Therapy Has Various Functions

There are seven spectrum colors: green, blue, indigo, violet, red, orange and yellow. Each of these colors has energy that resonates with the energy of the 7 main chakras or energy centers of the body. Envision if you will that the chakras are a set of cogwheels which work quite similar to the mechanism of a clock; each cogwheel has to move efficiently in order for the clock to work correctly. In individuals, wellbeing and good health is attained by a balance of all of these energies. In order to maintain proper health, it is extremely vital to have balance of the energy in each of the body's chakras.

To be able to re-balance or stimulate energies, making use of color therapy can be used as the chakras could re-balanced through applying the correct color to the body. Red refers to the base chakra, orange relates to the sacral chakra, yellow refers to the solar plexus chakra, green pertains to the heart chakra, blue is for the throat chakra, indigo pertains to the brow chakra, that is often known as the third eye, and violet relates to the crown chakra.

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

Color therapy has been proven to help on a physical level and could be easier to quantify, even though, there are deeper issues surrounding colors regarding the psychological and spiritual levels. For the reason that our wellbeing is not merely a physical problem, more practitioners these days are fortunately treating patients in a holistic manner. Both complementary and orthodox practitioners understand that we are made up of a combination of spirit, mind and body. None of these distinctive areas work completely alone and each has a direct impact upon the other. For the reason that color deals with all levels of our being, Color Therapy could be really useful.

When we are babies, our initial experience with color inside the womb where we are enveloped is a nurturing and comforting pink. As a child, we learn to connect colors as part of our primary learning processes. These initial color associations contribute to our consciousness. As soon as we grow older, we attach various different feelings, meanings and memories to certain 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.

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 can manifest themselves in a physical way in the end into a level of discomfort which in turn becomes dis-ease. For example, perhaps through the years, for some purpose we have been in a certain situation where we have felt powerless to speak our mind or express our own truth. This could manifest as an issue in the throat chakra. The throat chakra pertains to the spiritual aspect of self expression. Thus, 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 cause a physical manifestation of dis-ease.

So as to help find aid to likely problems, start focusing on your strong color preferences. Being able to work with the proper colors can help dispel negative feelings, free blockages and re-balance the body, spiritually, emotionally and in turn, physically.

Color is part of our day by day world and must play a bigger part in our everyday world, not just 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 world does not have all the gorgeous 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 could change our lives, find a professional color therapist. We all have the capacity for wellbeing and health inside us.