

## Iridology Stratford

Iridology Stratford - Color Therapy is an alternative healing therapy which dates back thousands of years. Evidence shows that the ancient cultures of Egypt, China and India relied on using color energy. Color is the result of light of various wavelengths, hence, each and every color has its' own specific energy and wavelength.

### Color Therapy Has Numerous Functions

The seven colors of the spectrum comprises: green, blue, indigo, violet, red, orange and yellow. Each and every color has a particular energy which resonates with the 7 main energy centers known as chakras in the body. Visualize if you will that the chakras are a set of cogwheels that function quite similar to the workings of a clock; each cogwheel must move efficiently in order for the clock to run properly. In individuals, good health and wellbeing is achieved by a balance of all of these energies. In order to maintain proper health, it is extremely important to have balance of the energy within each of the body's chakras.

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

Color energy can impact us on many different levels: emotional, spiritual and physical. We can absorb color energy through our skull, the eyes, the skin and our aura, or otherwise known as magnetic energy field. Every cell within the body requires light energy, thus; color energy has widespread effects on the entire body. There are several methods of giving our bodies color like; Light boxes and lamps with color filters, Solarized Water, colored silks and hands on healing using color.

Color therapy has been proven to help on a physical level and could be easier to quantify, although, there are deeper issues surrounding colors about the psychological and spiritual levels. For the reason that our wellbeing is not simply a physical issue, 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 mind, body and spirit. None of these distinctive areas work totally alone and each has a direct impact upon the other. Since color deals with all levels of our being, Color Therapy could be extremely useful.

As babies, our very first color experiences take place in the womb where we are enclosed in a nurturing and comforting pink. As children, we are even taught to associate colors into are early learning processes. These 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 can become a feature in our subconscious. We can build up prejudices to colors that have sad, frightening, or happy 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 can 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 purpose we have been in a certain condition where we have felt unable to speak our mind or express our own truth. This can manifest as a problem in the throat chakra. The throat chakra relates in the spiritual aspect of self expression. Thus, if self expression has been blocked, the energy in this particular area would be stagnant and not flowing freely. In turn, this stagnant blockage could cause a physical manifestation of dis-ease.

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

Color is such a big part of our world, it should be a part of our day by day life and not only 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 world 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 only 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, find a professional color therapist. We all have the capacity for health and wellbeing inside us.