

## Iridology Winnipeg

Iridology Winnipeg - Color Therapy is an alternative healing therapy which dates back thousands of years. Evidence shows that the ancient cultures of China, India and Egypt depended on the use of color energy. Color is the result of light of various wavelengths, thus, every color has its own certain energy and wavelength.

### Color Therapy Has Several Functions

There are seven spectrum colors: blue, indigo, violet, red, orange, yellow and green. Each of these colors has energy that resonates with the energy of the 7 main chakras or likewise called energy centers of the body. Imagine if you will that the chakras are a set of cogwheels that work somewhat like the mechanism of a clock; each and every cogwheel needs to move effortlessly in order for the clock to function right. In people, good health and wellbeing is attained by a balance of all of these energies. In order to maintain good health, it is really essential to have balance of the energy inside each of the body's chakras.

To stimulate or re-balance energies, utilizing color therapy could be used as the chakras are able to be re-balanced through applying the right color to the body. Red pertains to the base chakra, orange is represented by the sacral chakra, yellow refers to the solar plexus chakra, green refers to the heart chakra, blue relates to the throat chakra, indigo refers to the brow chakra, that is normally referred to as the third eye, and violet refers to the crown chakra.

Color energy could impact us on several different levels: spiritual, physical and emotional. We could absorb color energy through the skin, our skull, the eyes and our aura, or also known as magnetic energy field. Each and every cell inside the body requires 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 and hands on healing using color.

Color therapy can assist on physical levels, although there are lots of deeper benefits to spiritual and psychological levels. For the reason that many of the issues which people cope with day by day 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 spirit, mind and body. None of these distinctive areas function entirely alone and each has a direct impact upon the other. In view of the fact that color addresses all levels of our being, Color Therapy could be very helpful.

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

Life is full of experiences for everybody and these experiences make an overall impression on us, some negative and some positive. It is the negative experiences which may manifest themselves physically in time into a level of discomfort which in turn becomes dis-ease. Like for instance, maybe over the years, for some purpose we have been in a particular state where we have felt powerless to speak our mind or express our own truth. This can manifest as a problem in the throat chakra. The throat chakra pertains to the spiritual aspect of self expression. Therefore, 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.

To help find aid to likely concerns, begin paying attention to your strong color preferences. Being able to work with the proper colors can assist free blockages, dispel negative feelings and re-balance the body, emotionally, spiritually and in turn, physically.

Color is part of our day by day world and must play a larger part in our daily world, not only for the short time we work with a color therapist. Color therapy is a holistic, yet completely non-evasive therapy. We are surrounded by color. Our amazing planet does not have all the beautiful colors of the rainbow for no reason. Everything in life is here for a purpose, nothing is here just by chance and color is no exception. To be able to 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.