

Color Therapy



**How to use colors
around us
to improve your health**

First Edition

By Joseph Then

The Healthy Portal: Building a healthy live... Online
<http://www.thehealthyportal.com>

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Color Therapy: An Introduction

Color is perhaps one of the most wonderful experiences that we take for granted. Take a look around. Color is everywhere, surrounding and embracing us. We interpret life as much through color as we do through shape, texture and sound.

Color Therapy is a holistic and non-invasive therapy that involves use of colors for treating various physical ailments and emotional disturbances. Color Therapy uses a set of principles to create harmonious color and color combinations for healing. Color Therapists believe that each organ and body system has its own characteristic energy, and disorders can be healed by applying color of the corresponding energy, either to the whole body or to the organ concerned.

Colors are visible light energy of certain wavelengths. Photoreceptors in the retina, called cones, translate this energy into colors. The retina contains three kinds of cones: one for blue, one for green, and one for red. We perceive other colors by combining these colors.

Throughout our lives, we are surrounded by a sea of colors. Colors affect our emotions and wellbeing. Shades of blue, for example, are restful and can be used to help lower blood pressure, improve sleep and to reduce pain perception. In contrast, exposure to red light tends to have the opposite effect and can cause raised blood pressure and feelings of stress as it triggers the release of adrenaline.

Effects of Colors

Psychological studies confirm what most of us know instinctively - that certain colors can affect mood. Yellow and red are the most stimulating. An American study in the 1970s found that 30 minutes in red light raised heart rate and blood pressure, while blue light decreased it. A shade of pink was shown to have a calming effect on prisoners. Interior designers and paint companies make use of such research when advising colors for particular environments.

The effects of color on our moods, health, and way of thinking have been studied by scientists for years. When the energy of color enters our bodies, it stimulates the pituitary and pineal glands. This in turn affects the production of certain hormones, which in turn affect a variety of physiological processes. This explains why color has been found to have such a direct influence on our thoughts, moods, and behavior-an influence that many experts believe is distinctly separate from psychological and cultural factors. Color seems to have an effect even on blind people, who are thought to sense color as a result of energy vibrations created within the body.

Studies have shown that red light stimulates the sympathetic nervous system, while white and blue light stimulates the parasympathetic nervous system. Also, some colors increase production of certain hormones, while other colors inhibit it.

Specific colors can also have an effect on specific diseases. Symptoms of acute eruptive diseases such as measles and chickenpox were relieved when patients were put in a room with red windows. Similarly, pain and depression respond well to therapy using flashing bright lights and colored lights. These treatments have been shown to alter

neuro-chemical production in the brain, thus accounting for their positive effects.

Scientists now believe that the brain has specific responses to different frequencies of colors. They point out that sleep problems can often be cured within a day by this method. Mood alteration takes a little longer - about one to two weeks of treatments.

Color Therapy is based on the belief that the human body is composed of energy fields. When the energy is properly distributed and circulating freely, the body is healthy. Imbalances or abnormal amounts of energy are believed to indicate an excess or deficiency.

Our most important energy source is sunlight, and the entire spectrum of colors is derived from sunlight. Sunlight consists of the seven color energies: Red, Orange, Yellow, Green, Blue, Indigo, and Violet. We know that each color found in the visible light spectrum has its own wavelength and its own frequency, which produces a specific energy.

Each color affects us differently. By learning how each color influences us, we can effectively use color to give us an extra boost of energy when we need it. Different colors are used to treat different diseases. A combination of blue, green and orange colors is used to treat arthritis. A combination of green and yellow colors is used to treat diabetes. Violet and blue colors are used to treat migraine. A combination of red, blue and green is used to treat female infertility. Indigo light is used to treat dandruff. Blue color is used to treat cough and yellow color is used to cure constipation. A combination of indigo and green color is used to treat cancer.

Colors and Chakras

Color therapy draws on the concept of chakras in the ancient Indian healing science of Ayurveda. According to Ayurveda, there are three-dimensional whirling vortices (charkas) through which energy is said to enter and leave the body. Chakras are like spirals of energy, each one relating to the others. There are seven principal chakras aligned along the body and each is associated with a certain colour and emotion. They are linked to the “aura,” the energy field that is said to surround your body and whose colors reflect your state of health. So, the Color therapy aims to balance and enhance our body’s energy centers, or chakras. If you can imagine the chakras as a set of cog/wheels, they are rather like the workings of a clock or an engine; each cog/wheel needs to move smoothly and at a similar speed for the clock/engine to work properly. Thus good health and well being is achieved by a balance of all these energies (or the smooth running of the cogs/wheels). Color therapy works to re-balance these chakras by applying the appropriate color to the body to rebalance the chakras.

It is interesting to note that the seven chakras described so long ago actually have a basis in anatomy - they correspond to five main nerve ganglia of the spinal column and two areas of the brain (upper and lower). So in effect, in accordance with the chakra definition, they truly are “energy centers”!

If we have one or more chakras which are out of balance or tune, then this can over time lead to physical, emotional or mental disease. Keeping our seven chakras aligned and singing with the harmony that they are meant to have can lead to a sense of health and balance which can improve our lives on many different levels. For instance, if our heart chakra is unbalanced, then we may have difficulty forming good relationships with our

loved ones, or it may leave us feeling little empathy for our fellow humans. Or on the other hand, we may be too emotional, and take things too much to heart, which can lead to unnecessary suffering and worry.

<u>Color</u>	<u>Chakra</u>
Violet	Crown
Indigo	Brow
Blue	Throat
Green	Heart
Yellow	Solar Plexus
Orange	Sacral
Red	Base

Different colors and their properties

Red

Red is a powerful color that has always been associated with vitality and ambition. It can help overcome negative thoughts. However, it is also associated with anger; if we have too much red in our system, or around us, we may feel irritable, impatient, and uncomfortable.

Pink

Pink is emotionally soothing and calming, and gives a feeling of gentle warmth and nurturing. It lessens feelings of irritation and aggression, surrounding us with a sense of love and protection. It also alleviates loneliness, despondency, oversensitivity, and vulnerability. While red relates to sexuality, pink is associated with unselfish love.

Orange

Orange is a joyous color. It frees and releases emotions and alleviates feelings of self-pity, lack of self worth, and unwillingness to forgive. It stimulates the mind, renewing interest in life; it is a wonderful anti-depressant and lifts the spirits. Apricot and Peach is good for nervous exhaustion.

Green

Green has a strong affinity with nature, helping us connect with empathy to others and the natural world. We instinctively seek it out when under stress or experiencing emotional trauma. It creates a feeling of comfort, laziness and relaxation, calmness, and space, lessening stress, balancing and soothing the emotions. Dark green represents the onset of death and is non-descript, unassertive, a negation of love and joy. Lime

green and olive green can have a detrimental effect on both physical and emotional health since sickly yellow and green are associated with the emotions of envy, resentment, and possessiveness.

Yellow

Yellow is also a happy, bright, and uplifting color, a celebration of sunny days. It is associated with the intellectual side of the mind, and the expression of thoughts. It therefore aids the powers of discernment and discrimination, memory and clear thinking, decision making and good judgment. It also helps good organization, assimilation of new ideas, and the ability to see different points of view. It builds self-confidence and encourages an optimistic attitude. Conversely, dull yellow can be the color of fear.

Turquoise

Turquoise is invigorating, cooling, and calming. Like green, turquoise is good for mental strain and tiredness or feeling washed out. It is an elevating color that encourages us to make a sparkling fresh start. Turquoise enhances communication, sensitivity, and creativity and is helpful for those who feel lonely.

Color Therapy: Some Practical Tips

According to color therapy theory, the color yellow stimulates our minds. It is related to wisdom, thoughts and words. Therefore, if a student is studying for exams, they would benefit by surrounding themselves in yellow. They may wear yellow clothes; eat yellow foods such as bananas, grapefruit and pineapples, or writing their study notes on yellow paper.

Red is associated with passion and action. So, you should put red in a place that needs action and/or warmth. Use it for painting hallways, bathrooms, playrooms and dining rooms. Use small amounts in a bedroom to stimulate sexual passion.

Orange is formed from a combination of red and yellow. Therefore, decorate with orange when you need the physical energy of red and the mental stimulation of yellow. It is a great color for children, representing the freedom and creativity to play. In a dining room it will stimulate the appetite and create joyful communication. Lighting candles in an orange room gives a warm, accepting atmosphere.

Blue color is calming, relaxing and soothing. Therefore, use blue in any room except for a kitchen (not good for appetite) and basement (too cold). Blue is great for a bedroom to induce a peaceful sleep.

Green gives us a feeling of comfort, calmness and balance. So, decorate with green for a lazy, fresh, outdoors feeling. It is a great color for interiors if you work indoors in a crowded city, as it promotes the outdoors and nature.

Recommended Resources

Here are some recommended resources on the Internet where you can explore more on the topic of color therapy.

<http://www.suza.com>

Work of Suza Scalora on color therapy

http://www.holistic-online.com/Color/color_home.htm

HolisticOnLine resources on Color Therapy

<http://www.colourtherapyhealing.com>

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