

Iridology Vancouver

Iridology Vancouver - The alternative healing therapy utilizing color dates back thousands of years. The ancient cultures of India, Egypt and China depended on the healing energy of color. Color is the result of light of different wavelengths, therefore, every color has its' own specific wavelength and energy.

Color Therapy Has A lot of Uses

There are seven spectrum colors: red, orange, yellow, green, blue, indigo and violet. Each of these colors has energy which 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 operate quite like the workings of a clock; each cogwheel needs to move smoothly in order for the clock to run properly. In people, wellbeing and good health is achieved by a balance of all of these energies. In order to maintain proper health, it is very essential to have balance of the energy within each of the body's chakras.

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

The energy of color affects people on all levels, as in the emotional, spiritual and physical. We absorb color through the skin, our skull, the eyes and our aura, or likewise called magnetic energy field. Each cell in the body needs light energy, hence; color energy has widespread effects on the entire body. There are various ways 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 could assist on physical levels, even though there are numerous deeper benefits to psychological and spiritual levels. Since lots of the issues which people deal with everyday are not physical, more and more practitioners are concentrating 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 work entirely alone and each has a direct effect upon the other. Because color deals with all levels of our being, Color Therapy can be extremely effective.

When we are babies, our first experience with color in the womb where we are enveloped is a nurturing and comforting pink. As a child, we learn to connect colors as part of our early learning processes. These initial color associations contribute to our consciousness. When we grow older, we attach a variety of different memories, feelings and meanings to particular colors and then this could become a feature in our subconscious. We may build up prejudices to colors that have sad, frightening, or happy connotations for us.

Life is full of experiences for everyone and these experiences make an overall impression on us, some negative and some positive. It is the negative experiences which may manifest themselves physically overtime into a level of discomfort that in turn becomes dis-ease. For example, maybe through the years, for some reason we have been in a particular state where we have felt powerless to speak our mind or express our own truth. This could manifest as a concern 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 part would be stagnant and not flowing freely. In turn, this stagnant blockage could lead to a physical manifestation of dis-ease.

Concentrating on strong color preferences may also be a helpful aid to finding potential problems. Being able to work with the correct colors could assist dispel negative feelings, free blockages and re-balance the body, emotionally, spiritually and in turn, physically.

Color is really 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 really non-invasive and holistic therapy. We are surrounded by color. Our wonderful planet does not have all the gorgeous colors of the rainbow for no reason. Everything in nature is here for a purpose, 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, look for an expert color therapist. We all have the capacity for wellbeing and health inside us.