

## Iridology Windsor

Iridology Windsor - Color Therapy is an alternative healing therapy that dates back thousands of years. Evidence shows that the ancient cultures of Egypt, China and India depended on utilizing color energy. Color is the result of light of different wavelengths, hence, each and every color has its' own particular wavelength and energy.

### Color Therapy Has Numerous Functions

There are seven spectrum colors: yellow, green, blue, indigo, violet, red and orange. Each of these colors has energy that resonates with the energy of the 7 main chakras or likewise called energy centers of the body. Visualize if you will that the chakras are a set of cogwheels that operate quite similar to the mechanism of a clock; each and every cogwheel should 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. To be able to maintain proper health, it is extremely vital to have balance of the energy within each of the body's chakras.

Color therapy can be utilized so as to stimulate or re-balance these energies. Our chakras can be re-balanced by applying the appropriate 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 refers to the throat chakra, indigo refers to the brow chakra, which is normally called the third eye, and violet refers to the crown chakra.

Color energy could effect us on various different levels: physical, emotional and spiritual. We could absorb color energy through the eyes, the skin, our skull and our aura, or also known as magnetic energy field. Each and every cell in the body requires light energy, hence; color energy has widespread effects on the entire body. There are various methods of giving our bodies color like; Solarized Water, light boxes and lamps with color filters, colored silks as well as hands on healing utilizing color.

Color therapy has been proven to assist on a physical level and may be easier to quantify, even though, there are deeper issues surrounding colors regarding the psychological and spiritual levels. In view of the fact that our wellbeing is not just a physical issue, more practitioners at present are fortunately treating patients in a holistic manner. Both complementary and orthodox practitioners understand that we are made up of a combination of body, spirit and mind. None of these distinctive areas work completely alone and each has a direct impact upon the other. Since color addresses all levels of our being, Color Therapy can be extremely effective.

As babies, our very first color encounters happen inside 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 initial color associations contribute to our consciousness. Once we grow older, we connect 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 happy, sad or frightening 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 that could manifest themselves physically eventually into a level of discomfort that in turn becomes dis-ease. Like for example, maybe through the years, for some purpose we have been in a particular situation where we have felt unable to express our own truth or speak our mind. This could manifest as a concern in the throat chakra. The throat chakra relates in the spiritual aspect of self expression. Hence, if self expression has been blocked, the energy in this area will be stagnant and not flowing freely. In turn, this stagnant blockage could lead to a physical manifestation of dis-ease.

Paying attention to strong color preferences could also be a helpful aid to finding likely issues. Being able to work with the right colors can assist free blockages, dispel negative feelings and re-balance the body, emotionally, spiritually and in turn, physically.

Color is part of our daily world and should play a larger part in our everyday world, not only 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 nice colors of the rainbow for no reason. Everything in life 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 can transform our lives, look for an expert color therapist. We all have the capacity for wellbeing and health inside us.