



Colour therapy 2

Last issue we discussed the impact of colour therapy on the human body and how we can further implement colour therapy to get the maximum benefit. This time we will be talking about other ways to utilize colours efficiently through crystals, food and furniture as well as the aura and how to differentiate its associated colours.

Crystals/Stones

Crystals have energy fields which can be used to help restore the body's energy. When you come to have or choose a favourite crystal that indicates what the body needs without really "choosing" that crystal on the conscious level. For example if you spread a number of crystals in front of you, you will find yourself preferring a particular crystal and choosing it as your favorite although you might have very little knowledge, if any, about the different types of crystals. There are many forms of crystals, unpolished pieces, pointer cuts, some are used with pieces of jewelry, tumblestones and clusters which are used in cleansing crystals of negative energy.

Crystals can be used to re-balance our energy centers known as chakras. For example, the amethyst whose color varies from deep violet to pale lavender, is useful for crown chakra imbalances and helps reduce anger. It is also useful in reducing nightmares and insomnia and has been known as an ancient detoxifier. Another stone for the crown chakra is apophyllite which is clear, white and light green and is very useful for clairvoyance, helping to get rid of negative thoughts and overcoming uncertainty.

For the throat chakra, which is the center of expression and speech, aquamarine stone is tranquilizing and increases communication and confidence. It is useful for raising the immune system as well as releasing anxiety and fears. Another stone for the throat chakra is the sapphire which also helps to get rid of fears and enhances communication skills. Turquoise stones are useful in creating inner calm as well as helping control viral infections in the throat area. Turquoise also strengthens the absorption of nutrients within the body. People who tend to have problems related to grief and self esteem (solar plexus chakra) can use amber stones – clear yellow or orange – to increase their self confidence and restore mood balance. It can be used as an excellent detoxifier and protector from radiation (such as x-rays, sun, computers).

Topaz stone is also useful in strengthening the solar plexus chakra while Rhodonite is beneficial in restoring energies resulting from traumas as well as healing wounds. Rubies are the most beneficial stones for the body's first chakra – base chakra. Rubies provide courage and drive away sadness, and are also useful for adrenals and circulation. Jasper crystals also stimulate courage.

It is important to note that crystals should be cleansed especially when newly bought or when gotten from someone else. One way to cleanse them is to put the stone/crystal on a glass dish inside a larger glass dish full of salt. Leave your stone for about 4-6 hours. A second way of cleansing is to put the stone in water and add a few drops of Rescue Bach Flower Remedy

and leave it for 24 hours. It is advisable to clean your stones every now and then even if you are the only one using it as stones hold on to the energies surrounding them.

Food

Moving on to food – eating certain fruit and vegetables can further restore the balance of the body. Ask yourself what colour is your favorite food and what foods don't you like and what colours do they have? If you often eat food on impulse what colour is it? These simple questions will make you aware of the colours you are missing in your meals which might be causing physical, mental or emotional problems.

If you miss the colour red often in your food that might lead to your feeling easily tired or suffering from anemia as red food usually contains iron. Eating carrots and oranges, for example, is very good for energizing your body and boosting your immune system. Eating yellow foods such as bananas (rich in potassium) and lentils is important for the efficient functioning of the digestive system. Yellow foods are good for the nervous system and raise the ability to concentrate, whereas broccoli and iceberg lettuce are very good for the heart and help prevent heart diseases. Green leafy vegetables are rich in vitamin C and E which serve as natural antioxidants.

Furniture/Paintings

Furniture is another way of restoring balance to our bodies. Using various colours within the same room is a very important factor. We often let a certain colour dominate a room, however, we should keep in mind that too much of any color indicates a certain deficiency of other colors within our bodies. Even placing cushions and paintings of different colours will fulfill the need.

However, there are certain colours which you should avoid using in excess as they create a state of tension and lack of sleep (if put in a bedroom) such as orange or red bed sheets. White sheets are the best choice as white is known to be a combination of all colours so the body will absorb whatever it needs during the sleeping hours. On the other hand, in therapy, colourful bed sheets are often used to stimulate the needs of the body, hence the body absorbs what it needs only during sessions for a limited time in order to avoid creating an excess of the colour. You can apply the same rules to walls. Even if you prefer to paint all walls in white at least put pictures and paintings of different colors to create and maintain the desired balance. Blue is a very calming colour and helps in communication, that is why some psychotherapists like to use it as a main color in either the decoration or on the walls. On the contrary if you use orange or red on the walls you stimulate energy which often stimulates hunger; that is why some restaurants use these two colors in their decoration.

Aura

First we should understand what is meant by aura. We are all surrounded by a large magnetic energy field (which some people can see and even feel) known as Aura. Animals and plants also have auras. Back in 1939, two Russians discovered a camera which can capture the aura on film. Kirlian photography (named after them) can actually transform the non-electrical properties of an object into electrical properties which in turn can be captured on film by high voltage spark discharges. Auras have three energy sections (physical, emotional and spiritual) and these sections are further divided into layers which appear in colours. The first energy section is the closest to the body and is white. Any overcharge in a certain body area or weakness affects the colour and shape of aura. The mid energy section reflects the current state of emotions. The third energy section is related to the mental state of the body. Aura colours will vary according to the person's general state of health and how they are feeling at the time. The aura of someone who is ill or depressed is likely to be dark while someone who is angry is likely to have a red aura. People who are healers will mostly have a

purple aura as this is the colour of "being in service of others".

It is interesting to note that children up to five- years-old see auras naturally but that gift disappears over time without special training.

Nada Rashed
CAM Healer