



COLOUR THERAPY

From the beginning of time, people have recognized the healing power of colour. If you look through a prism you will see that everything in the world is surrounded by colour. We all depend on light for our existence, without the sun for example we would have no plants to give us the nutrition which we need, we would have no trees to absorb the toxins and produce oxygen. As we get and maintain our health from the sun, we also benefit from the interrelated element of the light which is the color.

Each colour affects the brain differently. For example the very bright, intense hues and shiny colors affect the most primitive, deep part of the brain known as the "limbic system." Some people see the color red when they are angry and this reflects the connection between the physical reaction to colors and emotions.

Colour therapy involves the use of energy vibrations of color in treating specific ailments and helps in balancing the natural rhythms of the body through identifying what color the body feels a need for, to create a balanced energy level.

Every colour has its own therapeutic value and each one can be used to treat a particular physical or emotional problem resulting from an unbalanced level of vital energy. There are many ways of working with colour; the most effective is to place the treating color either over the whole body or on a particular spot that is suffering from a disease. Another method is for the colour practitioner to simply lay a scarf with the color needed for healing, on the area to be healed. The body should start to change its energy to match the vibrational energy of the healing colour allowing for a more balanced state.

Chakra Colours

There are different colors and complementary colors. For example red has a complementary colour green, yellow has a complementary of violet etc. Usually the practitioner uses the color along with its complementary to ensure the Chakra (energy centers) of the body are well balanced.

There are seven main chakras, each one is located in a specific part of the body. The body is divided into a right side and a left side, starting at the base of the spine and going up in a vertical line to the centre of the head (some people regard the crown charka as the first one). Each chakra is associated with a particular organ/gland and color. The Base charka is related to the legs, feet, large intestines and reproductive organs and has the color red. The sacral charka comes next with its orange color; it is found in the pelvic area just below the navel and is the body's sexual energy centre, associated with the liver, pancreas, spleen, kidneys and bladder. Above the navel comes the solar plexus chakra with its yellow color which relates to the stomach and the functioning of the nervous system where a person often experiences feelings of grief or depression when there is a deficiency in that chakra. The heart chakra comes next and is located at the centre of the chest. It rules feelings of compassion, emotional balance and has the color green. Throat chakra is at the front of the throat and is connected to the thyroid gland which controls the body's metabolism, this charka has the colour blue and is the centre of speech, communication and self expression.

An easy way to balance out a deficiency in that chakra is to wear a blue stone or scarf around the throat. The sixth chakra is the brow chakra (located between the eyebrows) which is associated with the pituitary gland and which controls the body's hormonal production. This chakra has the indigo color and when it is in a good state, it allows people to develop their personal intuition. Crown chakra has the colour violet is connected to the pineal gland and is the centre of spirituality.

Clothes

another form of simple colour therapy that can be implemented by everybody is in the clothes we wear. Our wardrobe should contain all colours. If the wardrobe is mostly in one or two colours, that certainly indicates an unbalanced state of the body. The addition of other colours which the body needs will help it maintain a balanced state of health. You don't have to use the colours you dislike in clothes but they can be included in your accessories for maximum benefit of their energy which will be absorbed through the body.

Disliking a colour also indicates a certain state of mind, for example, if you dislike red it means there is anger or frustration in your state of mind. Yellow means disappointment or the feeling of powerlessness. Green means loneliness and rejection. Brown indicates the longing to feel independent and black means that you long to control and you don't want to give up your personal power.

Having a favorite colour also reflects a state of mind. For example, people who like blue are gentle and friendly. It also means that other people feel comfortable around them and they care about other people. However, they can pass through stages of depressions every now and then.

People whose favorite colour is orange tend to be cheerful and can express themselves well. They are organized and think logically more than emotionally, however, they are prone to have digestive problems.

Other ways to use color therapy is in the food we eat and the furniture at home. If you feel a need for a certain colour try to eat a vegetable or fruit from the same colour. You can also use a pillow or bed sheet in your room in the colour you feel you need in order to give your body the specific energy needed from the healing colour.

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