

Color has existed since the first existence of man. The different uses of colors encompass a wide variety of fields from which I will mention a few and to be continued in the next issue.

Light enables us to enjoy our lives the way we do now, the sun, for example gives us the light necessary to plant and then harvest to have the beneficial nutrition required for the body. It also makes the trees grow which clean and detoxify the atmosphere around us. Children and adults also need sun for Vitamin D for bone calcification, hence, sun light is one of the major reasons behind our existence.

Different colors affect us differently as it affects our brains differently. 'Creative visualization with color', is how to use visualization in combination to color and get the optimal results for balancing your body. It is a powerful way to produce positive changes, taking you into a new world of positive potential and personal renewal. It is interesting to know that we are all born with this creative visualization, yet, it is often wasted through the lack of use. The more you will exercise and develop your creative mind the more you will experience its beauty.

The Beauty of Color

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What is Creative Visualization?

It is simply the method of controlling the power of your mind and achieve your goal by thinking positively on all three levels, physical, emotional and spiritual. Visualization is a form of deep relaxation which allows you to get in touch with hidden aspects of your life.

When you quiet your mind, alpha brain waves are produced which allows your subconscious mind to come on surface, which is capable of the most effective communication. During this alpha period, you can influence both your physical responses and your mental state via positive thinking. With repeated visualization, you actually change. Your mind absorbs the subliminal messages you regularly visualize and hence your attitude and behavior will change.

Creative visualization works by releasing the left brain constraints which is the logical analytical side and according to Chinese medicine it is also the male and yang side. You also free the right brain side which is the inspirational side and according to Chinese medicine it represents the female and the emotional side. When we turn down the "volume" of the left brain in color visualization, we give more space for the right brain to take over. It is important to know that visualization has also its effects on our health. Healing comes from within us. There is overwhelming evidence that our mental state