

## Iridology St. John's

Iridology St. John's - 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 varying wavelengths, hence, each and every color has its' own specific wavelength and energy.

### Color Therapy Has A lot of Uses

There are seven spectrum colors: yellow, green, blue, indigo, violet, red and orange. Each of these colors has energy which resonates with the energy of the 7 main chakras or also called energy centers of the body. Imagine if you will that the chakras are a set of cogwheels which operate rather like the workings of a clock; each cogwheel has to move efficiently in order for the clock to run properly. In individuals, wellbeing and good health is attained by a balance of all of these energies. To be able to maintain proper health, it is very vital to have balance of the energy inside each of the body's chakras.

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

The energy of color affects people on all levels, as in the spiritual, physical and emotional. We absorb color through the skin, our skull, the eyes and our aura, or otherwise called magnetic energy field. Each cell in the body requires light energy, thus; color energy has widespread effects on the entire body. There are various methods of giving our bodies color like for instance; Light boxes and lamps with color filters, Solarized Water, colored silks and hands on healing utilizing color.

Color therapy could assist on physical levels, even if there are several deeper advantages to psychological and spiritual levels. Since many of the issues which individuals face on a daily basis 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 function totally alone and each has a direct impact upon the other. As color deals with all levels of our being, Color Therapy could be extremely helpful.

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

Our whole life is full of experiences, with some good and some bad experiences making up an overall impression on us. Some of the negative experiences can eventually manifest themselves physically into discomfort which could evolve into a dis-ease. Like for instance, perhaps through the years, for some reason we have been in a certain situation where we have felt unable to speak our mind or express our own truth. This could manifest as an issue in the throat chakra. The throat chakra pertains to the spiritual aspect of self expression. Therefore, if self expression has been blocked, the energy in this particular area would be stagnant and not flowing freely. In turn, this stagnant blockage could lead to a physical manifestation of dis-ease.

Focusing on strong color preferences can also be a helpful aid to finding potential concerns. Being able to work with the right 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 everyday life and not just something we experience for an hour or two with a therapist. Color Therapy is a completely non-invasive and holistic therapy. We are surrounded by color. Our incredible world does not have all the nice colors of the rainbow for no reason. Everything in the natural world is here for a reason, 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 change our lives, look for a professional color therapist. We all have the capacity for health and wellbeing in us.