

## Iridology Sudbury

Iridology Sudbury - The alternative healing therapy using 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, thus, each color has its' own particular energy and wavelength.

### Color Therapy Has Several Uses

There are seven spectrum colors: violet, red, orange, yellow, green, blue and indigo. 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 similar to the workings of a clock; each and every cogwheel has to move efficiently in order for the clock to run properly. In people, wellbeing and good health is achieved by a balance of all of these energies. To be able to maintain proper health, it is very important to have balance of the energy in each of the body's chakras.

Color therapy can be used to stimulate or re-balance these energies. Our chakras can be re-balanced through applying the correct color to the body. Red refers 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 pertains to the throat chakra, indigo pertains to the brow chakra, that is usually known as the third eye, and violet pertains to the crown chakra.

The energy of color impacts us on all levels, as in the physical, emotional and spiritual. We absorb color through the skin, our skull, the eyes and our aura, or likewise called magnetic energy field. Every cell in the body requires light energy, thus; color energy has widespread effects on the entire body. There are many methods of giving our bodies color like; Lamps and light boxes with color filters, Solarized Water, colored silks and hands on healing using color.

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

As babies, our first color experiences take place within the womb where we are enclosed in a nurturing and comforting pink. As children, we are likewise taught to connect colors into are primary learning processes. These initial color associations contribute to our consciousness. When we grow older, we attach a variety of different meanings, memories and feelings to particular colors and then this can become a feature in our subconscious. We can build up prejudices to colors that have frightening, happy or sad 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 may manifest themselves physically overtime into a level of discomfort which in turn becomes dis-ease. Like for instance, maybe over the years, for some reason we have been in a certain condition where we have felt unable to speak our mind or express our own truth. This could manifest as a problem in the throat chakra. The throat chakra refers to the spiritual aspect of self expression. Hence, if self expression has been blocked, the energy in this part will be stagnant and not flowing freely. In turn, this stagnant blockage can result in a physical manifestation of dis-ease.

In order to help find aid to possible issues, start focusing on your strong color preferences. Being able to work with the correct colors could assist free blockages, dispel negative feelings and re-balance the body, emotionally, spiritually and in turn, physically.

Color is such a big part of our world, it should be a part of our day by day life and not simply something we experience for an hour or two with a therapist. Color Therapy is a really non-invasive and holistic therapy. We are surrounded by color. Our wonderful planet 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 change our lives, look for an expert color therapist. We all have the capacity for wellbeing and health inside us.