

Iridology Timmins

Iridology Timmins - 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, therefore, every color has its' own specific energy and wavelength.

Color Therapy Has Various 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 energy centers of the body. Visualize if you will that the chakras are a set of cogwheels which operate rather similar to the mechanism of a clock; every cogwheel needs to move effortlessly in order for the clock to function correctly. In individuals, good health and wellbeing is achieved by a balance of all of these energies. To be able to maintain proper health, it is really vital to have balance of the energy in each of the body's chakras.

Color therapy could be utilized in order to stimulate or re-balance these energies. Our chakras could be re-balanced by 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 relates to the throat chakra, indigo pertains to the brow chakra, which is often known as the third eye, and violet relates to the crown chakra.

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

Color therapy can assist on physical levels, although there are many deeper benefits to psychological and spiritual levels. For the reason that a lot of the issues which individuals cope with day by day are not physical, more and more practitioners are concentrating on holistic means of treatment. Both orthodox and complementary practitioners understand that we are made up of a combination of spirit, mind and body. None of these distinctive areas function completely alone and each has a direct impact upon the other. As color addresses all levels of our being, Color Therapy could be very effective.

When we are babies, our initial encounter with color within the womb where we are enveloped is a comforting and nurturing pink. As a child, we learn to associate colors as part of our early learning processes. These initial color associations contribute to our consciousness. Once we grow older, we connect various different feelings, meanings and memories to particular colors and then this could become a feature in our subconscious. We may 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 which could manifest themselves in a physical way overtime into a level of discomfort that in turn becomes dis-ease. For example, maybe over the years, for some purpose we have been in a certain situation where we have felt unable to speak our mind or express our own truth. This can manifest as an issue in the throat chakra. The throat chakra refers to the spiritual aspect of self expression. Therefore, if self expression has been blocked, the energy in this particular part would be stagnant and not flowing freely. In turn, this stagnant blockage can lead to a physical manifestation of dis-ease.

To help find aid to likely concerns, start paying attention to your strong color preferences. Being able to work with the correct colors could assist dispel negative feelings, free blockages and re-balance the body, emotionally, spiritually and in turn, physically.

Color is part of our everyday world and must play a larger part in our everyday world, not only for the short time we work with a color therapist. Color therapy is a holistic, yet really non-evasive therapy. We are surrounded by color. Our incredible world does not have all the beautiful colors of the rainbow for no reason. Everything in the natural world is here for a reason, nothing is here just by chance and color is no exception. To be able to to heighten our awareness of the energy of color and how it could change our lives, find a professional color therapist. We all have the capacity for wellbeing and health in us.