

## Iridology Norfolk

Iridology Norfolk - Color Therapy is an alternative healing therapy that dates back thousands of years. Evidence shows that the ancient cultures of China, India and Egypt depended on the use of color energy. Color is the result of light of various wavelengths, therefore, each and every color has its' own specific wavelength and energy.

### Color Therapy Has Lots of Functions

There are seven spectrum colors: indigo, violet, red, orange, yellow, green and blue. Each of these colors has energy that resonates with the energy of the 7 main chakras or otherwise called energy centers of the body. Envision if you will that the chakras are a set of cogwheels that work quite like the workings of a clock; every cogwheel must move efficiently in order for the clock to work right. In people, good health and wellbeing is achieved by a balance of all of these energies. In order to maintain proper health, it is very vital to have balance of the energy within each of the body's chakras.

Color therapy can be utilized to be able to re-balance or stimulate these energies. Our chakras could be re-balanced by applying the right color to the body. Red pertains to the base chakra, orange relates to the sacral chakra, yellow pertains to the solar plexus chakra, green refers to the heart chakra, blue relates to the throat chakra, indigo is related to the brow chakra, which is normally referred to as the third eye, and violet relates to the crown chakra.

Color energy could effect us on several different levels: spiritual, physical and emotional. We are able to absorb color energy through our skull, the eyes, the skin and our aura, or also known as magnetic energy field. Each cell in the body requires light energy, hence; color energy has widespread effects on the whole body. There are various ways of giving our bodies color like; Solarized Water, lamps and light boxes with color filters, colored silks and hands on healing utilizing color.

Color therapy can help on physical levels, even though there are lots of deeper advantages to psychological and spiritual levels. Since many of the concerns which people cope with day by day are not physical, more and more practitioners are concentrating on holistic means of treatment. Both orthodox and complementary practitioners know that we are made up of a combination of spirit, mind and body. None of these distinctive areas function totally alone and each has a direct effect upon the other. Since color deals with all levels of our being, Color Therapy can be extremely helpful.

As babies, our initial color experiences happen in the womb where we are enclosed in a comforting and nurturing pink. As kids, we are likewise taught to associate colors into are primary learning processes. These very first color associations contribute to our consciousness. As soon as we grow older, we connect various different feelings, meanings and memories to specific colors and then this can become a feature in our subconscious. We could build up prejudices to colors which 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 in the end into a level of discomfort that in turn becomes dis-ease. For instance, maybe over the years, for some purpose we have been in a particular condition where we have felt unable to speak our mind or express our own truth. This can manifest as a problem in the throat chakra. The throat chakra refers to the spiritual aspect of self expression. Thus, if self expression has been blocked, the energy in this particular area will be stagnant and not flowing freely. In turn, this stagnant blockage can cause a physical manifestation of dis-ease.

Paying attention to strong color preferences may likewise be a helpful aid to finding probable concerns. Being able to work with the proper colors can help free blockages, dispel negative feelings 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 amazing planet does not have all the nice colors of the rainbow for no reason. Everything in life is here for a reason, nothing is here simply by chance and color is no exception. In order to heighten our awareness of the energy of color and how it can transform our lives, find an expert color therapist. We all have the capacity for wellbeing and health in us.