

Iridology Regina

Iridology Regina - 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 different wavelengths, thus, each and every color has its own certain energy and wavelength.

Color Therapy Has Various Functions

There are seven spectrum colors: blue, indigo, violet, red, orange, yellow and green. Each of these colors has energy which resonates with the energy of the 7 main chakras or likewise called 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 should move efficiently in order for the clock to run correctly. In individuals, good health and wellbeing is attained by a balance of all of these energies. To be able to maintain proper health, it is very essential to have balance of the energy inside each of the body's chakras.

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

Color energy can effect us on numerous different levels: emotional, spiritual and physical. We are able to absorb color energy through the eyes, the skin, our skull and our aura, or also known as magnetic energy field. Every cell within the body needs light energy, therefore; color energy has widespread effects on the whole body. There are several ways of giving our bodies color like for example; 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, even though there are various deeper advantages to psychological and spiritual levels. Since many of the concerns which individuals cope with everyday are not physical, more and more practitioners are focusing 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 work entirely alone and each has a direct effect upon the other. Since color addresses all levels of our being, Color Therapy could be very helpful.

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

Our whole life is full of experiences, with some bad and some good experiences making up an overall impression on us. Some of the negative experiences could sooner or later manifest themselves physically into discomfort which may evolve into a dis-ease. Like for instance, maybe through the years, for some purpose we have been in a certain situation where we have felt unable to express our own truth or speak our mind. 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 part will be stagnant and not flowing freely. In turn, this stagnant blockage could lead to a physical manifestation of dis-ease.

Concentrating on strong color preferences can also be a useful aid to finding potential issues. 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 part of our day by day world and should play a bigger part in our everyday world, not just for the short time we work with a color therapist. Color therapy is a holistic, yet completely non-evasive therapy. We are surrounded by color. Our amazing world does not have all the nice colors of the rainbow for no reason. Everything in the natural world is here for a purpose, nothing is here only 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 an expert color therapist. We all have the capacity for wellbeing and health inside us.