

Iridology Halifax

Iridology Halifax - The alternative healing therapy making use of color dates back thousands of years. The ancient cultures of China, India, and Egypt depended on the healing energy of color. Color is the result of light of varying wavelengths, thus, each color has its own specific energy and wavelength.

Color Therapy Has Several Functions

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

To stimulate or re-balance energies, using color therapy can be utilized as the chakras could re-balanced through applying the right color to the body. Red relates to the base chakra, orange pertains to the sacral chakra, yellow relates to the solar plexus chakra, green pertains to the heart chakra, blue is for the throat chakra, indigo refers to the brow chakra, that is usually known as the third eye, and violet refers to the crown chakra.

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

Color therapy could assist on physical levels, while there are a lot of deeper benefits to psychological and spiritual levels. Because a lot of the concerns that individuals deal with day after day 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 function totally alone and each has a direct effect upon the other. As color deals with all levels of our being, Color Therapy could be very useful.

As babies, our first color encounters take place inside the womb where we are enclosed in a comforting and nurturing pink. As children, we are even taught to associate colors into are early learning processes. These very first color associations contribute to our consciousness. Once we grow older, we attach various different feelings, meanings and memories to specific colors and then this could become a feature in our subconscious. We may build up prejudices to colors that have happy, sad or frightening connotations for us.

Life is full of experiences for everyone and these experiences make an overall impression on us, some positive and some negative. It is the negative experiences that may manifest themselves in a physical way in time into a level of discomfort which in turn becomes dis-ease. Like for instance, maybe through the years, for some reason we have been in a particular state where we have felt powerless to express our own truth or speak our mind. This could manifest as an issue in the throat chakra. The throat chakra pertains to the spiritual aspect of self expression. Hence, 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 may also be a helpful aid to finding likely issues. Being able to work with the right colors could help dispel negative feelings, free blockages and re-balance the body, spiritually, emotionally and in turn, physically.

Color is really 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 amazing world 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, find a professional color therapist. We all have the capacity for wellbeing and health in us.