



COLOR THERAPY

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"Everything in life is vibration"

- Albert Einstein



INTRODUCTION

Color therapy, sometimes called Colorology or Chromatherapy, is an alternative way of healing method, a technique in which Color and light is used to balance energy in the person's physical, emotional, and spiritual or mental well being.

DEFINITION

Color therapy is a system of alternative medicine in which Colors and their energy frequencies are used to correct physiological and psychological imbalances.

INDICATIONS/ USES OF COLOR THERAPY

- ❖ Depression (most common)
- ❖ Stress related conditions
- ❖ Aggression
- ❖ Irritability
- ❖ Emotional and behavioural problems
- ❖ Insomnia

PRINCIPLES OF COLOR THERAPY

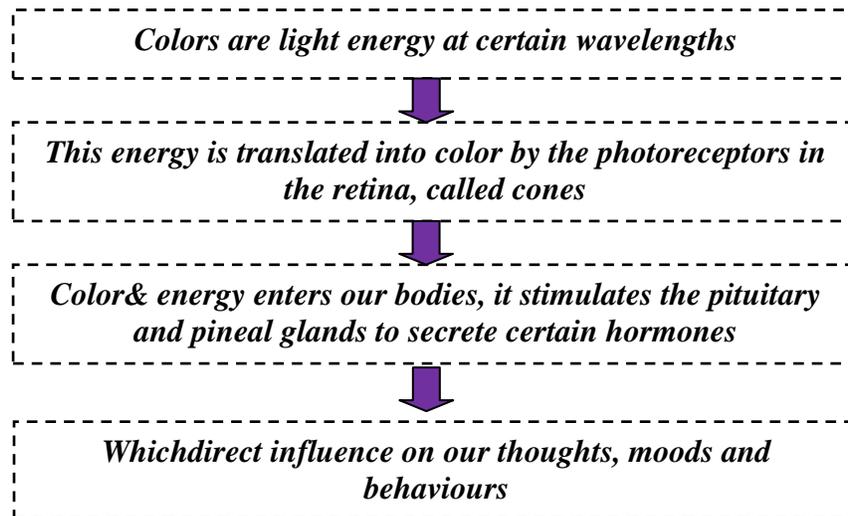
1. It is a technique which uses colors and light to balance energy.
2. Our body is made of five basic components namely earth, fire, water, air and space. Each

element has a definite color and characteristic. Colors therapy helps in restoring these elements to their right colors and characteristics, an imbalance of which leads to an ailment.

3. Chakras are electrical energy centers which are created by the endocrine glands and the nerve centers in the body. The word Chakra comes from the Sanskrit language meaning a revolving wheel or vortex of energy. On the physical level each Chakra is connected to: a nerve center, one of the seven senses, and one of the seven endocrine glands vibrate with the Chakras.



BENEFITS/ADVANTAGES OF COLOR THERAPY



HOW IT WORKS?

According to the therapeutic aspect of color therapy, colors are infused with healing energies. Every individual has five basic elements, and when one is thrown off, illness occurs. Each color has a unique effect on the body.

Red is associated with energy, empowerment, and stimulation. It is used for circulation and stimulation of red blood cell production.

Orange is associated with pleasure, enthusiasm, and sexual stimulation. It is used as an antibacterial agent and to ease digestive discomforts.

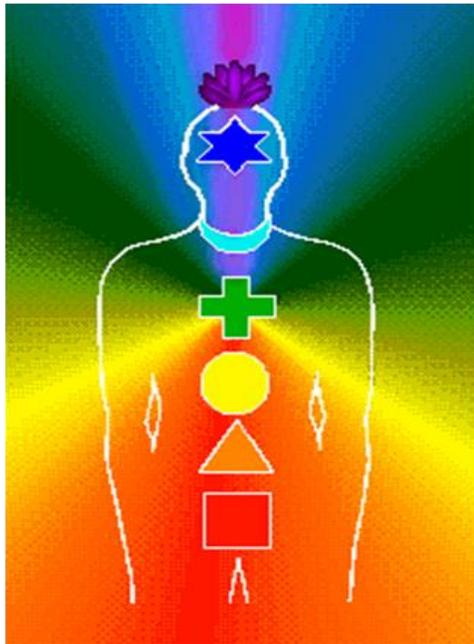
Yellow is associated with wisdom and clarity. It is used as a decongestant, antibacterial agent, and for the digestive and lymphatic systems.

Green is associated with balance and calmness. It is used for treatment of ulcers, as an antiseptic, a germicide, and as an antibacterial agent.

Blue is associated with communication and knowledge. It is used to eliminate toxins, and treat liver disorders and jaundice.

Indigo is associated with sedative qualities, calmness, and intuition. It is used to control bleeding and abscesses.

Violet is associated with enlightenment, revelation, and spiritual awakening. It is used to soothe organs, relax muscles, and calm the nervous system.



<i>The first chakra is associated with the color red and is located at the base of the spine.</i>
<i>The second chakra is associated with the color orange and is located at the pelvis and groin area.</i>
<i>The third chakra is associated with the color yellow and is located at the solar plexus.</i>
<i>The fourth chakra is associated with the color green and is located at the heart.</i>
<i>The fifth chakra is associated with the color blue and is located at the throat.</i>
<i>The sixth chakra is associated with the color indigo and is located at the brow.</i>
<i>The seventh chakra is associated with the color violet and is located at the crown of the head.</i>

APPROACHES/WAYS TO ADMINISTER COLOR THERAPY

1. Practitioner assisted Color therapy: An approach in which practitioners administer therapy.
2. Self help Color therapy: An approach in which individual practice therapy himself.

1. Practitioner assisted color therapy

a. Color reflection reading (CRR):

- The color reflection reading was developed in 1986 by Howard and Dorothy Sun.
- The CRR is an effective and accurate tool for insight and self-development used by professional.
- From a range of eight Colored cards (red, orange, yellow, turquoise, blue, violet, magenta), the practitioner asks to choose three. The physical and psychological health is assessed from selection to provide clues as to which areas of the body are out of balance.

b. Illumination Therapy:

- It is a computer-controlled Color therapy machine directs colored light at the client as she sits or lies in a darkened room.
- E.g. in depression orange color is given alternatively with its complementary color indigo, and each dose is precisely timed. Sessions are usually about an hour long, and a course of treatment may last several weeks, depending on the condition.

2. Self-Help Color Therapy:

- ❖ Colored body wraps
- ❖ Eating Colored foods
- ❖ Drinking Colored water
- ❖ Color Meditation
- ❖ Color Visualization
- ❖ Color Breathing
- ❖ Colored Oils
- ❖ Colored clothing

Some points to be remember:

- *Self-help color therapy can be practiced every day.*
- *The most suitable place to practice self-help color therapy is quite environment.*
- *The best time to practice self-help color therapy is in morning or evening.*
- *Color therapy can be done in lying down or sitting position.*

A. Colored body wraps:

- The individual is wrapped in a cloth of the necessary Color to treat their ailment.
- Make yourself comfortable by lying down in white undergarments, nightdress or if you prefer, naked, and then cover yourself with the Color of your choice. (If feeling cold place a white towel or cotton blanket over yourself before placing the silk on top).
- Another way of working with silk is to place a white towel/sheet over a cushion or the back of a chair, and place the Colored silk of your choice on top.
- Sit quietly and breath slowly.
- Imagine you are drawing the Color into your body on each 'in' breathe, allowing it to flood your whole being and releasing any tension within the body on the 'out' breathe.
- Continue for 2 - 3 minutes.

B. Eating Colored foods:

- By eating fruits and vegetables of a variety of different Colors, one can get the best all-around health benefits.
- Each different Color fruit and vegetables contains unique health components that are essential to our health.

C. Drinking Colored water/Solarised Water:

- This is a simple and cheap way of applying Color to the body.
- Water is exposed to sunlight in a Colored container for at least an hour (maximum for 6-8 hours) it becomes irradiated and takes on some of the vibrational energy of that particular Color. This is called solarised water.
- Simply drink (solarised water should always be sipped) this water at regular intervals throughout the day.
- The water can be kept in a refrigerator and will last up to 5 days.

D. Color Meditation:

Hold attention to one Color that you are drawn to, and meditate on this Color.

Steps of Color Healing Meditation:

- Sit comfortably with your eyes closed.
- Visualize a large ball of radiant Golden light a few inches over your head. Visualize that ball of light slowly descending through your crown, filling your entire being with golden light.
- Imagine yourself absorbing that light as it nourishes, cleanses and heals your whole being your Spirit and all of your bodies - dissolving all blocked and toxic energies.
- Repeat this exercise, visualizing a ball of Red light. Continue through the entire spectrum like this, visualizing a ball of Orange light; Yellow light; Green light; Blue light; Indigo light; and Violet light. Go through the spectrum at whatever pace feels appropriate.

Benefits of Color meditation:

- Meditation relaxes the body and quietens the mind.
- Cleansing, balancing, and healing at all levels such as spiritual, Mental, Emotional and Physical.
- Develops concentration and visualization abilities.

E. Color Visualization:

- This therapy helps us to direct Color energy to the body using visualization. Colors can be visualized to instil a sense of well being.

F. Color Breathing:

- It is a simplest form of Color meditation and visualization.
- Color breathing exercises can be done in a 'lying down' or 'sitting' position.
- Select the Color that best appeals to you and visualize it entering your body

USE OF COLOR THERAPY IN MOOD DISORDERS

<i>For mania</i>	<i>For depression</i>
<ul style="list-style-type: none"> • <i>Turquoise Colored water at morning, afternoon and evening.</i> • <i>White Colored water once a day.</i> • <i>Yellow Colored water before both meals.</i> • <i>Put sky-blue Colored light on head for 15 minutes daily.</i> • <i>Massage on back side of the head with sky-blue Colored sesame oil.</i> • <i>Light a blue Colored bulb in patient's room.</i> • <i>Dress the patient in blue Colored silk clothes.</i> 	<p><u><i>In severe conditions:</i></u></p> <ul style="list-style-type: none"> • <i>Apple Colored water at morning and at night after meals.</i> • <i>Sky-blue Colored water before lunch.</i> • <i>Yellow Colored water after dinner.</i> <p><u><i>If the condition is not severe:</i></u></p> <ul style="list-style-type: none"> • <i>Blue Coloredwater at morning and evening before meals.</i> • <i>Orange Colored water after lunch and dinner.</i>

PRECAUTIONS

- Always take this therapy under expertise guidance.
- Never use this therapy instead of conventional care for serious problem.
- In case of epilepsy, take care while looking at flashing light.
- Look at an object illuminated by colored light instead of looking directly at light.
- If someone is taking any drug simultaneously, make sure that there is no side effect due to exposure to bright light.

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