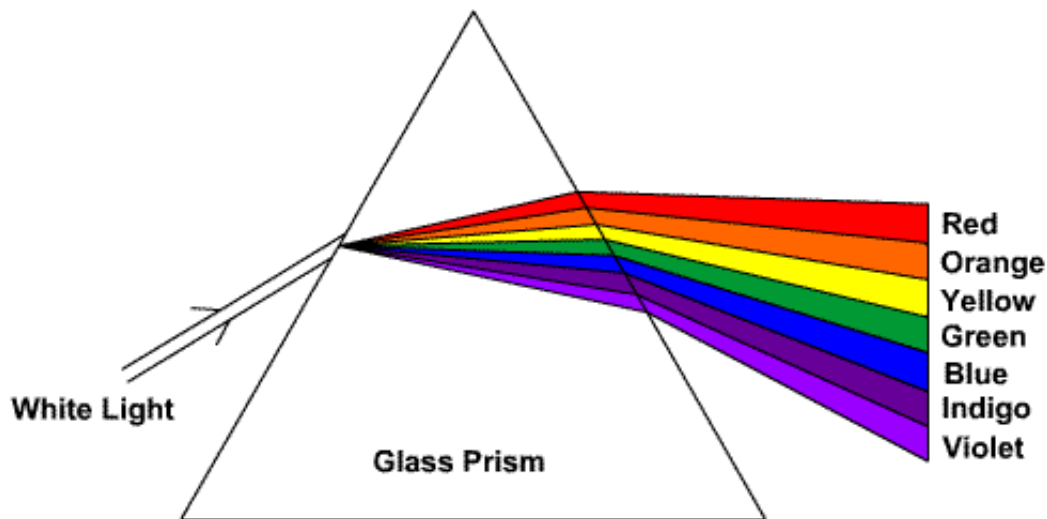


Color Therapy - Chromotherapy

It has been known for eons of time that color plays a major role in setting up a particular mood or state of mind. Color does affect one's feelings, moods, and emotions.

Colors are certain wavelengths of electro-magnetic energy seen through our eyes. The color we see is the part of the visible spectrum that is reflected back by a certain object.



We know that when all colors join the result is white light. Therefore working with White Light brings about completeness, oneness, union of all complementary parts.

How Colors Affect Us

- Color is one of the languages of the soul, just look at inspired or meditative paintings.
- They influence our mood and emotions.
- They have their impact on our sense of well-being or un-easiness.
- Using and avoiding certain colors is a way of self-expression; it sheds light on our personality.
- Colors affect our way of perception (light colors make a space look big, a high ceiling looks less high when painted in a dark color, etc.)
- Colors have a symbolic meaning which is immediately recognized by our subconsciousness. It must be said that not all colors mean the same to all persons and all cultures.
- They influence the flow and amount of energy in our bodies.
- Colors tell something about biological attraction and sexual availability.

Before examining color and its healing implications, we must address a very important concept: that of cause and effect. True healing comes about when the cause of the condition or illness is addressed and transformed. If healing goes no further than a mere relief or masking of the symptoms, then, eventually, that which brought about

the need for healing, in the first place, will resurface and manifest itself within the body in one form or another.

Body is an outward expression of that which is taking place within the mind, the soul (subconscious) , and the spirit (superconscious) of the individual. Thus, any healing technique which deals only with the physical body and the energy field of the individual tends to accomplish one thing: it jump starts the individual, so to speak, and gives him or her an added boost of energy. That energy boost then allows that person's own internal healing mechanism to become mobilized into greater activity.

Keeping this in mind, let us look at how color can help jump-start the tired or diseased body. Color healing, known as Chromotherapy, can be implemented in a number of ways. The ancients built great halls of color healing, where individuals entered and were bathed in light that was filtered through various colored glass panels or windows.

Energy (spiritual) healers often supplement their healing work with color healing. As they lay their hands on the patient, they mentally direct specific color rays into the patient's aura and body. Oftentimes, the color used is inspired by the superconscious.

In healing colors act as balancers: we administer the color(s) someone needs more of, or we give the opposite of the color someone has too much of.

Color Chart

A preference for certain colors can point at two things:

- self-expression (you choose the colors which match your personality; for instance green for a lover of harmony and nature)
- completion (you choose the colors you need more of; for instance an active, passionate person chooses blue colors to cool down his nature).

An aversion against certain colors gives information as well. Possible explanations are given in the chart.

Red

Healing properties: Brings warmth, energy and stimulation, therefore good for energy, fatigue, colds, chilly and passive people. Red energizes heart and blood circulation, it builds up the blood and heightens a low blood pressure. Energizes all organs and the senses hearing, smell, taste, vision and touch. Increases sexual desire and activity. Stimulates ovulation and menstruation. Never treat cancer with red, because this color will stimulate cell growth!

Red links with and stimulates the root chakra, at the base of the spine, causing the adrenal glands to release adrenalin. This results in greater strength. Red causes hemoglobin to multiply, thus increasing energy and raising body temperature. It is excellent for anemia and blood-related

conditions. It loosens, opens up clogs, releases stiffness and constrictions. It is excellent for areas that have become stiffened or constricted.

Esoteric/magickal: Deities of love, passion, sexuality and war (to stimulate a healthy portion of assertiveness). Great energy, courage, will-power, determination, speed, assertiveness, aggression, masculinity, independence, physical strength, sports, competition, conflicts, health, sexual attraction and potency, love and passion, fertility.

Preference for red: Red is associated with passionate love, sex, great energy, impulse, action and stimulation, assertiveness and aggression, courage, strength and power, adventure, danger, warnings, revolt and revolution. Temperamental and ambitious people with a need for personal freedom.

Aversion to red: A person who has an aversion to red may be over-active, too impulsive, hot-tempered, aggressive and egocentric, or have difficulties with people with such characteristics. It can also symbolize deeply hidden fears and rejection of his own assertiveness.

Orange

Healing properties: Orange is warm, cheering, non-constricting. Orange has a freeing action upon the body and mind, relieving repressions. Orange shows new possibilities and other options in life. Stimulates creative thinking and enthusiasm, and helps assimilate new ideas. It is also helpful in dealing with excess sexual expression.

Orange stimulates the lungs, the respiration and the digestion. Increases the activity of the thyroid. Reliefs muscle cramps and spasms. Increases the amount of mother milk.

Finally, orange links very strongly with the sacral chakra.

Esoteric/magickal: Deities of good luck and fortune. Attraction, charm, kindness, encouragement, stimulation, optimism, success, abundance, prosperity, feast and celebration, energy, achieving business-goals, investments, success in legal matters.

Preference for orange: Orange represents the warmth of the fire. It brings even more energy than yellow, celebration and great abundance, comfort, enjoyment of the senses. Warm, sociable, dynamic and independent people who dedicate themselves to whatever they do.

Aversion to orange: A person who has an aversion to orange may have suppressed sexual feelings or other difficulties with sensual enjoyment of life. The attitude can also be over-sensual, indulgent, or too materialistic.

Yellow

Healing properties: Yellow helps strengthen the nerves and the mind. It helps awaken mental inspiration and stimulates higher mentality. Thus, it is an excellent color for nervous or nerve-related conditions or ailments. It also energizes the muscles. Dark yellow soothes pains in the nerves (shooting pains)

Yellow can be used for conditions of the stomach, liver, and intestines. Speeds up the digestion and assimilation, and the stool.

It helps the pores of the skin and aids scarred tissue in healing itself.

Yellow links with and stimulates the solar plexus, or psychic center. It can be used for psychic burnout or other psychic-related conditions or ailments. Activates and cheers up depressed and melancholic people. Gives lust for life.

Esoteric/magical: Elemental air. Deities for trade, travel, knowledge and magick. Life-force, vitality, change, progress, contact, communication, trade, commerce, to persuade with confidence, joy, cheerfulness, learning, knowledge, mental clarity, concentration, memorizing, tests, speaking and writing, traveling, affirmation, visualization.

Preference for yellow: The color of the sun, life-force, vividity, vitality and energy. The color of cheerfulness, curiosity, alternation, flexibility, progress, amusement, contact through traveling and communication, learning and practical knowledge. A feeling for writing and speaking.

Aversion to yellow: A person who has aversion to yellow may be emotionally disappointed and bitter. May have tendency to rationalize feelings, or to avoid the depth of life by often changing relationships, many superficial relationships and/or constant changing activities.

Green

Healing properties: Green is the color of Nature and the earth. It is balance and harmony in essence and possesses a soothing influence upon both mind and body. It is neither relaxing nor astringent in its impact. Green can be used for just about any condition in need of healing.

Green rings psychological and emotional harmony and balance.

Green links with and stimulates the heart chakra. Green affects blood pressure and all conditions of the heart. It has both an energizing effect and a moderating or soothing effect.

It cures hormonal imbalances. Stimulates growth hormone and

rejuvenation. Cleans and purifies from germs, bacteria and rotting material. Harmonizes the digestion, stomach, liver, gall. Has a healing effect on kidneys. Increases immunity. Builds up muscles, bones and tissues. Stimulates inner peace. Strengthens the nervous system.

Esoteric/magickal: Elemental earth (dark green) and elemental water (blue-green). Nature, fertility, growth, rejuvenation, recovering, healing, harvest and abundance, prosperity, harmony, balance, peace, hope, mother earth, home, herbal magick, plants and animals, counteract greed and jealousy.

Preference for green: Green brings peace, rest, hope, comfort and nurturing, calmness and harmony. Interest in nature, plants, fellowmen, children and animals, health and healing, natural and plain life. Longing for a safe home and family-life. A dislike of conflicts.

Aversion to green: A person who has an aversion to green may be more interested in independence and self-development than in a warm family-life. May prefer to keep a certain distance in (sexual) relationships.

Blue

Healing properties: Blue is cooling, electric, astringent. Dr. Edwin Babbitt, in his classic, "The Principles of Light and Color," states that "The Blue Ray is one of the greatest antiseptics in the world."

Cools down inflammations (don't forget rheumatic inflammations), fever, high blood pressure, stops bleedings, reliefs the bursting headaches, calms strong emotions like anger, aggression or hysteria. Brings tranquility. Anti-itching. Anti-irritation (for instance redness of the skin), anti-stress. Soothes suffering.

Blue can be used for any type of ailments associated with speech, communication, or the throat. Excellent for laryngitis or inflammation of the larynx.

Blue links with and stimulates the throat chakra. The throat chakra is often referenced as the "power center" and "the greatest center in the body" because it is the primary center of expression and communication, through speech.

Esoteric/magickal: Elemental water and elemental air. Deities of the sea, truth and wisdom. Peace and tranquility, calmness, truth, wisdom, justice, counsel, guidance, understanding, patience, loyalty and honor, sincerity, devotion, healing, femininity, prophetic dreams, protection during sleep, astral projection.

Preference for blue: Cool and soothing, dreamy and magical. Peace and rest. For people who keep a certain distance, but give calm and practical help; they are faithful and loyal, have a sense for order, logic and rational

thinking. Flying in day-dreaming, ideals or nostalgia when felt misunderstood. Dark blue is more severe and can be melancholic. Blue is also the color of truth.

Aversion to blue: A person who has an aversion to blue, may be very disciplined, strong career worker, with an aversion of commentary or restriction. He may have charted out a clear direction for his life and wants to follow that lacelike .

Indigo

Healing properties: Indigo is a great purifier of the bloodstream and also benefits mental problems. It is a freeing and purifying agent.

Indigo combines the deep blue of devotion with a trace of stabilizing and objective red. Indigo is cool, electric, and astringent.

Indigo links with and stimulates the brow chakra (third eye) and controls the pineal gland. It governs both physical and spiritual perception. It can be of great assistance in dealing with ailments of the eyes and ears.

Violet / Purple


Healing properties: These are colors of transformation. They heal melancholy, hysteria, delusions and alcohol addiction and bring spiritual insights and renewal. These colors slow down an over-active heart; stimulate the spleen and the white blood cells (immunity). Bring sleep. Soothe mental and emotional stress. Decrease sexual activity. Decrease sensitivity to pain. They help in detoxification.

Leonardo da Vinci proclaimed that you can increase the power of meditation ten-fold by meditating under the gentle rays of Violet, as found in Church windows.

Esoteric/magickal: Elemental spirit. Divination and prophecy. Angels. Psychic abilities, divination, counter-acting negativity/black magick, reversing curses, psychic healing, psychic power, inspiration, meditation, spirituality, spiritual power, astral projection, third eye, compassion, counter-acting depression.

Preference for violet/purple: Colors for meditation, contemplation, mysticism, spirituality and religion power. A longing to ascend and dissolve polarities (purple consists of the active red and passive blue), to improve the world. Reservation, mystery and dignity. Soft, sensitive people with often paranormal abilities.

Aversion to violet / purple: A person who has an aversion for violet / purple may have very serious attitude towards life; and may find it difficult



to give dreams, fantasies, vague fears or memories a place in it. May have tendency to rejection everything he regards as unnatural or unrealistic.

White

Healing properties: White is the perfect color; for it is all colors, in perfect balance and harmony. It is the color of the awakened Spirit; the light of perfection; the light of the Cosmic Consciousness, the Divine Light.


Just about everyone has heard of surrounding people with the "White Light of Healing and Protection." White light raises the vibration of one's consciousness and the body, bringing harmony in all aspects of one's life. Directing white into to a part of the body that needs healing is one of the fastest ways to bring about healing.

Esoteric/magickal: Purification and cleaning on all levels, contact with higher self and spiritual helpers, (inner) peace, aura-healing, truth seeking, consecration, spiritual enlightenment, protection against negativity by raising your vibration, breaking curses, exorcism, meditation, divination, inspiration, clairvoyance, invoking spirits White can be a replacement for any other color your magick requires.

Preference for white: White points at innocence, purity, virginity, cleanliness, freshness, simplicity, nothingness, oneness and completion, truth. In certain cultures white is the color of death and mourning.

Aversion to white: A person who has an aversion to white color is foremost or solely interested in 'realistic' and tangible things, not in illusions or things that are beyond seeing or understanding. Knows and accepts the own imperfection and does not wish to achieve perfection.

Magenta



Healing properties: Strengthens contact with your life purpose. Stimulates adrenaline and heart activity.

Esoteric/magickal: Scorpio-energy. Magnetism, to attract or speed up things, extra power, when immediate action and great spiritual power are needed, life purpose, life path.

Preference for magenta: Much energy and activity focused on achieving power and self-realization. Strong but controlled passions and emotions. Daring, ready to fight, willing to give everything for a goal. Can drive things too far and have fixed ideas.

Aversion to magenta: A person who has an aversion to magenta may feel overwhelmed by people with strong convictions or heavy emotions like jealousy; also may have difficulties with exposing deep emotions.



Pink

Healing properties: Heals grief and sadness. Restores youthfulness. Brings you in contact with your feelings.

Esoteric/magickal: Softness and tenderness, romance, caring, nurturing, for children, youth, peace, friendship, femininity, emotional love, emotional healing.

Preference for pink: Regarded as a feminine color. Pink symbolizes softness, sweetness, innocence, youthfulness and tenderness. Soft and kind people.

Aversion to pink: A person who has an aversion to pink may have a challenge with expressing soft, tender, female side.



Turquoise

Healing properties: Increases intuition and sensitivity. Works disinfecting and antiseptic. Tones the general system. Builds the skin. Relaxes sensations of stress.

Esoteric/magickal: Alterations, intellectual and intuitive insights, technique, inventions, originality, renewal, brotherhood, humanism.

Preference for turquoise: Just like the wide turquoise sea you don't want to feel restricted and you don't immediately bring to the surface what goes on in you; emotions can remain hidden. A color for non-triviality, renewal, innovation and inventions, progressive technics, alternative ways of living together, humanity.

Aversion to turquoise: A person who has an aversion to turquoise may be looking for solidity and security in society, especially in marriage. Also, may be reluctant to think originally or to walk new paths.



Brown

Esoteric/magickal: Elemental earth. The planet-spirit Saturn. Stability, grounding, conservation, protection of household, family and pets, healing animals, finding lost objects, material constructions (buildings etc.), material increase, to make relationships solid, to increase decisiveness and concentration, attracting help in financial crisis.

Preference for brown: An earthly color for practical people with a preference for natural, tribal and primitive things, solidity and simplicity. Brown can be warm and cosy but also depressing. Family-life persons,



stable people, loyal friends.

Aversion to brown: A person who has an aversion to brown may feel an aversion against normal, boring, trivial life; may not feel connected with his roots (home-land, family, etc); may experience instability in health and attitude.



Grey

Esoteric/magickal: Neutralizing negative influences, erasing or cancelling situations, causing stalemates

Preference for grey: Very neutral and indifferent, non-expressive. It can be deliberate, but also lifeless, fixed, depressed and apathic. Reserved, cool people; unwilling to expose themselves or to have obligations. Grey can be refined and tactful.

Aversion to grey: A person who has an aversion to grey may prefer to be straight to the point, no time for political and tactical attitudes. Demands clarity, a knowing where one stands.



Black

Esoteric/magickal: Elemental earth. Deities of the underworld. Repel/banish evil and negativity, protection, banishing, binding, breaking free from bad habits/addictions, deep meditation, opens up deep unconscious levels.


Preference for black: Symbolizes seriousness, darkness, depression, death, mourning, mystery, secrecy, occultism, a standing apart from or revolting against triviality, provocation, underground, underworld, things that have to remain hidden, nothingness as the great source of all creation, the need to keep your energy with you. Black is a color for extremes, everything and nothing. People who foremost trust themselves.

Aversion to black: A person who has an aversion to black may have fear for the unknown, or fear for the abuse of power. Desires to become free from all kinds of dependency, blockages, hindrances; to throw off shackles.



Gold

Esoteric/magickal: Absolute authority, (self)confidence, creativity, perfection, solar energies, male energy, financial riches, investments, luxury, winning, worldly power, magickal power, overcoming bad habits/addictions.





Silver

Esoteric/magickal: Female energy, cycles, rebirth, reincarnation, healing of hormonal imbalances, emotional stability, remove or neutralize negativity, intuition, dreams, psychic abilities and psychic workings.



Copper/Bronze

Esoteric/magickal: Love and passion, for positive relationships in love, friendship and business, career promotions, negotiations.

The point to remember concerning color therapy -is that complete healing generally comes about through some type of internal transformation. Heal the mind and the body will, surely, follow suit.

Recommended Books About Color Therapy

Light Years Ahead : The Illustrated Guide to Full Spectrum and Colored Light in Mindbody Healing

by Brian Brailing

This is an eye opening book. In this book clinicians illustrate the important role of light in the emerging fields of mind-body healing and subtle energy medicine. Working with light is a life-altering experience. You use the light until you see the light, and when you see the light you have the opportunity to become that light.

Advanced Pranic Healing : A Practical Manual for Color Pranic Healing

by Choa Kok Sui

This is a textbook filled with techniques and methods for using ch'i and color prana to produce very rapid healing. Master Choa explains his use of the eleven basic chakras, color prana, and preventive healing techniques. He provides information about advanced pranic treatments, including specific treatments for various ailments.

Principles of Esoteric Healing

by Dion Fortune

The text combines a logical metaphysical structure with specific intuitive exercises that help to make spiritual healing a less random and unconscious process. In these pages you will discover how to employ intuitive and clairvoyant techniques as an aid to diagnosis and healing.