

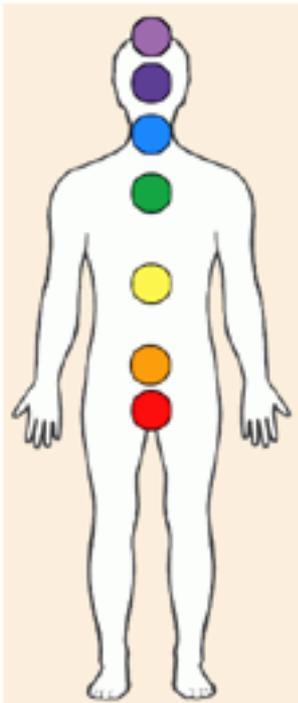
Colour Therapy

As we know colour is part of the electromagnetic spectrum and is therefore a form of cosmic or solar energy. Humans can only 'see' a very small part of the whole spectrum that includes infrared, radio, UV and X Rays. Bees can see in the ultra violet part of the spectrum and therefore see flowers quite differently to us.

In alternative or complimentary medicine chromatherapy (colour therapy) is widely used. It is also widely criticized by 'normal' modern medicine as being nonsense. Why is it then that hospitals, doctors and dentists spend so much time and money on architects and interior designers to create 'warm, safe, calm, welcoming' interior spaces? Why is so much money spent on an interior designer who recommends green, blue and violet for calming spaces and red, orange and yellow for more stimulating or 'happier' spaces?

Chromatherapists believe that the colours in the visible spectrum have an effect upon our cycles and functions of our own energy systems. They also believe that our mind, body and spirit register and conduct the colour energy through the seven primary chakras ('wheels of life'), invisible energy centres in our bodies, each one absorbing a different colour.

Colour	Related Chakra
Violet	 Crown
Indigo	 Brow
Blue	 Throat
Green	 Heart
Yellow	 Solar Plexus
Orange	 Sacral
Red	 Base



Colour therapy is not a new age science. The Egyptians are thought to have used colour healing and the Persian polymath Avicenna (980 – 1037) discussed chromatherapy in his book *The Canon of Medicine* and thought that colour was an observable symptom of disease. He believed that colour was related to the temperature and physical condition of the body and that red moved the blood, blue or white cooled it and yellow reduced inflammation

and muscular pain. Maybe that explains why sportsmen are always treated on the pitch with a ‘magic’ yellow sponge?

As far back as 1876 an American General, Augustus Pleasanton, wrote that blue improved crop growth and could help heal human diseases. This is indeed the case - the colour that has the highest influence on photosynthesis is blue, which is why many plant growers use blue lights to grow indoor plants. Red light is next best for photosynthesis and yellow light creates the lowest amount of light absorption. This is because the four main photosynthetic pigments found in the chloroplast of the plant (chlorophyll a, chlorophyll b, xanthophylls, and carotenes) absorb different wavelengths of light and utilize the light energy in photosynthesis.

Colour therapy can help to re-balance the chakra ‘wheels’ by applying the appropriate colour to the body and therefore re-balance them. Colour therapy is administered in several ways. In many treatments coloured lights are shone on the body or coloured silks are worn. Other practitioners use different coloured liquids in bottles, naturally coloured crystals or small torches with coloured beams that are pointed at the relevant acupressure points.

Colour	Means	Use for:	Too much!
RED	energy, vitality, power, vital, passionate, courageous, aggressive, impulsive	Known to escalate the body's metabolism with vibrance and passion, overcome depression	Increases anxiety, agitation, stress
ORANGE	joy, wisdom	Has a gentle warming effect, increases immunity, potency	Increases anxiety
YELLOW	intellect, cheering, warm, caution, innovative	Helps mental stimulation, Clears a foggy head	Causes exhaustion, too much mental activity
GREEN	Inexperienced, wealthy, jealous, moderate, balanced, traditional	Good for tired nerves, will balance emotions, refreshes the spirit, encourages us to feel compassion	Creates negative energy
BLUE	calming, cooling, harmony, loyal, sincere, responsible	Soothes the mind	Depressing and sorrowful
INDIGO	truth, healing, intuition	Allows a clearer path for the conscious to the spiritual self	Headache and depression
PURPLE	serenity, faith	Good for mental and nervous problems	Negative thoughts
LAVENDER	equilibrium, awakening	Helps with spiritual healing	Tired and disoriented
WHITE	purity, innocent, optimistic	Purify mind on the highest levels	-
SILVER	peace, persistence	Removes diseases	-
GOLD	strength	Strengthens the body and spirit	Too strong for many people
BLACK	silence, elegant, powerful	Silence and peace	Aloof, intimidating
GREY	stability	Inspires creativity and symbolises success	-

Whatever you believe it is certainly true that we choose certain colours in our homes, clothes and art and react to colours differently. If only I knew which colour combination sends out a “buy me now” signal!