

Chromotherapy - Healing by Color

Sara Tarkovsky

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Chromotherapy is a form of healing based on the principle that all illness is manifested in a disturbed energy field (giving off light), and by the proper application of color to this energy field, a correction can be achieved, and with that correction comes healing.

Experienced and well trained chromotherapists use both color and light to balance the energy fields, and claim to effect a reversal of negative reactions manifesting in our composite physical, mental, and spiritual make up.

Although not yet proven by the modern scientific method, the chromotherapists believe that their methods are indeed scientific, and instruments to verify the results are not yet manifest. Furthermore, chromotherapists adhere to the belief that colors do indeed bring about identifiable emotional reactions in people.

The treatment in chromotherapy is in the application of color and light to specific areas on the body. The therapists believe that colors have both positive and negative effects on the body's energy fields; with some specific colors in specified doses can effect the actual healing.

The therapists use a whole range of color carriers and emitters such as gemstones, fabrics, prisms, light wands, and colored water in baths.

Here is a quick and easy guide, based on chromotherapists guidelines, as to the meaning of specific colors and their role in healing:

Red

Red is the color of life, associated with the sun and of fire. Red increases the heart beat (pulse), raises blood pressure and the rate of breathing. Red would be used to assist all circulatory functions and is used with confidence to fight anemia, asthma, diseases of the throat, chronic coughs, and other related illnesses. A person who emits an excess of red could be very dominating, cruel, perpetually angry and anxious.

Orange

Orange is the color representing both empathy and sympathy. Chromotherapists claim remarkable results in the use of orange to treat mental illnesses of depression and pessimism. Orange is also used for the treatment of cardiovascular diseases, appetite loss, and other diseases of the circulatory and digestive systems. A person emitting an excess of orange is often confused, tired and pessimistic.

Yellow

Yellow represents the sun. As the brightest of the colors that are commonly used in color therapy, it reflects light in all directions, and gives the feelings of detachment and liberation. Yellow cancels out feelings of heaviness or oppression. Yellow is also employed to treat diseases of the glands or the lymphatic system. It strengthens the nervous and immune systems. A person emitting an excess of yellow is often confused and is both malicious and devious.

Green

As green gives off a gentle harmonizing effect, it is the color associated with calm and peaceful feelings. Green therefore is the color associated with concentration. Green is used in the treatment of bronchitis, all manners of cough, arthritis, rheumatism, and edema. It is also believed that green has a positive influence on the treatments of all manners of cysts, diseases of the eye, and diabetes. Green further is said to promote the glandular processes, promote relaxation of the organs and stimulate general detoxification of the body. A person emitting an excess of green is lethargic, insecure and jealous.

Blue

Blue is universally the color of both peace and the unknown. Blue is said to have the power of putting our bodies and mind in a state of peace and rest. Thus blue is used for relieving headaches, stomach aches and muscle cramps. Blue is also used to treat the liver. Generally, blue is used against any form of pain. A person emitting an excess of blue is usually doubtful, distrustful, anxious and melancholic.

Indigo

Indigo has a cooling color effect that assists in one's intuitive powers. Indigo is effective in the ailments of the ear, nose, throat, and mind. Due to its calming and cooling effect, indigo is effective in cases of addiction. It is also said to help stop bleeding and to help open wounds close. A person emitting an excess of indigo is often violent, irrational and a slave to his or her habits.

Violet

Violet is universally considered the spiritual color, and thus the color associated with meditation. Violet is used as an aid in acupuncture. Violet is further employed in the treatment of the lymphatic system and spleen. As violet also has a generally calming effect, it is used when a person is overly distraught and high-strung. A person emitting an excess of violet is often fanatical.

The fact that color is light, the essence of life and we see and react to it before anything else, is the basis of chromotherapy. It is a fascinating subject which will be the continually debated and researched in the alternative health community.

About the author:

Sara Tarkovsky earned a degree in psychology and specializes in financial and health writing. She has written in excess of 1,000 articles and provided content for over 100 websites