



ETERNAL SPRINGS

w e l l n e s s

Color Therapy

What is Color?

Color is light split into different wavelengths, vibrating at different speeds and frequencies. These wavelengths of energy are visible to us as Colors. This is because an object can either absorb or reflect the wave of energy. An object that absorbs all wavelengths and doesn't reflect any is black. White objects reflect all the Colors. An apple is red because it absorbs all the Colors except red. Sir Isaac Newton discovered the Colors of light through the prism. We can also see the seven Colors in a raindrop, rainbow and a snowflake.

Visible light is made of Colors and the Sun has them all. In the winter the sun is further away from us, so we get less of the orange and yellow rays and more of the blue. That is why a lot of people end up with certain seasonal disorders. It is beneficial to bring in more yellow and orange Colors during the fall and winter months. *We know that the trees and foliage assist in this natural process of balancing by producing orange and yellow during this time.*

Is There Really A Science To Color?

Color enters the eyes and stimulates the pituitary and pineal glands, which release substances that affect the endocrine system, glands and various body parts. If the pituitary and pineal glands do not get a balance of every Color, the hormone production can be inhibited or accelerated. In order to be healthy we require the energy from the full Color spectrum. The best way to get all the Color energies is from the sun. *When we are out of balance in one or more areas, we can bring certain Colors into our bodies, our personal space and our environment to bring us into greater well being.*

Color healing goes back over 5000 years. From the ancient Egyptians, Chinese, Native American, Aboriginal & Tibetans to present day healers and practitioners, all have used Color to help balance and harmonize people. Color therapy is the use of Color to treat physical, emotional, mental and spiritual imbalances. The effects of Color therapy are non-invasive and can occur at a deep cellular level. We absorb Color in many simple ways.

What Methods Can Be Used For Color Experiences?

Color Baths™ - Relax in the bathtub, have a foot bath during your shower or soak your hands and/or feet in Color.

Essential Oils - Can be used in diffusers, in a bath, body misters, room sprays or applied diluted on your skin. **Gemstones** - Will radiate energy to you. Put them in your bath, in your pocket or purse, on your desk or hold them when you meditate.

Food, Herbs and Drink - Eat a rainbow selection of foods. And you will find yourself eating better and feeling better. Drink cranberry, tomato or beet juice to kick starts your day with some red vitality. Drink grapefruit or lemon juice to stimulate the digestive system with yellow energy. Herbs such as St

John Wort (an orange energy) for depression and chamomile (a blue energy) to calm and heal are great examples of effective Color heals.

Breathing, visualizing Colors, music, dance and sound are other ways to get Color.

Clothing - Pick your clothing Colors according to what you want to experience that day. Socks and underwear are a great way of wearing Colors you avoid because of dislike or due to fashion constraints.

Home or Work Surroundings - Be aware of what you want to create, calm and relaxing or stimulating.

Solarized water - Find Colored glasses or use Colored filters in front of your glass and put in the sun to energize the water with whichever Color energy you want to bring in.

Sunlight - Has all the Colors! Enjoy the sun everyday, even when it's cloudy you will still get the benefits.

Exploring Colors and Chakras

RED - *Root Chakra* - is connected to our physical being and doing. Some of its qualities are motivation, passion and strength. Red helps to give us vitality, courage, inner strength, self-confidence and encourages us to achieve our goals. It gives us the power and inner strength to pursue our dreams. Use red if you are tired, cold, and anemic or have lower backache. Also eases rheumatism and arthritis and stimulates circulation.

ORANGE - *Spleen Chakra* - is connected to our emotional and feeling self. Some of its qualities are joy, happiness and being sociable. Orange helps with depression and releasing anxieties. Orange increases the intake of oxygen and heals and stimulates the lungs - ideal after an operation as an increase in oxygen intake helps you heal more quickly. Use orange for allergies, yeast infections, hiccups, removing gas from the digestive tract, menstrual cramps, and problems with the spleen.

YELLOW - *Solar Plexus Chakra* - is connected to our mental and thinking self. Some of its qualities are optimism, intelligence and being mentally creative. Yellow helps with memory, mental fatigue, nervousness and clarity. Use yellow for digestive and liver problems, diabetes, weight problems (both kinds) and parasites.

GREEN - *Heart Chakra* - is connected to our loving self. Some of its qualities are harmony, kindness, sensitivity, emotional balancing, unconditional love, understanding and growth. Use green to calm down and bring peace in. Works on the heart, lungs, and thymus gland, immune system and blood circulation. Helps to relax muscles, nerves, thoughts and aids in prosperity.

BLUE - *Throat Chakra* - is connected to our expressive self. Some of its qualities are honesty, politeness, and creative self-expression and will, detail planning and organizing. Use blue to soothe tired nerves, Insomnia and hyperactivity. It helps with communication, holistic thoughts, stability, fevers and menstrual issues. Blue aids in mental relaxation, giving you peace of mind.

INDIGO - *Brow Chakra* - is connected to our universal seeing self. This Chakra is also referred to as the Third Eye Chakra. Some of the qualities are wisdom, truth seeking and intuition. Indigo is related to the pineal gland, inner vision and the imagination. It is used to heal the etheric body/aura. It helps with hearing and sleeping disorders and can be used to increase dream activity or for remembering dreams. Indigo purifies the blood system and calms nerves and lymphatic system. Relieves pain & skin problems.

VIOLET - *Crown Chakra* - is connected to our knowing and spiritual self. Some of the qualities are inspiration, charisma, being able to see the beauty in life, pure thoughts and feelings. Increases artistic and creative abilities - Da Vinci & Einstein used the violet energy for inspiration. It is used to stimulate the endocrine system, lymphatic and central nervous system. It also helps kill bacteria and heal skin rashes.

Color Exercises

To show people how Colors affects them, have them feel/smell/hear the Colors. Start with the Red energy by playing the red song on the Color Energy CD - Through the Rainbow, hand out red gemstones and red aromatherapy oils (like Ylang Ylang, Juniper, etc.). Ask the group to sense how they feel physically, mentality, emotionally and spiritually. After you have worked through the Red energy does a calming Color like blue or violet and again use products that correlate to that energy. Ask them to feel the different powers of the two opposite Colors.

Aromatherapy Exercise

Essential oils are a combination of aroma and Color. There are about 300 kinds of essential oils. Most people use between 5 -15 types. The use of Colorful and aromatic healing plants and herbs has been used

Since ancient times for healing, relaxing, killing germs, meditation and spiritual practices.

Vibration healing systems, of which Color and aroma are a part, introduce harmonious vibrations into the system so that balance and the flow of light energy can be restored. Essential oils can be categorized in a variety of ways: Color, odor, and base, middle or top notes, to name a few.

Red oils are considered base notes - healing and harmonizing the root and spleen chakras, respectively. Oils such as Ylang Ylang and Sandalwood are red energies. Orange, Bergamot and Melissa are the orange vibration and they are top notes. As you pass around these oils ask the group if they can smell the energy of Red being sensual or grounding versus the Orange oils being an uplifting, happy energy.

Yellow and Green are classified as middle notes - healing to the solar plexus and heart chakras. Here you pass around yellow and green oils, asking your group if they notice the yellow oils of Rosemary and Lemon being mentally stimulating and the green oils of Eucalyptus or Pine giving a balancing harmonic feeling.

Blue, Indigo and Violet are top notes - healing to the throat, eye and crown chakras. Go through the oils of chamomile (relaxing), Patchouli (meditative) and finally Lavender (calming) and find get the groups feedback.

Every essential oil has 1, 2 or 3 Color signatures according to the area the oil is extracted from. Sometimes the area the oil is extracted from helps to determine what Color and chakra it is connected to. Bark and roots are the red energy with scents that are earthier and heavier; stems and

leaves are the middle notes and chakras and the fragrance takes time to emerge; and leaves and flowers are the top 3 chakras and top notes very light due to fast evaporation. There are exceptions like rose and jasmine oils, which are from the flowers and are very rich smelling, base notes.

Visualization Exercise

Close your eyes and see with your mind a beautiful rose. Imagine it opened and soft, - see it, feel it and / or smell it. Can you feel it in different areas of your body? What feeling does it give you? You can use your senses to learn how color and scents affect you. Often we are so busy in life, we aren't aware of how things affect us. We might remember how we slept poorly, but not take into account what we did to over stimulate us. For instance a cup of cinnamon tea (which is a red energy), sleeping in a red pajama, watching a scary movie (which gets your adrenaline going) or listening to energizing red music just before bedtime will affect your sleep and energy level the next day. Another example is trying to get work done while being surrounded by green walls, clothes and music and feeling unmotivated.

There are many shades of each Color which blend into the next Color. When we look at a rainbow we see how the Colors flow into each other. Sometimes we will experience more of the red in orange and sometimes more of the yellow in it. Similarly with the scents, they can be more than one Color and at different times you will experience them differently. For example, the most versatile essential oil - lavender - can calm you down or energize you according to how you feel and how much you use. Color is one of the easiest tools we have to help us with health, harmony and balance. The more often we use Color with awareness the more often we can more fully experience what we want to experience in life.

Breathing Exercise

Breath is our life force! Most people forget to breathe deeply and fully. When we breathe in air it also contains light, Color, sound, aroma and electro-magnetic energy. We breathe in the Color vibration of The people, places and objects around us. It is helpful to visualize yourself breathing in the Colours you want and breathing out the Colours (from pollution, other people's smoking or depression) that you don't want.

Direct your Colour breathe in to any part of your body. The more intentionally you breathe Colour into yourself and your environment the more you will experience the benefits. Say affirmations such as "I breath in the joys of life with orange," "I breath in relaxation and calmness with blue" or "I breath in passion for life with red." Imagine the red energy building in your root chakra and then drawing it up into your throat chakra for expressing your passion for life. Add aromatherapy and you increase the vibration even more.

Color Questionnaire

WHICH COLORS DO YOU RESONATE WITH & IN WHICH PRIORITY?

Below there are seven questions. Each is matched to a different Colour energy. The purpose of this questionnaire is to help you become aware of where you are focusing your energies. Imbalances exist because we sometimes put more emphasis on what we consider the most important, neglecting areas which we consider to be of lessor value. You may find it more beneficial for you to focus on the areas you have ignored.

Answer these questions below by assigning a numerical value from 1 to 7 for each, with 1 being the most important to you and 7 being the least.

A) YOUR PHYSICAL SELF: _____

Your physical challenges and goals. Your body & sexual energy. Sensory awareness- what you see, touch, smell, taste and hear.

B) YOUR RELATIONSHIPS: _____

Your need to interact with people, socializing and meeting new people. Needing to have successful relationships.

C) USING YOUR INTELLECT: _____

Needing to be challenged by mental studies and work. Your commitment to co-operation.

D) FINANCIAL SITUATION: _____

Wanting or needing financial security in your life and family. Enjoyment in making others feel happy and secure. Your love of hearth and home.

E) PEACE AND ORDER: _____

Ability to organize and plan. To see the big picture and plan accordingly. Your appreciation for beauty in your environment.

F) UNDERSTANDING NEW THINGS: _____

Your belief in your own inner strength and power to guide you through your challenges. Envisioning your future. Your confidence and ability to handle new situations.

G) CREATIVITY: _____

Your ability to express yourself creatively and to generate ideas and express them effectively, i.e: music, art or other creative pursuits. Your ability to be inspired by a higher power, and to be spiritually motivated.

A - Red, B - Orange, C - Yellow, D - Green, E - Blue, F - Indigo, G - Violet

After you have answered the questions, check to see which are your lowest Colour priorities and refer to these Colors in the Color Energy book, booklets or reference charts. You will find that you can benefit from developing qualities of the Colors that are your lowest priority.

Thank you for helping to make a more Colorful world!