Color in Healing and Chakra

Photons enter the retina where they are transformed into electrical impulses.

These impulses reach the brain through electrochemical reactions in the nerve cells.

The brain then transfers these reactions into the picture that we see projected outside of our bodies.

The process of seeing and recognizing a color occurs within ourselves and is projected outwards.

PERCEPTION is a reality, in the sense that it's something we have to DEAL with. But Perception isn't reality itself. In fact, perception is often demonstrably false.

Go to this link for more science

http://www.downloads.imune.net/medicalbooks/IJMSHNEM%202017%20Life%20is%20Photonic.pdf
Chromo- (Color) therapy

Chromotherapy or color therapy is based on the premise that colors and light can be used to correct physical ailments. Depending on the location and nature of the ailment a specific color may ease it.

One of the first scientists to consider the effect of colors was August Pleasonton. In 1876 he published ‘The Influence of the Blue Ray of Sunlight and of the Blue Color of the Sky’ in which he studied how blue can stimulate the growth of plants and cattle. He also mentioned that this color can help make the human body better. This book introduced chromotherapy into modern medicine.

Color therapy should not be confused with light therapy. In light therapy a person is exposed to a bright white light over a certain time. Light therapy is often used to treat skin diseases (more specifically psoriasis), sleep disorders and certain psychic problems.

Colors and their meaning

Studies have shown that people are able to distinguish approximately 10 million colors. These colors can be broken down into three primary colors: yellow, red and blue. Usually in chromotherapy, the secondary colors are added, more specifically orange, purple and green. Each of these colors has a certain meaning:
Red – The libido booster

Red is a warm color linked to the kidneys, backbone and sense of smell. This color gives more energy and is ideal for people who are often over-tired. Active people can use red light therapy to combat muscle and joint stiffness. And finally it also boosts sexual desires.

Orange – The creativity source

Does your job demand a lot of creativity? Then orange can help. Orange stimulates the creative thought process and helps you come up with new ideas. This color is linked to breathing. Breastfeeding women could benefit from orange light because it stimulates the production of breast milk.

Yellow – The depression killer

People with a difficult digestion can treat this with yellow light. This color is associated with the stomach, liver and intestines. People with a depression could also benefit from yellow color therapy.

Green – The strength provider

Green is the color of nature. Green light therapy stimulates the creation of growth hormones and strengthens muscles, bones and other tissues. It can also boost your body’s immune system.

Blue – The bringer of peace

Blue is the counterpart of red. It can be used to lower high blood pressure or calm people down. Blue light can also help in the treatment of migraine. Your throat, ears and mouth are linked to this color.
Color in Healing and Chakra

Blue light helps lowering blood pressure
Source: Begoodesign.net

Indigo – The bringer of intellect

Blue is the counterpart of red. It can be used to lower high blood pressure or calm people down. Blue light can also help in the treatment of migraine. Your throat, ears and mouth are linked to this color.

Violet Purple – The Nightcap

Purple light can help you fall asleep. It also reduces emotional and mental stress. The nervous system and eyes are linked with this secondary color. Contrary to red light, purple light decreases sexual desires.
Color in Healing and Chakra
Color in Healing and Chakra

Your memories are unreal. All perception is UNREAL.

The past has no reality other than a emotionally charged imagination clouded and or exaggerated by desires and fears. It is simple to reshape a memory and change the past to release Turmoil.

- Unreal memories feel like real memories.
- Neither the sincerity nor the longevity of a memory signifies that it is real. The most confident and consistent eyewitnesses are often not the most accurate.

Objects in the Rear-View Mirror may appear closer than they are.

Last Night
I was sweet to him and he screamed at me. I guess I deserved it.

I was so nice then she started bitching at me for no reason. I deserve better.

SEE THEMSELVES IN THE MIRROR

Do Not Obsess on the Past

Objects in the rear-view mirror are closer than they appear.
Color in Healing and Chakra

CHANGE YOUR MIND
BY CHANGING YOUR PERCEPTION
Each of your seven chakras has a corresponding color that follows the colors of the rainbow: red, orange, yellow, green, blue, indigo, and violet (or white).

This is the most widely accepted color system for your chakras.

In my experience, the colors are not stable and permanent as you would see colors in a picture.

The colors are fluid, constantly changing just as your emotions change. The colors seen in your chakras can be muddy, faded with very little color present, or even too saturated - too bright.

The color of a chakra indicates your current physical, emotional, and spiritual state.

We all recognize the connection between color and emotion. It is reflected in our language and there is even a branch of psychology, called "color psychology", that deals specifically with color and its emotional impact.

There is much you can learn about yourself by learning about color.

Color provides you with a mirror of your emotions. What is your favourite color? Do you wear certain colors of the spectrum more often? Do you avoid certain colors? What do you feel in your body when you see red color? Or blue color?

Color is a universal language - it is simple and yet very profound.

Before we delve into exploration of color psychology and the meaning of chakra colors, let's explore the science of color.

What is color?

The visible light spectrum is part of the electromagnetic spectrum and its wavelengths range approximately from 380 - 740 nm.
Color is a wave travelling through space. Depending on the wavelength, the space between the peaks - measured in nanometers nm, our eyes register different colors.

**chakra colors frequencies**

Sine Wave - is the measurement of energy, used to depict frequency, vibration, and waves. It is a waveform, a single frequency repeated indefinitely in time.

The Visible Light Spectrum

<table>
<thead>
<tr>
<th>Color</th>
<th>Wavelength nm</th>
<th>Frequency THz</th>
</tr>
</thead>
<tbody>
<tr>
<td>Red</td>
<td>625 - 740</td>
<td>400 - 484</td>
</tr>
<tr>
<td>Orange</td>
<td>590 - 625</td>
<td>484 - 508</td>
</tr>
<tr>
<td>Yellow</td>
<td>565 - 590</td>
<td>508 - 526</td>
</tr>
<tr>
<td>Green</td>
<td>520 - 565</td>
<td>526 - 606</td>
</tr>
<tr>
<td>Blue</td>
<td>500 - 520</td>
<td>606 - 670</td>
</tr>
<tr>
<td>Indigo</td>
<td>435 - 500</td>
<td>670 - 700</td>
</tr>
<tr>
<td>Violet</td>
<td>380 - 435</td>
<td>700 - 789</td>
</tr>
</tbody>
</table>

How does this relate to your seven chakras?

Each of your chakras is vibrating at a particular frequency and responds to different vibrations (or wavelengths) of light.
As you may have already guessed, the root chakra is vibrating at a frequency within the 400-484 THz range, the sacral chakra within the 484-508 THz range, solar plexus chakra within the 508-586 THz range, etc.

Within these frequencies and wavelengths, each color contains information on several different levels: physical, mental, emotional, and spiritual. This information can be used in chakra balancing and chakra healing.

There is no single color that has more value than the other. The color is simply what it is - an aspect of the visible light spectrum with its particular frequency.

Explore colors of your chakras and learn about the gifts and challenges for each chakra:

**Root Chakra Color**

The first of the seven energy centers, Muladhara is also the most dense of them all. The main color of this chakra is red which is also the most dense color of all. Learn about the meaning of red and discover the less known second color found at the centre of muladhara.

**Sacral Chakra Color**

Orange is the color of your second chakra, which is located bellow the navel. The main energy of this color is creativity and feelings. Explore the color of your sacral chakra in depth and discover the gifts and challenges of orange color.

**Solar Plexus Chakra Color**

Yellow. The centre of our being - the color of sunshine and the color of the third energy centre - the solar plexus chakra. The main energy of yellow is intellect. Do you like yellow color? Discover what yellow means and how it manifests in your subtle body, at the solar plexus chakra.

**Heart Chakra Color**

Green is the main heart chakra color. It is the color of healing, balance, tranquility, and serenity. Green brings wholeness to our lives and it is the color most frequently found in nature. Explore the heart chakra color and discover its meaning.
The throat chakra is the fifth chakra and its color is blue. It is one of the three primary colors. The main energy of blue is communication and it is the color used to soothe the soul. Explore this Divine color in depth, learn what blue color of the throat chakra means and how it manifests on all levels of your being.

Indigo is the color of the sixth energy centre - your third eye chakra. It is the color that opens the consciousness and brings awareness to higher planes and connects us with the spiritual world. Discover the hidden meanings of the third eye chakra indigo color.

Violet is the color of the crown chakra and it is the color of cosmic awareness and cosmic consciousness. It is a unifying color, the color of oneness and spirituality. The energy of this color is very healing and can soothe away pain. Learn more about this spiritual color and its manifestation at the crown chakra.

Healing With Color and the Human Aura

By Rev. Simeon Stefanidakis

It has been known for eons of time that color plays a major role in setting up a particular mood or state of mind. Yet, only recently have design artists put into practice that which the ancients knew all along: color does affect one's feelings, moods, and emotions. Whereas, in the past, so many of our hospitals and schools were painted that ubiquitous institutional green, we now have these places of learning and healing painted in vibrant shades of hues which help stimulate the mind and the emotions to a condition of healing and well-being.

We all respond, in some way, to our color environment. Most people know that bedrooms should not be painted in bright, flashy reds or yellows, because these colors tend to stimulate the body and inhibit relaxation and sleep. Blue is often associated with cold and astringency, while red tends to conjure up
thoughts of soothing warmth. Even our vocabulary suggests conditions of "icy blue" and "warm red."

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.

The aura is an effect -- an outward expression -- of that which is taking place within the mind, the soul, and the spirit of the individual. Thus, any healing technique which deals only with the aura or 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.

For conditions which are purely physical in nature, such an energy jump-start may be all that is necessary. But, if the root cause of the illness is internal in nature -- as it so often is -- then this type of healing must be complemented with true Spiritual Healing, where the power of God’s Healing and Holy Spirit can, then, intervene -- if necessary -- and effect a cure. But even here, the individual must change that which needs to be changed, or the condition which brought about the disease will eventually manifest again. God can effect miracles and miraculous healings, through the channels of prayer and Spiritual Healing, but not even God can force the individual to change internally. That would be God's interfering with His most profound gift to us: the freedom of choice.

Keeping this in mind, let us look at how color can impact the aura and 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.

Spirit Syrsha, trance guide of Rev. Fulton, tells us that, in ancient Egypt, people were often dipped in vats of colored pigment, in order to help effect a cure. Other methods of color healing involved the grinding up of crystals and gemstones that would be ingested.
Solarized water is another way in which the energy of color can be taken into the body. This is an easy and inexpensive way in which to become personally involved in color healing. Simply place purified water within a colored bottle and allow it to be bathed in sunlight for a period of time. The rays of the sun, filtered through the colored bottle, energize the water along a specific line of color vibration. What you end up with is a healing tonic.

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 Spirit.

These methods of using color in healing point to our basic contention: color does impact the human aura and, consequently, the human body.

Please understand that a knowledge of color, its subtleties, and its uses in the healing arts is a life-long pursuit. However, we can give you a very general guideline and synopsis of the various colors within the spectrum and how they can be used by the aura and body, specifically for healing.

Here are the basic colors and their significance to the aura and healing.

<table>
<thead>
<tr>
<th>Color</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>RED</strong></td>
<td>Red is called &quot;The Great Energizer&quot; and &quot;The Father of Vitality.&quot; Red is warm, vital, heating. It loosens, opens up clogs, releases stiffness and constrictions. It is excellent for areas that have become stiffened or constricted. 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.</td>
</tr>
<tr>
<td><strong>ORANGE</strong></td>
<td>Orange in the true color of the sun. Orange has a freeing action upon the body and mind, relieving repressions. Because orange is a blend of red and yellow, it combines physical energy with mental wisdom, inducing a transformation between lower physical reaction and higher mental response. Thus, it is often referred to as &quot;The Wisdom Ray.&quot; Orange is warm, cheering, non-constricting. Through orange, we are</td>
</tr>
<tr>
<td>Color</td>
<td>Properties and Uses</td>
</tr>
<tr>
<td>-------</td>
<td>---------------------</td>
</tr>
<tr>
<td><strong>Red</strong></td>
<td>able to heal the physical body (red) and, at the same time, induce within the mind (yellow) greater understanding on how the body may be kept in good repair. Orange helps assimilate new ideas and stimulate mental enlightenment. It is also helpful in dealing with excess sexual expression. Finally, orange links very strongly with the sacral chakra.</td>
</tr>
<tr>
<td><strong>Yellow</strong></td>
<td>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. 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. Yellow can be used for conditions of the stomach, liver, and intestines. It helps the pores of the skin and aids scarred tissue in healing itself. It also has a very enriching effect upon the intellect and the brain. Like the color of gold, yellow represents the highest of the physical colors. &quot;Worth its weight in gold&quot; applies to yellow.</td>
</tr>
<tr>
<td><strong>Green</strong></td>
<td>Most people associate blue with healing. However, green is the universal healing color. The ancient Egyptians and Chinese used green as the primary color of healing. Why is that? Because green is midway in the color spectrum; therefore, it contains both a physical nature and a spiritual nature, in equal balance and in equal harmony. Thus, green can be used for just about any condition in need of healing. When in doubt, green will always work. 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. In rededicating our Church's Healing Vigil, Spirit suggested that we use green as the Vigil's representative color, and for a very good reason. Green links with and stimulates the heart chakra. Therefore, it is, truly, representative of Spiritual Healing, because love is the motivating power behind all healing. In a more practical sense, green affects blood pressure and all conditions of the heart. It has both an energizing effect and a moderating or soothing effect.</td>
</tr>
<tr>
<td><strong>Blue</strong></td>
<td>Dr. Edwin Babbitt, in his classic, &quot;The Principles of Light and Color,&quot;</td>
</tr>
</tbody>
</table>
Color in Healing and Chakra states that "The Blue Ray is one of the greatest antiseptics in the world."

Blue is cooling, electric, astringent. It helps bleeding, decreases fevers, and cures soar throats. Blue can have a sedative effect, as expressed in the remark of "feeling blue." It is a very positive color, indicating loyalty and reliability, as expressed in the sentiment of being "true blue."

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. Thus, the effect of blue upon this center and the aura, in general, is quite profound.

Blue can be used for any type of ailments associated with speech, communication, or the throat. Solarized blue water is an excellent tonic for laryngitis or inflammation of the larynx.

INDIGO

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. It is, also, the color ray used by Spirit to help entrance a medium.

Indigo links with and stimulates the brow chakra (third eye) and controls the pineal gland. It governs both physical and spiritual (not psychic) perception; that is, clairvoyance, clairaudience, and clairsentience. Thus, it can be of great assistance in dealing with ailments of the eyes and ears, as well as assisting in problems or conditions related to mediumship.

Finally, indigo is considered the ray of the Holy Spirit.

VIOLET

Violet is truly the color of the divine Spirit. Violet works only on the levels of the Spirit. It is generally not used for physical conditions; however, some color experts believe that it does provide nourishment to the cells in the upper brain and does have a link with the crown chakra. Furthermore, it helps expand the horizons of our Divine understanding.

Violet should be used only for spiritually-related problems.

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.
White is the perfect color; for it is all color, in perfect balance and harmony. It is the color of the awakened Spirit; the light of perfection; the light of the Christ and Buddhic consciousness. It is also the Divine Light.

Just about everyone has heard of surrounding people with the "White Light of Healing and Protection." Directing white into the aura helps stimulate the person's own divine nature into healing the self.

Thus, we have a brief synopsis of the basic colors and their uses in color healing with the aura. Again, this is but a guideline. The student of color healing can spend years researching the subtle nuances of how color and its multitude of vibrations can be used within the aura, in order to help effect a healing.

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

Finally -- and we cannot stress this enough -- healing ultimately comes from and is graced by God and God's Holy and Healing Spirit. Color is but one tool that we can use in order to complement the healing which God offers us, through prayer and intercession. It must never replace prayer and meditation; nor must it ever replace genuine spiritual healing; healing which passes through the Spirit of the healing channel, linked with God's Spirit.

If you need healing, or know of someone who does, first go to God, the Source of all healing; then, be mindful of what tools God offers to help effect the healing.

Color therapy, also known as chromotherapy, is a non-invasive energy medicine (vibrational healing) modality. Color is simply a form of visible light, of electromagnetic energy. All the primary colors reflected in the rainbow carry their own unique healing properties.

The concept of color therapy is premised on the idea that on the surface of our skin, physical and energy systems of the body interface through the color vibrations found and utilized in the visible light spectrum. 12 vibrating fields of colors generate electrical
and magnetic fields of energy that are prime activators of biochemical and hormonal processes, and also stimulate or sedate activities within the body that are necessary to balance every system and organ of the body.

Chromotherapy is quite effective in treatment of dependence on addictive substances and in control of body metabolism. Additionally, color therapy is helpful for inflammatory, stagnant energy conditions, allergies, diseases of the skin and gums, and central and peripheral nervous system dysfunctions. Color therapy may be extremely effective when used in conjunction with certain biological medicines and homeopathic remedies, or when used as part of a larger energy method such as ACMOS energy balancing (ACMOS color filters reinforce cellular toxin elimination).
Clinical experience has shown that color therapy may be used for a number of conditions and issues, and that the benefits include:

- Offers specific colors or levels of vibrations to specific parts of the body to rejuvenate areas that are diseased or having blocked or restricted energy
- Interfaces with the blocked or distorted energy in the physical body through a unique oscillation process
Color in Healing and Chakra

- Generates the electrical and magnetic fields of energy that are prime activators of biochemical and hormonal processes
- Stimulates and sedates the entire system and organs
- Helpful for inflammatory, stagnant energy conditions, allergies, diseases of the skin and gums, central peripheral nervous system
- Effective in removing most toxins from the body - especially in correlation with homeopathy

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.
Color in Healing and Chakra

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 uneasiness.
- 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.


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.


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, relieves 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 mis-understood. 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 lace-like.

**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.


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**


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**
Color in Healing and Chakra

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 prefers 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.
# Color in Healing and Chakra

<table>
<thead>
<tr>
<th>Character</th>
<th>1st Chakra (masculine)</th>
<th>2nd Chakra (feminine)</th>
<th>3rd Chakra (masculine)</th>
<th>4th Chakra (feminine)</th>
<th>5th Chakra (masculine)</th>
<th>6th Chakra (feminine)</th>
<th>7th Chakra (unified)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Color</td>
<td>Red</td>
<td>Orange</td>
<td>Yellow</td>
<td>Green</td>
<td>Blue</td>
<td>Indigo</td>
<td>Violet</td>
</tr>
<tr>
<td>Sanskrit Name</td>
<td>Muladhara</td>
<td>Svadhisthana</td>
<td>Manipura</td>
<td>Anahata</td>
<td>Vissudha</td>
<td>Ajna</td>
<td>Sahasrara</td>
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<tr>
<td>Meaning</td>
<td>Root Support</td>
<td>One's Own Place</td>
<td>Lustrous Gem</td>
<td>Unstruck</td>
<td>Purity</td>
<td>Command</td>
<td>Thousand-spoked</td>
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<tr>
<td>Location</td>
<td>Pelvis</td>
<td>Sacrum</td>
<td>Solar Plexus</td>
<td>Heart Center</td>
<td>Throat</td>
<td>Brow Center</td>
<td>Crown</td>
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<tr>
<td>Element</td>
<td>Earth</td>
<td>Water</td>
<td>Fire</td>
<td>Air</td>
<td>Sound</td>
<td>Light</td>
<td>Thought</td>
</tr>
<tr>
<td>Sense</td>
<td>Smell</td>
<td>Taste</td>
<td>Sight</td>
<td>Touch</td>
<td>Hearing</td>
<td>Intuition/ESP</td>
<td>None (Beyond Senses)</td>
</tr>
<tr>
<td>Seed</td>
<td>Lam</td>
<td>Yam</td>
<td>Ram</td>
<td>Yam</td>
<td>Ham</td>
<td>Om</td>
<td>Silence</td>
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<tr>
<td>Food Type</td>
<td>Proteins, Meats</td>
<td>Liquids</td>
<td>Carbohydrates</td>
<td>Vegetables</td>
<td>Fruit</td>
<td>Beauty</td>
<td>Fasting</td>
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<tr>
<td>Stones</td>
<td>Garnet, Hematite, Tourmaline</td>
<td>Coral, Carnelian, Moonstone</td>
<td>Topaz, Citrine, Tiger's Eye</td>
<td>Jade, Emerald, Rose Quartz</td>
<td>Sodalite, Celestite, Turquoise</td>
<td>Opal, Azurite, Lepidolite</td>
<td>Diamond, Amethyst, Clear Quartz</td>
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<tr>
<td>Essential Oils</td>
<td>Vetiver, Patchouli, Sandalwood</td>
<td>Jasmine, Geranium, Orange Blossom</td>
<td>Basil, Bergamot</td>
<td>Rose, Benzoin, Eucalyptus</td>
<td>Hyssop, Clementine, Blue Chamomile</td>
<td>Rosemary, Calm, Sage, Ylang Ylang</td>
<td>Myrrh, Violet, Frankincense</td>
</tr>
<tr>
<td>Main Focus</td>
<td>Physical Existence</td>
<td>Emotions &amp; Intimacy</td>
<td>Power &amp; Identity</td>
<td>Love &amp; Connection</td>
<td>Self Expression &amp; Life Purpose</td>
<td>Clear Perspective &amp; Psychic Abilities</td>
<td>Connection to Spirit &amp; Wisdom</td>
</tr>
<tr>
<td>Right</td>
<td>To Have</td>
<td>To Feel</td>
<td>To Act</td>
<td>To Love</td>
<td>To Express</td>
<td>To Perceive</td>
<td>To Know</td>
</tr>
<tr>
<td>Malfunction</td>
<td>Bowel, blood or bone disorders, obesity, anxiety, depression, financial problems, chronic pain, instability, kidney or liver problems, obesity, isolated, hip or neck pain, joint problems, dehydration</td>
<td>Digestion issues, kidney or liver problems, obesity, isolated, hip or neck pain, joint problems, dehydration, cardiac, allergies, immune disorders, joint pain, anti-social, chronic fatigue, low self-esteem</td>
<td>Asthma, anemia, heart or lung problems, obesity, isolated, hip or neck pain, joint problems, dehydration</td>
<td>Thyroid or hearing problems, bowel or lung problems, obesity, isolated, hip or neck pain, joint problems, dehydration, cardiac, allergies, immune disorders, joint pain, anti-social, chronic fatigue, low self-esteem</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Affirmations</td>
<td>i am grounded, safe, and secure.</td>
<td>i am sensitive and adaptable</td>
<td>i can do anything</td>
<td></td>
<td>i am loving and lovable.</td>
<td></td>
<td>i know my truth and</td>
</tr>
<tr>
<td></td>
<td>i make a good living doing what</td>
<td>i am a son of</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>i am stable, strong, and healthy.</td>
<td></td>
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<td></td>
</tr>
</tbody>
</table>

32
## Color in Healing and Chakra

### Color Emotion Guide

#### Optimism
- Clarity
- Warmth
- Friendliness
- Cheerfulness
- Youthfulness
- Boldness
- Creative
- Dependable
- Trust
- Peaceful
- Balance

#### Color Therapy

<table>
<thead>
<tr>
<th>Basics</th>
<th>Red</th>
<th>Orange</th>
<th>Yellow</th>
<th>Green</th>
<th>Blue</th>
<th>Indigo</th>
<th>Violet</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Warming, Stimulating</td>
<td>Activating, Motivating</td>
<td>Neutral</td>
<td></td>
<td>Cooling -</td>
<td>Calming, Soothing</td>
<td>Relaxing</td>
</tr>
<tr>
<td>Gland</td>
<td>Ovaries or testes</td>
<td>Pancreas, spleen</td>
<td>Adrenaline</td>
<td>Thymus</td>
<td>Thyroid</td>
<td>Pituitary</td>
<td>Prenital</td>
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<tr>
<td>Organs</td>
<td>Female - uterus, vagina</td>
<td>Male - prostate, penis</td>
<td>Kidney, intestines, bladder, rectum</td>
<td>Stomach, liver, gall bladder</td>
<td>Heart</td>
<td>Mouth, lips, throat</td>
<td>Eyes, ears</td>
</tr>
<tr>
<td>System</td>
<td>Reproductive</td>
<td>Elimination</td>
<td>Digestion</td>
<td>Circulatory</td>
<td>Respiratory</td>
<td>Autonomic Nervous</td>
<td>Central Nervous</td>
</tr>
<tr>
<td>Location</td>
<td>Spinal column</td>
<td>Abdomen</td>
<td>Navel</td>
<td>Chest</td>
<td>Phrenic</td>
<td>Forehead</td>
<td>Top of Head</td>
</tr>
<tr>
<td>Plexus</td>
<td>Coccygeal</td>
<td>Sacral</td>
<td>Solar</td>
<td>Heart</td>
<td>Cervical</td>
<td>Medulla Oblongata</td>
<td>Cerebral Cortex</td>
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<tr>
<td>Musical Note</td>
<td>C - Do</td>
<td>D - Re</td>
<td>E - Me</td>
<td>F - Fa</td>
<td>G - So</td>
<td>A - La</td>
<td>B - Te</td>
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<tr>
<td>Fragrance</td>
<td>Sandalwood</td>
<td>Orange</td>
<td>Lemon</td>
<td>Lime</td>
<td>Saffron, pomegranate</td>
<td>Henna</td>
<td>Ruby</td>
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<td>Gemstone</td>
<td>Ruby, coral, garnet</td>
<td>Topaz, amber</td>
<td>Citrine, gold</td>
<td>Emerald, turquoise</td>
<td>Sapphire, lapis</td>
<td>Solidago, Azurite</td>
<td>Amethyst</td>
</tr>
<tr>
<td>Complimentary Color</td>
<td>Blue</td>
<td>Blue/Violet</td>
<td>Violet</td>
<td>Magenta</td>
<td>Red</td>
<td>Yellow/Orange</td>
<td>Yellow</td>
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<td>Foods</td>
<td>Strawberries, cherries</td>
<td>Peaches, oranges</td>
<td>Celery, lemons</td>
<td>Lettuce, spinach</td>
<td>Blueberries, plums</td>
<td>Blue &amp; Violet foods</td>
<td>Purple grapes</td>
</tr>
<tr>
<td>Gift</td>
<td>Lust for Life</td>
<td>Social Interaction</td>
<td>Intellect</td>
<td>Claircience</td>
<td>Clairvoyance</td>
<td>All Psychic Senses</td>
<td></td>
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Color in Healing and Chakra