

**You Can't Buy Happiness,  
So Create It  
With the Intentional Use of Color**

**TABLE OF CONTENTS**

I.	Introduction	Page 2
II.	Research Results & Practical Use of Color	Page 2
III.	Color Exposure Strategies	Page 3
IV.	Color & Symbolism	Page 3
V.	Science of Color	Page 4
VI.	Background on Chakras	Page 5
VII.	Chakras & Energy	Page 6
VIII.	Hypothesis: The Interdependence Between Chakras and the Body	Page 7
IX.	Conclusion	Page 8
X.	Works Cited	Page 9

## I. INTRODUCTION

Exposure to different colors has an enormous impact on how we behave and feel even though we may not be conscious of it. The colors in the visible light spectrum are key factors in mood and behavior. For example, blue calms and red stimulates. Holistic practitioners appreciate the fact that light and color are significant factors in healthy living. A good holistic model endorses how mind, body and spirit work in unison to reveal who we are and how we think and feel.

The use of color for therapeutic purposes is not a new concept although it is an underutilized aspect of healing. Colors influence mood, emotion and energy level. Colors are made of light waves. In addition to being seen, color can also be absorbed through the skin. The symbolic meaning of color registers at a subconscious level and affects emotions. Attraction to certain colors and aversion to others translates into predictable personality traits.

## II. RESEARCH RESULTS & PRACTICAL USE OF COLOR

Color therapy uses different colors to promote balanced health. In ancient Egypt, solariums or sunrooms with stained glass walls served as remedies. Researchers and practitioners continue to use color therapy for a wide variety of illnesses. Examples of directed use of color are as follows:

1. Dr. Phil mentions that the use of a blue light at bedtime calms children for sleep and relaxation and helps with Attention Deficit Disorder (ADD).<sup>(1)</sup>
2. Blue light promotes a sense of relaxation and reduces anxiety while red light increases anxiety.<sup>(2)</sup>
3. Exposure to intense blue light for several days treats neonatal jaundice. Treatments were limited to procedures like blood transfusions before the availability of blue light therapy.<sup>(3)</sup>
4. Athletes exposed to red light experience a 13.5 % increase in physical strength and a 5.8% increase in electrical activity in their arm muscles.<sup>(4)</sup>
5. Prisoners placed in pink holding cells experience a significant reduction in aggressive behavior in less than 3 seconds.<sup>(5)</sup>
6. Medical doctors use blue waiting rooms to promote a calm atmosphere.
7. Spiritual healers use color images to direct and interpret energy for reiki therapy, aura readings and other healing practices.

(1) [http://healing.about.com/od/aromatherapy/a/aroma\\_colors\\_2.htm?p=1](http://healing.about.com/od/aromatherapy/a/aroma_colors_2.htm?p=1)

(2) S. V. Krakov, "Color Vision and Autonomic Nervous System", Journal of the Optical Society of America (June 1942).

(3) R. Hodr, "Phototherapy of Hyperbilirubinemia in Premature Infants", Ceskoslovenska' Pediatrie 16 (Feb 1971)

(4) G. Legwold, "Color Boosted Energy: How Lights Affect Muscle Action", American Health, May (1988)

(5) A.G. Schauss, "Tranquilizing Effect of Color Reduces Aggressive Behavior and Potential Violence", Journal of Orthomolecular Psychiatry, 8 no. 4 (1979): 218 – 221.

### III. COLOR EXPOSURE STRATEGIES

Color therapy practitioners use healing techniques that include the application of specific colors to certain areas of the body. The intentional use of color enhances self-healing practices like meditation and visualization. It is not difficult to achieve positive results with the directed use of color and its methodology has been used throughout nearly all of time.

Simple strategies that integrate color into daily life activities and promote good health are as follows:

1. **Ambiance** – Establish mood and create the setting of choice with the use of different colors of light. The **Chakra Light by Chakra Color Products** is equipped with each of the 7 rainbow colors.
2. **Clothing** – Store clothing by color and select clothes based on the color of choice. For example, blue promotes a sense of loyalty and red exudes sex appeal. \*
3. **Solar Elixir** – Sip fresh sunshine infused water with **The Solar Elixir Collection by Chakra Color Products**. Select the bottle color of choice, add distilled water and place in direct sunlight for several hours. Sip sun infused water. Avoid leaded glass.
4. **Food/drink** – Eat foods and drink liquids with color of choice. Examples are carrots, blueberries, etc.
5. **Color Breathing/Meditation-** Meditate and visualize color, inhale the color and focus on the desired benefits.
6. **Color Bathing-** Bathe in products that create color in water (do not use food coloring, use only approved color bath products)
7. **Gems/Crystals-** Place on bedside table crystals, minerals and gems that resonate with the color of choice. Place crystals where they are seen often.\*

\* The **Chakra Wisdom Portfolio by Charka Color Products** has detailed information for the seven rainbow colors and assists in the directed use of color.

### IV. COLOR AND SYMBOLISM

A strong link exists between color and symbolism. Human responses to color are automatic and occur at a subconscious level. Color conveys meaning in two main ways, natural associations and psychological associations. Natural associations are universal for all people and psychological associations are linked to culture and environment. An example of a natural association is where soft blue associates with the sky and promotes a sense of calm. An example of a psychological association is “the blues” to signify depression which is not acknowledged across all cultures. The symbolism of color is complicated with factors like culture, shape and shade. The human eye discerns about 15 million different colors. Color serves as the basis of the

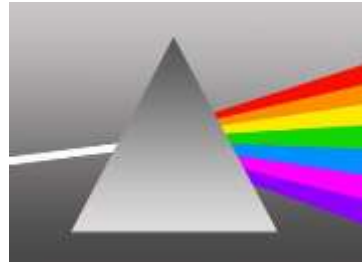
universal language of symbolism upon which humans relate to each other. The 7 rainbow colors carry unique signs of natural and psychological symbolism.

## V. SCIENCE OF COLOR

The science of color can be explained with a review of the basic physics of light energy.

1) Sunlight passed through a prism splits into the different colors of the rainbow.

- Red
- Orange
- Yellow
- Green
- Blue
- Indigo
- Violet



2) Visible light rays emitted by the sun are required to sustain life. Other sun and space emissions like cosmic, gamma and X-rays can be harmful to humans.

3) Our bodies collect energy from many vibration levels like color and sound.

4) The visible light spectrum comprises a small part of the total electromagnetic field:

- Total Electromagnetic Field Range: 0001nm – > 100 BILLION nm
- Visible Light Field Range: 400nm – 700nm

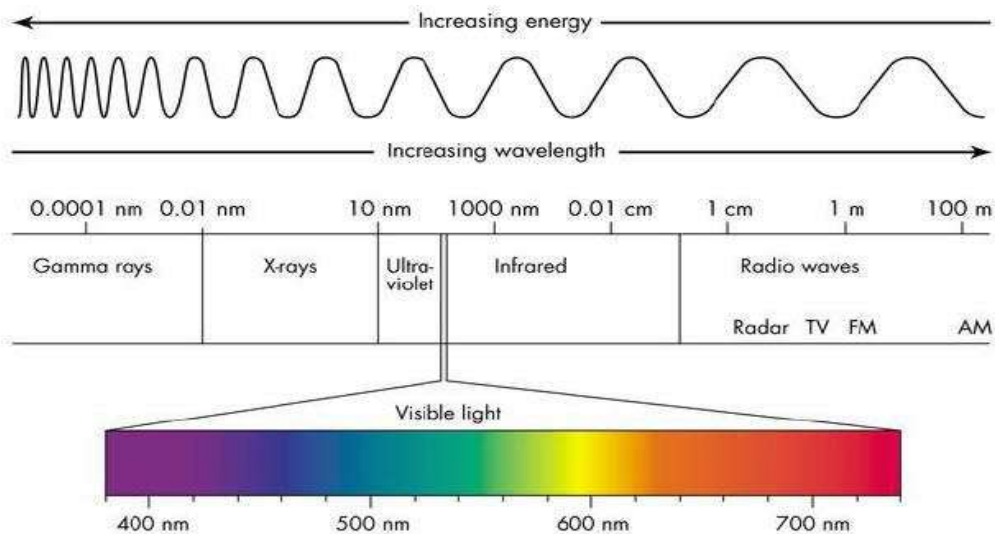
5) Some emissions from the sun and stars like cosmic and gamma rays never reach the earth's surface. The sun energies that do reach the earth are comprised of a limited range of wavelength frequencies that include the visible light spectrum, radio frequencies and some ultraviolet rays.

The sun and space emit measurable energies that include the following:

- **Cosmic rays are highly charged particles that originate in space.**
- **Gamma rays are produced in space and also emitted on earth by radioactive materials. Gamma rays travel at the speed of light. Exposure to high amounts in a short time period leads to radiation sickness.**
- **X-rays are emitted by the sun and gasses and used for medical imaging purposes.**
- **Ultraviolet (U/V) rays are emitted by the sun and exposure to certain types of UV rays results in suntan or sunburn.**

- **Visible light rays are emitted by the sun and result in color.**
- **Infrared rays are emitted by the sun and used in night vision devices.**
- **Microwaves are emitted by the sun and serve as high frequency radio waves, radar devices and heating appliances.**
- **Short waves (radio) are emitted the sun, stars, gasses and radio stations.**
- **Long waves (radio) are emitted the sun, stars, gasses and radio stations.**

### **ELECTROMAGNETIC ENERGY FIELD OF THE SUN**



### **VI. BACKGROUND ON CHAKRAS**

Each of the 7 colors of the rainbow corresponds to one of the 7 main chakras. Chakras are energy centers around the body. Chakra is pronounced "shock-rah". Chakras originate in ancient Hindu text or the Vedas. The Vedas are the oldest written tradition in India (2,000 – 600 B.C.). Chakras became an integral part of yoga philosophy by approximately 600 A.D. Arthur Avalon published "The Serpent Power" in 1919, which served as the main Western text for chakras. The word "chakra" is derived from the Sanskrit word for "wheel" or "turning" and refers to a wheel like vortex. Each of the 7 main chakras exists outside of the body and parallel to the spinal column and head.

Chakras are focal points that send and receive subtle energy. Subtle or immeasurable energy is not yet fully explained by modern science. Subtle energy is associated with the Eastern notion of "awakening". The Eastern concept of Kundalini or awakening goes hand in hand with chakras. Kundalini is symbolized as a coiled serpent at the base of the spine. As

conscious awareness increases and awakening begins the serpent ascends through each of the 7 main chakras.



One who operates at lower energy levels is driven by fundamental beliefs that include basic survival, sexual preferences and monetary things. One who operates at higher energy levels is predisposed to compassion, love and self-awareness. The first three chakras represent the levels on which most materialistic people operate their daily lives. The desire to attain higher conscious awareness is adequate to initiate experience in the fourth through seventh chakras. There are many other energy centers around the body in addition to the 7 main chakra energy center

Chakras act as centers of activity and receive, assimilate and express life energy forces. Life energy is made up of subtle or immeasurable energy. The energy exchange process of chakras represents the connection of mind, body and spirit. Each of the seven chakras relates to a specific color and influences certain body organs. Imbalanced chakras weaken the body. Colors associated with the imbalanced chakras are used to create balance.

## **VII. CHAKRAS & ENERGY**

A undeniable connection exists between life on earth and electromagnetic energy from the sun and space. A proven scientific explanation of the energy connection remains elusive when subtle energy is added into the mix. The scientific and philosophical communities endorse various models for the interaction of the subtle energies and the known energies emitted by the sun and space. Chakras are transmitters for subtle energy exchanges between the body and the environment. Recent research shows an uncanny similarity to ancient Hindu teachings of the heart and recent findings regarding the status of the heart as the body's dominant organ. Science may soon prove that the brain takes orders from the heart and overturn the common Western belief that the brain controls the body.

Picture the 7 chakras as vacuums that attract certain energy when exposed to specific colors or sounds. Each chakra responds to different vibration levels. The spinning wheels draw information from the environment such as light and other waves and also radiate energy of a certain vibration outward to the environment. The radiated vibration of material things is the aura.

The energy emitted from the sun surrounds everything and takes the form of light, color, other energies and subtle energies. The subtle energies are the immeasurable forms of energy without a proven scientific explanation of their existence. Comprehension of the influence of subtle energies and chakras on levels of happiness is a good foundation for simple holistic practices. Disposition depends on the energy in and around us. Intentional use of light and subtle energies influences one's disposition. This is an example of "which came first the chicken or the egg"?

Specific sets of body organs, glands and systems correspond to each of the seven chakras. Disruption at any chakra influences health. Intentional use of color associated with disrupted chakras serves to prevent and treat disease although there is no absolute scientific proof to date. An imbalanced chakra may be under active, overactive or blocked. The result of a chakra imbalance manifests as a physical or psychological illness. Mood, emotions and brain chemistry are at least in part affected by colors in the environment. Awareness of chakras and their relationship to color affords the ability to achieve balance with the intentional use of color. Chakras can be influenced with concentration in the same way breathing can be controlled through concentration.

## **VIII. HYPOTHESIS: THE INTERDEPENDENCE BETWEEN CHAKRAS AND THE BODY**

**BRAIN:** Thoughts, emotions and electromagnetic energy like sunlight, color and sound produce continual electrical shifts in the brain. The brain chemistry fluctuations either stimulate or deplete subtle energy.

**GLAND:** Glands respond to the brain's electrical shifts with the release of hormones. Each of the 7 chakras is connected to a gland in the body.

**NERVE BUNCHES:** Nerve bunches serve as a conduit for the delivery of hormone messages to body organs. Each of the 7 chakras is connected to a main nerve bunch in the body.

**BODY ORGANS:** Nerve bunches influence specific body organs. It is through the nerve communication process that consistent positive thoughts cause organs to become balanced and lead to good health. It is also through this nerve communication that compulsive negative thoughts cause organs to become undernourished or over-stimulated and lead to disease. Each of the 7 chakras is connected to body organs.

**CHAKRAS:** Chakra energy centers are sensitive to internal hormonal messages and energy from the environment. Chakras integrate various energy sources and express the results as the physical condition and as an aura.

**AURA:** Chakras influence and interact with the aura. The aura is comprised of multi-colored concentric layers that encircle the body. The aura colors reflect the overall state of health.

**LAWS OF ATTRACTION:** Attraction is a concept that energy attracts similar energy or “like attracts like”. Positive thoughts balance and strengthen the aura and attract more positive results. Negative thoughts weaken and create vulnerability in the aura that attracts more negativity.

## **IX. CONCLUSION**

Color, mood and thoughts infiltrate every waking moment and contribute toward happiness and health. Positive thoughts manifest as harmony and happiness. Imagine the power of the intentional placement of color into daily life to influence mood and create happiness.

Begin the practice of changing negative thoughts to positive statements. This practice proves that life experience is the direct result of recent predominant thoughts. The “law of attraction” theory provides the platform for the choice to experience life in a positive way. Happy people have a common thread, a steady life paradigm to see the cup as half full. Happiness is a choice. Intentional use of color for meditation, a sleep remedy, ambiance and in addition to other healing techniques illustrates the power of color in holistic healing.

For more information visit [www.GotChakras.com](http://www.GotChakras.com) or email [info@GotChakras.com](mailto:info@GotChakras.com)

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**Quantum Imagination, LLC** is a dedicated resource for a continual and reliable flow of cutting edge information regarding chakras. Through our newsletter, white paper and other publications we provide a forum for the recognition and accomplishments of holistic practitioners and their efforts to encourage healthy living. Our website endorses libraries of written and photographic information as well as products and tools that promote holistic lifestyle choices. We promote knowledge and tools that simplify the directed use of color to beautify and elevate daily life experience. We supply unique chakra related items as supplements to holistic healing, innovative gifts & decorative items.



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