



The Chakra News

January 2012

Color and Healing Practices

Color therapy practitioners use color in healing techniques with application of specific colors to certain areas of the body. Intentional use of color enhances and supplements self-healing practices like meditation, visualization and journeying. Intentional and directed use of the flow of specific colors initiates changes toward better health. It is not difficult to achieve positive results through the use of color. This methodology has been used throughout time. Examples of directed use of color are as follows:

1. "Dr. Phil mentions that using a blue light at bedtime helps to calm children to sleep and relax and has been used to calm children with Attention Deficit Disorder" according to Marlene Mitchell in "Aromatherapy and Color Therapy". (1)

2. Blue light promotes a sense of relaxation and reduces anxiety and hostility. Red light increases anxiety and excitement. (2)

(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.

3. Exposure to intense blue light for several days is a treatment for neonatal jaundice. Before the widespread use of blue light therapy for neonatal jaundice one treatment solution was administration of blood transfusions. (3)

4. Athletes exposed to red light experience a 13.5 % increase in physical strength and 5.8% increase in electrical activity in their arm muscles. (4)

5. Prisoners placed in pink holding cells experience a significant reduction in violent and aggressive behavior in less than 3 seconds. (5)

6. Medical doctors often use blue waiting rooms to promote a calm atmosphere for patients.

7. Spiritual healers use color images to direct energy for reiki, aura readings and other healing practices.

Bring Color Into Your Life!

1. Chakra Light - Sit quietly with the chakra light equipped with each of the 7 rainbow colors. Set the chakra light to the desired color. Take notes of how each color feels. You may keep a log to find common patterns. Set the chakra light to the desired color and establish ambiance in your room or work space.

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 - The Solar Elixir glass set infuses natural sunshine into fresh water in a colored glass of choice. Sip the sun infused water throughout the day. Avoid leaded glass.

4. Food/drink - Eat foods and drink liquids with the color of choice. For example, red beets, blueberries, etc.

5. Visualization - Meditate and visualize each color. Record of how each color feels. The chakra light enhances this exercise.

6. Color Breathing- Visualize color, inhale the color and focus on the desired benefit.

7. Color Bathing- Bathe in products that create color in water (do not use food coloring, use only approved color bath products)

8. Gems/Crystals- Place near a bedside table crystals, minerals and gems that resonate with the color of choice. Place crystals in your energy work space and anywhere they are seen often. *

* The chakra wisdom portfolio includes detailed information for each of the seven chakra colors.

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