

UNDER THE INFLUENCE OF COLOR

I found I could say things with color (and shapes) that I couldn't say any other way ~ things I had no words for.

~Georgia O'Keeffe~

Sunlight is essential to all of life. Color is a manifestation of light, it has divine meaning. Color also has natural & psychological associations such as blue > sky > calm or green > vegetation > balance (nature). This is universal. Color symbolizes positive and negative. Color is all around, and is part of nature; part of life.

Color and light have a major effect on the body. For instance: blue suppresses appetite, it does not exist much in natural foods. Back in the day, hunters took the sight of food that was blue to be potentially lethal. The *sight* of food fires neurons in the hypothalamus. If food was presented in the dark, appetite would be suppressed.

Dark and light shades of any color convey different meanings. For example pink (light red) loses all associations of red (energy > fire), and takes on different connotation, that of tenderness and sweetness. Dark blue, a dignified authoritative color is different from light blue (sky blue/baby blue), which points to softness and ethereal feelings.

Green is the primary color of the world, and that from which its loveliness arises.

~ Pedro Calderon de la Barca~ 17th century Spanish playwright~

COLORS AND CULTURE

Colors have different symbolic meaning in different cultures. Green for instance, in Renaissance times, symbolised fertility, and was used in wedding dresses. Christians banned the color green since they felt it was connected to Pagan ceremonies. 20th Century America uses green to signify heightened sexuality. For the Egyptians, the color green is sacred and symbolizes hope & joy of spring. It is said that green is the most restful color to the human eye, and it is found to be healing and soothing pain. In

China white is a color of mourning while Christians and Westerners treat white as a symbol of virginity and purity, using it in wedding ceremonies.

Color is all...it is vibration, like music; everything is vibration.

~ Marc Chagall ~

COLORS & CHAKRAS

The word Chakra is Sanskrit for wheel and refers to the energy centers of the body. These energy centers resonate with the seven colors of the rainbow. A chakra is like a spiral of energy; it is an energy 'center' in the body. Each center consists of varying light wave lengths, creating individual particular energy. Each center is associated with a certain color. For instance violet, which is the shortest wave length is associated with the crown chakra, and red, the longest wave length, is associated with root chakra.

The colors that are associated with the chakra's are: Violet > crown, Indigo> brow (3rd eye), Blue> throat, Green > heart, Yellow> solar plexus, Orange> sacral, Red > base (root).

Color is absorbed by the eye, skin and skull, and our electro magnetic field (our aura). The energy of color has affect on us in physical, spiritual and emotional manner. Every cel in our body needs light energy; the energy of color has major influence on our whole (ness) body.

For example the (7th) crown chakra is at the top of our head. The color purple/violet relates to this chakra, the organ related is the brain. Some physical problems related to this chakra are mental disorders such as Depression, Alzheimer, Parkinsons. Some psychological problems are spiritual. Violet relates to self knowledge & spiritual awareness. The color violet is the union with our higher self, spirituality, higher consciousness. When this chakra is balanced, we show a reverence for all life, we are self sacrificing in service of others, and have a sense of idealism. When this chakra is not balanced, we show no concern for others, we display feelings of superiority, and there is a lack of contact with reality.

COLOR THERAPY

Color therapy is designed to calm and relax the body; to release negativity and to stabilize heart and

blood pressure. It contributes to an overall wellness of the circulatory system. Color therapy is based on the fact that certain colors create a certain neurological effect on the brain. All colors throughout the solar system emanate light, which, banded together, serves as manifest matter. Matter, scientifically proven, is energy, and energy is vibration. Vibration manifests as various colors and tones.

Color therapy, also referred to as chromotherapy, is an alternative method to restore balance in the body, mind, and spirit. In color therapy the imbalance of the body is first identified, then, to restore harmony, a particular color is applied; a color that corresponds to that particular part of the body where there is discord (dis-ease). Some tools used with color therapy are lamps and color filters, gemstones, candles, wands, prisms, colored fabric, bath treatments, colored glasses. This therapeutic method can be administered in various ways, and is often combined with Hydrotherapy (involving the use of water) and Aromatherapy (involving scent).

With color one obtains an energy that seems to stem from witchcraft.

~ Henri Matisse~

THE COLORS

The three primary colors of light.:

RED, the color of visible light with the longest wavelength, is the 1st color we see after the infrared band is passed. Red, is yang, thermal, heating & positive. It promotes cellular growth and activity, stimulates our will, and corresponds to our life force (circulatory system). It is indicated for colds, sluggish and dormant conditions such as pneumonia~bursitis~paralysis and arthritis. It is also a liver stimulant, an energy builder, and helps raise our blood pressure, increasing our circulation.

BLUE, on the opposing end of the visible spectrum, is yin, negative, electric, cooling. Blue light is often used to stop bleeding of the lungs, cure sore throats, decrease fevers, and relieve inflammation of the skin and gums. Blue is also used for measles, chicken pox, cuts, bruises and burns. Blue is relaxing. Soothing rays of blue light brings great calmth and peace to the worried, excited and nervous mind.

(*) Note: more dis-eases are treated with blue light than any other color.

GREEN is the color of balance, harmony, nature, neutrality and non resistance. It corresponds to the heart center, and heals illnesses such as heart troubles, decreasing & stabilizing blood pressure. It is also used to treat ulcers, cancer, head aches, nervous disorders, and acts as a general tonic (or boost).

The secondary colors are similar to the closest ray of which they are combined. For instance *ORANGE* animates like red; this color is used to address inflammation of kidneys, gallstones, menstrual cramps, epilepsy and sinus conditions. *YELLOW* stimulates the nervous system and the intellect. These rays have an alkalizing (neutralizing) effect which strengthens the nerves, and are awakening, inspiring, vitally stimulating to the higher mind, aiding self control. Yellow is used to handle constipation, gas, liver troubles, diabetes, eczema, skin problems, and nervous exhaustion. *INDIGO*, the color of our solar system, is particularly beneficial in dealing with cataracts, glaucoma and a variety of eye issues. It is also used to purify the blood and the mind, to treat ear and nose problems, lung dis-ease, asthma and to alleviate mental problems. *VIOLET*, the last color we can see before the light passes on to ultraviolet, concerns with neurosis, scalp issues, tumors, rheumatism, concussions, cerebrospinal meningitis, and mental issues.

The secret of success with this kind of therapeutic treatment lies in the knowledge of 'what' color needs to be applied, and 'where'. It is not to say that all symptoms will vanish. Color Therapy is an alternative method applied to *alleviate symptoms*; it is not a cure. Color awakens the energies of the soul, harmonizing body, mind, and spirit ~ in equilibrium with nature.

I think it pisses God off if you walk by the color purple in a field somewhere, and don't notice it.

~ Alice Walker ~