Color healing, light therapy and chromotherapy are all terms used interchangeably with Color Therapy.

Color Therapy is a set of principles used to create harmonious color and color combinations for healing.

This form of energy medicine is based on the belief that the human body is composed of energy fields.

When the energy is properly distributed and circulating freely, the body is healthy. Imbalances or abnormal amounts of energy are believed to indicate an excess or deficiency.

Color is energy. The energy vibration of that color is what you need, in the moment, in order to improve and balance your physical and emotional state.

Chakra Balancing, Aura Cleansing, Colorpuncture, Light Therapy and Color Therapy modalities of healing are profound and are great integrative therapies that can be used in conjunction with many other forms of health care.

**History of Color Therapy**

Color therapy is a technique of restoring imbalance by means of applying color to the body. It was a popular method of cure even in ancient times. Some 2,500 years ago, Pythagoras applied color light therapeutically and `color halls` were used for healing in ancient Egypt, China and India.

The first color wheel was invented by Sir Isaac Newton. He split white sunlight into red, orange, yellow, green, cyan, and blue. He then joined the two ends of the color spectrum together to show the natural progression of colors. Newton went a step further and associated each color with a musical note.

Johann Wolfgang Goethe began studying psychological effect of colors about a century after Newton. Goethe created a color wheel showing the psychological effect of each color. He divided all the colors into two groups: the plus group (red, orange, yellow) and the minus group (green, blue, indigo, violet). Colors of the plus group produce excitement and cheerfulness. Colors of the minus group are associated with weakness and unsettled feelings. Goethe observed that blue gives a feeling of coolness and yellow has a warming effect.

The pioneer of modern color therapy was Niels Finsen of Denmark. Following the discovery, in 1877, of the
bactericidal action of solar ultra-violet energy, Finsen studied the possibility of assisting the healing of wounds with visible light. He subsequently used red light to inhibit the formation of smallpox scars and, in 1896, founded a Light Institute (now the Finsen Institute of Copenhagen) for the photo treatment of tuberculosis. In 1932, Gerrard and Hessay, two Californian psychologists, scientifically established that:

* blue light has a calming effect

* red light has a stimulating power on human beings.

Blue and red colors are considered at the two extremes with yellow representing the midpoint. These are also the three principal colors in a rainbow.

Every substance on earth contains color. Even the rays cast on earth by celestial bodies contain color in the form of white light. The rays of the sun contain seven different colors - violet, indigo, blue, green, yellow, orange and red. These are natural colors which are highly beneficial to the maintenance of health and for healing diseases.

**Healing With Color**

There are numerous ways to heal and balance with color. A good rule of thumb is this: "Energy follows thought". Where we put our thoughts, this is where the energy goes. By concentrating on a particular healing color, it is the visualization of that color that will be projected. If we focus on a color, the energy emanates from our body and begins to change the frequency that resonates with that particular color.

Color is light. Light, which is split into different wavelengths vibrating at different speeds and different frequencies. Objects that ABSORB all wavelengths and DO NOT reflect any, is black.

Objects that REFLECT all wavelengths and DOES reflect everything, is white. Between black and white lies COLOR. Colors are wavelengths of energy that, to us, appear as color because of the potential and capabilities of the object to either absorb or reflect the energy. This basic principle is how we experience color.

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**Light Therapy**

Light Therapy has been valued throughout history as a remarkable source of healing. Today, the therapeutic applications of light and color are being investigated in major hospitals and research centers worldwide. Results indicate that full-spectrum, ultraviolet, colored, and laser light can have therapeutic value for a range of conditions from chronic pain and depression to immune disorders.

The oldest form of light therapy is natural sunlight, which is the ultimate source of full-spectrum light. For those living in areas that see very little sunlight this time of year, there are other options; full-spectrum light therapy, bright light therapy, various forms of UV light therapy, syntonic optometry, cold laser therapy, and visual color therapy.

For treating SAD, white light therapy is often preferred over the full-spectrum light because the additional UV light found in full-spectrum light is not necessary to achieve the antidepressant effect of the therapy, and can be harmful to the eyes. Different wavelengths stimulate different aspects of our physiology, all playing a vital role in our functioning. We especially need natural light with its subtle variations that act on our well-being. The rhythm of dark and light from day and night and the full-spectrum of light is essential to our circadian rhythms (biological clock), endocrine, immune, sexual and nervous systems.

**Color from a Psychological Perspective**

This color experience provides the opportunity to discover for yourself, the impact colors can have on your
well-being. The need for a particular color's vibration seems to differ from day to day or even from hour to hour.

When you absorb a color vibration it travels, via the nervous system, to the part of the body that needs it. Each body has its own optimum state of well-being and is constantly seeking ways to maintain or restore a balanced state. Utilizing color, is one way you can help yourself to harmony!

You can experience the affects of color therapy by the food you eat, light you experience, clothes you wear, colors you meditate on and the colors that surround you.

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