

What is Colour Healing?

Firstly a simple explanation into what colour is will help us understand more about colour [healing](#). Colour is created by light and it's interaction with darkness, light together with darkness creates a whole spectrum of colours.

Colour is light broken down into wave lengths and into different vibrational levels. Objects that absorb all the light with none reflected back is called black, while white, will reflect all the light back.

Every colour has a vibrational level of high or low and will quickly create an experience of warmth or coolness.

Colours affect [emotions](#) and the senses, it may calm, energise or balance depending on what colours are used.

Colour can be a effective and powerful [therapy](#) in colour healing and balancing the mind body and emotions.

The use of colour has been used for centuries to inspire emotional and physical responses. This is used in paintings, stain glass [windows](#) in churches , in intensely painted room or even clothes .

For one moment reflect on reactions created by various colours you have encountered, for example, a refreshing soft blue sky, a vibrant yellow room, a stimulating red suit or a sultry black dress. All these colours create response from our senses.

Colour [healing](#) can be used in many different ways these being;

- [Meditation](#) and visualisation with colours
- Wearing colours to create certain moods
- Using colours in your home to calm, energise or stimulate mental and physical responses
- Eating certain foods whose colours can be beneficial to our bodies and state of mind

Colour healing can induce healing and regeneration of the body, balances mental [stress](#) and turmoil, expands and stimulates the mind, energises and rejuvenates the body's energies, calms and relaxes tensions and [anxieties](#).

So colour is not just a object of delight to our sense of sight, but a very interesting step into changing our moods, attitudes and health.

And depending on the colours used, can promote what responses you wish to achieve.



Colour breathing and visualisation

Colour is a result of different wavelenght and vibrations of light, it can be a very vital source in the practice of healing.

Every colour has a vibration that produces various effects to our mind, body and emotions , the technique of colour [breathing](#) and visualisation can be used to do this.

These techniques can be applied to revitalise, balance, or heal yourself .

A brief description will be given to explain what each colour will help create by using colour breathing and visualisation.

Colour breathing with Red, this colour stimulates the physical body and [nervous system](#), it also helps activate the sexual energies.

Colour breathing with Orange, helps balance the mind and emotions, it helps create patience and tolerance ,it also aids in the expansion of the mind.

Colour breathing with Yellow will relax the nervous system, uplift [depression](#) and stimulates the intellectual mind.

Colour breathing with green, can calm [stress](#) physically and mentally, it will activate the body's natural [immune system](#) , enabling the regeneration of organs and cells, it also brings about a state of harmony.

Colour breathing with Blue, soothes mental strain and the nervous system, it stimulates the spiritual force of upliftment, and activates self-understanding and development.

Colour breathing with Indigo will develop the intuition and psychic abilities, it alleviates inner fears and inhibitions, it will encourage one to go beyond the known material world.

Colour breathing with Violet, creates a sense of peace mental and emotionally, it will inspire thoughts and achievement bringing around the use of talents not yet developed.

Violet will stimulate the need to research and understand the life purpose.

These colours can be used and applied in the following exercise, you may choose the colour that will create the results you wish to obtain or practice with several colours in individual visualisations. Psychic Medium, Clairvoyant Gold Coast, Queensland

Before starting this exercise you will need choose the colour you will be using , sit down and get comfortable, relax your body by breathing deeply and slowly.

For the purpose of this exercise we will use the colour red.

* Close your eyes, relax and expel all the air from your lungs visualising all the [stress and anxiety](#) leaving your body.

* Focus on your breathing, ensure that the rhythm is slow and deep.

* Before you image a mountain of colour, the colour Red is everywhere, you will feel the colour red seeping into your body each breathe you take , it flows into your [lungs](#), through your body and out again.

* You will begin to feel energised, alive and exhilarated , you will feel the sexual energies stirring and expanding, making you feel vibrant and confident.

* As the red pulsates with each breathe you take, all the anxieties and stresses of the day will slip away, the feeling of aliveness and energy gets stronger and stronger.

Continue this exercise until you are ready to stop, you may use other colours to calm, harmonise or develop you psychic abilities. Before each exercise,

plan what you wish to obtain, then with colour breathing and visualisation focus on these desires and empower them with colour.

Colour Meditations (Part 1)

Colour can be a powerful and effective technique in the practice of [natural healing](#).; each colour can effect our emotional, mental and physical state in various ways depending on the colour used.

[Meditations](#)

with colour can help alleviate negative emotional feelings, and reinforce positive balance to our state of being.

With these [meditations](#), affirmations will be given as they will empower and amplify the effects of each colour , it is recommended that one colour at a time is used.

The following meditations deal with seven different colours: Red, Orange, Yellow, Green, Blue, and White.

With each colour , we will explain the positive energies that it enforces and the negative attitudes it will resolve.

These meditations are very simple, you may meditate on them as long as you wish, or may use them all in seven different meditations.



Red

Use this colour to dispel selfishness, aggression and anger. The positive focus is courage, anticipation, enthusiasm and excitement.

- Sit quietly, relax every part of [your body](#).
- Think of your anger, aggression or selfishness , breathe out in a rush sending them out of your body.
- Then breath slowly and deeply , focus on courage, enthusiasm, and excitement and say :
I wish to change, I have courage , I accept life's challenges, I feel alive.

Colour Meditations (Part 2)

Orange

is the colour of forgiveness and freedom. This colour dispels hate, bitterness and your own self dislikes.

- Sit quietly, relax yourself and focus on the bitterness or hate you feel, breathe these feelings out.
- Focusing on the thought of forgiveness and the need to let go of all limitations.
- Breathing deeply and slowly say; I totally forgive and let go of the past , I wish to resolve all hurts and limitations, I am balanced and forgiving.

Note: you must be very willing to allow these hurts and angers to be released from your life.

Yellow

will dispel judgment, criticism and the inability to enjoy life. It will enforce optimism, joy and newness to life.

- Sit quietly, relax and focus on your criticisms, judgments or your lack of motivations.

- Breathe these feelings out , then focus on the feeling of joy, optimism and the wish for a new lease of life.
- Whilst breathing deeply and slowly say; I am full of joy, I now draw to me, new friends, feelings, and thoughts. My life is now new and alive.

Green

is the colour of love and caring, it dispels jealousy, possessiveness and insecurity.

- Sit quietly, relax yourself and breathe out, focusing on your jealousy, and insecurities, see them slipping away.
- Breathing in deeply and slowly, concentrate on the feeling of love and comfort then say: *I am one with my life , I am [secure](#) in my life I feel love and harmony around me*

Colour Meditations (Part 3)

Blue

Meditating with blue will induce trust and decisiveness in your life, it will dispel weak willed or easily led traits in the nature.

- Sit quietly, relax and breathe out , focusing on your inability to stand up for your self, see this trait dissolving away.
- Whilst [breathing](#) deeply and slowly see your self becoming more decisive and controlled and say; I no longer surrender to the whims of others, I am strong and confident. I am in control of my life.

Violet

The colour Violet will dispels frustration, criticism and lack of self worth, it enforces the intuition, responsibility and develops self worth.

- Sit quietly and relax, focus on your criticisms and unworthy feelings of your self, breathe out seeing them dissolve away.
- Breathe in deeply and slowly, focus on your creativeness, intuition, and self-worth, see your self being more confident and happier with your self. And say:*I am creative and inspired, My intuition is expanding and developed, I am confident and believe in myself.*

White

Meditation with the colour white produces qualities of perfection, truth, love and wholeness. This colour is a very pure colour and will help balance all negative traits and attitudes.

- Sit quietly and relax yourself focus on the white colour filling your whole being, bring you peace and wholeness and say: *I am perfect and loving, I am the light of my world , I am at peace with my self and all things.*

These [meditations](#) will help you achieve the effects you need to improve your well-being in general. They can be used on a daily basis to create the qualities you require in your life.

