

For the Love of Color



Are Sounds the only alternate “language” that affects the human body? Not by any means. Let’s consider Color. Colors, like musical tones are perceived through frequencies. Each color has its own wavelength frequency that resonates with the human eye which then interprets the different colors as we know them. Color frequencies are much higher than musical tones and if you extended the octaves on the piano another 44

octaves (approx.) making the piano about 283 inches longer in theory you could produce a “color chord” creating a color as opposed to a “musical chord” creating a sound.



Color is so much a part of our lives that we can take it for granted. The truth of the matter is that color has been proven to affect all of us in more ways than we consciously realize. Modern research and scientific studies have led to colors and their influences to be used in art, merchandising and sales, decorating, workplace environments, schools, prisons, industries, religion, nutrition, plant growth, physics, physiology, and psychology to name a few. The appreciation of color and its effect started with ancient man realizing that light was necessary for life. The colors derived from that light, therefore, held mystical, divine meaning. The use of color in fabrics, sand paintings, amulets, and talismans was not for decoration but for the spiritual power each color held.

Although the most sacred color varies from society to society, the message was the same. Color had a unique role in the harmony of the body, surrounding nature, and community, and was of the utmost importance.

The ancient Egyptian healers used colored stones, amulets, minerals, and salves to heal different afflictions of the body. The ancient Greeks, with their more scientific approach,

assigned specific colored ointments and plasters to deal with specific usages (i.e. calming effect, debridement, and healing of wounds). Arabian medicine also saw body and body fluids color as a diagnostic tool as well as using color to heal. Followers of the Chakras of the body, from ancient times to the present, believe the different Chakras are associated with different colors and body organs.

Color therapy persisted, in one way or another, until the arrival of modern surgery and antibiotics, at which point color medicine was all but ignored. In the late nineteenth century, color therapies made resurgence, albeit with a mysticism point of view. Modern medicine was seemingly destined to use color only in the diagnosis of disease. Faber Birren stated, "American medical men are presumably not interested in color....While some tolerance has been shown toward the psychiatrist and toward the psychotherapeutic aspects of color, direct color therapy as such has mostly been attended by inexorable skepticism..."



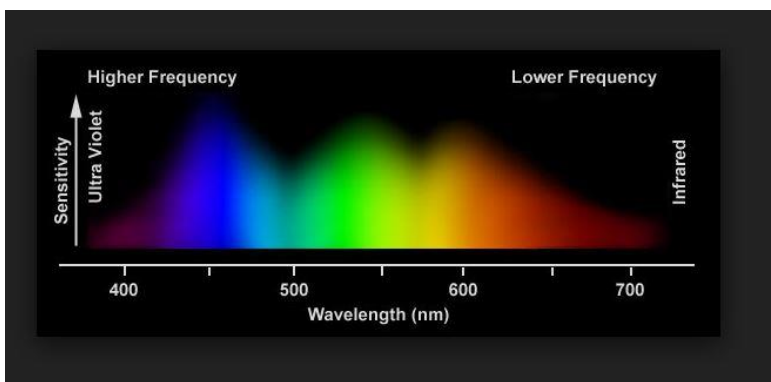
But now modern medicine is starting to recognize the value of color through other sciences. Photochemical reactions in living organisms include the entire range of visible light and color. Kirlian photography reveals emotional and psychological responses to color, and electroencephalography shows different brain wave activity when a person is exposed to different colors. Niels R. Finsen won the 1903 Nobel Prize for discovering light therapy could be used in the treatment of tuberculosis. It is also now known that sunlight prevents rickets, destroys germs, helps the body produce usable Vitamin D; and visible blue light

is used to dissipate neo-natal jaundice. The study of light waves has established that different colors emit different vibrations. Kirlian photography has established that the human body emits electrical activity; and EEGs and skin sensors have established that different colors produce different electrical responses. Modern psychology has established that mental and physical health is intertwined.

Dr. Jacob Lieberman's work links ocularly perceived light to the Pineal Gland which sends hormonal messages through the body to make adjustments and changes. Color also impacts the Thymus Gland to strengthen the immune system (particularly the color turquoise). Faber Birren (who's love of art and its effects on humans physically, emotionally and psychologically)

further stated, " color influences the endocrine system, and the chain of events taking place sweeps through the body."

Also, various studies have shown the effects of different colors on the human body. Warm hues stimulate muscle tension while cool hues relax it. Red light increases blood sugar. Bright, warm colors stimulate the autonomic nervous system. Blood pressure and pulse rate actually do increase with bright, warm colors and conversely decrease with softer, cooler colors. Using softer, cooler colors in areas where you eat aids digestion and using these colors in bedrooms helps promote sleep. Using bright, warm colors in areas where you need added energy, such as an office, is another example of using color for your benefit.



The therapeutic potential of color is now being recognized as having value in medicine both emotionally and physically and Color Therapy is proving to be a valuable adjunct in conventional medicine in many instances. Recent biophysical research confirms that we have an energy body

besides a physical one. Holistic Color Therapy (or Vibrational Healing) sends out different frequencies of light (color) into one's Chakras and auric field. This has positive effects on the body's physical and emotional health, speeding physical healing and promoting general wellness by boosting the immune system. Furthermore, because organs and individual cells react to color vibrations (as they react to sound vibrations) it has a positive effect on them as well.

Color is part of our daily lives and we can easily use it to our advantage. Wearing colored clothing made of silk, cotton, and wool (fabrics that easily transmit colors' energies into the body) can improve the way we feel physically, emotionally and mentally.

Modern medicine, with its need to study and quantify through established scientific method, is returning to the use of color therapy to benefit the human body. Today's medical practices, albeit slowly, are catching up with the observations of the Ancients and their instinctive use of color to protect, diagnose, treat, and cure the human body.

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