

COLOUR THERAPY

Colour therapy, also known as chromotherapy, is a form of therapy that uses colour and light to treat certain mental and physical health conditions. We can trace this form of therapy back to the ancient Egyptians and colour therapy is one of the most popular alternative medicines used to influence the behaviour and mental health today in a holistic and nurturing way. Let's look at what is Colour Therapy and can I use it in my daily life to bring benefit?

BY KATI KAIA



Introduction

WHAT IS COLOUR?



Colour therapy (or chromo therapy) is an alternative remedy that uses colour and light to treat physical or mental health by balancing the body's energy centres, also known chakras.

This concept dates back to ancient Egyptians who used sun-activated solarium rooms constructed with coloured glass for therapeutic purposes. We use colour so much in our everyday lives and have the influence of colour psychology threaded throughout the modern world.

Colours are made up of reflected lights that hit our retinas as the wavelengths vibrate. Our brain interprets these wavelengths, which ultimately makes our perception of colour as a physical and sensory experience.

Section 1

PRIME COLOURS

Colours are made up of reflected lights that hit our retinas as the wavelengths vibrate. Our brain interprets these wavelengths, which ultimately makes our perception of colour as a physical and sensory experience.

RED

..... How does the colour red make you feel?

ENERGY

-
-
-
-

BLUE

..... How does the colour blue make you feel?

CALM

-
-
-
-

YELLOW

..... How does the colour yellow make you feel?

UPLIFTING

-
-
-
-

COLOUR

Explore the Power of Colour Therapy: Transform Habits, Impressions, and Spaces: Now you have reflected on how those primary colours effect you personally, you can take a look at the colour wheel and see if they match your emotional body and feelings from colour.

The shades of colours used in your colour therapy session will vary depending upon the type of ailment you are trying to correct. For example, blue or purple lights are anti-inflammatory and calming. Green colour helps to purify and cleanse, white and yellow colour light stimulates the lymphatic system. Discover the science of Red Light Therapy for an energising boost or to bring life passion and deeper reds and blacks are excellent to ground.

Use the below wheel as a reference if needed.



EMOTIONS

Colour therapy could be viewed from diverse aspects such as its role in different cultures. Decreasing physical and psychological disorders and its effect on working climate, industry, creativity and in particular medical and hospital settings are just some of the examples of colour therapy.

Especially effective as a communication tool with your emotional body. Reflect on your emotional maturity and understanding of your feelings. Do you face them? Do you bury them? Do you face your shadows? Now might feel like a good time to journal on your emotional self and what areas you might need some help on?



CHAKRAS

Yoga and Indian philosophy, the chakras are the centres of spiritual power and energy within our bodies. There are seven chakras and different colours represent a different chakra, the energy body can be used as a guide to help you in your practice and balancing your self. Starting with the root chakra, you can use these colours in visualisation and in your own work to create flow.

Base or Root Chakra (Muladhara) - Red colour - I AM

Sacral Chakra (Svadisthana) - Orange colour - I FEEL

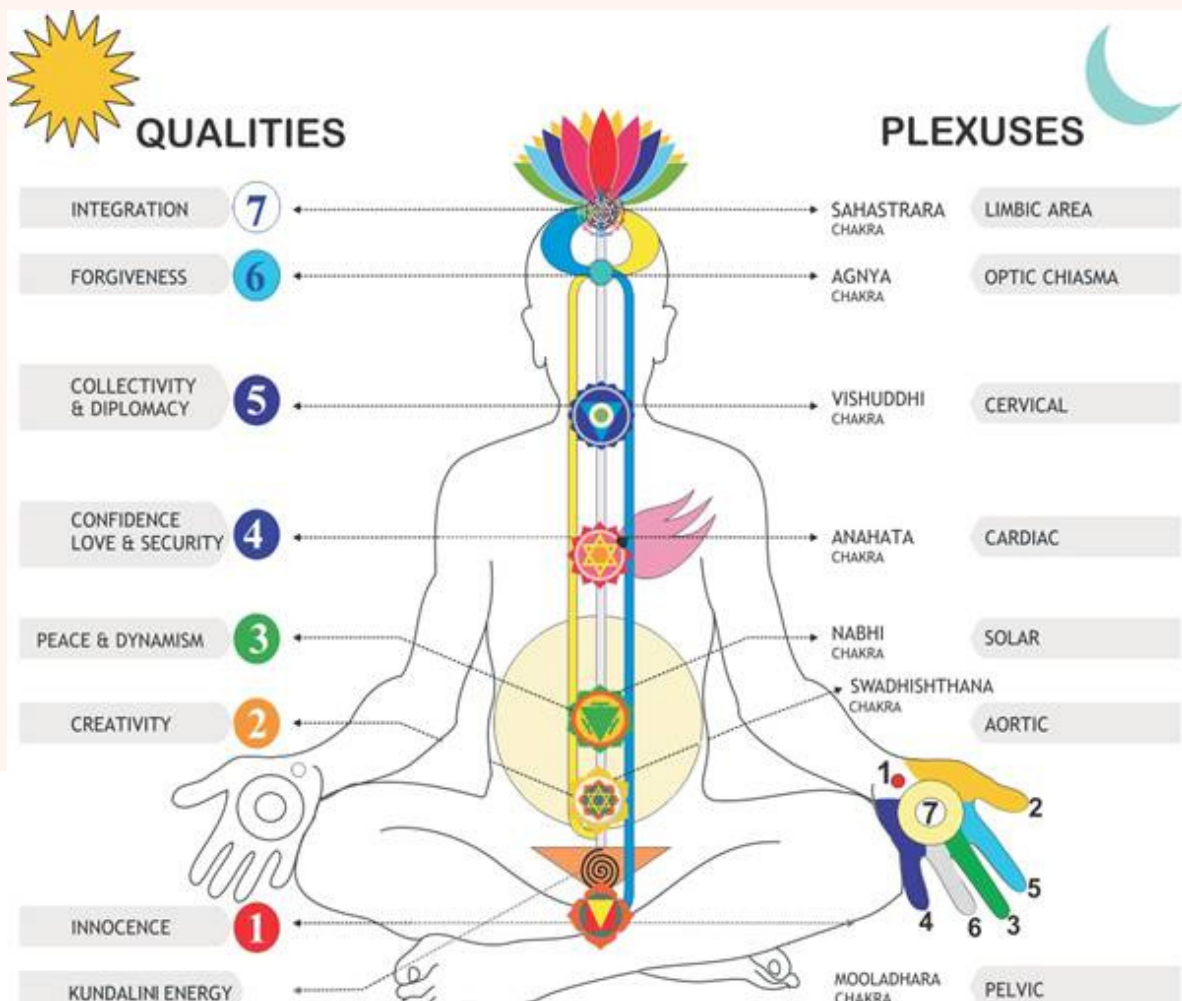
Solar Plexus (Manipura) - Yellow colour - I DO

Heart Chakra (Anahata) - Green colour - I LOVE

Throat Chakra (Visuddha) - Blue colour - I SPEAK

Crown Chakra (Sahasrara) - Indigo colour - I UNDERSTAND

Crown Chakra (Sahasrara) + ABOVE - Violet colour - ONENESS



notes

What colours your emotional body is needing to work with and which chakra you feel are blocked and need to focus on first? Do they match or clash?

Perhaps start at the most important one for you to focus on first?

If the root chakra is blocked and you feel very ungrounded and lack of passion or prana energy, bring more reds into your day will help.

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Start at the first three chakras and the emotional body associated with those, do you lack in any of those and start working with that energy and colour

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Section 2

LET'S ASSESS

Now we have connected to the prime colours and the effect they have on you and your emotional feelings in the body - take a moment to reflect on your own physical and emotional body checklist and how you are feeling to motivate your SELF at this time? No right or wrong, just connect.

How will you rate the following					
PHYSICAL		Never	Rarely	Sometimes	Always
	I feel good about my body	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	I exercise to keep my body healthy	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	I get 7-8 hours of sleep every day	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	I include nutritious food in my diet	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	I spend time in nature	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

How will you rate the following					
EMOTIONAL		Never	Rarely	Sometimes	Always
	I can manage my feelings properly	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	I am able to cope when stress	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	I have a positive outlook and energy	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	I allot time for my hobbies	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Section 3

PLANNING AHEAD

Make some plans ahead that can help you to deal with the physical or emotional body in those areas you highlighted were lacking in self care. See our blog for self care pointer if needed, perhaps you could start a meditation practice, journal more, disconnect from socials a little more, addictions to deal with or simply to get creative and set time aside for drawing or self expression.



1

..... What colours are a priority for you?

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2

How to bring these into your daily life more?

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3

..... Self care practice to start with first?

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Section 4

CHECKLIST

Physical activities for the week

- Exercise and/or go for a walk
- Eat healthy, colourful foods
- Get 7 hours of sleep per night
- Visualisation on Colour focus
- Spend time in nature

Emotional activities for the week

- Journal your emotions and colour
- Listen to favorite music
- Doodle or Painting with colour
- Chakra meditation with manta
- Do something fun



Light is considered to be one of the purest healing forces in the universe. The presence or absence of light can affect the Hypothalamus, Pituitary and Pineal glands. This, in turn, can influence our physical and mental health. Take light exposure and colour work seriously for benefits



Section 5

ACTION STEPS

Finally, are there any other steps that might help you plan ahead and shake up your energy and life on a daily basis. Bring more colour, more life force energy and ultimately more joy! Adding 3 actionable steps this month to repeat, can be as simple as adding more red veggies or breathing time.

1

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2

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.....
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3

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Awaken the AWE in everyday to enjoy to the present.

Namaste

KATI KAIA



Colour and movement has been an obsession for some time, using colour and shape to interpret musings, feelings, meditations and looking at how tones of colours work together or jar with each other to impact our mood. The profound emotional escape and expression felt through painting is transferred to canvas.

Story telling is an important part of the process, from ancient mythology to the current happenings of the modern world, which is counter-balanced by the juxtaposition with human emotion, love and the profound beauty found in the sanctuary of nature.

The removal of technology, noise and the constant stream of media, stripping imagery back to the beginnings of colour and the beauty alone in that, is something we will be exploring for some time to come. Intrigued by the effect this has on our own practise of yoga, pilates and training with the enhancement of colour. Looking at the effect colour has to play on the mind, our mood and our children, we want to address the imbalance in our lives by saturating ourselves in the colours we need to bring about positive change...

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