

## Color Therapy Lights (Recommended)

Some models will include color therapy lights (or chromo lights aka chromotherapy). Color therapy lights function as light therapy for physical and mental health. Scientists have determined that each color emits a frequency.

Our body consists of Seven Layers of the Auric Field and the Seven Chakras (energy centers of the body). Each layer looks different and each has its own particular function. Each layer of our Aura is associated with a chakra (1st layer with 1st chakra, and so on). See a chart below:

### Chakra – Root Chakra (RED)

Location: The end of the spine, between the anus and the sexual organs

Function/Qualities: Security/Safety, Stability

Function when disturbed/unhealthy: Fear, insecurity. Life feels like a burden. Feeling of not belonging.

Physical Health: Weak constitution, elimination problems. Reduced physical and mental resistance.

### 2nd Chakra – Sacral Chakra (ORANGE)

Location: The Sexual Organs

Function: patience, Healthy/Positive Emotions towards Sexuality, Creativity, Responsible Relations

Function when disturbed/unhealthy: Rigid emotions, frigidity, guilt, no boundaries.

Physical Health: Problems with reproductive organs, kidneys.

### 3rd Chakra – Navel (YELLOW)

Location: Navel Point – Solar Plexus

Function/Qualities: Center of personal power and commitment;

Self-esteem, dignity, identity, judgment.

Place of inner balance and inspiration. Function when disturbed/unhealthy: Anger, greed, shame, despair;

No strength or spontaneity. Conforming in order to be recognized;

Suppressing one's own wishes/emotions to please others.

Physical Health: Problems with digestion, the liver, gallbladder, the pancreas.

### 4th Chakra – Heart Chakra (GREEN)

Location: The middle of the chest on the breast bone.

Function/Qualities: Compassion, kindness, forgiveness, service, love

Function when disturbed/unhealthy: Grief, Attachment, Easily Hurt. Emotional dependence on others. Heartlessness.

Physical Health: Heart problems, lung problems, blood pressure problems.

### 5th Chakra – Throat Chakra (LIGHT BLUE)

Location: The throat

Function/Qualities: Language; Ability to communicate effectively; Authenticity; Inspiring, teaching.

Function when disturbed/unhealthy: Lethargy, weakness in expressive abilities; Shyness, voice problems, insecurity, fear of others' judgments/opinions.

Physical Health: Throat, neck, thyroid problems.

### **6th Chakra - Third Eye (INDIGO BLUE)**

Location: Between the eyebrows.

Function/Qualities: High Intuition; Clairvoyance; Visualizing; Fantasizing; Concentration and determination; Self-Initiation; Power of projection; Understanding your purpose.

Function when disturbed/unhealthy: Confusion, Depression. Rejection of spirituality; Over-intellectualizing.

Physical Health: Depression, Panic, Mental Disorders.

### **7th Chakra - Crown Chakra (VIOLET)**

Location: Crown of the head.

Function/Qualities: Spiritual Connection; Connection to the Higher Self; Unity; Enlightenment; Universal Awareness

Function when disturbed/unhealthy: Grief; Feeling of being separated from existence/abundance. Fear of death. Mental Health: Complete separation and dis-illusion from oneself; grief, sadness, false/limiting beliefs.

### **8th Chakra - Aura (WHITE)**

Location: The electromagnetic field (contains all colors above)

Function/Qualities: Aura combines all the effects of the chakras and offers their projection. Aura projects and protects.

Function when disturbed/unhealthy: Shy, withdrawn, vulnerable.

Physical/Mental Health: Overall weakness in mind and body.

Operating Instructions:

The color lights are operated by remote control only. Press any color on the remote control to turn the lights on and select a color. You may then press the "Cycle" button (lower right button) to cycle through the colors randomly. Press the "Power" button to turn the lights off.