



COLOR YOUR WORLD

Color Therapy to Balance & Harmonize the Body

Violet / Purple

Stimulates Intuition, Imagination, Self-Knowledge, Meditation, Artistic Qualities, Peacefulness Bliss

Associated with Body: Upper brain, right eye, pineal gland

Indigo

Stimulates Self-Responsibility, Inner Strength, Creative Visualization, Intuition, Calmness, Knowing

Associated with Body: Lower brain, left eye, nose, nervous system, some hearing, nose, smell, and taste.

Blue

Stimulates Calmness, Communication, Honesty, Truth, Self-Expression, Appreciation, Beauty

Associated with Body: Bronchioles, vocal, and some of hearing, throat, neck, swallowing, hearing, thyroid, ability to talk, and express

Green

Supportive, Balance, Harmony, Love, Social, Nature, Acceptance

Associated with Body: Heart, blood circulation, arms, chest, hands, vagus nerve, thymus gland

Yellow

Increases Fun, Humor, Lightness, Personal Power, Intellect, Logic, Creativity

Associated with Body: Stomach, liver, gall bladder, upper abdomen, colon, pancreas

Orange

Stimulates Creativity, Productivity, Pleasure, Optimism, Enthusiasm, and Emotional Expression

Associated with Body: Reproductive system, lower abdominal area, colon, some of the urinary tract (kidneys, ureters), adrenals

Red

Increases Physical Energy, Stamina, Grounding, Spontaneity, Stability, and Passion

Associated with Body: Spine, hips, knees, ankles, some of the urinary tract (ureters, bladder), adrenals

Incorporating into Lifestyle:

Color Therapy employs a variety of activities, such as incorporating color into your environment, foods, drinks, clothing, sunglasses, creative (imaginative) thought, and use of such things as laser light therapy (sitting in presence of colored light)

Colors are vibratory. Each of the color photons has its own wavelength and frequency. The body recognizes these waveforms and responds to them

Energize areas by adding color.

Subdue or calm areas by adding complimentary (opposite) colors.

Resources:

Mary Jo Bulbrook - Energy Medicine Partnership, Inc. (2010), Seven Basic Energy Centers – Chakra System. Website: www.energymedicinepartnerships.com.

Mary Jo Bulbrook - Energy Medicine Partnership, Inc. (2010), Advanced Energy Medicine Theory – Diagnosing Issues in the Chakras (Energy Centers) Through the Dimensions of the Energy Field. Website: www.energymedicinepartnerships.com