



# Color Healing with Rays of Light: Using Color to Enrich Our Lives

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Color surrounds us in all aspects of our lives—in the clothing we wear, the paint on the walls, the furnishings in our homes and offices, the food we eat, trees, flowers and bodies of water in nature and so much more. We are always influenced by color in some way, even when we are not aware of it. Lack of color effects us by making us feel tired or sad on a grey day, while a bouquet of flowers brings us joy and green lawns or forests allow us to breathe easier and feel calmer. Some colors we choose—like the flowers in our garden, the sheets on our bed or our clothing. Others we do not, like the dull grey steel of buildings in a congested city. We are instantly drawn to colors that inspire feelings of peacefulness such as a blue sky or the ocean. Others may irritate us, like bright red under artificial lighting.

Color is what we perceive from the visible spectrum of sunlight. Light comes to us from the sun in the form of electromagnetic waves of energy. The light in the visible portion of the electromagnetic spectrum contains colors from red (the longest wavelength) to violet (the shortest wavelength). Each color is a specific frequency of waves of energy, thus color is a form of energy.

We are energetic beings. Colors are energetic frequencies of light so our bodies respond to color. As an energetic healing modality, color can affect people

at every level of their being. The informed use of color frequencies supports the balancing of our health—mentally, emotionally, physically and spiritually.

Color has been used for centuries in many energy systems and therapies. Ancient Eastern teachings speak of seven major energy centers in the body called chakras. These correspond to the rainbow spectrum, from red at the base of the spine, through orange in our sacral area, yellow at the solar plexus, green at the heart, blue at the throat, indigo at the third eye (brow) and violet at the crown.

The chakras are associated with the major endocrine glands in the body as well as certain states of consciousness or expression. An example of this is the chakra located at the throat area, which correlates to communication, speaking our truth and the thyroid, all of which are represented and influenced by the color blue. Imbalances and blockages of the energy flow in our body, mind and emotions can cause symptoms of illness and disease. Using color can help to balance the energy in the chakras which can then positively affect body systems.

There are many recent scientific studies linking the beneficial effects of color with our physiological as well as emotional and psychological states of health. Dr. Jacob Liberman discusses this at length in his bril-

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liant book, *Light: Medicine of the Future*, where he lists numerous scientific discoveries. One of these is from the research of the Russian scientist S.V. Krakov who found that the color red stimulated the autonomic portion of the nervous system, while blue stimulated the parasympathetic portion. Some common therapeutic uses of color in medical treatments are blue light for jaundice and arthritis and red light to stop migraines. Full spectrum lighting is used to treat SAD (Seasonal Affective Disorder) and to help children in classrooms focus better, improving academic achievement and behavior.

I studied with Dr. Liberman and personally experienced his technology of using colored lights to

My system of working with colors or rays of light corresponds to emotional qualities or states of consciousness such as love, compassion, courage, clarity and wisdom. When we focus on a specific color and allow it into our energy field, it can reinforce the energy pattern of the specific quality that we want in our lives. The hierarchy of Divine Beings and Angels can help with this process as well. For example, we can call forth Archangel Michael on the blue ray to reinforce protection, faith, expression of truth, power and divine will.

In my years of experience as a professional textile artist, holistic educator and healer, I have observed the effects of color on people's energy fields while wear-

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influence vision and health. He asserts that the relationship between light and health begins in the eyes and describes the body as a "living photocell." As light enters the brain, it stimulates the hypothalamus which regulates certain activities of the autonomic nervous system and governs the pituitary gland. The hypothalamus shares the light information with the pineal gland, which René Descartes refers to as the seat of the soul. The pineal in turn regulates many more vital functions by linking the nervous and endocrine systems. The way these systems function influences our emotional well-being.

Additionally, there are esoteric systems and spiritual teachings which relate color to aspects of consciousness including Goethe's Theory of Colours, Rudolph Steiner's philosophy of Anthroposophy, Blavatsky's doctrine of Theosophy and concept of the Seven Rays, and most recently The Temple of the Presence which expands upon the Seven Rays with teachings of the I AM Presence, Ascended Masters and Angels.

ing silk scarves that I hand paint in rich jewel tones. I have listened to clients share how they feel when wearing them. While exhibiting at holistic conscious living shows like Whole Health, New Life and Body, Mind, Spirit Expos around the country, I witnessed how my silk scarves were affecting people physically and emotionally. First, there was the aspect of the silk fabric itself, with silk being the highest vibration of natural fiber and very soft to the touch. Add to that the pure rich colors that I applied to the silks with dyes and the positive intentions I held while creating the scarves. I was excited to discover that I had a tangible way to educate people about color and energy in the form of my colorful silk scarves.

At shows I empower people to choose a scarf to which they are most drawn. When a scarf is chosen from my display, I drape it around the person's neck and shoulders, allowing the silk to flow down the front of his/her body over the heart (chakra) area. What happens next is fascinating and even magical—which I call activation. People will have a strong





positive feeling. A big smile usually comes across their faces, their energy looks brighter and the colors in the silk seem to come alive and more vibrant. Many are surprised that they can feel the colors' effects. They describe some of their experiences as feeling lighter, warmer, calmer, cooler or more energized and happy. It is beautiful to witness the transformation. In my experience, the frequencies of multiple colors in the silk interact with the frequencies in their energy field, creating a resonance that enhances and heals.

Then as a test we try on some contrasting colors. If they have chosen blues and greens, I may pick yellows and pinks to give them a sense of how those colors feel. It is always fun to see their surprise when they realize there is a difference. People usually did not know they could be that sensitive to the energies of color.

The pure color tones in my silks create a higher vibrational energy, with the corresponding divine and emotional qualities referenced by the color. The energetic expression of these qualities then entrains or changes the vibrational energies of one's energy system, such as transforming anxiety to tranquility or sadness to joy. Entrainment in this case means that a vibrating energy pattern will change its frequency to match the dominant field interacting with it.

In my booth at a show I might have several people trying on silks, learning about the effects of color and energy by observing the difference that a certain group of colors can make on a person. I have had people come running over saying, "You have to buy that one!" meaning that they could tell which silk was the "right one" for that person. This positive energy radiates to others. I can go into a store or a meeting and people will perk up and happily say, "Beautiful colors!" or "I love your scarf!" We innately want to feel better and colors greatly affect our emotions.

I have also worked with people individually in color energy healing sessions. As I drape a variety of colored silks over them, they experience different feelings, sensations, thoughts or even memories. Healing can be dramatic, tangible and influential to their well-

being. One client experienced a physical heaviness lift off her shoulders as she tried on a scarf—even the weight of the fabric felt lighter as compared to one in a slightly different color. She told me later that she keeps this scarf at her job to relieve stress from her shoulders while she works at her desk. Another client was a man who had recently lost his wife, the love of his life. After putting on a silk scarf in pinks and violets, he felt a comforting energy around his heart and a healing of his emotions.

Colors can also affect our concepts about ourselves. One client came to my city to work with a business mentor. She tried on silks and chose one in the hues most comfortable for everyday wear, plus one that had richer, deeper, more powerful colors to exemplify the person that she wanted to become. She planned to wear this when following her mentor's suggestions for the next steps to take in her business and to elicit more confidence and support for clear direction to move forward. Other people wear my hand-dyed, silk meditation shawls to create an energetic cocoon while meditating, making it easier to access higher states of consciousness.

By aligning ourselves with divine qualities of a certain color or ray of light, we can be comforted and uplifted as we go through our days filled with responsibilities and duties. We can do something as simple as take a moment of silence before an important meeting, where we visualize an ocean blue to calm our nerves, a deeper, darker blue to help us focus our thoughts and speak our truth and a golden ray of wisdom to inspire us. Also, as we get into our cars, we can imagine a blue light encircling our vehicles to protect us as we travel. By becoming aware of the colors that surround us and choosing the ones that support us on our day-to-day journeys through life, we create a wonderful opportunity to bring more of heaven to earth. €



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