



Colored Glasses

Color therapy is the use of color in assisting the body in its natural ability to balance itself. Practitioners of the healing arts have used color for centuries. Color serves to support our vital life force by supplying light energy to the system. Color can relieve stress, stimulate energy, alleviate pain and alter mood.

The body needs all electromagnetic wavelengths of natural sunlight for its circadian rhythms, including healthy sleep cycles and cycles of hormone production. Specific parts of this electromagnetic spectrum are analyzed by the eye and perceived as color. When color enters our body, it stimulates the pineal and pituitary glands, stimulating hormones and other physical processes.

Each color corresponds to a particular area of the body as well as a particular state of mind. The cooler colors have sedative, relaxing effects, while the warmer colors are warming and stimulating. Blue lowers blood pressure, heart rate and respiration rate. Blue can make a hot room seem cooler and alleviates pain and inflammation of many kinds.

Color Therapy Eyewear is one means of directing color energy into the body. The eyes convert electromagnetic frequencies of different parts of the spectrum into what we perceive as color. The body further converts this energy into electricity, which travels through our nervous system, directing all body functions. When a color frequency enters our eyes, each frequency is directed to the area of the body that recognizes that particular frequency. This can cause positive cellular and hormonal changes to occur, synchronizing the body with the color.

Color Therapy Eyewear lenses are non-prescription colored sunglasses designed to make the use of color therapy convenient and affordable. Color Therapy Eyewear comes in nine individual colors, which are red, orange, yellow, green, blue, indigo, violet, aqua, and magenta. Practitioners are taught how to evaluate and treat their patients with color therapy and have great success.



OBSTRUCTIVE FORCES

The daily onslaughts of obstructive forces push our lives out of balance.

- Mechanically, a pinched nerve in our vertebrae can hinder our bodies from functioning at an optimum level.
- Also, seized-up muscle tissue can make everyday simple tasks unbearable.
- Negative emotions are often the secret springs of physical problems.
- Toxins invade our bodies that plug-up our cell functions unless removed.

Correcting our health is possible with the right tools. Many of these tools concentrate the forces of light, sound, electromagnetism, and precise physical pressure to help heal our bodies.

Colors and Chakras

The word “chakra” is found in ancient Sanskrit writings. Chakras are described as spinning focal points of energy present only in subtle matter, which directly relate to the endocrine system. Chakras exist all over the body and their function is to receive, process, and transmit energy, which affects the physical, emotional and subtle energy levels of the body. We use color to balance the chakras to great advantage.

AQUA: corresponds to the thymus, and is a helper in working through grief. Aqua balance is a merging of heart and words to produce loving expressions.

MAGENTA: corresponds to the vitality of the system offering healing support and emotional balance.

VIOLET: corresponds to the pineal gland, cerebral cortex, right eye, central nervous system, upper brain function. Violet balance is universal love, spiritual motivation and understanding, open to divine wisdom, selfless. Violet is “I Know.” Complementary color is Yellow.

INDIGO: corresponds to the pituitary gland, left eye, sinus, nose, sight. Indigo balance is inspirational, focus, concentration, insight, imagination, devotion, clear thinking, peace of mind. Indigo is “I See.” Complementary color is Yellow/Orange.

BLUE: corresponds to the throat, thyroid, parathyroid, lungs, mouth. Blue balance is freedom of expression verbally and artistically, integrity, honesty, loyalty, reliability, gentleness, kindness, commitment, endurance. Blue is “I Speak.” Complementary color is Orange.

GREEN: corresponds to the heart, circulatory system, arms, hands. Green balance is openness, compassion, unconditional love, forgiveness, acceptance, contentment, nurturing, generous, harmonious, assertive, heals loss. Green is “I Love.” Complementary color is Red.

YELLOW: corresponds to the solar plexus, stomach, liver, gallbladder, pancreas. Yellow balance is logic, humor, efficiency, organized, warm, radiant, flexible, self aware, self-control, personal power. Yellow is “I Can.” Complementary color is Violet.

ORANGE: corresponds to the reproductive organs, genitals, gonads, prostate, spleen. Orange balance is sensuality, passions, procreation, vitality, optimism, enthusiasm, hospitable, family oriented, tolerant. Orange is “I Feel.” Complementary color is Blue.

RED: corresponds to the base of the spine, adrenals, kidneys, bladder, colon, spinal column, legs, blood. Red balance is in relation to the physical, self-preservation, survival, sensory, instinctual, stable, secure, primal, grounded, spontaneous, active, courageous. Red is “I Have.” Complementary color is Green.