"If you take the ether body and investigate it in a directly clairvoyant manner, then it is a wondrous formation of gleaming colors flooding into one another. What then are these colors that surge in the ether body?

Why, those are the forces that work to build the physical body, the forces that not only build up its organs, but are also active in that which, during life, is accomplished by the organs of the physical body."

— Rudolf Steiner
For thousands of years, healing modalities such as Feng Shui and Ayurvedic medicine, color has played a role in healing and affecting energy. The author brings mindfulness to the interplay of colors through sound, emotions, the chakras and many more aspects of life.

Color, magnificent color! It enriches our lives with its vibrancy and its energy. From red tulips in springtime to the violet hues of a sunset, color surrounds us in our external environment and can affect our mood and energy level. Color is also associated with our internal world in the form of energy that swirls and moves in seven specifically located energy centers of the body. Red, orange, yellow, green, blue, indigo and violet all play a vital role in how we feel and they can help to heal our lives.

Color therapy, also known as chromotherapy, is a form of alternative medicine practiced to help balance the body in the physical, emotional, mental and spiritual realms. Some of the tools used in practicing color therapy are colored fabrics, colored eyeglasses, gemstones, creative visualization, color penlights and others. The colors chosen to work with are based upon their quality and energy and the relationship to the energy centers of the body called chakras. A chakra is a whirl of energy located at seven major specific locations of the spiritual body beginning at the base of the spine and extending up toward the crown of the head. Each chakra correlates to a certain color, body parts, emotion, aromatherapy essential oils, gemstones, musical notes and foods.

### Red

The color red is associated with the first chakra called the root chakra, located at the base of the spine. The color red represents survival, and the most important things that our physical body needs to survive are food, clothing, shelter and physical security. Thus, red links a person to the physical world and it is the color of the vitality of life. Red energy is associated with the emotions of courage and self-confidence, and the adrenal glands. Red energy is useful if feeling cold, tired, in need of courage, energy, or to balance poor circulation. A way to help balance the first chakra could be to wear red underwear or shorts. Tuesday is a red day.

### Orange

The color orange is associated with the second chakra, called the sexual chakra, which is located below the navel. Orange energy is linked to sexuality, creativity and the emotions. Enthusiasm, joy and a connection with others are qualities of orange. The orange chakra is associated with the testes and ovaries. Orange is helpful to increase the appetite, and it can be used in rooms of the home where family and friends are gathered to add a sense of warmth and friendliness. Wednesday is an orange day.

<table>
<thead>
<tr>
<th>Color</th>
<th>Chakra</th>
<th>Emotion</th>
<th>Gem</th>
<th>Oil</th>
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<th>Musical Note</th>
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<tbody>
<tr>
<td>Red</td>
<td>1st, root</td>
<td>courage</td>
<td>garnet, ruby</td>
<td>cedar, clove</td>
<td>adrenal</td>
<td>C (DO)</td>
</tr>
<tr>
<td>Orange</td>
<td>2nd, sexual</td>
<td>enthusiasm</td>
<td>moonstone</td>
<td>sandalwood</td>
<td>testes/ovary</td>
<td>D (RE)</td>
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<tr>
<td>Yellow</td>
<td>3rd, solar plexus</td>
<td>wisdom</td>
<td>citrine</td>
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<td>E (MI)</td>
</tr>
<tr>
<td>Green</td>
<td>4th, heart</td>
<td>love</td>
<td>emerald</td>
<td>eucalyptus</td>
<td>thymus</td>
<td>F (FA)</td>
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<td>Blue</td>
<td>5th, throat</td>
<td>expression</td>
<td>rose quartz</td>
<td>rose</td>
<td>thymus</td>
<td>G (SO)</td>
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<td>Indigo</td>
<td>6th, brow</td>
<td>understanding</td>
<td>lapis lazuli</td>
<td>patchouli</td>
<td>pituitary</td>
<td>A (LA)</td>
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<td>Violet</td>
<td>7th, crown</td>
<td>empathy, intuition</td>
<td>amethyst</td>
<td>lavender</td>
<td>pineal</td>
<td>B (TI)</td>
</tr>
</tbody>
</table>
COLOR CONNECTION (continued from page 9)

YELLDW

Yellow is associated with wisdom and is connected with the third chakra, also known as the solar plexus and located above the navel. At the third chakra, the personality is formed and knowing oneself is strengthened. Yellow is a great color to stimulate the brain and help with writing and reading. It is also used to help calm the nerves and remedy anxiety or sadness. Clear thoughts, optimism and confidence are the qualities of yellow. Yellow and the third chakra are linked to the digestive system. Sunday is a yellow day.

GREEN

Green is associated with the heart chakra located at the fourth and central chakra of the body. (The heart chakra can also be represented by the color pink). Love and joy are the emotions of the fourth chakra. The thymus gland, which is in close proximity to the heart, is the gland of the fourth chakra. Using green may be helpful to bring peace and harmony into your life. Friday is a green day.

BLUE

Above the heart chakra lies the fifth chakra at the throat. It is the center for communication and expression of self. Thus, blue energy can be used to help with communication if giving a speech or singing, or simply to aid in voicing one's truth. For example, wearing a blue shirt, necklace or blue tie will balance the throat chakra. Blue energy helps to connect to the cosmos and it is also a calming color. Blue is a wonderful color to use in the bedroom for a calming effect and also to help calm hyperactive children. The thyroid gland is located at the third chakra. Thursday is a blue day.

INDIGO

Between the eyes, also known as the "third eye" lies the sixth chakra. This chakra is also referred to as the brow chakra and it is the energy center for understanding and harmony. This chakra is a place of intuition and indigo will help to strengthen intuition. The pituitary gland is located at the sixth chakra. Saturday is an indigo day.

VIOLET

The crown chakra located above the head is violet. This seventh chakra is where we as humans connect to the universe and where a deep connection to spirituality may be obtained. Violet is the highest energy vibration of visible light and it helps to cleanse the body and mind and bring one into a higher state of pure spiritual consciousness. Violet energy is useful to strengthen creativity, clear any negative energy and to heighten spiritual values. The pineal gland in the brain is located at the seventh chakra. Monday is a violet day.

So, how could a person begin using color therapy? If, for example, a person would like to strengthen their intuition, then they can wear clothes that are of the color indigo, rub patchouli oil on the skin between the eyes and even place the gemstone lapis lazuli on the third eye or wear it as jewelry or place it in the pocket. Chanting the tone of the musical note “A” or “LA” would also help. There are CDs available with music that corresponds to the colors and chakras for an additional benefit. To help balance and receive all of the colors, sunshine is a great source. Sunshine contains all of the colors in its light, and 15 minutes a day of sun exposure (without the usage of sunblock) can help balance the colors within.

Kimberly Landino has been intrigued with color therapy for many years. As a licensed Naturopathic Physician with a private practice in Phoenix, Arizona, she practices several naturopathic modalities and in addition, she uses color therapy along with aromatherapy, guided visualization and flower essences to help bring balance to the chakras. Dr. Landino may be contacted at: drkimberly1000@cox.net.