

Understanding colour therapy

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We speak to Traci Dragt, a colour therapist, independent Reiki master and Huana crystal signatures teacher and practitioner for Colour Me Happy Holistic Therapies, about the ins and outs of **colour therapy**:

What is colour therapy?

- Colour therapy is a **holistic therapy** that works with **colour vibration**.
- All colours have their own frequency or vibration, which we call its wavelength.
- These vibrations have an effect on us physically, mentally, emotionally and spiritually.
- We use the vibrations of colour to rebalance the body, mind and spirit through treatments and colour therapy products (such as crystal bracelets, aura spritzes, bath products and massage oils).
- We often use phrases such as "feeling blue", "seeing red", "green with envy" or "yellow bellied" because we inherently know what gifts and challenges colours hold for us.
- There are no positive or negative colours - all colours have a set of gifts and challenges.
- When we release the challenge, we access the gift.
- Because colour therapy is a vibration therapy, it incorporates aspects such as **crystals, aromatherapy, meditation and music**, which form part of the colour therapy treatments.
- Colour therapy treatments use the vibration of colour to **de-stress us**, helping to release challenges and blockages in our lives, to **access gifts** and bring the body, emotions and mental states into **balance** and to assist with our **general well-being**.

What are a few of the benefits of colour therapy?

- Colour therapy helps to **calm the mind**, soothe physical ailments and bring our emotional state into balance. You don't need to be ill in order to benefit from colour therapy. It's a wonderful tool to **alleviate stress** and has many practical applications.
- Since we spend so much time indoors these days, we don't have enough access to natural light, so our **bodies become easily imbalanced**, resulting in **depression, stress** and **recurring ailments** such as **sinus** or **colds**. The sun contains all the colours of the spectrum and spending time outdoors is a natural way for us to access colour rays to rebalance the body.
- Colour therapy treatments and products can assist in providing you with the vibrations you need to ensure you **stay healthy, positive and relaxed**. Colour therapy also gets to the **root cause** of issues, giving you a better understanding of what challenges you are facing and what issues need to be released so that you can move forward easily. In identifying the root cause, the colour therapist will then assist in releasing the underlying anger issues.

How can you bring colour therapy into your lives?

- Colour has a wide range of practical applications and anyone can use and benefit from colour therapy. Colour is in everything around us.
- You can eat a variety of different coloured foods, wear different colours and accessorise with bolder colours if you wear more neutral tones.
 - You can also work with **colour in the home** by surrounding yourself with fresh flowers, crystals, bright scatter cushions or table cloths and burning fragrances or candles to bring the colour vibrations into your space.
 - Painting or colouring also works with colour energy and is a great relaxation aid. The way in which you work with colour is up to you and your preferences.