

## **COLOUR THERAPY (Chromotherapy)**

**(How to make and utilize colour charged water)**

**The biggest benefit of this therapy is that the treatment is cost effective- almost free, simple and hassle free, and the treatment can be carried out using ordinary drinking water after charging it with colourful rays.**

### **How to Make Colour Charged Water**

#### **Method #1**

- Pour water into a (sanitized) coloured bottle, jar, or drinking glass (i.e.: a green wine bottle or blue water bottle)**
- Set the bottle on a windowsill so that the light will shine through the glass and into the water**
- Allow the water to stand for 1-4 hours in the sunlight, and then refrigerate**
- Take a few sips two or three times a day, as needed (without refrigeration the water will last 2-3 days. With refrigeration the water will last 2-3 weeks)**

**As an alternative, you can put a plate of coloured glass or a plastic filter against the window and set a clear glass jar or bottle in front of the colour source. You could also cover the jar with a thin piece of coloured cloth or perhaps coloured tissue paper (used in gift bags).**

#### **Red Health**

- increase vitality, energy, and libido.**
- stimulate the automatic nervous system and the liver**

#### **Too much Red Energy**

**Becoming over absorbed in materialistic things and values- house, cars, clothes, and food. Losing control of their natural relationship to sex.**

**Tendencies towards violence, general abuse of their bodies.**

**Inflammation, irritation, body heat, anger, jealousy, and rage.**

**Antidote- Blue Energy**

#### **Too little Red Energy**

**Lacking down-to-earth common sense. Running away from responsibility and become insecure and cowardly. Feel everyone is working against them and feel let down and abandoned.**

**Orange Health- can increase the intake of oxygen and stimulates the lungs. (can help with lung disease, asthma, bronchitis)**

- **can remove gas from the intestinal tract, is an effective cure for hiccups and menstrual cramps**
- **influences the working of the spleen**
- **increase digestion of food**

**Too much Orange energy**

**When someone does only what they want to do. Addiction to sex, food, drinking or drugs.**

**Antidote-indigo or violet**

**Too little Orange Energy**

**Losing contact with one's inner child**

**Lacking creativity**

**Yellow Health**

**Helps with Ulcers, spleen, and liver problems.**

**Bloodshot eyes can be a sign that yellow fire energy is blocked.**

**-connected to the solar plexus which affects the adrenal glands. Also represents the ability to freely express self-confidence and self-interest.**

**Too much Yellow Energy**

**Becoming overbearing, domineering, judgmental, and manipulative**

**Antidote- indigo or violet**

**Too little Yellow Energy**

**No emotions are let in or out. Lack of 'free thinking'**

**Green Health**

**Heart Disease, High or low blood pressure, headaches, thymus gland (immune system). When in stressful situations it helps with the adrenal glands. Helps one to take care of one's self and one's own health**

### **Too much Green Energy**

**Emotions are out of control. One minute the person is sentimental and loving, and the next minute (s)he is manipulative and complaining. Has the idea that other people should take care of him or her.**

**Antidote- pink energy**

### **Too little Green Energy**

**Emotions are totally blocked,**

**Too much greed for material things hinders development of any kind.**

### **Blue Health**

**Thyroid and parathyroid glands**

**Sore throats, hoarseness, fever, jaundice, abrasions, burns, and rheumatism**

**Very relaxing, bring peace and calmness into one's life**

**Helps develop leadership abilities, helps with our ability to communicate**

### **Too much Blue Energy**

**Talking nervously and uncontrollably all the time, withdrawal, chills, complaints of being cold all the time, numbness**

**Antidote-red**

### **Too little Blue Energy**

**Talking too little and too softly, being afraid of expressing yourself, tend to blush and cough to hide their feelings, a poor self image.**

### **Indigo Health**

**Sleeping problems, hearing problems, eye cataracts, eye and ear infections, mental illnesses, pineal gland, increased inner insight.**

### **Too much Indigo Energy**

**Having an overactive chakra can lead to anxiety attacks, hallucinations, delusions, and psychosis. People may have lost contact with their physical bodies and live in another reality**

### **Too little Indigo Energy**

**Little contact with their intuition and with the other six energies. Being afraid to use intuition. Not being grounded to the earth.**

**Antidote- orange**

## **Violet Health**

**Inspiration and spiritually uplifting, nervous states, mental conditions, eye problems**

### **Too much Violet Energy**

**Leads to spiritual revolutions (some people can use this to their advantage- such as artists). This may create uneasiness and confusion to people who cannot relate to this type of experience.**

**Antidote-yellow**

### **Too little Violet Energy**

**Feeling inner emptiness and senselessness,**

**Having misjudgment and choosing ideals that are not any good, which leads to disappointment or let down.**

### **References:**

**Vibrational Healing Through the Chakras by Joy Gardner**

**Colour Energy by Inger Naess**