

# Colour me Happy

## Lifestyle - Health



**Definition:** Colour therapy is the use of colour energy to effect positive change in our wellbeing.

Studies have shown that when colour is absorbed into the human system it causes cellular and hormonal changes that bring cells into balance.

If, like we did, you're going "blah, blah, airy fairy, blah, blah", then stop right there. As we discovered colour therapy is an ancient form of healing using light frequencies (or wavelengths); it originated in Egypt thousands of years ago. The Egyptians built healing temples — sacred places for curing and rejuvenation where sunlight was channelled through tunnels in the walls to shine through coloured gemstones such as rubies or sapphires. An ailing person lay down in the light stream, allowing the energy to heal them.

You see, sunlight (or white light) can be broken down into seven primary colours, the rainbow colours. Our bodies absorb these colours, and messages are sent to our subconscious; these messages affect our chakras, or energy fields.

Each colour corresponds to a specific area of the body, and like your glands and organs, each colour will vibrate at its own unique frequency. A colour frequency will always remain the same, but the frequencies of your body will change according to the challenges you face at that particular point in time.

For instance, when you're sick, your body is out of balance and not functioning at the correct frequencies. The aim of colour therapy is to bring balance back to the area of sickness. Since each colour corresponds to a specific area of the body, we need every single colour to truly remain in balance – mentally, physically and emotionally.

Colour is received most effectively through the eyes, but good results can also be achieved through the skin or over certain reflex points, organs or the spine.

For instance, you can heal yourself by wearing a specific colour. Wearing red, for example, will give you more motivation and confidence and help you get things done. But if you have high blood pressure, it means your body is over-heating, so the last colour you should wear is red. However, blue would be a perfect calming influence for you.

You can also heal yourself by eating different coloured foods. Again, a person with high blood pressure should not to eat too many red foods such as steak. But if you're feeling lethargic, a steak might do you the world of good, giving you necessary energy.

Your imbalances can be established with a colour reading. During a colour reading you will be shown an array of coloured oils and asked to select those colours to which you're immediately drawn. Your choices will identify blockages and reveal hidden talents.

If there are any imbalances, these can be corrected through massage and crystal treatments. And since we are multi-faceted like a diamond, you'll find that once you have resolved your issues, others relating to a different aspect of yourself and soul will emerge to be released.

Gtribe had a mini-colour assessment done, with remarkable accuracy:

### **The Test – Gtribe's Mini Colour Reading**

We were asked to select the three colours that jumped out at us first. We chose red, blue and white... to the more qualified individuals that's magenta, indigo and pearl.

## **RED**

Chakra: Root

Physical: Legs, feet, lower back, hips, knees, ankles

Qualities: Energy, grounding, financial stress, passion, motivation, feeling stuck

Reading: A lower back problem, symptomatic of feeling unsupported by a parent, exacerbated by financial worries

Reality: A slipped disk in the lower back, a tumultuous relationship with our dad and an irresponsible holiday purchase that put us in the red

## **BLUE**

Chakra: Throat

Physical: Shoulders, throat, thyroid, sinuses, teeth, jaw, ears, back of neck, anti-inflammatory

Qualities: One-on-one communication, issues with males or authority figures, trust, loyalty, speaking your truth

Reading: Not able to communicate your personal needs because of the requirements of others. Need your own space and time

Reality: We're surrounded by the emotionally needy. We've recently contemplated a therapist and have planned some reflective weekends away

## **PEARL**

Chakra: All

Physical: Whole body

Qualities: Cleansing, clearing, illumination, unlocking inner potential, unshed tears, releasing suppressed emotion, clarity

Reading: Bottling up of emotions and the frustration and not developing your full potential

Reality: Unresolved grief of mother's death and a deep-seated need to learn and conquer new challenges

The attributes of the other rainbow colours

## **ORANGE**

Chakra: Sacral

Physical: Hips, lower back, reproductive organs, bladder, bowel, kidneys

Qualities: Releasing shock, creativity, relationship patterning, inner wisdom

## **YELLOW**

Chakra: Solar plexus

Physical: Mid back, liver, spleen, pancreas, gall bladder, nervous system, skin

Qualities: Confidence, self-esteem, releasing fear, joy, inspiration, calming nerves, weight issues

## **GREEN**

Chakra: Heart

Physical: Upper back, lungs, ribs, breasts, arms, respiratory issues, allergies

Qualities: Change, emotions relating to relationships, balance, self-validation, boundaries

## **INDIGO**

Chakra: Third eye

Physical: Sinuses, ears, headaches, insomnia, pain relief

Qualities: Introspection, introversion, connecting to intuition, depression, nightmares, calming, balancing male and female energies

## **VIOLET**

Chakra: Crown

Physical: Skeletal system, nervous system, migraines, neurological disorders

Qualities: Substance abuse, deep intuition, grounding, living your truth, releasing grief and sadness, self-forgiveness

## **Happiness Is**

Colour Me Happy offers colour readings where your current issues, blockages and unique hidden talents are uncovered so that you are able to transform yourself and your life. Owner Traci Dragt is a qualified colour therapist, huana crystal signatures teacher and practitioner and an independent reiki master. Her holistic therapists offer a range of services and products to assist in resolving issues and relieving tension in the body.

[www.colourmehappy.co.za](http://www.colourmehappy.co.za)