

Chakras and Colour healing.

Chakras are very very important in eastern medicine practices. The below diagram is about where the chakras are in the body.



Chakra system with their Indian names

Taken from <http://mantraonline.com>

Root Chakra

Known as Muladhara in India. Psychologically influences are: Earth connection, survival and releasing of emotional tension. If this chakra is imbalanced would manifest as being prone to accidents, dependency, identity crisis and having a weak ego. The physical associations of this chakra is ~ Large intestine, legs, feet, skeletal structure. If this chakra is imbalanced, it manifests as obesity, constipation, haemorrhoids, sciatica, arthritis, knee problems and poor circulation in legs and extremities.

Sacral Chakra

Indian name is Swadhisthana. Physical attributes of this chakra ~ Male and female sexual organs, bladder and circulation. Imbalances would manifest as lower back issues, reproductive system issues, premenstrual issues (PMS) and urinary problems. Psychological manifestations are: sexuality and creativity. An Imbalance of this chakra manifests weak personality, depression, hysteria and unable to have sexual intimacy.

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Solar Plexus Chakra

Indian name is Manipura. Physical attributes of the chakra are ~ the adrenal glands, solar plexus, spleen, pancreas and stomach. An imbalance manifests as stomach issues, anorexia, diabetes and blood glucose, anaemia, allergies and obesity. Psychological manifestations are ~ feeling empowered and in control. When imbalanced it manifests as addiction and compulsiveness, excessive anger / anger, manic depression, sleep issues and psychosomatic conditions.

Heart Chakra

Indian name is Anahata. Physical attributes of the chakra ~ Heart, thymus gland, immune system and lungs. Imbalance manifests as circulatory and respiratory issues, upper back ailments and childhood diseases. Psychological manifestations are ~ understanding compassion and unconditional love. Imbalance is linked to inner conflict, a tendency to self destruction, relationship issues, a feeling of being alienated and a feeling of loneliness.

Throat Chakra

Indian name is Vishuddha. Physical manifestations of the chakra ~ thyroid and parathyroid, lymphatic system and immune system. An imbalance manifests as teeth – ear – neck and shoulder problems, sore throats, bronchial problems and hearing and speech problems. Psychological manifestations are : Trust, expressions, creativity and communication. Imbalance is an inability to express oneself verbally, stuttering and a doubting to the sincerity of others.

3rd Eye Chakra

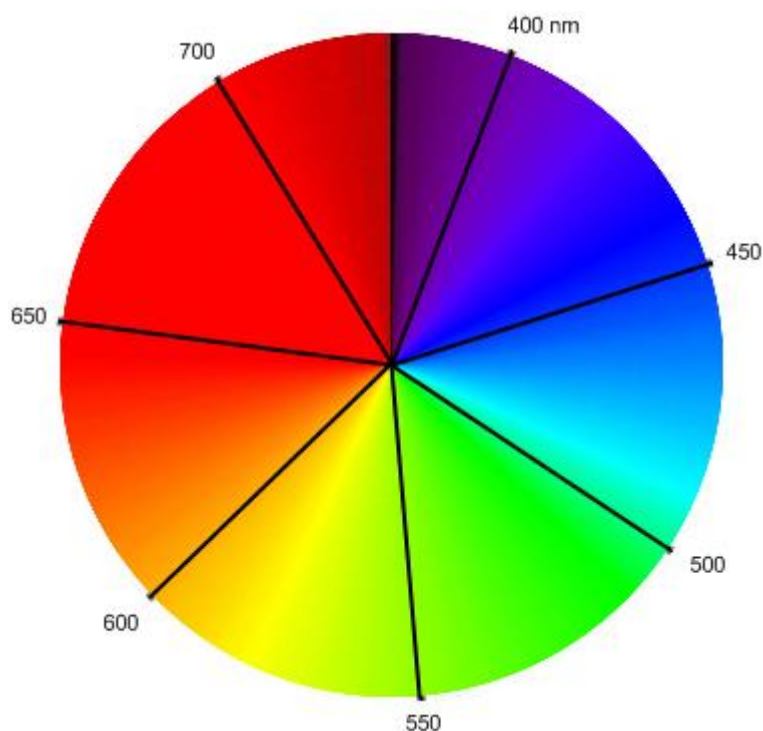
Indian name is Ajna. Physical manifestations of the chakra ~ pituitary gland, left brain hemisphere and central nervous system. Imbalance manifestations is linked to nervous upsets, eye and vision issues, headaches and sinusitis. Psychological manifestations : Clarity and insight and an interest in spirituality. Imbalance linked to confusion, poor memory, inability to focus, paranoia and feeling detached from reality.

Crown Chakra

Indian name is Sahasrara. Physical manifestations of the chakra ~ pineal gland, right side hemisphere and ancient mammalian brain. An imbalance is linked to migraine headaches, pituitary issues and epilepsy. Psychological manifestations : intuition, to have an open mind and to have faith and connections to higher energies or realms. An imbalance can manifest as feeling gullible, having nightmare, multiple personalities and being spiritually closed.

Colour Light Frequencies

Below is a chart which shows the different colours at their respective wavelengths in nanometres.



A colour wheel with the frequencies they are located at

In my Inorganic chemistry class we did about the absorbance and emittance of light, how we did it then was the colour absorbed is directly opposite from what colour is being emitted by the compound. For example, if a compound was blue in colour (and Iron based compound) it would be absorbing orange light. I won't bore you with the crystal lattice calculations we performed, but it is safe to say that it can be calculated scientifically that the light can correlate to the electronic configuration of a compound.

However, that is no importance to the non chemists amongst us, but that little story has not left me from class.

Now to the history of the use of colour, Ancient Egyptians had halls of colour in their temples at Karnak and Thebes, they researched the influence of light and colour at the latter location. In China, they use colour in Feng Sui and each Chinese dynasty had a specific colour allocated to them – The Sung dynasty had brown, the Ming dynasty had green and finally yellow was the colour for the Ching dynasty.

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Chinese beliefs of ancient times had specific numbers for your date of birth which energise you and some which drain you. When combined, the colours can enhance growth and some combinations can cause conflicts and negative emotional states.

Below is some colours and their meanings – maybe you can see a likeness to the chakra explanations:

White Technically not a colour but it has all colours mixed in equal proportions. In the Western world it is a colour of purity and cleanliness. In China and India, it is a colour of mourning.

Violet and Indigo These are colours to do with spirituality, loyalty, love and generally all divine connectedness. It has been said Leonardo di Vinci said the power of meditation could be enhanced tenfold under violet rays influencing via their passing through stained glass windows of a church. When the hues of these colours are muted, they can help with treating headaches, neuroses and certain forms of dementia and schizophrenia.

Blue A colour linked with fidelity, caring and faith. Lavender blue and cornflower blue are associated with spirituality, thoughtfulness, kindness and constancy.

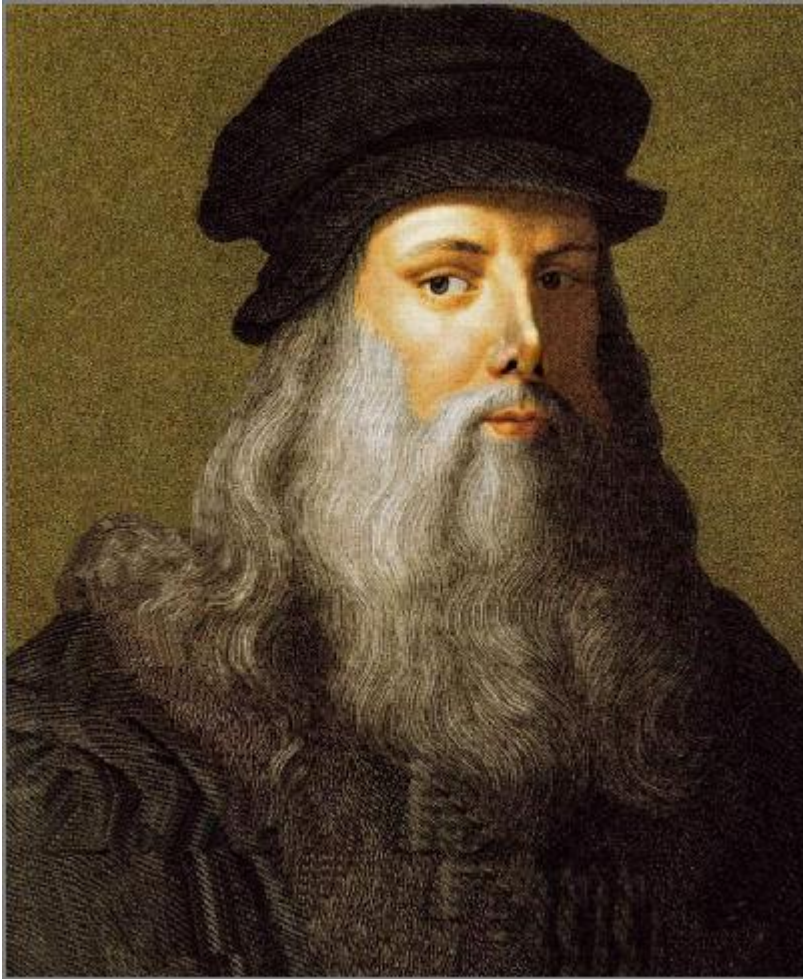
Green A colour of love and a great stress reliever (which is one of this colours bad points!), also known as a colour of growth, tranquility and healing. All those who talk to plants actually need not feel daft, as it is known that the green plants can actually an aid to healing troubled minds and to promote peace. Green also is a good colour for thinking all things to do with the heart (more on how this is important in the spiritual chakras later on in this blog). And when thought of, the colour can attract what we need to feel chilled and happy.

Yellow A colour which those of us who are born under the star sign of Gemini know well, as it is the colour for mental energy, patience, tolerance and wisdom. The other things that the colour yellow can influence on a person is that it can help expansion and can bring fulfillment. Chinese people use this colour to repel evil spirits via charms being written on yellow paper. In Japan this is the colour of the sun and is the Emperor's colour.

Orange The colour for joy, female sensuality and togetherness.

Pink A colour which is soothing, and reassures, also known as the colour of love and romance. A good little thing to remember next time you feel angry – think pink and the anger will just leave you.

Red A colour of passion and it can strongly stir happiness, life and courage. It is a highly emotional and energetic colour, which means, if a person is over emotional or hyperactive leave this colour be! In China red is a virtuous colour



Leonardo di Vinci - a man of many talents

Science has shown us via studies that colour can influence mood, perceptions of temperature and time and concentration spans. These studies have therefore allowing places like hospitals, offices, mental health establishments etc to promote a positive energy.

It has been found that red lights can stimulate circulation and increase blood pressure, blue light, has the antagonist effect. An interesting fact is that if one is blinded, the effect can still be obtained, blind people can still 'see' colours and therefore the effect of colour isn't just via sight. It us via our response via the subtle bodies, chakras and auras.

The Luscher Colour Test

This is a test which can be carried out by medical doctors and psychiatrists since 1948 as a diagnostic tool. It is carried out by asking test participants to arrange coloured cards in order of preference. Their colour of choice reveals lots about their psyche / state of mind. Greys and browns suggest that a person has the ability to see a task through to the end. Yellow and orange both indicate that a person is

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happy and joyful, pink has a tendency to criticise oneself. Although the method of how it is is not yet fully understood, the test is an invaluable indicator to stress and to catch disorders long before the physiological symptoms manifest.

The Subtle colours in the Chakras

There is also a much forgotten aspect of aura and chakra colours and that is the subtle tones of the chakras like a little bit of brown in a yellow chakra and so on, below is a list of these subtle colours in the chakras.

Colour	Chakra	Associations	Presence	Absence
White	Higher	Cosmos Universal mind	Infinite creative essence	Disharmony of spirit
Shades of:				
White into gold		Essence into form		
Gold		Personal challenge		
Silver		Activation		
Ash		Death		
Violet	Crown	Higher mind	Wisdom, learning, rapid positive change	Nervous, menta disorders
Indigo	Third eye	Vision, Perception	Universal depth, penetration	Eye disorders
Blue	Throat	Self Expression	Alignment to truth	Disorders of throat, larynx
Shades of blue grey			Mental tension, nervousness, hypersensitivity	
Green	Heart	Inner Harmony	Balance of the mind, healing for the body, connection to nature	Heart disease, hypertension
Shades of dark green			Envy	
Yellow	Solar plexus	Intellectual Stimulation	Intelligence, health, mental vitality	Stomach, pancreas and liver disorders
Shades of:				
Mustard		Deception		
Sand		Self deception		
Tan		Concern, worry		
Brown		Practicality		
Chocolate		Evil		

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Orange	Hara	Assimilation, circulation	Vitality, concentration of raw energy, power	Lung and kidney disorders
Shades of:				
With brown		Ego		
Brown / orange				Manipulation
Yellow / orange				Service to mankind, social interaction
Red	Root, base	Creativity	Vitality, courage	Anaemia, blood disorders
Shades of:				
Red / orange		Anger, resistance		
Pink		Passion, affection		
Deep pink		Love		
Rose		Completeness		
Hot pink / black		Misuse of sex		
Black		Intelligence		
Shades of:				
Velveteen		Connection to the Akashic records		
Sooty black		Negativity		
Charcoal		Terror		
Soft grey		True intelligence		
Dark grey		Avoidance of pain, suffering, fear, degrees of darkness		

This in all is a rather new area for studying in a scientific depth, but as shown by combining the frequencies to the colours as mentioned earlier in this blog, the colours can be seen for a more scientific bias.

The future of holistic science just keeps going!!

Reference

Thorsons Principles of Vibrational Healing by Clare G. Harvey and Amanda Cochrane.