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Chromo (Color) Light Therapy

Chromotherapy, sometimes called color therapy is classified as a vibrational healing modality. Colors incorporate the use of chi energies within living organisms such as plants, gemstones, and crystals, water, sunlight and sound.

Color is simply a form of visible light, of electromagnetic energy. All primary colors reflected in the rainbow carry their own unique healing properties. The sun alone is a wonderful healer! Just imagine what life would be like without sunshine. It has been proven that lack of sunlight contributes to depression for some people.

Color therapy simply applies light and color in the form of tools, visualization, or verbal suggestion to balance energy in the areas of our bodies that are lacking vibrancy, be it physical, emotional, spiritual, or mental.



Color is an important part of human expression



Beams of lights are dispersed into its constituent colors by its passage reflected from the prism as passed through it.

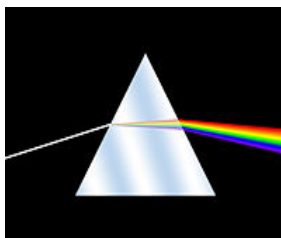


Diagram of a triangular prism, dispersing light

During the session of chromotherapy, color and light is applied to specific areas and on the body. By applying this therapy with accupressure points applied, the cellular begins to excrete any toxins that the cell is holding onto, and begins to release through this light pressure. Chromotherapy can use color and light to balance energy wherever a person's body is lacking energy, be it physical, emotional, spiritual, or mental.

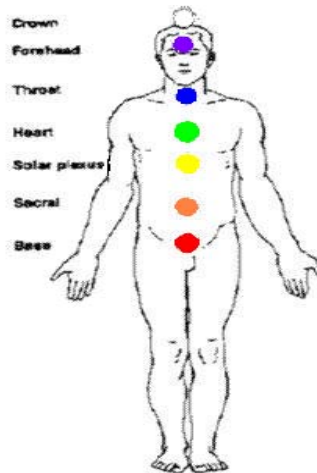
Some of the tools used for applying colors are gemstones, candles, crystal wands, prisms, colored fabrics, light wands and color lamps.

Several findings indicate that color and light have been used for health treatments since the beginning of recorded time. Color therapy is possibly rooted in [Ayurveda](#), an ancient form of medicine practiced in India for thousands of years. In traditional Chinese medicine, each organ is associated with color.

Health is contingent upon balancing not only our physical needs, but our emotional needs as well. In India, a group of healers versed in Ayurvedic medicine describe colors associated with the seven main [chakras](#), which are, according to their system, spiritual centers in our bodies located along the spine.

There are seven of these chakras and each is associated with a particular organ or system in the body. Each chakra has a dominant color, but these colors may become imbalanced. If this happens it can cause disease and other physical ramifications. By introducing the appropriate color, these can be fixed. Below is a description of each chakra and its corresponding color.

- **Red:** First Chakra Located at the base of the spine.
- **Orange:** Second Chakra Pelvis area
- **Yellow:** Third Chakra Solar plexus
- **Green:** Fourth Chakra Heart
- **Blue:** Fifth Chakra Throat
- **Indigo:** Sixth Chakra Lower part of the forehead
- **Violet:** Seventh Chakra Top of the head
- **or White**



How long is each session and cost?

- Each session is 60 minutes
- Each session cost \$85.00