

Color Healing with Rays of Light Using Color to Enrich Our Lives

By Anna Champagne

Color surrounds us in all aspects of our lives; in the clothing we wear, the paint on the walls and the furnishings in our homes and offices, the food we eat, the trees, flowers and bodies of water in nature, and so much more. We are always influenced by color in some way, even if we do not have the awareness of it. Even the lack of color affects us, making us feel tired or sad on a grey day, while a bouquet of flowers brings us joy and green lawns or forests allow us to breathe easier and feel calmer. Some colors we choose, like the flowers in our garden or the sheets on our bed, or our clothing, while others we do not, like the dull grey steel of buildings in a congested city. Some colors we are instantly drawn to that inspire feelings of peacefulness, such as the blue of the sky on a clear day or the ocean. Others may irritate us, like bright red under artificial lighting.

Color is what we perceive from the visible spectrum of sunlight. Light comes to us from the sun in the form of electromagnetic

waves of energy. The light in the visible portion of the electromagnetic spectrum contains colors from red (with the longest wavelength) to violet (with the shortest wavelength). Each color is a specific frequency of waves of energy, thus color is a form of energy.

We are energetic beings. Colors are the energetic frequencies of light, so our bodies respond to color. As an energetic healing modality, color can affect us at every level of our being. The informed use of color frequencies supports the balancing of our health: mentally, emotionally, physically and spiritually.

Color has been used for centuries in many energy systems and therapies. Ancient Eastern teachings speak of seven major energy centers in the body called chakras, which correspond to the rainbow spectrum, from red at the base of the spine, through orange in our sacral area, yellow at the solar plexus, green at the heart, blue at the throat,

indigo at the third eye and violet at the crown.

The chakras are associated with the major endocrine glands in the body as well as certain states of consciousness or expression. An example of this is the chakra

treat SAD (Seasonal Affective Disorder) and help children in classrooms focus better, improving academic achievement and behavior.

I studied with Dr. Liberman, and personally experienced his technology of using

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located at the throat area, which correlates to communication, speaking our truth and the thyroid, all of which are represented and influenced by the color blue. Imbalances and blockages of the energy flow in our body, mind and emotions can cause symptoms of illness and disease. Using color can help to balance the energy in the chakras which can then positively affect body systems.

There are many recent scientific studies linking the beneficial effects of color with our physiological as well as emotional and psychological states of health. Dr. Jacob Liberman discusses this at length in his brilliant book, *Light: Medicine of the Future*, where he lists numerous scientific discoveries. One of these is from the research of the Russian scientist S.V. Krakov who found that the color red stimulated the autonomic portion of the nervous system, while blue stimulated the parasympathetic portion. Some common therapeutic uses of color in medical treatments are blue light for jaundice and arthritis, and red light to stop migraines. Full spectrum lighting is used to

colored lights to influence vision and health. He asserts that the relationship between light and health begins in the eyes, and describes the body as a "living photocell". As light enters the brain it stimulates the hypothalamus which regulates certain activities of the autonomic nervous system, and governs the pituitary gland. The hypothalamus shares the light information with the pineal gland, which was referred to by Rene Descarte as the seat of the soul. The pineal in turn regulates many more vital functions by linking the nervous and endocrine systems. The way these systems function influence our emotional wellbeing.

Additionally, there are esoteric systems and spiritual teachings which relate color to aspects of consciousness, including Goethe's *Theory of Colours*, Rudolph Steiner's philosophy of Anthroposophy, Blavatsky's doctrine of Theosophy and concept of the Seven Rays, and most recently The Temple of the Presence which expands upon the Seven Rays with teachings of the I AM Presence, Ascended Masters and Angels.

My system of working with colors or rays of light corresponds to emotional qualities or states of consciousness such as love, compassion, courage, clarity and wisdom. When we focus on a specific color and allow it into our energy field, it can reinforce the energy pattern of the specific quality that we want in our lives. The hierarchy of Divine Beings and Angels can help with this process as well. For example, we can call forth Archangel Michael on the blue ray to reinforce protection, faith, expression of truth, power and divine will.

In my years of experience as a professional textile artist, holistic educator and healer, I have observed the effects of color on people's energy fields while wearing silk scarves that I hand paint in rich jewel tones. I have listened to clients share how they feel when wearing them. While exhibiting at holistic conscious living shows like Whole Health, New Life and Body, Mind, Spirit Expos around the country, I witnessed how my silk scarves were affecting people physically and emotionally. First there was the aspect of the silk fabric itself, with silk being the highest vibration of natural fiber and very soft to the touch. Add to that the pure rich colors that I applied to the silks with dyes and the positive intentions I held while creating the scarves. I was excited to discover that I had a tangible way to educate people about color and energy in the form of my dyed silk scarves.

At shows I empower people to choose the scarf that they are most drawn to from a wall of draped silks in a spectrum of colors. After a scarf is chosen, I drape it around their neck and shoulders, allowing the silk to flow down the front of their body over their heart (chakra) area. What happens next is

fascinating and even magical; I call it activation. People will have a strong positive feeling; a big smile usually comes across their face, they look brighter in their energy and the colors in the silk seem to come alive, becoming more vibrant. Many are surprised that they can feel the colors' effects. They describe some of their experiences as feeling lighter, warmer, calmer, cooler or more energized and happy. It is a beautiful to witness the transformation. In my experience, the frequencies of multiple colors in the silk interact with the frequencies in their energy field, creating a resonance that enhances and heals.

Then as a test we try on some contrasting colors. If they have chosen blues and greens, I may pick yellows and pinks to give them a sense of what those colors feel like. It is always fun to see their surprise at how different the colors feel. People usually did not know they could be that sensitive to the energies of color.

The pure color tones in my silks create a higher vibrational energy, with the corresponding divine and emotional qualities referenced by the color. The energetic expression of these qualities then entrain or change the vibrational energies of our own energy system, such as transforming anxiety to calm or sadness to joy. Entrainment in this case means that a vibrating energy pattern will change its frequency to match the dominant field interacting with it.

At a show I might have several people trying on silks in my booth, each learning about the effects of color and energy by observing the difference that a certain group of colors

can make on a person. I have had people come running over saying, “You have to buy that one!” meaning that they could tell which silk was the “right one” for that person. This positive energy radiates to others. I can go into a store or meeting and people will perk up and happily say, “Beautiful colors!” or, “I love your scarf!” We innately want to feel better and colors greatly affect our emotions.

I have also worked with people individually in color energy healing sessions. As I drape a variety of colored silks over them, they experience different feelings, sensations, thoughts or even memories. Healing can be

that had richer, deeper, more powerful colors to exemplify the person that she wanted to become. She planned to wear this when following her mentor’s suggestions for next steps in her business, to bring in more confidence and support for clear direction to move forward. Other people wear my hand-dyed, silk meditation shawls to create an energetic cocoon around themselves while meditating, making it easier to access higher states of consciousness.

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dramatic, tangible and influential to their well-being. One client experienced a physical heaviness lift off her shoulders as she tried on a scarf—even the weight of the fabric felt lighter as compared to one in a slightly different color. She told me later that she keeps this scarf at her job to relieve the weight of stress off her shoulders while she works at her desk. Another client was a man who had recently lost his wife, the love of his life. After putting on a silk scarf in pinks and violets, he felt a comforting energy around his heart and a healing in his emotions.

Colors can also affect our concepts about ourselves. One client came to my city to work with a business mentor. She tried on silks and chose one in the hues most comfortable for everyday wear, plus one

our days filled with responsibilities and duties. We can do something as simple as take a moment of silence before an important meeting, where we visualize an ocean blue to calm our nerves, a deeper, darker blue to help us focus our thoughts and speak our truth, and a golden ray of wisdom to inspire us. Or as we get into our car, we can imagine a blue light encircling our vehicle to protect us in our travels. Becoming aware of the colors that surround us and choosing the ones that support us on our day-to-day journey through life, we create a wonderful opportunity to bring more of heaven to earth.

ABOUT THE AUTHOR

Anna Champagne is a Professional Fiber Artist, Designer and Color Healer with degrees in textiles and interior design. She also has trained extensively in the holistic healing field, and is a Certified Transformational Breath Facilitator and Trainer. She is the owner of A Path of Beauty and Anna Champagne Silks, hand painting luxurious silk scarves and shawls in vibrant, healing colors and enriching people's lives with her silks, inspirational writings and healing sessions. www.apathofbeauty.com
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