

Thursday's Kick! The Healing Color of Blue



## HEALING: Out of the Blue

*You don't have a soul. You are a Soul. You have a body.*

~C.S. Lewis

*My mother said to me, If you become a soldier you'll be a general; if you become a monk you'll end up as the pope. Instead, I became a painter and wound up as Picasso.*

-Pablo Picasso

There are many resources out there concerning color therapy and using color in healing. Perhaps one of the most asked questions is about healing and how color can help the body speed up the healing process. Last August when I spoke about the role of color in hypnosis at the International Convention for the National Guild of Hypnotists (NGH) many in the room referred to green being the color for healing.

I have read several books that refer to green for healing. This is a misnomer and green needs to be used sparingly, particularly for viral infections, bacterial infections and cancer. Why? Green promotes growth! It is all about new beginnings and inspires relationships and growth, and growing is the last thing you want a tumor to do. I believe

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green has been associated with healing because the scrubs and hospitals have green and are painted in greens. This is not because it promotes healing, it has been misinterpreted. Green was introduced into the surgery/operating rooms to reduce eye fatigue! And therefore has been misused in the hospital healing arenas.

When surgeons operate they see a lot of blood, which is red, and when they would look up there is a green afterimage. To understand what an afterimage is, stare at a red dot for about a minute intensely and then quickly look up and you will see the after image of green-the complimentary color of red. As a side note, when I was in first or second grade, I could never remember the complimentary colors in art class, so I would stare and look up and “get” the answer! That was when I realized color could communicate!

So, it is easy to see where the miscommunication has taken place. So, what is the true color of healing? When I see a client with a strong blue in his or hers auric field, my first question is to ask if there was an injury in that area? If the answer is yes, then I am assured that it is healing. The body will absorb and take on the calming, cooling color of blue and use that energy to regenerate. In a sense it is because (or what I believe is taking place) is the cells are communicating or talking with each other to build up the site to its full potential. Blue is the color of communication and opportunity, and I believe it is this cell communication process which helps create healing within our systems, in a sense gives our body the opportunity to heal. (how do you like the way I worked that one in!)

I would like to talk a little bit about healing and how we can use blue to help ourselves heal or to facilitate another's healing. You can imagine the person in blue, wrapped in a blue cloud or a blue bubble, particularly if they are learning from something systemic or something inflammatory, like arthritis. You can imagine and “wrap” a specific area in blue, I will do it immediately if I have twisted something, jammed a finger or pulled a muscle. With my children, particularly when they were toddlers and falling and bumping into things I would always kiss their “boo-boo” or put on a cool towel and imagine blue surrounding the area.

From a literal sense, I will go even further and say when I put a cool towel over

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their “boo-boo” guess what color the towel was? Yes, blue. If you are learning from arthritis, blue sheets on your bed are a wonderful way to help with inflammation and healing at night while you sleep. I have sheets in different colors for different situations in my life and use these as a healing boost while I sleep. Do you have a favorite sheet set? (some of us do but never really think about it in the sense of energy and what your body is asking for to heal or move forward!) So, if you are on a budget, buy sheets or a blanket (or PJ's) whatever. If you are more inclined, look at the color of your bedroom and consider your color palette and choices.

I am fortunate enough to have worked as a spokesperson with the FreshAire Choice™ Brand paint, which is a no-voc green paint found at Home Depot stores across the country. If you have a chronic dis-ease, particularly an inflammatory dis-ease, consider the color choices of your bedroom. Again, color is energy and you are energy. Walking into a cooling, soothing environment and sleeping in a cooling, soothing environment can be extremely healing and beneficial to your physical and emotional well-being. BUT, the color itself, not just the characteristics of the colors (ie: blue is soothing, calming ect...) The COLOR allows your body to absorb the healing qualities of that particular hue.

I accepted the position with FreshAire Choice™ because it supports my research and they understand the healing qualities of color, BUT- ALSO, being a no-voc paint, the product supports the outcome, it is all healing.

Businesses which are in the category of healing, communication or provide opportunities to others will do well having blue in some prominent position within their branding. Because the blue will support their ideals as much as attract the correct energy to the company. Environment, again can also play a supporting role to the non-verbal communicative powers of color.

I appreciate all your support and hope you have found this week's blog on blue helpful and well...HEALING!!! *Blessings to you. Catherine*