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Colour Therapy

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Abstract

Colours have a special place in the daily lives of people since the ancient days of the civilisations of Egypt, China and India. Nuances of mind and effects of colour on it, is intertwined.

Carl Jung was the pioneer in using colours in therapeutic use. Colours emanating from the depths of our being can help in identifying our individual identity. Let us delve into the world of colour therapy prevalent since ages.

Thousands of years ago use of colours for medical treatment was very much complementary to the ancient civilisations of Egypt, China and India. Scientifically speaking, colours are made of light of different wave lengths. Different colours are actually lights of different wave length and energy. The seven colours of violet, indigo, blue, green, yellow, orange and red have their own characteristic wave lengths and energy. Interestingly the characteristic energies of the seven different colours are stored within the depths of life of an individual. Each colour has its own energy wheel or chakra. The energy wheel works like a clock. The colour wheel acts as a source of energy. The physical fitness and mental balance of an individual is controlled by the combined actions of the colour energies residing within us. Colour therapy helps in maintaining the balance of the colour chakras and enhance their strength which in turn activates the energy level of our bodies. Use of right colour helps in maintaining our physique healthy and our mind in proper balance.

The utilities of yoga and colour therapies are: Harmony of body and mind, Strengthening of body, Enhancement of the workings of the glands, Reduce stress levels, Enhancement of confidence level Expression of creativity, Reducing anxiety, Inculcating mental strength, Positive outcome, Joyous life state, Increase in the production of serotonin.

In this present study colours were assigned to persons and were interpreted accordingly.

Influence of eastern and western philosophy helps in assigning personality of a person using psychological analysis. Therapists' use this personality identification to treat a person in two ways. First is used to highlight a particular aspect of the personality of the person. For example, to enhance sensitivity in the personality, the therapist will explain to the client the significance of green colour and ensure the use of green in the client's life. And if the client is suffering from depression then the use of black colour is to be reduced.

In this way colour therapy can be used to treat psychological problems. Colour therapy can be use to build personality of people. In this context it could be interpreted that colour therapy was administered on beloved students of Asutosh College, Kolkata, India. They got much relief and comfort which is the need of the hour.

Keywords: Colour therapy, Carl Jung, Personality

Introduction

O home dweller open thy door for carnival of colours

Colours have struck on land, water and on forest floors.

Open thy door

The poet gives a clarion call to break all barriers and join in the festival of colours. The festival of Holi or Dolutsab.

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wave length and energy. The seven colours of violet, indigo, blue, green, yellow, orange and red have their own characteristic wave lengths and energy. Interestingly the characteristic energies of the seven different colours are stored within the depths of life of an individual. Each colour has its own energy wheel or chakra. The energy wheel works like a clock. The colour wheel acts as a source of energy. The physical fitness and mental balance of an individual is controlled by the combined actions of the colour energies residing within us. Colour therapy helps in maintaining the balance of the colour chakras and enhance their strength which in turn activates the energy level of our bodies. Use of right colour helps in maintaining our physique healthy and our mind in proper balance.

The ancients thought that each colour has its own meaning and association with the chakras of our body. The colour red is associated with Bhatti or foundation of our being, the orange is associated with the sanctity. The yellow colour represents the sun rays chakra. The green is connected to the heart chakra. The blue associates with the throat chakra. The indigo is connected to the third eye / temple chakra and the violet is associated with crown chakra. Influence of colours on eyes and skin is tangible. It excites our eyes and skin. The effect of stimuli of colour on skin and eyes creates emotion which is measureable. The effect of colour therapy on physical level is clearly discernable. But its effect on our mental and spiritual level is yet to be known. So the diseased are treated by using a holistic therapy. Holistic therapy believes that human being is a cumulative of physical, mental and spiritual form. Though these work in different levels but actions of each level affects the other two. Colour therapy can leave an impact on the three levels as a whole.

Colour affects the unborn child in the foetal stage lying inside the womb of the mother. Suppose using the pink colour calms down unborn child. So after birth if the child is exposed to the pink colour, the child can relate to its previous exposure and can manifest its effect in his/ her consciousness in the present moment.

As we age different colours get associated with different kinds of emotions. And in this way a pattern of colour and our emotions is created in our mind. We associate our anger, fear, joy with respective shades of colours.

We are affected by varied experiences of our life. The effects can be positive or negative impacts. The negative impacts are uncomfortable to our bodies. Suppose the throat chakra has been adversely affected. Using blue colour we can correct it.

Holistic Colour Therapy

Colour therapy is a holistic therapy which is not costly at all. It uses the colour from around us. We are surrounded by colours. The best colours of our world are seen in a rainbow. A rainbow in the sky is very uplifting. Mental and divine energy emanates from colours. This energy is used for treating ailments. Colour therapy is suitable for persons of all ages. It is a complementary method of treatment. Colour therapy is also considered as a branch of alternative medicine practice. It deals with the effect of colour on emotional level especially on the psychological condition of an individual.

Choices of colours that an individual makes can be interpreted to reveal his/ her inner thoughts and emotions. Through ones choice of colours we can get an insight into

his/ her personality. Carl Jung states, "Colour is the key to the subconscious". Colour is the key that unlocks the thoughts and emotions that below ones consciousness. Human beings use colours to express their thoughts and feelings about others. They make their statement through colours. Colours express our beauty, our strengths and talents. Colour activates us to balance our mental coarseness. It helps us to illuminate the depths of our being and help us to assimilate with the joy and love of life. Use of correct shades of colours helps in alleviating our sufferings, fear, despair and sadness. Just as Yoga practice helps in removing our physical and mental hindrances so does the energy of colour enhances our consciousness.

Colour and yoga are interconnected to the colour chakras and goes beyond the seven colour chakras. Yoga colour therapy aims in creating awareness about the human emotions and thoughts. It also focuses on creating awareness about the different spaces in the different parts of our physique. This awareness helps in cooling down the focus areas, emotions and thoughts and thus improve upon them.

The utilities of yoga and colour therapies are:

Harmony of body and mind

Strengthening of body

Enhancement of the workings of the glands

Reduce stress levels

Enhancement of confidence level

Expression of creativity

Reducing anxiety

Inculcating mental strength

Positive outcome

Joyous life state

Increase in the production of serotonin

A deep level of unified composition of the body and the mind occurs when the colourful ambience of the environment harmonises with the aasanas / posture of yoga.

Colour therapy and Carl Jung

There is a relation between observation and colour therapy. Observations of two individuals looking at the same object are different. Each individual has his/ her unique viewpoint and observation which is shaped by one's own understanding and belief. If one can comprehend the ways and means by which one's understandings and belief is being constructed then only one can realise why the observations of two different persons vary. If one's observation is associated with one's own favourite colour then the combination is reflected in the person's consciousness.

Lot of researches have been conducted in this field. The most important among them was done by Cal Jung, a psychologist. He propounded the "Insights Discovery Learning System". The theory talks about the use of four colours in a person's daily life. Use of these colours will help to unravel the following: characteristics of the daily living of the person, nature of the environment in which the person lives and understanding of the behaviour and interactions of other people in the person's environment.

Fury Red: If a person prefers the bright red colour then one can infer that the person is an extrovert and very proactive. He/ she likes to remain busy with work and is very dynamic. Their behaviour towards others are straight and have clarity. They are dominating and the want to control others is clearly expressed in their behaviour.

Sunshine yellow:

Those who prefer this colour are extrovert and friendly. They are hope-filled persons and take extra care to keep good relations with others. They are sociable persons.

Earth Green:

Persons who love this colour value specific relationships. They want to win the trust of others. They have definitive way of life and they try to understand others.

Cool blue:

Persons who love this colour are introvert. They prefer to keep to themselves their own thoughts and emotions.

Colour therapy propounded by Carl Jung gives equal importance to each of these four colours. The energies of these four colours are utilised in appropriate degree. The combination of colours creates an energy which influences a unique pattern within the person concerned. In other words, the preferred set of colours creates an energy which again falls within preference of the person. This preferred energy influences the thought and words of the person. It also has an impact on the decision making process of the concerned person. In this way the individual can express his unique identity with the help of colours.

The colour of learning

What are you observing around you, just now at this moment? Are you seeing some tenderness because of the colours of the ambience surrounding you? Are you seeing such colours which are causing you to grieve, feel sad? What are your feelings at this moment on seeing the colours around you? Are you feeling excited, secured, calm or are you being engulfed with a feeling of warmth?

The ambience of a room is defined by different objects and patterns within the room. So also our personality is shaped and altered by such a thing like colour which itself has no material component within itself. When one interacts with the beauty of colour, our personality is strengthened.

Researches on human beings' reactions to colours have provided us with the following insights. The findings of these researches have been used in designing school buildings, renovating class rooms and designing guidelines.

Use of colourful hoardings: Use of a particular colour to paint a hoarding was seen to have a positive effect in enhancing the memory of inmates of a nursing home.

Use of too much of a particular colour: It has been observed that using dense white and grey colours in text books could raise the teaching-learning comprehension level of 80% children afflicted with dyslexia.

Blue colour: Blue is seen to reduce the vibration of the heart. So the walls of hospital buildings are painted with cardiac blue.

Black and white: Use of these colours reduce the intelligent quotient of children

Red and orange: These colours when used in surroundings enhances the intelligent quotient of children

Green: This colour is related to creativity and innovativeness.

Yellow: Young children are seen to prefer yellow colour which diminishes as they grow old.

Colour and personality

The internationally accepted colour sequence is: violet, indigo, blue, green, yellow, orange, red. And this is accepted by all cultures of the world. But there are some idolatrous community who have their own traditional

colour preferences. Some of them prefer to use red and orange while the other prefers green.

Bright colours are used to treat people suffering from depression. Children generally prefer bright colours. They do not like brown, black or grey but when we find children choosing these colours it can be inferred that these children are suffering from depression. Colours help children to express their individual identity.

We too were attracted to colours in our childhood. Children use colours to express themselves even before they acquire language ability. Researches on colours have raised the following questions: How do we use colours? How does colour leave its impact upon our decision making process? What does "colour of learning" mean? Colours help to create an ambience to learn. The planned use of colours makes the learning process comfortable and the whole system connected to learning: the teachers, the student, the management feel at ease.

Dr Taylor Hartman uses his profile of colour therapy to prepare a colour code of different personalities. He had categorised personalities into four main divisions based on four colours. Preference for red colour signifies power, blue signifies friendliness, white colour signifies peace and yellow signifies joy.

According to Taylor, persons preferring red colour are generally workaholics. They are mentally strong persons of high self-esteem having leadership qualities. Each colour has its own limitations. Too much of preference to red colour makes a person irritable and too critical about others. They tend use too much of logic over emotions to see the world and try to dominate over others. Blue helps persons to remain true to their commitments. Persons preferring blue colour gives importance to relationships. They voluntarily sacrifice their lives for others. They are perfectionists too. They advance overcoming all obstacles and hindrances. These persons are happy in a creative environment. They give their best to be good. Sometimes these blue-lovers suffer from insecurity. When they fail to trust others they lose compassion. They are attention-seekers and always wants to be loved.

White signifies peace. Those who prefer white, avoids arguments. They are generally lazy but are honest at the core of their heart. These persons are patient and understanding. The limitations of white-lovers are: failure to communicate one's own feelings sometimes they deceive themselves.

Persons preferring yellow colour are enthusiastic. They are persevering in their work. They are very spontaneous and always in the search of new. The limitations of this colour is that though they make friends easily but these people are self-centred so face difficulty in getting into relationships. Hartman's colour scheme helps in selecting profession. Since the qualitative aspect of the colour -[preference scheme has a psychometric side. It also has reliability and face validity. (ref: Hartman, Taylor. The Colour Code-P40 isbn O-684-84376-5)

Carol Ritberger assigned few goals to these colour therapy. These goals were fixed for an individual level. The goals are:

To reduce domestic conflict

To enhance quality of relationship among partners

To reinforce one's self-esteem

To develop one's own resource and success on individual level

To develop one's own parenting or guardianship ability and identity
To select appropriate career and express one's creativity
To create harmonious relationships with others in the society
To learn to communicate in a good way
To protect one's own earnings appropriately
Reduction of stress
To be healthy and fit

Carol Ritberger believed on the importance of four colours and their specific preference shaped one's personality. Each colour has the capacity to observe the world, express one's own ability, solve problems and create relationships with others.

People who prefer red colour are called "just get it done" people. They are very realistic, hardworking, confident people with leadership qualities. They are the leaders leading a group. Individuals preferring orange colour are "let's all get along people". They are peaceful providing shelter to others. They long to remain attached to the members of the society. They are patient and compassionate people. Individuals preferring green colour are called "let's experience it all" people. They live in the world of imagination. They are very creative from childhood onwards. They stand out because of their thoughts and ideas. They are joyful, emotional and enthusiastic people. Their motto is to change the world remaining inactive.

Individuals preferring yellow colour are called "Let's do it better" people. They have the ability to lead a group. They are thoughtful persons. Their motto is to create something new so as to make a difference. They are great problem solvers and use their skills and efficiency to reach at solutions. They like to stand out from the crowd and do what others cannot.

Assigning personality through colours

Analysis of the picture 1: Sea and the coconut tree:

Sea is the epitome of motherhood. And tree is the symbol of sensitivity and signifies the attraction towards mother. If we analyse the colours then we arrive at the following conclusion. Blue is the colour of mental strength. They have the ability to control their emotions and work. They give importance to relationships. Green signifies the external and internal sensitivity. Green lovers are sensitive people. So a combination of green and blue signifies persons who are strong willed and at the same time sensitive.

Analysis of the picture 2: Pattern:

Pattern is the symbol of goodness and beauty. Orange colour stimulates our heart from sad to joy, from happiness to grief. Persons preferring orange colour are always in the state of fluctuation: happiness to grief and grief to joy. Black represents depression. From the depths of darkness emerges the light of hope. So the combination of black and orange represents a human being filled with light of hope and darkness. The pattern reflects this goodness and beauty. The picture reflects the unsaid words of consciousness and the unconsciousness.

Analysis of picture 3: House and people:

House represents bonding. From the primitive age man desist staying alone. So family was formed and from family resulted in the society. The red and white colour contrast of the house signifies diversity. Red represents warmth,

enthusiasm, dynamicity and white represents peace, immobility. Use of these contrasting colours brings balance and equanimity into the personality of the person. The yellow coloured attire of the person in the picture denotes the extrovert, sociable aspect of personality. He/ she wants to mingle with others in the society and draw their affection.

Conclusion

Influence of eastern and western philosophy helps in assigning personality of a person using psychological analysis. Therapists' use this personality identification to treat a person in two ways. First is used to highlight a particular aspect of the personality of the person. For example, to enhance sensitivity in the personality, the therapist will explain to the client the significance of green colour and ensure the use of green in the client's life. And if the client is suffering from depression then the use of black colour is to be reduced.

In this way colour therapy can be used to treat psychological problems. Colour therapy can be use to build personality of people.

Let us go back to the significance of the festival of colours. "Let us assimilate ourselves with the colours of all" We must be healthy and fit. That's what I wish for you all.

"Today, clouds are set in colours

Golden hews of the sun.

Today, Colours of light

Fill the songs of birds"

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