

The power of Image

“Conscious Colors Imagery for Equanimity”

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CONSTANCE HART

If you look up the word Equanimity in a few different dictionaries, you'll find different definitions. The definition I can most easily help you address with Color Therapy is: Equanimity— evenness of mind under stress.

Of course, hidden in the word Equanimity is the word “equal,” which certainly brings to mind balance. Whether it's balance in the brain, balance in an organ, or balance with the emotional self, we certainly know that balance is a coveted place of harmony and one worth moving toward.



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energy frequency tends to activate the intuitive

First, I recommend exposure to the green ray. Give yourself, your patients, students, and/or clients an opportunity to engage with green to be-

gin to elicit a balanced response from the body/mind/spirit. I mentioned in my presentation at the conference, the green ray energetically holds a frequency of balance due to its position in the visible light spectrum, the middle. Beyond this, Imagery with the green ray can also evoke Images of expansive fields and gardens that help create spaciousness in the psyche.

Next, I invite exposure to the royal blue ray. You may see this as a cobalt blue or a bright blue. This

mind, which means with it comes an ideal opportunity for balancing the brain since the mind tends to lean more to a linear, active influence, simply due to societal influence and electromagnetic stress. Breathing with royal blue Imagery can support the right hemisphere of the brain, which is typically more engaged with visions and dreams and Imagery in general.



Finally, I suggest Imagery with gold. This warming ray is the Color Therapy complimentary color to royal blue, and is needed to provide overall balance in body/mind/spirit. The gold ray tends to have an effect of centering emotions with thoughts. A balance of orange (feeling) and yellow (thinking)—gold—can help center the self in the now. Being present is an important ally where stress is present. If you breathe deeply into the root of most stress, I believe you'll find a component of leaving the moment, either with a projection from the past or an anxiety/anxiousness that is set in future time. Gold is the ultimate balancing aide if one is either getting stuck in the past, or moving too far ahead in the future, as it centers us in present time. Gold also is the co-partner to centering royal blue's effective ability to move the psyche into future visions and dreams.

Imagery:

“I now breathe with the green ray. I invite green light in with my breath and send this

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