Chakra healing by color clothing

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Abstract

Chakra centers attract vital energy. They are responsible for regulating endocrine glands. In case of balance, an active chakra keeps a person in his best physical and psychological conditions while in case of imbalances it caused mental illnesses, which subsequently affects his body. Chakra which is imbalance reaches the balance due to the proper color. The color in the form of clothes is easily absorbed and gets balanced because of direct contact with the skin. The qualitative and reasonable use of color in clothing is naturally more effective than visual method, as clothing affects more organs in color-therapy. This study which is a descriptive one aimed to investigate any psychological and physical disorder in case of wrong choice of clothing color. It also attempted to identify a prominent negative attribute in a person in order to introduce a proper clothing color which controls or neutralizes an annoying attribute. The results indicate that a right choice and use of color in clothing strengthens the positive attributes and flourishes natural genuine potential of a human. This knowledge is a self-scrutiny method, as a person gets familiar with his own positive and negative features honestly while the main principle of honesty is acceptance and the self superiority of the person.

Keywords: chakra, color therapy, balance, imbalance, clothing.
Introduction

All human beings instinctively seek internal and external knowledge of the universe. Common questions have been where we came from, what we came for and where to go. The complexity of our daily life added to difficulty of such questions, and their frustrating nature as well. In all religions, especially Islam, purification of the self-named is the most important technique that can be used along with a method such as good music, seclusion, related rocks, numerous meditations, and lights colored. Each particular environmental condition and practice with serious mental demands can be another physical element that will help the common good and the daily needs of every human being. Undoubtedly, it rescuers clothing, which is the second highest number in the category of seven arts. Any situation without flaw can be used in daily work.

Clothing and fashion become two inseparable issues, which have forced many people to keep track of the last performances designers. A small group of people can buy daily and keep communities taste a variety of designs. But, it's also a passion for excellence in the world of fashion and pursuit of the latest news and blind imitation of such fashions. Style coverage allows us to judge others and reflect the mentality and character of our community. This obligation repels and attracts a lot to us and greatly impacts on our behavior. Imam Sadiq says about good behavior "moral is good grace of the people of Islam." (Motaghi Hindi, 1409, 143). Good wear can also supplement this issue. Clothing can be a sign of good ethics and behavior. The wrong choice of clothing can also lead people to mental and physical degradation and destruction. Chakras, the seven energy centers of the body, each with frequency are certain colors. The basis of moral and behavioral characteristics makes the person. The balance of the chakra and physical and mental health of colors can be used.

1- Recognizing Chakra

Life energy and chakras as energy centers force us to circulate in the body. The chakras are literally cycles through narrow channels called Nadi, transfer the energy of the universe to the body. After absorbing life force, it is separated by the nervous system and endocrine Nadi to their distribution. It accepts energy originated from Earth from the lowest to the highest chakra of the body that is going on. (Pond, 1999, 34 and 35).

These Chakras are 8800 points in the body. Seven main chakras are located in areas that enlight fixed lines or power lines that intersect with each other twenty-one times. Twenty-one minor chakras are located at points where layers of energy intersect fourteen times. Many smaller chakras in the body with an energy lines intersect in the points seven times. (Tansly, 1984, 26). We had no contact with the rest of the physical body, but we have a huge influence on movements and physical actions that effectively influence our mental and physical conditions.

1-1 Chakras seven centers

The seven centers of chakras are form tapered end circle, with a diameter of 15 cm. Root Chakra cone downward and upward cone crown chakra behind the rest of the chakras
are common placenta (khadem pour and Zaeim, 1386, 389) the center of the area in front of the emotions, and the perception of control of seven cones.

1-1-1 “Mouladhara” Chakra or root Chakra

Color red element, earth, sense, smell, interests, physical contact, the ability to think before acting, help, material, place below the spine, between the penis and the seat. "Muladhara in Sanskrit means root," (Khadem pour and Zaeim, 1386, 393) causing sexuality, agility, security, courage, fight and escape in person.

1-1-2 “Svadystana” Chakra or Khaji

Color: Orange Element: Water Sense: taste, orientation: conservative and acceptance, the ability to love and service to others, help social, place a few fingers below the navel. "Hannah Svadystana is hidden meaning in its original position." (Lübeck, Arjava Peter et al., 1385, 110). It is a place where a sense of optimism, humility, fear and anxiety itself is hidden.

1-1-3 Manipura chakra or solar plexus

Color: Yellow, Element: Fire Sense: Sight, sexuality: understanding, the ability of communicating with friends, Help: wisdom, place a few fingers above the navel. "The word in Sanskrit means jewelry Pura M Manny" (Wils, 1392, 31). The center gives heat with links to individual wishes and emotions of happiness and self-esteem. One tends to do everything under one’s control.

1-1-4 Anahata Chakra or heart

Color: green, element: air, sense: touch, desires: to love and be loved, the ability of education and self-help: emotions, Location: Middle of the chest. "Anahata in Sanskrit means sound." (Khadem pour and Zaeim, 1386, 398). This chakra is about self-pity, compassion, and respect for self and others is selfishness. These people can be good breeders.

1-1-5 Visuddha Chakra or Throat

Color: blue, tower: steadfast, sense: voice, desires: peace, the ability of risks, Help: Understanding, Location: Deep Throat. "Visuddha word means refinement." (Wils, 1392, 37) It is a vital element of the throat chakra. It determines the type of relationship with others. It is creative and inventive, especially in speech. People live harmoniously with it.

1-1-6 Ajena Chakra or Forehead

Color: purple, tower: stability, orientation: harmony with the universe, the ability of turning a dream into reality, Help: illumination, Location: between the eyebrows. "This means knowledge and understanding." (Khadem pour, Zaeim, 1386, 401). It dominates the center as commander of the mind and its thoughts into action. Top understanding of the world around us is raised.
1-1-7 Sahasrara Chakra or Crown

Color: white, tower: Cardinal, desires to understand the world, the ability of advancing in knowledge and wisdom, Help: spirituality, Location: fontanelle or section head. "Sahasrara with no limit is the most powerful energy vibrations under consideration. This chakra is balanced and coordinates internal and external strains.

2. Healing colors

When someone is in a bad psychological, the endocrine not be able to use the maximum capacity of the treatment, the body is injured. The major chakras are located along the spinal cord to help care for color therapy partly cloudy. This lack of feeling in the body can be combined by color or multi-color. The colors of chakras are in direct contact with the light receptor cells. They are placed in the retina to be converted into electrical impulses to the brain and cause the release of hormones (Ostadi and Rabie, 1393, 29 and 30). The energy vibrations cause order and balance in the body color. These vibrations create special electromagnetic field and passed through the chakras in the spinal cord and nervous system. Thus they can soothe their governing bodies.

2.1 Analysis of psychological characteristics based on the colors of the chakras

In recognition of its direct relationship with the features of the chakras, color property is realized. The unconscious of the impacted color can have irreparable consequences for the user. So, the psychological effects of color on the chakras are discussed.

2-1-1 Analysis of the impact of red color on the chakras

It is the red symbol of life. Mobility and excitement in the chakras: cornelian, spiteful and jealous, bright red, coercion and persuasion, transparent red; assistance, scarlet, sexuality. It is dark red, selfish and greedy, pure red, passionate, red, pus, self-seeker, bright red, neurasthenia. Mahogany: vogue and cheerful, Red, purity and unconditional love, pinkish red, fun and joy and red Scarlet, uncontrollable emotions. Red: ambitious and courageous

2-1-2 Analysis of the impact of orange color on the chakras


2-1-3 Analysis of the impact of yellow paint color on the chakras

2-1-4-Analysis of the impact of green color on the chakras


2-1-5 Analysis of the impact of blue color on the chakras


2-1-6- Analysis of the impact of indigo color on the chakras


2-1-7- Analysis of the impact of purple color on the chakras


2-1-8- Analysis of the impact black color on the chakras

Black, in the positive side, can resolve inconsistencies. Black-gray: malice and cruelty. Pure black represents the innate hatred and evil. Black light: cynicism and secrecy. Black Home: opinionated and will to power.

2-1-9- Analysis of the impact of brown color on the chakras


2-1-10- Analysis of the impact of golden color on the chakras

2-1-11- Analysis of the impact of the gray color on the chakras


2-1-12- Analysis of the impact of the pink color on the chakras


2-1-13- analysis of the impact of the silver color on the chakras


2-1-14- Analysis of the impact of the white color on the chakras

Chakra's white creates deep spirituality and inner communication trends. Milky white: philanthropic and idealistic. Reflective white: complete, perfect and spiritual awareness. The main white: perfection.

3. The role of clothing in the balance chakras

Clothing covers the largest organs of the body. In addition to aesthetic aspects and protection against external agents, it represents some kind of spiritual, moral, intellectual orientation, etc.

Moreover, clothing brought to people’s daily lives a sense which affects the achievement mental and physical goals.

The psychological effect of color on color therapy can take benefit of the power of sight. According to research done by John August on the discovery of ultraviolet radiation, "only two percent of eyeglasses and contact lenses radiation passes. So we must be careful that in the treatment of used eyeglasses and contact lenses be avoided so as lights and colors are used in full. "(Wils, 2013, 37)

4. Clothing therapy for the treatment blinds

The advantage of clothing with colors is that it bestows visual sense of identity which can be used as a cure to blindness. The clothing is in direct contact with the body color energy through the pores and balances the body. It provides us with the correct frequency and therapeutic properties. This type of treatment for people who are blind or color blind can also be used for psychological effects of color to eliminate negative adjectives.
5. Fabric in treatment

In order to heal the clothing, it appears that synthetic fibers cause allergies and create disturbances in the transition effect of color. For this reason, it should be of natural fibers like silk net, flax, cotton and yarn (Wils, 1388, 32, 106). "The cloth should be manufactured with natural materials because these materials are in harmony with the vibrations of the body" (Wils, 1392, 152). Also, drying painted fabrics should be natural drying materials.

The fabric is enough to reach from neck to toe. "Undergarment that during treatment used must be white." (Wils 1392, 95) White acts like a prism in the event of another color, your person subjected to the combination of all colors who wears them, and this is not appropriate.

6. Proper times of using clothing

The use of spiritual practices such as meditation required clothing to do breathing and physical exercises such as yoga daily; it can be used during the conduct of the interior exercises and the duration is between ten and twenty minutes. Otherwise, the color works by stimulating better the exercise (Wils, 1388, 106). People can use even the color of clothing for different components. The use of this treatment regulates the interior situation. Thus, color of clothing is revealing and healing.

7. Chakra therapy by color clothing

Each person has a chakra that is activated when placed in the balance. It causes potential energy cycle in its upward momentum and is transferred to the next chakra. Finally, the Sahasrara chakra leads beyond the physical body. Human and spiritual challenges of the negative thoughts are causing the change of energy channels. The same negative traits possess the self in various ways. In all religions, it is to control and get rid of those negative traits. Depending on the chakras, the appropriate color balance can be in the form of clothing on the body to promote balance and prevent disease. In this section, the characteristics of the chakras in balance and imbalance are addressed.

7.1 Characteristics of the chakras in balance statue

Chakra in balance puts the person in the best physical and psychological conditions.. Positive traits of the root chakra: active, ambitious, confident, determined, charming, confident.
Sacral Chakra Positive traits: consistent, progressive-minded, social, politician, comrade, honest and hospitable.

Positive traits of the solar plexus chakra: analyst, charming, creative, eloquent, passionate, flexible and inspiring.

Heart chakra positive traits: compassionate, faithful, generous, nurturing, frankly reckless, perseverance, unaffected.
Throat chakra positive traits: consistent, fascinated and charming, idealistic, loyal, peaceful and progressive.

Brow chakra positive attributes: thin nature, generous, enlightened, learned, popular, inspiring.
Positive traits crown chakra: dignified, insightful, logic, mystic, peaceful and subject to change.

7-2 Specification of chakra

To identify the chakras in a state of imbalance, the negative traits are typical in this case. It is intended for individual treatment to create balance for color on the cover.

7-3 Imbalances and root chakra's and don'ts cover

For the root chakra balancing the negative traits can be used for any attribute of the suggested colors.
Lack of control: gray, leaden resonator is this attribute, but it can take a positive interest.
Selfish: the brown muddy, milky white and pale violet is appropriate.
Supremacist: Bold not to wear purple and bright green but transparent orange is used.
Stubborn: black, dark indigo original awkward, but orange original and useful.
Self-fashioned: Do not use the red dirt, yellow reflective, dark blue and red to wear.
Introducing: should not wear orange to red and white reflector is very good but dull silver.

8- The sacral chakra

Sacral chakra to balance the negative traits can be used for any attribute of the suggested colors.
Heartless: gray, green, black and brown turbid not wear, emerald green, pale purple, and wear gold reflector.

Easygoing: orange dark bay inappropriate but deep purple and pink are very helpful.
Fear of death: green-gray color is intensified but the original red and blue light is suitable.
Affiliation: pale pink shouldn't use; the main golden, purple and white are the original agreement.
Craven: gray opaque, the original red, bright orange and white main event. Indulge in feelings should not be used as red, orange, green grass. The original is required.

9- Solar Chakra

For solar chakra balancing the negative traits can be used for any attribute of the suggested colors.

Hatred: Cornelian inappropriate color and light green, pale purple and pink is original.
Simplistic: Indigo opaque resonator bay if this attribute, but this attribute is balanced.
Greed: poor dark red, bright red, dark blue and pink.
Humiliation: Blue opaque resonator, transparent orange, blue and black are the main agreement.
Contradictory: not wear bright red, orange, red original and original wear
Grumpy: Stay away from the red, mahogany, green and blue primary original wear.

10- Heart Chakra

To create balance in the negative traits of the heart chakra can be used for any attribute of the suggested colors.

Unable to say no: green for the wrong man, but the original and the original red indigo wear.
Shaken: avoid wearing the scarlet red, pure red, blue and black dark main event.
Limited: dull gray, but could be useful; one can take advantage of dark blue.
Disappointed: not to wear green, gray, pink, reddish and golden; reflector is useful.
Envy: Stay away from dark green, the original green, emerald green and red upon use.
Strong: red, pink, coral and indigo original awkward but brilliant is useful.

17- Throat Chakra

For balancing the throat, chakra negative traits can be used for any attribute of the suggested colors.
Talky: intensifying the original yellow and dark blue, dark indigo
Undecided: Pink coral is inappropriate but purple is reflective.
Bored: the gray-brown color of mahogany is avoided.
Deception: yellow mustard in a characteristic resonance creates the original wear silver.
Rash: red is a difficult moment, the main blue and pale yellow wear
Of Asa: not to wear opaque yellow, pure red, yellow and pink, reddish-wear bay.
Liar: opaque blue but purple and gold is put away.

18- Brow Chakra

For balancing the throat, chakra negative traits can be used for any attribute of the suggested colors.
Annoying: main orange and deep purple reddish orange inappropriate but convenient.
Secret: black pale blue distance can be used.
Vote: Do not wear blue cloudy but bright blue, indigo major would be useful.
Withdrawn: the blue haze is avoided as well as the main white.
Controversial: not wear opaque orange, red, pinkish, red and pink, reddish-wear soon.
Pessimistic: Do not use bright gray, pink, reddish-interest would be appropriate.

19- Crown Chakra

For balancing the throat chakra, negative traits can be used for any attribute of the suggested colors.
Negative thoughts: Stay away from the gray-green, pinkish red to wear.  
Peevish: bright orange inappropriate, purple and yellow reflective reflector is suitable.  
Dreamer: the absence of bright silver, green and white is bright.  
Self-centered: gray opaque not to wear bright red, but orange transparent, the original green and milky white are right.  
Lack of confidence: bright blue and gold reflective not to wear, wear bright blue and white.  
Introverts: inappropriate main blue but pink and indigo bay is opaque.

**Conclusion**

There is a close relationship between the human body and soul, and these two, interact with each other: interaction between the different forms. Symbols and spiritual transformation of man have a direct impact on the psyche and soul of any effect and specific behavioral outcomes. With their knowledge of the chakras direct effects on the nervous system, they can understand typical human behavior and thinking. In fact, in the case of a negative result in nervous tension, mental illness influences the body. Given the above, to identify deficient chakra helps the person on physical, mental and emotional scales. Chakra creates balance. After checking the identification of chakra, there should be clear imbalance caused by excess or wastage of activity; chakra is impaired. In any case, the color used in clothing or property whether amplified or neutral has character. To accelerate the understanding of behavioral characteristics imbalance has to be avoided. Because according to the characteristics of each chakra colors negatively or neutrally reinforce specified attribute.

Psychology helps researchers trying to influence the audience. Stimulating colors are used as therapy to positively influence health. The most important part of the treatment by the color of clothing is forcing the patient to get rid of it to be honest with himself. And to find the most powerful attribute negative traits are investigated to identify and take action to fix them. This therapy is a specialized part, which includes the issue of preservation and evaluation.
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