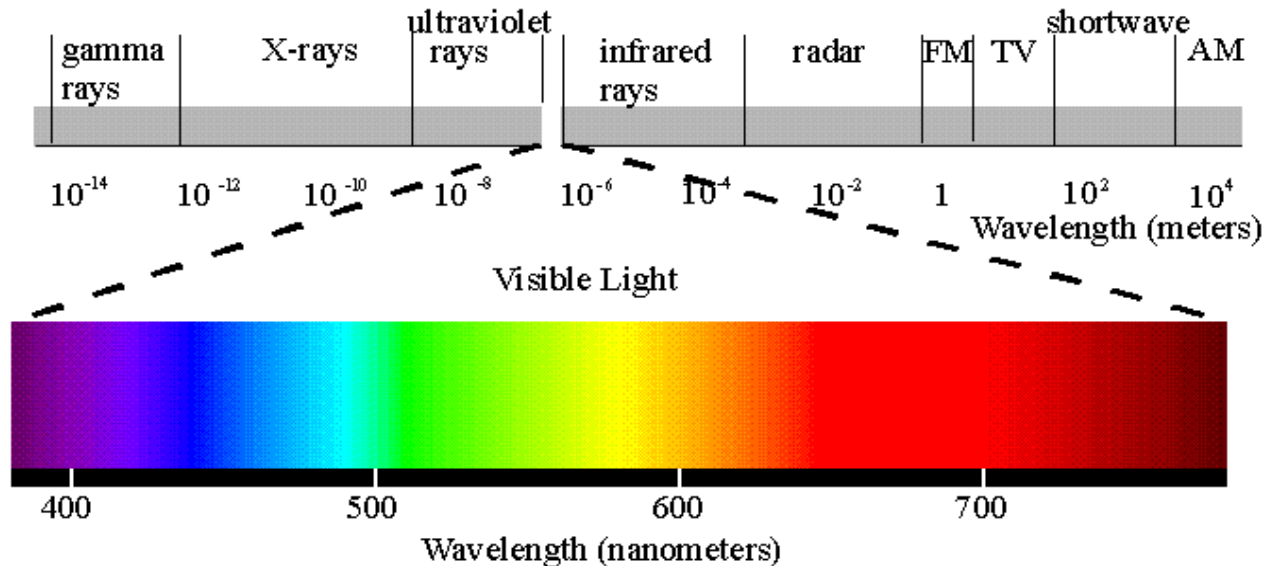


The Electromagnetic Spectrum



Everything in life, animate and inanimate, is energy, or vibration. The human body is made up of a series of frequencies that form a harmonic and balanced whole when a person is healthy. Physical or emotional stress alters the body's vibrational nature. The nature of vibrational healing is to help the body remember its healthy vibrational state.

The electromagnetic spectrum runs from radio waves, which are about 3,000 miles in length to cosmic rays, which are .00001 nanometers in length. (1 nanometer = one millionth of a millimeter). Near the middle of the spectrum is a very narrow band which is actually visible to the human eye and this creates what we see as color. The first color we can see on one end is red, and right next to that (which we can't see) is infrared. On the other side, the last color we can see is violet and next to that (which we can't see) is ultraviolet.

Everything we see and perceive as a color means that the molecular structure of that item is vibrating at the frequency of that particular color

within the electromagnetic spectrum. Simplistically, this means that anything you see as green, for example, would have a vibrational frequency of about 515 nanometers and would vary slightly depending on what shade of green it is.

Each color has a different wavelength and vibrational frequency, which affects us differently. Red has the longest wavelength and the slowest vibrational frequency, which we innately recognize as warm and stimulating. Violet has the shortest wavelength and the fastest frequency which we recognize as a cool and calming energy. We receive light and color information through our eyes, which then stimulates the retina and its cells, rods and cones. These impulses, which travel through the optic nerve to the visual cortex of the brain via the pituitary gland, trigger other glands and their hormone secretion to various parts of the body. Many body functions are stimulated or retarded by light and the different colors of light and thus affect our chakra system.

Since light and its colors physically affect glands and hormones, they will also have a marked influence on our moods and feelings. Science has proven that certain colors can calm the mind while others stimulate mental activity. We need light energy for nourishing our brain, our emotions and our physical body as well as our light bodies and especially our chakras. Light can also enter through our skin and our breath. As well, we can receive additional color energy through a balance of various colored foods, herbs, vitamins, aromatherapy, sound, minerals, clothing, decor and color bathing.

ENERGETIC SIGNATURE OR PERSONAL VIBRATION

Your energy signature is as unique to you as your fingerprints or patterns in your eyes. Some people have large auras, others have smaller auras depending on their energy signatures. We all know those people that seem “bigger than life” as some celebrities are referred to – they simply “light up a room” when they walk in. Likewise, there are those people who are “shrinking violets” or “wall flowers” they are hardly noticeable – these people would make good spies! Once you learn to master your energy, you can make yourself almost invisible, or expand your energy out to fill any space. Learning to master our energy is the key to manifesting what we desire to create. For example, if you hold the belief that you are blessed and you feel blessed, you will create blessings in your life.