

PO Box 270917  
Fort Collins, CO 80527  
PH: 970-226-8564



*Debra Gordy* MS, MRET  
*Transformations*

Sign up for my FRE\*E  
ezine, *Creating Joy!* at  
[www.debragordyms.com](http://www.debragordyms.com).

## Overcome SADness with Color

*Copyright © 2007 Debra Gordy. All rights reserved.*

Color therapy has been used since ancient times for restoring physical, mental and emotional health. Anciently, Pythagoras used color in his healing practice, the ancient Egyptian tombs include individual rooms for color therapy, and solarized water is used in Ayurvedic medicine.

Color therapy has been recently rediscovered and the benefits are diverse. We know that white light or full spectrum light is a general tonic for the complete spirit-mind-body system. Researchers believe that exposing the body to the sun, without excess, allows the body to naturally absorb the color rays needed at the time. Sunlight is a common antidote for jaundiced babies.

Winter blues and Seasonal Affective Disorder (SAD) affect millions of women every winter season. This is due in part to the decreased amount of daylight during the winter months, and also due to the fact that most of us experience artificial light in our offices and homes that it is not full-spectrum.

It is interesting to me that when we take in full-spectrum light through our eyes, we can dramatically decrease our experience of winter blues, or SAD. This response changes because the increased full-spectrum light taken in optically reduces our body's production of melatonin, and increases our production of serotonin; both involved in regulating our moods.

### **The Rainbow Bridge**

The following simple idea is a fun and beautiful way to bring the colors of the rainbow into your home or office.

Hang a lead crystal prism or sphere in the window of your bedroom in a position so that it will catch the first light of morning. As you wake up, your crystal catching these colors will greet you. Breathe in the colors one by one, or allow the rainbow to wash over you. Wake up to the refreshing benefits of your Rainbow Bridge!

**Debra Gordy, MS MRET is a Master Transformational  
Psychotherapist, Women's Wellness & Business Success Coach.**

She specializes in assisting divorced women to achieve their dream of a happy, successful, next marriage. You can learn about her exclusive program, **Happily Ever After! Five Steps to Healing from**

**Divorce and Creating the Marriage of Your Dreams** at

[www.debragordyms.com](http://www.debragordyms.com)