COLOUR THERAPY

Included here is a whole course of using color to help the body heal. It can be very powerful and there was a time when the U.S. Govt went around confiscating equipment for color healing. Dinshah Ghadiali, born in India, born 2873, and came to America in 1911. During World War 1 he served as a pilot in the New York Police Air Reserves and rose to the rank of Colonel. His name was changed to Darius Dinshah and he wrote the book "Let there be Light" which was how to heal with colour and using Spectro-Chrome. The book was not published until 1978 and you can see from his book that he proved many times the healing capability of using color for healing. You can read more about his man in Wikipedia if you wish. You may still be able to get his book through used bookstores online. What happened to him? In 1947 he was put on probation for using the Spectro-Chrome(light therapy machine) for five years and fined $20,000, ordered to surrender all books relating to Spectro-Chrome (value $250,000). He died in 1966 and apparently, the govt./courts continued harassing his family. That seems to be a thing of the past and as long as we don't brag about it too much, we seem to be left alone now by the authorities.

COLOUR IS LIGHT

Light is the true source of colour - colour understood in the wave aspect of light. Let as man sees it is a vibration on the 49th level.

Colour is very effective in healing because it maintains the balance of the body; any change in environment is disease. Colour can re-establish the right frequency when there is too much or too little vibration in the body. Disease can be reversed with the proper vibrations and nutrition.

WHITE LIGHT IS THE SOURCE OF ALL COLOUR

A beam of light through a prism is bent/refracted and disperses the light into the spectrum of seven colours; red, orange, yellow, blue, green, indigo, violet. Reverse the beam of light and the seven rainbow colours return to their original pure-white state. Conclusion: the source of all colour is white light.

WAVELENGTHS OF COLOUR

Each colour has its own unique wavelength. Light moves in waves. Wavelengths are determined due to the absorptive and reflective process. Reds and warmer colours are more absorptive than blues (more reflective).

Red is the longest and has the lowest vibratory rate of the visible range, oscillating 397 trillion times per second.

Violet has the shortest wavelength and the highest vibratory rate, oscillating at 665 trillion times per second.

Green (in the middle of the spectrum) vibrates at 531 trillion times per second.

An example is a sunset. The violet end of the spectrum (shorter wavelengths) are more dispersed by the atmosphere of the earth than the red end (longer wavelengths) at sunset which leaves the longer red waves for us to see and admire.

HOW WE SEE COLOUR

The colour of an object is the result of its absorption and reflection. When light reaches the surface, some of the colour rays are absorbed into the object. The colours visible to our eyes are those that are reflected AWAY from the object. A red apple absorbs almost all colours except red and because it reflects red, the apple appears red to us.

VIBRATION OF COLOUR

Colour vibrations are sensed through our vision as well as impacting on all physical systems and organs of the body. Each organ has its own vibration. Various organs of the body possess functions of sedation, stimulation of neutralization through their frequencies. In order to maintain good health, the body's

organs must resonate with the entire human organism as well as with the wave patterns of the universe.

When the colour/element balance (energies) within the body is distorted, disease can occur. By apply the correct colour to the human aura the entire body can be returned to normal health (if not reached extreme degeneration).

Applied vibrations will match the energy frequency needs of an organ in terms of sedation, activation of neutralization.

POLARITIES OF COLOUR

Red is considered electric positive for its stimulating effects.
Blue is electric negative for its sedating effects.
Green is neutral for its ability to balance.

White and black are polarities of light and darkness. Black is the absence of light, the total absorption of all colours(heat). White is the total reflection (cool).

Red, Green and Violet are primary colours because when placed together and rotated on a disc, they create white. The other 9 healing colours are derived mathematically on the basis of their relation to these 3 primary colours.

The lower chakras correspond to the warmer colours, the higher chakras, correspond to the cooler colours with shorter wavelengths.

The first chakra corresponds the red, the middle with green and the highest (7th) with violet. When all chakras are balances they should create a white energy field surrounding the body (aura)

COLOURS USED FOR HEALING

Colour medicine is based on the concept that a chemical imbalance, a state of disease, and an inappropriate energy vibration in the body are all synonymous.

Disease begins when the aura deviates from white (the perfect aura colour). One might think that using white will be a cure but this doesn't work in a weak system. White rays can be too powerful for damaged bodies which cannot properly sort out or select the required frequencies from the white ray and therefore need a specific attuned healing colour.

The 7 colours of the spectrum/rainbow are used for healing as well as 5 additional colours. The 3 primary healing colours are the key to harmonizing the life energy within the human body. When used in conjunction with the other nine colour derivatives they can eliminate the need for most chemical ingestions and injections.

ANABOLISM/CATABOLISM/METABOLISM

Anabolism (restoring/building) in the body is done with warm colours such as red/yellow rays.
Catabolism (elimination of waste) in the body is done with cool colours such as blue/violet.
The combination of the anabolism (red) and catabolism (violet) define metabolism (green).

Digestion is a metabolic function, activated by yellow, sedated by blue, leaving green as their combination in the middle. Green (the center of the colour spectrum between red/violet or yellow/blue), stimulates the pituitary gland. Green also balances the opposing forces of anabolism and catabolism (or liver and spleen) to harmonize metabolism.

HEAL THE AURA FIRST

The aura (etheric body) rebalances itself naturally. Under unnatural conditions the imbalances may become longstanding, finally dis-easing the body. The state of the etheric body determines the health of the physical body.

All disease begins basically in the denser part of the etheric body, in the health aura. It takes time for negative energies to penetrate the health aura, then the physical body - except when extremely high amounts are involved. Therefore toxins weaken the etheric body first, then the physical body.

The health aura may change decades before signs of disease in the physical body become evident.

ENERGY FLOWS FROM HIGHER TO LOWER ENERGY LEVELS

The cells and all matter are simply energy scaled down in density or lowered in vibration, in perfect balance with the whole. Within all forms of energy and matter is clearly the polarity of positive and negative from the atom, the earth, the stars and all of creation. There can be no positive in the universe without a negative. No cosmic activity goes upward that does not cause a downward movement.

Our bodies, both physical and etheric represent the two poles - those of atomic and subatomic matter and are bonded by polarity. Our physical body has a slower energy and is a manifestation of its etheric counterpart which has a faster energy.

Energy flows from higher to lower energy levels. Since energy flows from the higher bioelectric positive (electric negative, etheric body) to the lower bioelectric negative (electric positive, physical body), disease will first show in the etheric body.

MAGNETS

Parts of the human body that are exposed to the bioelectric negative end of a magnet (north-seeking pole: blue) will after extended periods of time, have less energy and be less active but more relaxed. If necessary to restrict activity, the north-seeking pole is used eg. in infections and cancer. Use the south seeking pole of a magnet to reinforce healthy and unhealthy growths. When noncancerous tissue has been exposed to the south-seeking pole, red (bioelectric negative energy) in time their systems total recharge.

Use of magnetic plus or minus poles for healing depends on the specific case: Both polarities can create balance and restore health.

COMPARISON OF COLOUR THERAPY TO ACUPUNCTURE

Using colour or magnets is similar to acupuncture treatments where energy vibrations are activated or sedated at or near the surface of the physical body and eventually influence the deeper levels of the physical organs.

ELECTROMAGNETIC EFFECTS OF OUR BODIES

Since electromagnetic energy (aura) and healthy cell energy are similar in certain respects to that of magnetic poles, they will either attract or repel each other.

When we touch the antenna of a t.v. the reception generally improves the moment our hand makes contact, because it incorporates our higher energy levels into its system. Therefore our bodies have energy capabilities similar to the t.v. with its ability to transmit, receive and conduct electromagnetic or polarity forces. Our bodies are like antennas, channeling energy from higher to lower levels and vice versa.

Energy will move along a pathway when the polarity (eg. colour) is provided.

DESTRUCTIVE RAYS WEAKEN THE BODY

Improper vibrations especially from outside the visible spectrum (x-rays and microwaves are a good example) can damage our bodies. Radiated food is another way rays destroy life energy.

Certain feelings or symptoms are signals to cease the session or change the vibrational rate (colour). Symptoms from excessive use of colored light tend to disappear without long-standing negative effects.

Rays that pierce the emotional aura seem to connect the positive mental aura and negative physical body poles. If these are out of harmony, a bioelectric imbalance occurs, resulting in disease on mental, emotional and physical levels.

Negative thought patterns, or emotions also create imbalances. Yogis and spiritual students know the benefit of keeping thoughts positive and emotions neutral.

POLARITY OF COLOURS

The Ultraviolet/blue end of the spectrum represents the electric negative side.
The red/infared end represents the positive side.
Green and its vibrations are neutral, harmonizing electromagnetic polarity.

Electromagnetic effects are also involved in the acid/alkaline balance in the body. High acid levels cause inflammation, swelling, fever, which duplicate the effects of excessive red vibrations and in this case the blue colours are given for balance.
High alkaline levels having too much blue in the body are sedating, which can result in an overrelaxed condition and therefore warm colours are given for stimulation.
When the two poles of red/acid and blue/alkaline are balanced, we have well functioning polarity (such as when oxygen O(blue) and hydrogen H (red) combine to form H20 (water) which is neutral and its flow slightly alkaline, as the body should be.

SOUNDS

Each part of the body (cells, tissues, organs) has its own frequency response. Although our minds can block out certain sounds or vibrations, our bodies at the cellular level cannot.
Results with sound are not a function of volume, but pitch (frequency, quality), similar to the effect of colour in colour medicine where intensity (quantity) of the light source is not as important as is the colour frequency (quality).
Tapes with harmonious sounds for each colour may be made to accompany colored light therapy.
Sound used with light therapy multiples the benefits. As a rule, sound along is not nearly as effective as colour medicine.
A synthesizer can intermix many diverse instruments, all tuned to the same vibrational level to make the sound more interesting.
For producing the right sounds, the easiest method may be tuning forks which you can buy online. Using tuning forks is a whole new therapy in itself, very impressive.

Use sound to guide colour deeper into the respective organ:

Colour	Musical Note	Tonal Frequency
RED	G	392
ORANGE	A	440
YELLOW	A#	466
LEMON	B	494
GREEN	C	523
TURQUOISE	C#	554
BLUE	D	587
INDIGO	D#	622
VIOLET	E	659
PURPLE	A#	562R
MAGENTA	G and E	525R
SCARLET	G# and D	501R
		(R: reverse polarities)

COLOURS REFLECTED IN VITAMINS

Vitamin A - yellow
B vitamins - orange and red
Vitamin C - lemon
Vitamin D - violet
Vitamin E - scarlet and magenta
Vitamin K - indigo

AURA REFLECTS COLOURS

Most aura colours are constantly changing reflecting imbalances. A perfect aura is most likely white resulting from the perfect balance of the 7 main chakra colours.

Reading auras:

Red:

Materialistic orientation, strong concern for physical life (predominance of root chakra). Vigorous, active, forceful, often with a warm and affectionate nature yet impulsive and passionate; may be domineering or angry.

There may be courage, passionate love, hatred, revenge. Red in the aura may indicate low energy level and problems with the nervous system. The brighter, lighter and clearer the red, the warmer and more generous the person. The darker the red, the more impulsive the person, even malice may show.

Bright, clear red: pride, generosity, positive ambition
Dark red: anger
Ruddy dark red: sensuality
Cloudy dark red: cruel
Pink: often seen in children and spiritual adults, a sign of love and vitality.

Orange:

Thoughtful, considerate of others, vital, healthy, certain dominance in second chakra. The more reddish point to selfishness and pride. Certain shades of orange can also indicate kidney problems.

Clear orange-gold: vitality, health, self-control, consideration, balance.
Reddish orange: pride selfishness
Brownish orange: low intellect, lacking ambition

Yellow:

Healthy person who takes care of himself, happy, unworried. Mental force and concentration, tendency for higher aims from an open third chakra.

Light yellow-gold: spiritual, optimistic, intelligent, good business skill, lack of worry, good intellect.
Orange yellow: strong intellect
Muddy yellow: indecision, weakness of character
Dark, muddy yellow: impracticality, jealousy, suspicion

Green:

Vegetation, tolerance, not domineering. Open heart chakra is bright green (the colour of independence, peace and regeneration).

Bright blue-green: trustworthy, helpful
Bright green: individualistic, regenerative energy, independence, freedom, success, prosperity, healing, versatility, adaptation, thoughtfulness
Yellowish green: sympathy
Dark green: fear, religiosity, envy
Olive green: deceit, treachery

Blue:

Positive colour of inspiration. Darker shades indicate more depth and dedication with the unfolding of the throat chakra (truth). Lighter shades denote struggle toward maturity.

Light blue: little ability or depth, yet this person perseveres despite setbacks; idealism, gentleness
Middle blue: hard-working and accomplished, self-reliant, confidence, loyality, sincerity, devotion
Dark blue: works hard to achieve a goal; unusual, with an unselfish mission; spiritual or saintly but sometimes moody.

Indigo:

Intuition, integrity, devotion, sincerity, spirituality, urge to help others on deeper level of beingness

Deep indigo: a drive to heal and search for deeper meanings, often settling in the deeper shades of blue once aims are met.
Bluish Indigo: benevolent, yet heart and stomach problems may exist.

Violet:

Seldom seen for it belongs to highly developed souls with open crown chakras. Violet combines the blue of religious search and devotion with the power and vitality of red. This is the colour of the initiate, colour of greatness, transcendence, spiritual power and authority. Sensitivity. May point to heart or stomach

irregularities due to underdeveloped lower chakras.
Clear violet: highly evolved being (all 7 chakras need not be in balance)
Reddish violet: may be overbearing.

White: perfect integration. Soul is in perfect balance in itself and with the cosmos.

Black:

Gray shades: lack of imagination, conventionality, reserve, opinionatedness, formality, perseverance.
Black aura indicates chronic disease or contact with dark forces.
The darker the gray, the more dullness, depression or pessimism.
Dark spots indicate localized disease, missing organs.
When red is in dark areas, negativity is directed outward showing hatred, vengeance, murderous intent.

No aura: approaching death.

CHAKRA COLOURS

Seven chakras:

	Chakra	Colour	Gland Affected
1.	Root	Red	Gonalds, Pituitary
2.	Sacral/naval	Orange	Endocrines
3.	Solar Plexus	Yellow	Adrenals
4.	Heart	Green	Thymus
5.	Throat	Blue	Thymus & thyroid
6.	Third Eye/Brow	Indigo	Pituitary Gland
7.	Crown	Violet	All glands

Higher frequencies are the blues. Lower frequencies are the red (closer to the earth in the reproductive area).

12 Colours are needed to balance or heal the vibrations of the body.

The 3 primary colors:

red/warm
green/neutral
violet/cool

These create three additional or secondary colors:

yellow/warm
blue/cool
magenta/warm

These combine with the primary colors to produce the tertiary colors:

orange/warm
lemon/warm
turquoise/cool
indigo is both cool/warm
purple is both cool/warm
scarlett is both cool/warm

In all these 12 colours are attune to each other and to the aura.

HEALING POWER OF WARM (INFRA-GREEN) COLOURS: RED, YELLOW, ORANGE, LEMON

(Infra means beyond, or towards the red end of the spectrum)

These are red, yellow, orange and lemon. They are stimulating and detoxifying and as a rule should not be used to treat fevers or inflammations.

Red

* element of fire.
* stimulates and excites nerves and blood.
* stimulates sensory nerves which energizes sight, smell, taste, hearing, touch.
* stimulates and energizes liver.
* builds hemoglobin .
* activates circulation of blood, excites cerebro-spinal fluid and sympathetic nervous systems.
* makes you feel warm and energetic and expels poisons from system through skin.
* rejuvenates the system by purifying the blood.
* good for muscular system and left cerebral brain hemisphere.
* counteracts x-ray and ultraviolet burns.
* decomposes salt crystals in the body, acts as a catalyst for ionization. Without ionization nothing could be absorbed in the body. These ions are carriers of electro-magnetic energy in the body. Red splits ferric salt crystals into iron and salt with the red blood corpuscles absorbing the iron and then the salt's being eliminated by the kidneys and skin.
* a counter-irritant, its heat is excellent for contracted muscles.
* liberate heat and clear congestion as well as the mucous.
* psychologically represents health, fire, heat blood, anger, temper, danger and destruction. Stimulates, excites, acts as an irritant. Gives man a sense of power. Used by the extrovert to go back into his shell. Draws ego back onto self.
* using a warm color like red on the body for a week balances with one treatment from the blue spectrum.
* use with extreme caution, tends to purify rapidly through the skin and can inflame physical or emotional conditions
* vibrates at 436 trillion times per second.

Diseases to treat with Red:

Anemia
Blood ailments
Builds hemoglobin
Bronchial Asthma
Bronchitis
Clears heat
Coccygeal (tailbone)
Cold (if no fever present)
Constipation
Contracted muscles
Endocrine system
Idiocy, Morons, Imbeciles
Listlessness
Liver energizer
Melancholia
Mucous
Paralysis
Physical Debility
Pneumonia
T.B.

Do not use for:

Emotional disturbed
Excitable temperament
Fever
Inflammation
Insanity
Neuritis (inflam. of nerve)

Florid complexioned people Red Headed people
Hypertension

Orange

* colour of heat, fire, will, temporal power.
* combines red and yellow and its power is greater than the two individual colours.
* activates potassium for acid/alkaline balance.
* stimulates lungs, a lung builder, expands lungs. The indigo vibratory impulse of parathyroid contracts lungs.
* stimulates thyroid. The thyroid with its orange activity accentuates hydrocarbon side of human chemistry through oxidation. For hypothyroidism use orange. Note: for hyperthyroid use indigo since indigo is both a thyroid depressant and activator of parathyroid glands which work in position to the thyroid.
* antispasmodic; relieves cramps and muscular spasms.
* brings stomach glands to work properly and relieves flatulence.
* corrects bone softness, rickets and makes calcium be absorbed properly.
* stimulates growth of bone, producing life energy, then radiates throughout entire body.
* boosts energy in lungs and stomach, may assist vomiting if necessary.
* for abnormal putrefaction of stomach, can have emetic effect
* acts on spleen and pancreas to help assimilation and circulation.
* raises pulse rate but not blood pressure.
* releases trapped energy or blocked within organs (like in cramps, congestion, gas) helping it to move to other body areas.
* for malignant and non-malignant growths/tumours. In precancerous stage will often abort the condition. If malignancy suspected use with its complementary colours violet and purple.
* helps heal bruises after indigo has been used for the swelling.
* major effect on the etheric body, emotional uplifter. Psychologically combines physical energy with mental qualities; releases energy from both chakras of spleen and pancreas; the colour for ideas and mental concepts; strengthens etheric body, enlivens emotions, creates general sense of well-being and cheerfulness; symbolizes warmth/prosperity.
* vibrates at 473 trillion times per second.

Diseases Treated with Orange:

Asthma
Bronchitis
Bruises (after indigo if swollen)
Chronic conditions
Colds
Epilepsy
Gallstones
Gas
Gout
Growths
Hypo thyroidism
Increases pulse
Kidney ailments
Lung builder/stimulator
Malignancy
Menstrual cramps
Menstruation (cessation)
Mental exhaustion
Potassium activator
Prolapsus

Rheumatism
Soft bones
Tumours
Vomiting (if necessary)

Yellow

* vibrational combination of red and green (half stimulating/half balancing/nitrogenic)
* stimulates sensory and motor nervous system which energizes muscles.
  Tones muscles.
  Disturbance in supply of yellow in area may bring on paralysis.
* for nerves and the brain. A motor stimulant, nerve builder.
* stimulates, cleanses, eliminating action on liver, intestines, skin. Energized alimentary tract.
* activates lymph glands (which cleanse the blood). Clears up imperfections in the skin by the stimulation of the lymphatic system. Purifies blood stream.
* used for a long period it acts as catharsis and cathartic (purgative).
* improves digestive system stimulating intestines, pancreas and digestive fluids
* stimulates bile production and flow and influences pancreatic enzyme output. Therefore increases bowel movements.
* increases peristaltic movements and even makes worms and parasites so uncomfortable that they leave therefore it is considered a cleanser.
* spleen depressant, cathartic, cholegogue, anthelmintic.
* used in melancholia because it is an equilabrator by balancing portal circulations.
* psychologically this is the color of the mind or intellect and can raise low-energy emotional states (depression, apathy, discouragement) but needs to be balanced by a color from the blue side once a week because the cleansing process can sometimes cause excessive cleansing activities in the eliminative systems (diarrhea or fever).
* vibrates at 510 trillion times per second

Diseases to treat with Yellow:

Constipation
Diabetes
Digestion
Eczema
Flatulence
Hemiplegic
Kidney
Liver
Lymph stimulator
Mental/depression/exhaustion
Paralysis/Paraplegic
Parasites
Purgative
Piles
Rheumatism
Solar Plexus
Spleen depressant

Contra-Indicated for:

Acute inflammation
Delirium
Diarrhea
Fever
Neuralgia
Over-Excitement
Palpitation of heart

Lemon

* combines yellow and green, therefore has effect of a cleanser and being half yellow also has effect of motor stimulant to throw off morbid debris. In case of coughing no need to throw off phlegm, this requires motor stimulation. Yellow and green are both cleansers and lemon has the quality of both.
* a cerebral stimulant. Therefore it favourable changes the process of nutrition (assimilation) and can repair persistent old disorders.
* Activates Thymus gland for better and more rapid growth in retarded children.
* phosphorus and sulphur stimulate the brain and both are lemon under the spectroscope. Gold and silver likewise give a lemon colour under the spectroscope. Gold in the male and silver in the female are the yin and yang variants of polarity and provide a lemon vibration on the spectroscope.
* sexual stimulant.
* stimulates colon like a mild laxative
* activates thymus gland (immune), thus controlling growth.
* a bone builder by bringing phosphorus into action.
* a good expectorant when mucous is congesting lungs and bronchi.
* detoxes harsh chemicals (lead, DDT, arsenic) through the skin and aura
* dissolves blood clots often within hours, rejuvenates body and in time eliminates long standing toxins
* nourishes and repairs cells in chronic disorders by adding mineral vibrations to the body, stimulates brain.
* balance with turquoise or blue once a week
* vibrates at 547 trillion times per second.

Diseases treated with Lemon:

Alcoholism
Blood Clots
Bone growth
Chronic conditions
Cleanser of the system
Coughing
Cretinism/dwarfism
Detoxes harsh chemicals
Mild laxative
Motor stimulant
Throws off Morbid Debris

Green

* neutral/master colour and a primary colour. When in doubt what to use you may choose this.
* colour of nitrogen which is the largest component of the atmosphere.
* a negative colour neither acid or alkaline. It can be used where blue is beneficial
* can balance both over or under active conditions
* cools, soothes, calms physically and mentally. Acts upon nervous system as a sedative, helpful in sleeplessness, exhaustion, irritability. If exhausted green has at first a beneficial effect but after a time it becomes tiring.
* relieves tension that balances cerebrum, stimulates pituitary gland. Regulates etheric body.
* builds muscle and tissue esp. if combined with turquoise
* builds cells and tissues, stabilizing colour for all dysfunctions whether chronic or acute
* aphrodisiac, sex tonic
* disinfectant, germicide, antiseptic, bacteriocide. It destroys and heals all infections. It destroys rotting material and builds cells and tissues.
* may dissolve blood clots and should always be tried when clots are forming
* an antiseptic, germicide, disinfectant: destroys germs as bacteria, virus as micro-organisms, viroid as spindel cell, prevents decays and is a fine cleanser.
* acts upon sympathetic nervous system; relieves tension in the blood vessels, lowers blood pressure.
* dilates capillaries and produces sensation of warmth.
* thought to be the colour of Vitamin B1.
* main colour used for the common cold and relieving food poisoning and bacterial infections
* psychologically is emotionally soothing. In emotional disturbances treat head with green. Loosens and equalizes etheric body. Colour of energy, youth, growth, inexperience, fertility, hope, new life. Colour of envy, jealousy, superstition.
* because this colour is neutral, there is no need to balance it once a week.
* vibrates at 584 trillion times per second.

Diseases Treated with Green:

Aphrodisiac
Asthma
Back disorders
Balances
Blood clots
Calms physical/mental
Cancer
Circulation (dilates capillaries)
Cold in head
Colic
Destroys rotting cells
Exhaustion
Hayfever
Malaria
Malignancy
Muscle builder
Nervous system/diseases
Neuralgia
Overstimulation
Piles
Pituitary stimulant
Regulates etheric body
Shell shock
Sleeplessness
Syphilis
Typhoid

Hepatic ailments
High blood pressure
Infections
Irritability
Laryngitis
Ulcers
Venereal diseases

HEALING POWER OF COOL (ULTRA GREEN) COLOURS: TURQUOISE, BLUE, INDIGO, VIOLET

These colours are on the other side of the spectrum toward ultraviolet end. They relieve fevers and soothe pain. They are not used in subnormal temperature or for burns from x-rays or ultraviolet rays.

Turquoise

* combination of blue and green. opposite of lemon
* combines cleansing action of green and soothing action of blue. It is cool and relaxing.
* in fever conditions use turquoise and stop when temperature is normal. It is a tonic, quickly reviving conditions of fatigue poisons
* has opposite effect of lemon; it is acid and tonic in its action.
* all fevers respond usually in one hour.
* builds skin, esp. useful to repair nourishment of cells in acute disorders eg. burns.
* for effectively healing infections, burns and wounds use with green or blue. It is esp. good for 3rd degree burns used in conjunction with coconut oil after the use of blue to heal the skin with little or no scarring
* for irritations, inflammations, itching.
* cerebrally calming for overactive mental patients.
* coolant for all low fevers esp. for headaches and other cranial pressures.
* an acute alterative for all sudden pains and aches. Use after the green for all infections.
* for sound sleep (also blue, indigo, violet and purple), better than taking sleeping pills because of its calming effect on the mind. It is a mental or brain depressant.
* balance once a week with lemon
* vibrates at 621 trillion times per second

Diseases treated with Turquoise:
All fevers
Builds skin cells
Burns (with green & blue)
Calms the mind
Infections (with green & blue)
Overactive mental patients
Sound sleep (also blue, indigo, violet, purple)
Wounds (with green & blue)

Blue

* intuition and higher mental faculties. A creative force.
* considered a secondary colour.
* the oxygen ray found in blue fills lungs and interacts with hydrogen ray in red to increase perspiration, relieve fever and inflammation.
* blue light kills infections, resonates same level as glutathione. It increases metabolism, promotes growth.
* a pineal stimulant: therefore, builds vitality.
* slows action of the heart. It acts specifically on the blood, has a tonic effect.
* Blue has antiseptic, bacteriocidal, anticarcinogenic, astringent. It has cold, electrical, has contracting potencies. Contracts arteries, veins, capillaries thereby raises blood pressure.
* rays are very fine and penetrating, excellent for inflammatory disease on which they have a soothing and cooling effect. Relieves burns, pain, it is cooling, refreshing.
* removes inflammation, relieves itching. Very soothing to the nervous system, reduces nervous excitement. A balancing and harmonizing colour to return the blood stream to normal when blood is overactive and inflamed.
* increases elimination of toxins through perspiration
* stimulates intuitive powers.
* psychologically: good for over-excitement; for manic depressive in the manic phase (use red in depressive phase); relaxes mind and controls throat chakra which is the creative power center; draws ego outward making individual field-oriented and more in harmony with his environment, draws introvert out of his shell.
* After 10 minutes of treatment most people tire and begin to feel depressed. Blue clothing and furnishings if not broken up with other colours make one tired and depressed.
* blue is more soothing than green in emotional conditions.
* blue is the colour for meditation and spiritual expansion.
* it is the colour of the spirit, for truth, devotion, calmness, sincerity.
* balance once a week by one of the warm colours.
* vibrates at 658 trillion times per second.

Diseases treated with Blue:

Apoplexy
Baldness
Biliousness
Bowels
Bubonic plague
Burns
Cataracts
Chicken pox
Cholera
Colic
Contracts arteries
Itching
Jaundice
Laryngitis
Low blood pressure
Manic phase of depression
Measles
Menstruation (painful)
Pain
Palpitation
Pineal stimulant
Polio

Diarrhea	Renal disease/kidney
Dysentery	Rheumatism (acute)
Eye-inflammation	Scarlet fever
Epilepsy	Shock
Fever diseases	Skin
Gastro-intestinal disease	Slows heart action
Glaucoma	Soothes emotions
Goitre	Syphilis
Gonorrhea	Teeth
Headache	Throat trouble
Hydrophobia	Typhoid fever
Hysteria	Ulcers (duodenal/gastric)
Inflammation	Vomiting
Insomnia	Whooping cough
Contra-indications:	
Colds	Muscles - constriction
Rheumatism(chronic), Gout	Paralysis
High Blood Pressure	Slow heart beat

Indigo

* combines blue and violet
* electric, cooling, astringent
* parathyroid stimulant (calms and depresses the thyroid), therefore it makes calcium available to the nervous system and herewith acts as a tranquilizer. Checks flow of blood because more calcium is freed to act on blood corpuscles and platelets.
* best pain reliever.
* blood purifier/phagocyte builder in the spleen.
* controls abscesses and relieves or eliminates discharges and bleeding (hemostatic) even in the brain.
* calms respiratory system, reduces swelling, has anesthetic effect on the body (used for the relief of most pain)
* a sedative: eases suffering caused by grief, excitement, uncertainty. Has inward-turning energy vibration
* muscular toner. Can firm, tone or tighten up flesh and arrest or shrink tumours, swellings and unhealthy growths.
* effective anesthetic, can induce total insensibility. This is not a form of hypnosis you retain all your physical and mental faculties, no after effect.
* psychologically:
  - controls psychic currents of subtle bodies
  - governs third eye chakra controlling the pineal gland
  - affects vision, hearing, smell on the physical, emotional and spiritual plane;
  - visual purple or rhodopsin is necessary in vision to distinguish form and objects and its colour is thought to be indigo.
* improves smell (use pink first)
* balance once a week with a warm colour
* vibrates 695 trillion times per second

Disease treated with indigo:

Appendicitis
Asthma
Bladder infections
Blood purifier
Bronchitis
Bruises (if swelling)
Cataracts
Convulsions
DT's
Delirium tremens/tremors
Dyspepsia
Ear deafness (use with orange)
Ear difficulties
Ear diseases
Eye diseases
Hyperthyroidism
Insanity
Lung troubles
Muscular toner
Nervous ailments
Nasal diseases
Lung troubles
Nose Bleeds
Obsession
Palsy/Paralysis, facial
Parkinson's
Pneumonia
Smell
Swelling
Throat diseases
Tonsilitis
Whooping cough

VIOLET

- considered a primary colour
- Blood:
  - stimulates the spleen
  - nourishes blood in upper brain
  - builds white blood cells to defend you against infections
  - purifies blood, builds leucocytes (white blood cells)
  - a lymph gland depressant (calms) which comes in handy in mono or other lymph diseases.
  - By purifying the blood it helps maintain necessary mineral balance in our bodies (as all other colours do)
- Muscles:
  - depresses cardiac
  - relaxes muscles, including heart, and has antibiotic characteristics through stimulating production of leukocytes which destroy harmful bacteria.
  - Decreases overstimulated muscular activity (hyperactive) and also calms down overactive heart muscle.
  - Good for bone growth
  - Maintains potassium and sodium balance of the body (tumors can't grow in a potassium medium)
  - controls hunger through calming the metabolic process
  - soothes all over-reactive organs of the body except spleen
  - calms nerves, aids in meditation and sleep
  - may be used as a pain reliever (first try indigo)
- Psychologically:
  - calms excesses of violent insanity
  - controls irritability inn the sane
  - controls excess hunger
  - inspirational, spiritual colour
- Balance with warm colours once a week.
- Vibrates at 731 trillion times per second

Diseases to treat with Violet:

- Bladder trouble
- Blood Purifying
- Bone growth
- Builds leukocytes (white blood cells that fight infection)
- Cerebro spinal meningitis
- Concussion
- Cramps
- Depresses heart/lymph
- Epilepsy
- Hunger control
- Mental disorders
- Muscle spasms
- Neuralgia
- Pain (try indigo first)
- Sciatica
- Scalp diseases
- Skin
- Sodium/Potassium balance
- Spleen stimulant (soothes other organs)

- Tumors
- Violent Insanity

HEALING OF COLOURS THAT ARE BOTH COOL AND WARM: PURPLE, MAGENTA, SCARLETT

There are 3 colours that further fine-tune energy, especially the heart, kidney and circulatory functions.

PURPLE MAGENTA SCARLETT

Purple

* combines violet and yellow or red and blue
* scarlet and purple have opposite effects. Scarlet is vasoconstriction and raises blood pressure, Purple is vasodilator and lowers blood pressure by:
  a) dilating blood vessels
  b) reducing heart rate
  c) slows down overactive kidneys & adrenal glands
* calms emotions as well as activity in the arteries
* reduces sexual activity and heart rate thus strengthening the organs when overactive and exhausted
* contracts fever, makes you less sensitive to pain
* induces relaxation, gives you a deep sleep
* decreases menstrual pain
* decreases bleeding in the lungs
* may be used when the heart/lung ratio calls for it
* can eliminate recurrent high fevers associated with malaria, rheumatic fever etc.
* stimulates kidney activity and sexual mechanism.
* scant menstruation. Also for excessive menstruation.
* analgesic, anti-pyretic, narcotic, hypnotic effect.
* can be used with a long exposure
* colour of anger, divinity, royalty
* used where animation without irritation needed
* venous stimulant.
* balance it with scarlet once a week
* vibrates at 621 trillion times per second

Diseases treated with Purple

All distresses where animation needed without irritation.
All parts of body where this need is dictated.
Bleeding
Deep sleep
Dilates Blood Vessels
Fevers, recurrent high
Kidneys
Lungs
Pain

Reduces sexual activity Stomach (if stomach is hot and excitable use purple. If upset without inflammation use red then purple.

Magenta

* combines red and violet

* energizes adrenals, heart action and reproduction system

* balances and stabilizes the emotions

* an aura builder, similar to green, it can be used for most energy disorders

* levels blood pressure automatically raising or lowering it to normal

* increases circulation

* makes you feel happy; good emotional stabilizer.

* balances abnormal sex desires by combining it with turquoise and purple

* stimulates and nourishes kidneys, adrenals, heart, circulatory system. A good diuretic.

* treats aura.

* it is a neutral colour and doesn't need to be balanced once a week with any other colour

* vibrates at 584 trillion times per second.

Diseases to treat with Magenta:
Adrenals
Aura Builder
Circulatory System
Diuretic
Heart
High/low blood pressure
Kidneys
Poor circulation
Sex drives that are abnormal
Stabilizes emotions

Scarlet

* strongest of the 12 healing colours, use with utmost care

* combines red and blue

* a vasoconstrictor, contracts blood vessels, raises blood pressure.

* speeds up heartbeat, stimulates arteries and sedates activity of the veins (the reverse of purple)

* arterial stimulant, renal energizer.

* helpful during time of delivery because it tends to expel fetus easily

* stimulates kidneys and adrenals, activates emotions by increasing sensitivity

* genital excitement, an emmenagogue which promotes menstrual

* general stimulant, increases sluggish menstrual discharges, scant menstruation.

* impotency and frigidity, use in genital area.

* balance with purple once a week

* vibrates at 547 trillion times per second

Diseases to treat with Scarlet:
Expelling fetus at delivery time
Frigidity
Impotency
Increases Heartbeat
Kidney & Adrenal Stimulant
Low Blood Pressure
Scant Menstruation
Sedating Veins
Stimulating arteries

Ultra-Violet

* chemical and bacteriocidal action on blood and tissues

* chemical reaction depends upon its vitamin reaction in the system and Vits. A,B,C,D and E are, in turn affected by the ultra-violet light. There is an inter-relationship between these rays and these vitamins

* plays part in the calcium/phosphorus balance and in the iron and iodine fixation. Because of this it is good in treatment of rickets and goiters.

* breaks down bacterial toxins and helps white blood cells in their phagocytic action

* accelerates lymphatic and circulatory activities.

* normalizes all metabolism and glandular activities.

* stimulates antibody production and immunizes the body against disease.

* stimulating action on sympathetic system; however acts as sedative to pain

* good for heart and lungs

Diseases treated with Ultra-Violet

Goiter	Rickets
Gonorrhea	Syphilis
Heart	Ulcer
Lungs	Wounds

USING COMPLEMENTARY COLOURS

Colour frequencies counterbalance each other's effects when necessary. Ten of the 12 colours have a complementary color or vibration that is used to balance or counterbalance their vibratory effects.

In some cases it is important to use the exact complementary colour for this purpose. If an exact counterbalance isn't necessary, it is sufficient to balance warm colours with any of the cool colours, and vice-versa, once in a while.

Purple is still balanced by Scarlet and vice-versa.

Green

Lemon Turquoise

Yellow Blue

Orange Indigo

Red Violet

Scarlet Purple

Magenta

Note: Green/Magenta are polarities. The rest are opposites.

THE RULE OF SEVEN:

For every 6 uses of predominantly 1 colour, a colour of the opposite side of the spectrum should be used once for balance eg. after use of any warm colour for a week, use any cool colour once.

The main colour to balance warm colours is Turquoise. Lemon counterbalances the cool colours. In extreme cleansing situations such as fevers, diarrhea, rashes etc. the exact complementary colour as given below may be necessary.

A complementary colour may also be required once (or several times in some cases) that does not correspond with the colour given in the schedules in the appendix.

Complementary Colours:
red / blue
orange / indigo
yellow / violet
lemon / turquoise
green: no complementary colour (polarity with magenta)
scarlet / purple

Each of the ten complementary colour pairs work in opposition to each other to rebalance the energy system. Magenta and Green have no opposite because they are the fulcrum, affecting vibrations of both sides of the spectrum and equilibrating body and emotions.

If a particular area is stimulated by red, it will be depressed by blue. If the area is stimulated by indigo, it will be depressed by orange. This does not hold true if there is no opposite colour as in green or magenta.

Although lemon and turquoise are opposite, they do have a similarity in that they each contain green which is useful for nutrition and tissue repair. Lemon is found good for chronic use and turquoise works well for acute situations.

In general, acute responds well to the Ultra-green colours and chronic responds well to the Infra-green colours.

USING COLOURED CLOTHING

Even though white reflects most of the colour rays, part of the white light penetrates the garments and passes into the body and is effective.

Dark or black garments attract all rays, preventing their escape and heating up the garment.

Dark colours will increase body heat. White or light colours are more uplifting, permitting light to pass into the body and escape from it, feeling therefore cooler.

Coloured clothing effects the general nature of our skin. Constantly wearing black can wither the skin, not allowing sufficient exchange of frequencies. The energy gets trapped. Too much light or heat can exhaust the body.

To treat a cold, one could wear white clothing for a few days for quicker recovery. Orange will stimulate the lungs. Red will stimulate the liver. Magenta will stimulate the kidneys.

USING COLOURED FOODS

Food colours have the same vibrational effect as light therapy but to a lesser degree.

Red: stimulates (meats, fruits, vegetables with bright red skins like apples, tomatoes, peppers). Alkalinizing effect.
Orange: decongesting (carrots, oranges, tangerines, apricots, peaches). Alkalinizing effect.
Yellow: uplifting (corn, yellow apples). Alkalinizing effect.
Yellow-green/lemon: cleansing (green chili, lemons, limes
Green: balancing (leafy veggies, green fruits, olives, peas, cucumbers
Turquoise: heals skin (aloe vera)
Blue: soothing (fish, veal, blue corn). Acidic effect.
Indigo: promote intuition (blueberries, plums). Acidic effect.
Violet: calming (blue plums). Acidic effect.
Purple: relaxes (blackberries, purple grapes)
Magenta: balances emotions (eggplants, beets)
Scarlet: activate (red cherries, strawberries

Hot foods contain the element of fire and are associated with circulatory system (blood) = Electric-Positive Foods/Positive Ions

Cold foods contain the element of water and are associated with the lymphatic system (lymph) = Electric-Negative Foods/Negative Ions

Foods that contain the element of air are related to the cerebrospinal system (nerves) = Electric-Neutral Foods

Any increase of one or more elements will affect the interrelated independent systems of the body.

USING LAMPS

Colour vibrations are carried by light directly into the etheric body and from there into the physical, thereby manifesting even chemical compounds needed by the body.

You can set up a lamp with coloured filters which a person would sit under for about an hour at a time. Glass slides are best but break easily. Durable plastic gels (filters) are recommended.

You can make filters from sheets of exact colours available in inexpensive, high-quality plastic material. Roscolux products work well. The Rosco Lab manufactures these at 36 Bush Ave., Port Chester, N.Y. 10573 (914) 937-1300 and often theatrical supply stores carry these products. You can get 20"X 24" sheets in the colour or often sample gels in a swatch book. There are probably lots of other places you can get colors gel sheets to use for shining light through into the body. Check it out.

A heat shield will most likely need to be used. Place it between the light and the filters to protect the filter.

You can use a regular 60 or 100 watt incandescent bulb. Do not use fluorescent light. If you use a quartz lamp you must use a heat shield and there may be danger of hurting your eyes with the ultraviolet rays from it even through closed eyes. Some use 300-1000 watt for visual purposes in meditation or in some chronic conditions but some chronic conditions may respond better to very low wattage eg. 15 watt.

If you use 2 different colours at the same time (no more than two in a session), use either two of the warm colours: red, orange, yellow, lemon or green or two of the cool colours: green, turquoise, blue, indigo or violet. Green is neutral and can be used warm or cool. Purple can be used with magenta. Magenta can be used with scarlet. Do not overlap the rays. The eyes should remain close to avoid the blending of the colours either in the eyes or on the body surface so that one colour does not dominate the other or produce altered frequencies.

If you need to combine slide colours:
red and yellow = orange
blue and violet = indigo
yellow and green = lemon
green and blue = turquoise
red and violet = magenta (violet gives low luminosity so try to obtain a separate slide of magenta)
magenta and red = scarlett
blue and red = scarlett
magenta and violet = purple
yellow and violet = purple

Filter paper may be used in place of glass or plastic slides. Be sure not to allow the paper to be destroyed.

To prepare the room: Remove all toxins in the room for effective healing. Other light rays will render more effect the specific colours emanating from the tonation source. Keep the room warm (80F/28C is best) to allow more light to be absorbed by the aura because the body tenses under cool temperatures, inhibiting absorption.

To prepare the body: Do not eat or bathe for one hour before and after the tonation to let the aura settle. Do not do tonations during menstruation except when excessive bleeding or pain is present, because at that time the body is already cleansing and balancing itself. Check the heart and respiratory rate to see if the ratio is in the most beneficial 5:1 range. Keep the eyes closed while the tonation is happening.

TONATIONS

A tonation is applied for a specific period of time on bare skin (the area of the health aura). Many feel that one hour per colour is sufficient and that anything shorter is less effective. Some feel 3-10 minutes for the hot colours and 15-30 minutes for the cold colours is right except in case of high fever, severe burns and infections or severe pain in which an hour or longer is indicated.

Treatment should be once or twice a day. In acute or severe cases, treatment should be more often.

The room should be as dark as possible with no light to distort the therapy.

When using darker filters it may not be apparent that much colour is coming through but it is not the brightness of the colour but the correct frequency that is crucial.

Do not use two colours from opposite sides of the spectrum in one tonation eg. red and blue. You may combine any two of
- Red, Orange, Yellow, Lemon, Green
- Green, Turquoise, Blue, Indigo, or Violet.
- Magenta, purple
- Magenta, scarlet

You may tonate one colour on the front of the body and the other colour on the back of the body but the rays must not overlap on the body.

Check the heart rate/breathing ratio. It may be essential to get it into the 5:1 range. If the ratio is in the 2:1 area, it indicates there is very little time left although recovery has still be made even then.

It is safer not for women to tonate during menses except for conditions directly involving the reproductive functions.

Direct the light to the affected area, on the systemic front or back, or on the whole body front or back.

Have the person relax as much as possible for optimal absorption of the coloured rays by the aura.

The eyes may be opened but need not look at the colour source. Some recommend closing the eyes and perhaps covering them. You can meditate, relax or sleep. Sleeping babies should have eyes covered to ensure sound rest.

Lying on the back or side with the head toward magnetic north is best to align the body and its electrical polarities (liver and spleen). It is not advisable to lie on the stomach because it reverses the body's electrical poles in relation to the earth. If you can't have the head toward the North, then East is the next best.

If you must sit, face south during the treatment with the back of the head toward north.

Do not have distractions such as radio or television. These frequencies disturb the body's electromagnetic field or aura.

For effective tonations you need normal blood circulation. Avoid taking a bath 1/2 hour before or after tonation.

Single colours or several colours as given in the colour schedule should be applied to the body, one after the other, session by session, on the appropriate areas.

It works better if the tonations are applied to the front of the body from hip joints to top of head, front side (or) on the back of the body from the hip joints to the top of the head.

The light should be applied to the body without the interference of clothing.

Dinshah liked to begin tonations with Green on the front of the body, followed with turquoise for recent acute conditions or lemon on the front for persistent chronic conditions. Many illnesses cause changes in circulation so he used Magenta on the chest and the back between the ribs and hips.

At the end of the tonation, take a final tonation with a colour in the center of the spectrum of usually green or turquoise for stabilizing.

After using lemon, green or turquoise you may experience some diarrhea or rash due to their cleansing action.

After the tonation it is advised that the person lie in the dark for a few minutes before getting up.

HYDROCHROMATHERAPY (CHARGING WATER)

Coloured charged water is not as effective as a tonation by itself but can be used as a substitute in a pinch and will enhance the tonation when used along with the tonation itself.

Do not use fluorescent lighting.

Because the process ideally requires a one hour treatment, it may be more convenient to use an indirect medium as carrier of the healing rays: charged water for example. This is called hydrochromatherapy. For this purpose water is tonated with the appropriate colour and then ingested.

The water should be pure and receive only the specific coloured light rays. You can place the water in a glass container, seal it in a dark structure (black plastic bag with an opening at the top of the glass container where the light filter is placed).

Often a glass of water is placed near the person tonated and the water receives the same light treatment and is then drank at the end of the session. The light should be within a yard/meter of the water glass. Many put the glass of water to be charged on a nearby chair near the person taking the tonation (not within 18") so the colour also shines on the water glass. The liquid should be charged with only one colour at a time, then consumed (sipped). This works well with organs or affected areas such as ulcers which lemon or indigo can help. Yellow charge water once, then indigo charge the water for diarrhea. Lemon, yellow and orange are used to overcome constipation. Yellow acts as a laxative, lemon detoxifies, orange activates potassium for acid/alkaline balance. Indigo calms nerves and digestion.

Colour charged water can also help with urinary tract problems, kidney stones, alcoholism and drug problems, food poisoning, helping sleep, relaxing stomach.

It has been said that the warm colours work well when charged with incandescent light but the other colours are better charged with natural sunlight. You can leave the container in direct sunlight for 3-4 hours and the water will be fully charged. The water should be consumed not long thereafter as it loses the charge with time. The full range of the twelve colours can be utilized.

To store charged water keep the water cool and in a dark place or dark container if it is not to be consumed immediately.

Charged water is better for acute situations, not chronic. Acute or chronic situations respond much better to the direct application of light on the aura using charged water as a supplement to the light treatment. Charged water can keep the body fine-tuned when applied on a regular and constant basis, assisting in long or short term needs of the aura.

Women have altered auras during menses so should avoid handling colour charged water or cooking except for their own use.

To help even more, insert the dose of the 12 Schuessler tissue salts into charged water. These tissue salts need to be kept at a balance for vibrant health and vitality for if one salt is deficient in the body, the others cannot function properly.

Red or Orange charged water when combined with nat sulph. and ferr phos. works well on all cold or dormant conditions of the body because it warms the blood and stimulates the nerves. It helps deficient menstruation or underfunctioning kidneys.

For blue vibrations, calc. sulph. and silica are recommended, combined with blue charged water to slow down the excitable nervous system or brain.

Yellow/orange charged water when combined with potassium phosphate may function as a laxative, animating the bowels and nerves.

Use the recommended dosage on the label of the tissue salts when applying.

As an added benefit, while the person is being tonated, tonate some water with the same colour near the person and they can sip it after the tonation to receive even more assistance.

Use purified bottle water or spring water. Long term use of distilled water for drinking purposes may deplete the system of vital minerals. If you are concerned about the purity of the water, place a lemon filter over the water in a dark container.

SOLARIZED WATER

Solarized water is water directly exposed to the sun for at least one hour in a glass container of a particular colour and therefore has become irradiated.

A red glass container will give red solarized water; a blue glass container will give blue solarized water etc.

One way to do this is:

1. take a 16 or 32 oz jar
2. fill it with pure or magnetized water
3. wrap a colour film around the jar, put a rubber band around the film to hold in place
4. let it stand in the sun on the window sill and let the sun shine through the colour film for 1 hour
5. if no sunshine then shine a light through the colour film for about an 1 hour (sun works best)
6. Then drink 8-16 oz a day for the desired use on a daily basis.

The longer the water remains exposed to the sun, the stronger its potency.

Solarization depends on temperature, geographical location and the same time of day. Place an ice cube in a glass of water to be solarized. When the ice cube has melted upon exposure to the sum, the water is charged (it will take less time in India than at the North Pole).

Every kind of liquid has the specific property of attracting and according to the contraction, holding fast, no matter whether good or bad influences be concerned. We can consider the watery element as an accumulator. The colder the water, the greater its accumulative capacity. With its full specific weight, (39F), it is most responsive. The difference of receptivity of water or other liquids up to 43F is insignificant. By increasing heat, water grows lukewarm, its receptivity is diminished. Between 97-99F it becomes neutral to magnetism. It is impossible to magnetize a dish of hot soup because the accumulating power of the watery element, by the expansion of the heat present in the water is balances or increased if it rises above 99F.

Since blue is antiseptic, it prevents the water from spoiling and can be kept a week or 10 days in hot or cold water.

Red, yellow and orange need to be changed every two days in warm weather and every 10 - 14 days in cold weather.

Solarized water should only be sipped!

COLOUR BREATHING

Breathe rhythmically for 12-18 times a minute.

Begin by imagining being engulfed by a white light that enters through the head from the cosmos down throughout your entire body from within and without. Keep this image for 2 minutes. Then project the particular colour needed by the condition.

When using any of red, yellow or orange: visualize as being drawn up from the earth through the soles of the feet to various organs. Visualize for 2 minutes.

When using blue, violet, or indigo: visualize as coming down from the atmosphere as vertical rays into the front of the body to the various organs. Visualize for 3-4 minutes.

When using green, visualize as coming into the navel on the horizontal plane for 1 minute in a waving motion upward from the umbilical cord and 1 minute downward from the umbilical cord but always on a horizontal plane.

When finished allow your entire self to be engulfed in a white light for 2 minutes. White light begins and ends the treatment.

A few minutes may be adequate if you know how to concentrate otherwise an hour or more may be needed on the requisite colour.

COLOURED GEMS

The true colour of the gem is revealed by the use of the prism: the rays of a diamond are seen as white by the naked eye but are indigo when seen under the prism therefore indigo is the colour of the diamond. Gems can be influenced by the planets.

GEM	PLANET	RAY
Ruby	Sun	Red
Pearl	Moon	Orange
Coral	Mars	Yellow
Emerald	Mercury	Green
Moonstone	Jupiter	Blue
Diamond	Venus	Indigo
Sardonyx	Rahu	Ultra-violet
Cats Eye	Ketu	Infra-red

Gems may be applied directly on the patient or may be placed in water, alcohol or oil and kept there for 7 days. When the gem is removed, one drop of the liquid is mixed with water or milk to make a mixture that becomes a powerful medicine (homeopathy) and that ray is then able to cure disease.

If healing long distance, you would direct your target and charge it with the proper colour.

Gems may be rotated on disc pointing to a photograph. Others burn gems and use the ashes.
Ruby ash has been used for T.B., colic, boils, ulcers, pains, liver trouble, eye trouble, constipation, burning sensation in the lower extremities, heart diseases, fevers, emotional illnesses.
Pearl ash has been used for coughs, fever, heart palpitation, complexion, indigestion, mental illness, diabetes, frigidity, impotency, jaundice, alcoholism, T.B.
Coral ash has been used for liver troubles, parasites, ulcers, blood diseases, venereal diseases, febrile diseases, leprosy, asthma, jaundice, urinary diseases, obesity.
Emerald ash has been used for sterility, stammering, emaciation, loss of appetite, dumbness, deafness, kleptomana, digestive disorders, leucoderma, colic, asthma, piles, ulcers, swelling, debility.
Moonstone ash has been used for paralysis, apoplexy, tumours, emotional disturbances, piles, leprosy, indigestion.
Diamond ash has been used for leprosy, T.B. emanciation, delusion, dropsy, diabetes, fistula, obesity, swellings, sterility, venereal diseases, diabetes.
Sapphire ash has been used for deafness, enlarged spleen, paralysis, dropsy, nervous diseases, emotional diseases.

CANDLES:

l. Light a candle of the colour appropriate for what you are attempting to manifest.
2. Use white candle for truth and purity.
Use yellow for knowledge.
Use pink to send love.
Use blue for the resolution of a spiritual problem.
Use green for monetary and material concerns.
Use lavender for healing.
Use silver for protection.
3. As you light the candle, say a prayer and state what you expect. It is important to be specific. Thank God for granting you what you need. The candle and colour it is radiating keeps your prayer manifesting

that specific energy as long as the candle is lit.

DETERMINING WHAT COLOUR AND HOW LONG

Some colours require a longer exposure than others. The warm colours have quicker visible effects on the skin than the cool ones but require longer exposure. The red rays draw the blood to the surface and redden the skin; the blue rays send the blood inward, reducing heat and easing inflammation. The blue rays are usually faster acting than the red rays which have a heating and stimulating action.

Red is the hottest colour but doesn't transmit as much heat as orange or yellow.

You can use lists of what others have done before you and get quite successful results, or you can test by muscle testing or many use a pendulum successfully to see what is needed for the person.

There is a need to understand the inter-relationship between the body's heart and respiratory rates. They need to be in proper balance for the energy within the body to function property. First take the heartbeat (how many beats a minute) and then take the number of times the person breathes in and out in a moment. Then divide them eg:
75 beats a minute divided by 15 breaths a minute:
$\frac{75}{15} = \frac{5}{1} = 5$

The ratio of 5:1 is idea (4:1 and 6:1 is still sufficient for healing).

If the breathing is too rapid (eg. 3:1, 20+ cycles a minute) the lungs have to work excessively to receive the appropriate amount of oxygen (blue) and do not proper release carbon dioxide and toxins. Relax the respiratory system with indigo, tonated on the front and back of the lung area to make respiration more effective.

If heart beat is normal but breathing too slow (about 10 cycles a minute or 7:1) the body is not getting enough oxygen because lungs are fatigued or perhaps breathing center in the brain is damaged by toxins, thus unable to help detoxify the body. Use orange front and back on the lung area in sequence with a general detoxification of environment and body (mainly by using Lemon on the body).

Normal heart beats about 55-85 beats a minute. Vegetarians are a little slower, so are althletes. If heart rate is too high (ratio more than 5) but the breathing is normal (about 15 cycles a minute) the heart needs to be calmed by Purple tonated on front heart area.

If heart rate is too low (ratio less than 5): stimulate front heart area with Scarlet.

To check heart rate. If unsure whether too high or low for the specific individual, tonate with magenta for an hour or a few sessions on upper front chest and/or back kidney area, then take the ratio again. If heart rate is higher, this indicates there is a need for it to be higher, so tonate with Scarlet in the next session. If lower then it needs to be lower, tonate with Purple.

Ratio 5:1	Indicates good health, good chance to recover
Ratio 4:1	Relatively good health and chance to recover
Ratio 3:1	Urgent care needed, possibly toxic
Ratio 2:1 or lower	Death may be near, yet recovery is always possible.

Heartbeat/Respiratory Ratio:

Unless severe or critical circumstances, it is good to fine-tune the heart/lung ratio to a healthy range first. When ratio falls into imbalance within a few days after a colour adjustment, this may indicate toxic environment. Look for pollutants, pesticides, herbicides, laundry products etc.

Ratio 4:1 or 5:1	good
3:1	urgent care needed, possibly toxic.
2:1 or lower	death is near but recovery always possible.
6:1 or higher	toxins may be taxing heart or respiration center in brain. Body may be affected by toxicity.
If breathing too rapid (over 20 in/out a minute)	Indigo front & back of lungs
If breathing too slow (10 or less in/out a minute):	Orange front & back of lungs. Detox with lemon if necessary.
Slow heart rate (eg. less than 55 unless athletic or vegan type)	Scarlet to front heart.
Fast heart rate (eg. over 85):	Purple on front heart area.

Ratio 6:1 or higher	Toxins may be taxing heart or respiration center in the brain. Body is possibly affected by toxicity.

In severe cases, treatment of major symptoms should begin at once. In instances that are not critical, fine-tune heart/lung ratio to a healthy range before commencing treatment.

When ratio falls back into imbalance within a few days after a colour adjustment this may indicate a toxic environment. Look for toxins such as pollution, pesticides, mothballs, herbicides, laundry products, tobacco smoke etc. and remove or neutralize them.

DANGERS OF USING COLOURS

Over exposure is rarely serious however it is better to under-expose than over-expose. Wrong use of colour can be serious and should not be confused with over exposure. If a wrong colour has been used first treat with the complementary colour to the wrong colour, then treat the condition itself.

The purer the colour, the more penetrating the rays and faster the reaction.

If colour is misapplied, some unpleasant effects can occur:

* eyes can receive a shock
* fatigue
* irritation. Too strong colours often irritate. Red, yellow, orange fatigue and irritate sooner than others. They also raise blood pressure while green lowers blood pressure.
* red against white develops a blue-green reaction
* blue-green against white develops a red reaction
* violet against white develops a blue reaction
* yellow against white develops a blue reaction
* green against white develops a violet reaction

Be careful of the chakras (endocrine glands), especially the Pituitary which is the master gland of the body controlling all other glands.

SOME GOOD THINGS COLOUR LIGHT DOES

Light rays in one spot of the body affect the entire blood stream through the circulation and elimination of toxins. Any process (light or heat) that draws blood to the surface relieves congestion of the liver, spleen, kidneys, lungs, gastro-intestinal tract and spinal cord.

<u>Light rays can:</u>

* dilate or contract blood vessels
* elevate or lower blood pressure
* increase red blood cells
* stimulate movement of the white blood corpuscles
* aid the leukocytes to destroy bacteria and
* confers natural immunity against disease
* assist the tissues in destroying parasites
* increase the activity of the mucous membranes
* increase the oxidizing power of the blood
* regulate collagen between tissue and bone

Colour therapy can be given at a distance successfully if you can hit the target (the patient).

IMPORTANT PARTS TO TREAT

1stly Nerve centers, esp. spine and solar plexus
2ndly Forehead, back of neck, chest, abdomen. Apply what colour is lacking.
If too much colour in an area neutralize with a complementary colour.
3rdly Endocrine Glands(chakras), Fontanls, Base of Skull, Carotids, Gluteals
Brain: treat scalp, face, back of neck, feet with soothing indigo, blue, or violet to quiet blood and nerves.
Heart: Treat that part of the chest over the heart, then feet and arms. Use soothing indigo, blue or violet to quiet blood and nerves. Use orange to stimulate blood and nerves.
Cerebro-spinal System: treat right side of brain with yellow and violet.
Circulatory System and its organs:
to soothe: dark green;
to invigorate: grass green;
to stimulate: bright red.
You can use blue instead of green if no hypertension.
Face: treat back of neck. Colour depends on nature of disease.
Extremities: Treat arms or legs: red except if in shock
Glands: treat as chakras. Ductless glands contain secretions for harmonizing every body function. Any deviation from the normal colour of the gland will show malfunctioning. Treat with green.
To activate glands: use yellow first, then blue.
Kidneys and Renal: treat lower back, groins, loins, hips. Feet with yellow.
Lungs: treat middle of sternum on line with second rib with yellow and violet.
Muscular System: Treat left side of head with red.
Neck and thorax: treat with purple on local areas.
Nervous System: treat right and left sides of brain: violet and lavender to sooth; grass green to invigorate; medium yellow and orange to inspire.
Skin: treat locally with yellow.
Solar Plexus: treat area with colour of spectrum that condition dictates.
Sexual organs: treat lower back, groins, loins, hips. Feet: colour depends on condition
Rectum: treat lower back, groins, loins, hips. Feet: colour depends on condition

Chronic conditions should be treated with lemon.

COLOURS OF BODY PARTS

Body part	**Normal Colour**
Adrenals	bright purple
Arteries	light red
Bowels	yellow with greenish red
Brain	red and all warm colours
Head	blue and all cool colours
Heart	dark red
Lungs	orange, red, some yellow

Medulla oblongata	dark red
Pineal	blue lavender
Pituitary	blue, yellow
Thymusgold	pink
Thyroid green	gold
Veins	blue

Clairvoyant's see body parts differently. They see a specific colour for the body part and its complimentary colour is used in treatment.

Body part	**Colour Seen**	**Treat With**
Brain centers	yellow-violet	indigo
Bone	green	red
Cerebrospinal system	yellow	violet
Circulatory system	blue	red
Glandular system	violet	yellow or orange
Heart	orange	violet
Kidneys	indigo	red
Lungs	yellow	violet
Muscular system	red	green
Skin	indigo	red
Sympathetic system w/heart	orange	violet
Sympathetic system as whole	sea green	red