

COLOR THERAPY



Presentation by:
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WHAT IS COLOR THERAPY ?

Definition: a system of alternative medicine that uses the visible spectrum (colors) of electromagnetic radiation on health disorders

COLOR AND THE HUMAN BODY

Light is electromagnetic radiation – a fluctuation of electric and magnetic fields in nature. Every creature is engulfed in light that affects its health. The human body came into existence from colors, the body is stimulated by colors and colors are responsible for the correct functioning of the body.

All organs, cells and atoms exist as energy and each form has its own frequency or vibrational energy. Any departure from that vibratory rate results in pathology, whereas restoring the appropriate energy levels to the physical organs results in recovery.

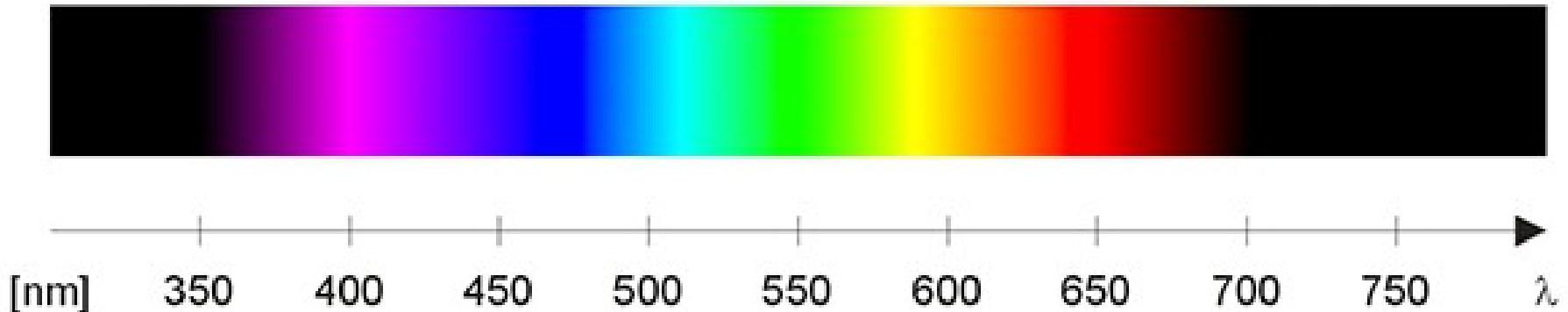
Colors generate electrical impulses and magnetic currents or fields of energy that are prime activators of the biochemical and hormonal processes in the human body, the stimulants or sedatives necessary to balance the entire system.

THE SCIENCE OF COLOR

The vibratory rate of a substance determines it's form:

1. Slowly vibrating substances make up **physical matter**,
2. Vibration at the speed of light is subtle matter or **pure light energy**.
Light is electromagnetic radiation, which is the fluctuation of electric and magnetic fields in nature.

The **wavelength, frequency and quantity of energy of every colorful ray are fixed for each color**.



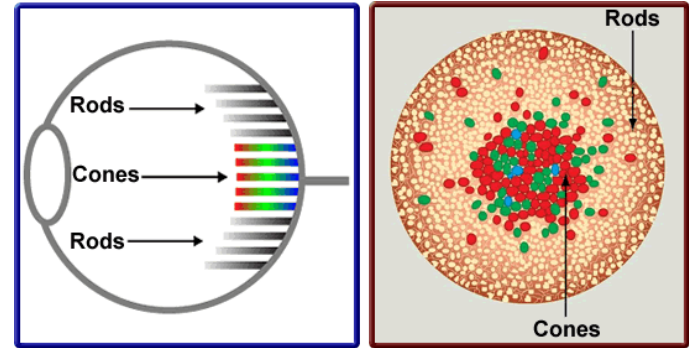
The human eye is sensitive to electromagnetic radiation only at wavelengths roughly between 380 and 780 nm

HOW THE EYE PERCEIVES COLOR

The eye has two kinds of receptors, rods and cones.

Cones: There are ~3 million per eye concentrated in the center of the retina and are associated with high resolution

1. ~64% are receptors for the color **red**
2. ~32% are receptors for the color **green**
3. ~2% are receptors for the color **blue**



Rods: ~60 million – perceive white and black but not color and are associated with low resolution, peripheral vision but good with motion.

Newton observed that color is not inherent in objects. Rather, the surface of an object reflects some colors and absorbs all the others. We **perceive only the reflected colors from objects**. An object appears white when it reflects all wavelengths and black when it absorbs them all.

The human eye can perceive more variations in warmer colors than cooler ones. This is because almost 2/3 of the cones process the longer light wavelengths (reds, oranges and yellows).

THE HISTORY OF COLOR THERAPY

Healing by means of color and light was the first type of therapy used by man. The sun's rays kept him warm, the colors of the flora fed him and accounted for his mood. The Egyptian Pharaohs and the Inca Indians worshipped the Sun as God. Egyptians and Greeks embraced color therapy.

- 6 BC - Orpheus, in Greece utilized vibrational medicine of color and light as a means of healing
- 125 AD - the ancient scientist, Apuleius experimented with a flickering light stimulus used to reveal epilepsy.
- 200 AD - Ptolemy observed patterns of color rays from the sun into the eyes produced a feeling of euphoria.
- 17th century - French psychologist Pierre Janet used flickering lights to reduce hysteria for hospital patients.
- 1876 - Augustus Pleasanton used blue light to stimulate the glandular system.
- 1876 - Seth Pancoast utilized red light to stimulate the nervous system.
- 1878 - Dr. Edwin Babbitt used variant colors to produce healing of internal organs.
- 1908 - Aura Soma developed in England used colors to heal physical and emotional symptoms.
- 1926 - C.G. Sander specified that application of particular colors was necessary for normal health.
- 1930 - The Father of Spectro-Chrome Metry, Dinshah P. Ghadiali compiled an encyclopedia of treatment with the use of color and light for over 400 various health related disorders.
- 1941 - Dr. H, - "The Syntonik Principle" - light by way of the eyes balances the autonomic nervous system.
- 1943 - Dr. Max Lucher - psychological color testing revealed information hidden in the subconscious
- 1980 - Dr. Thomas Budzynski - used phototherapy to accelerate learning.
- 1991 - Dr. Harrah Conforth applied color and light to facilitate whole brain synchronization
- 1991 - Dr. Robert Cosgrove utilized colored light for sedative properties prior to, during surgery.

THE HISTORY OF COLOR THERAPY

"The Ancient Greeks were the first to document both the theory and practice of solar therapy.

Heliopolis, the Greek city of the sun, was famous for its healing temples, in which **sunlight was broken up into its spectral components (colors), and each component was used for a specific medical problem.**

Color, being a manifestation of light, held a therapeutic, as well as divine meaning for these historical cultures."

Tama Day, The healing use of light and color. Healthcare Design. February 2008

THE HISTORY OF COLOR THERAPY

Repairing genes:

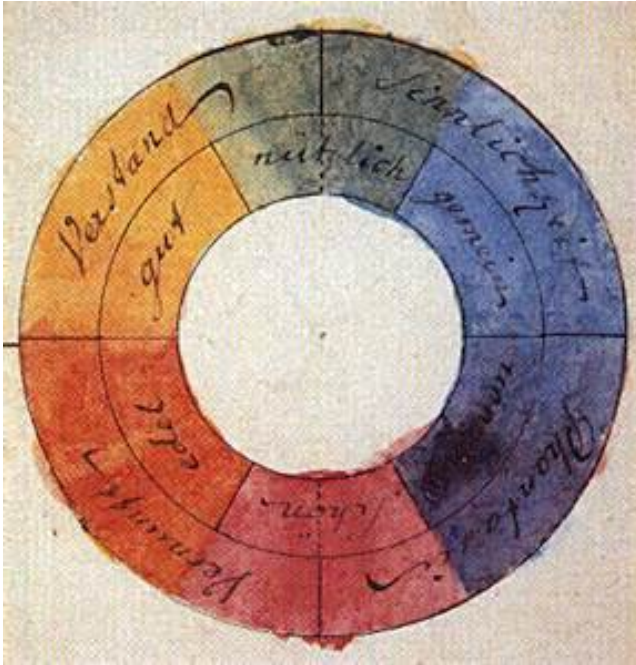
Many studies have documented that DNA, the double-helix molecule that holds all our genetic information and guides all growth and healing in the body, is highly responsive to light. Nina Schwalb described how light applied to DNA molecules makes them light up, or fluoresce, in distinctive ways. She **concluded that laser light could be used to directly recognize and possibly repair many genetic diseases.** The body conducts light just like telephone lines:

University of Kiel.

Some Russian researchers have proposed that the protein fabric of the body acts as a fiber-optic system, as is used for telephone transmissions. Sergei Pankratov **projected light on acupuncture points and was able to measure light streaming out of other points on the body.** These points were along the same meridians as where the light was introduced. He concluded that the meridians are preferential pathways for the transmission of light in the body.

Pankratov S. Meridians conduct light. Raum Zeit.

COLOR & TEMPERAMENT 1798 Goethe & Schiller



The "rose of temperaments" (Temperamenten-Rose) compiled by Goethe and Schiller in 1798/9. The diagram matches twelve colors to human occupations or their character traits, grouped in the four temperaments:

choleric (red/orange/yellow):
tyrants, heroes, adventurers;

sanguine (yellow/green/cyan)
hedonists, lovers, poets;

phlegmatic (cyan/blue/violet): public
speakers, historians, teachers;

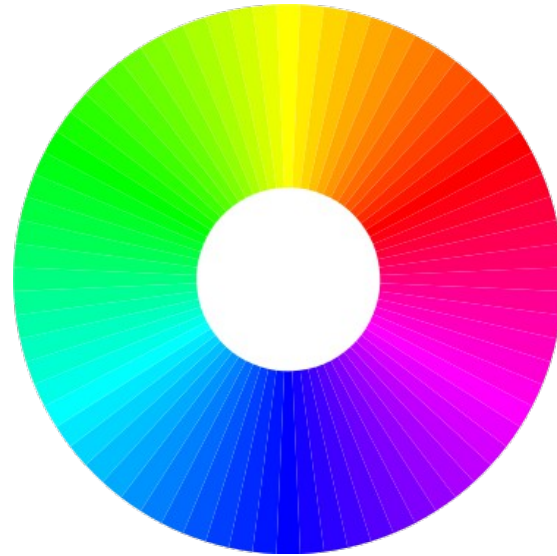
melancholic (violet/magenta/red):
philosophers, pedants, rulers.

THE COLOR WHEEL

Color is a very influential source of information when people are making a purchasing decision.

Customers generally make an **initial judgment on a product within 90 seconds of interaction with that product and about 62%-90% of that judgment is based on color.**

People often see the logo of a brand or company as a representation of that company. **Without prior experience** to a logo, we begin to associate a brand with certain characteristics **based on the primary logo color.**



DINSHAH GHADIALI

Modern light medicine got its biggest boost from the pioneering work of an Indian physician named Dinshah Ghadiali. Ghadiali did a great deal of research into the use of color light for healing after moving to New York in 1911. He trained over 800 professionals between 1920 and 1924.



He got his start with light medicine in India, after a young woman with severe diarrhea caused by colitis was rapidly cured when light from a kerosene lantern, passed through an indigo-colored glass bottle, was shone onto her. The woman was also helped by drinking milk that had been in an indigo-colored bottle left out in the sun. The milk apparently taking on the healing vibrations of that color of light.

Over the next 20 years, his group amassed many thousands of successful case studies showing the remarkable power of light healing for a wide range of human diseases. As has often been the case with innovators, Ghadiali was ordered by the FDA to shut down his teaching and equipment sales in 1947.

His son, Darius, continues an educational forum called the **Dinshah Health Society**.

THE INFLUENCE OF COLOR FOR YOU

EXERCISE 1

1. On a piece of paper, write down a list of things that you are working on or having challenges with that are

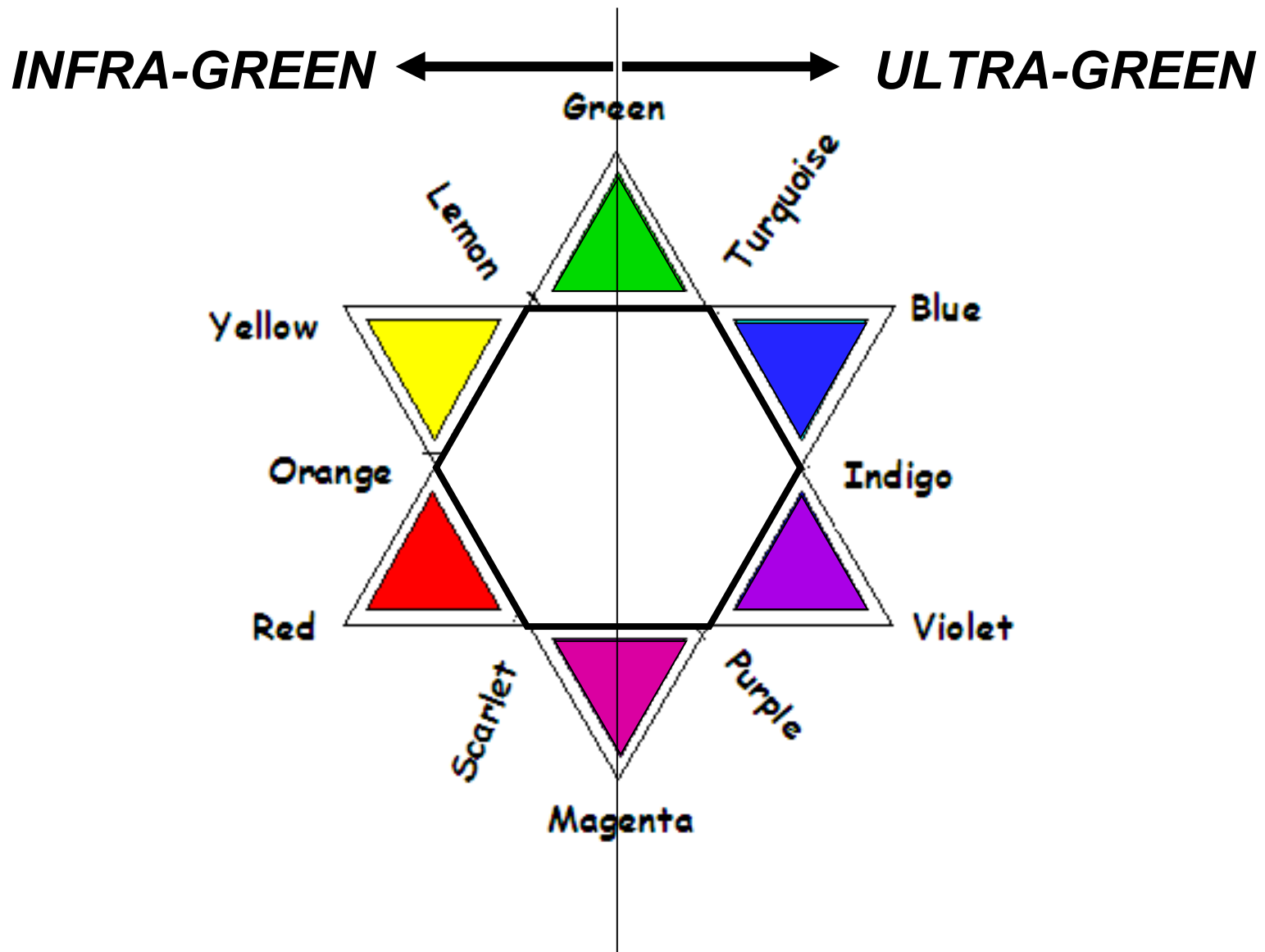
Physical

Emotional

Spiritual

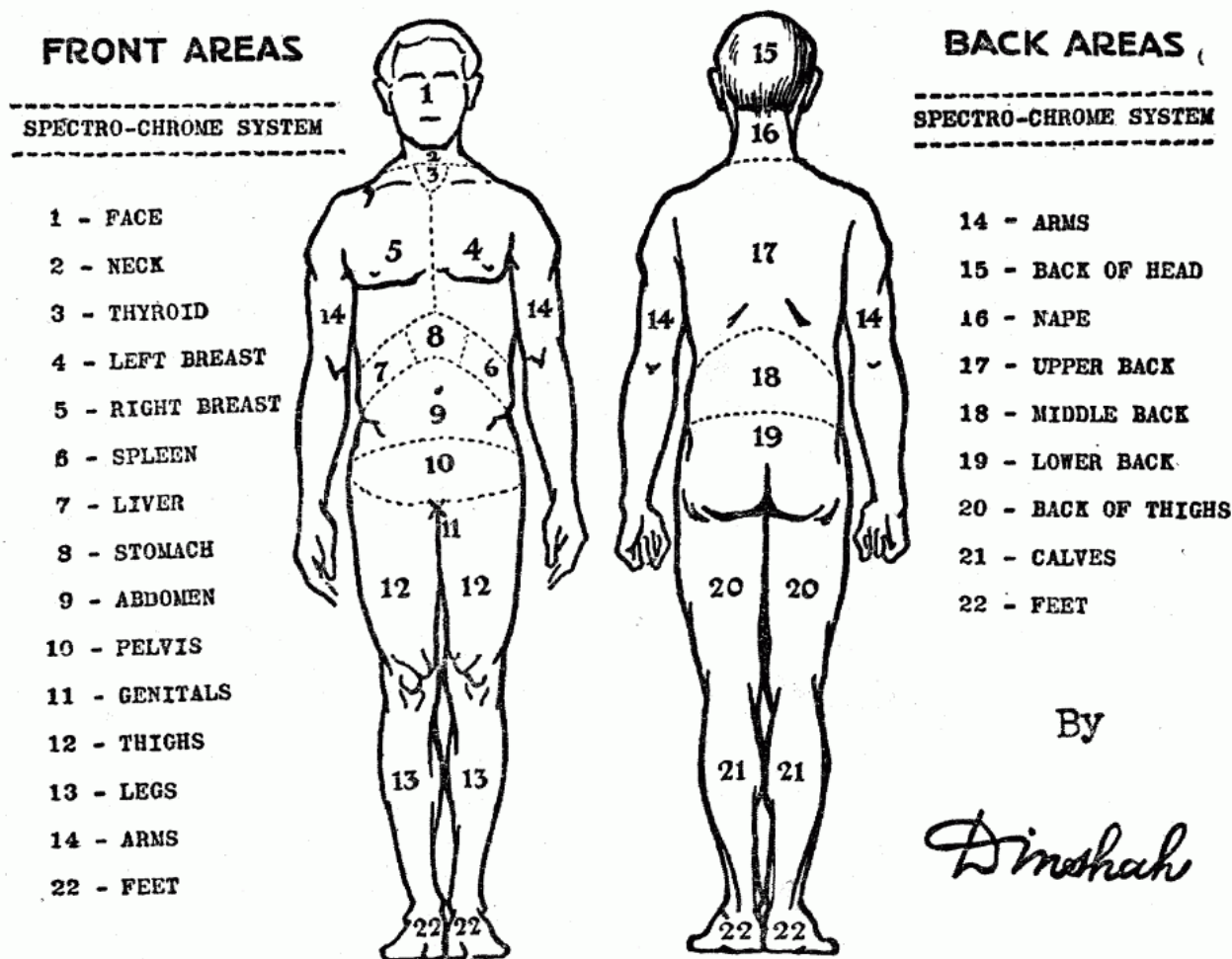
2. As you hear things throughout this session, **WRITE DOWN the colors that you think will help you.**

DINSHAH COLOR CHART



There is logic associated with each color.

In the book, “**Let There Be Light**” by Darius Dinshah, there is a body chart showing the **areas of the body by number** which is referenced when he describes using the different colors – where and how they affect the body.



Spectro-Chrome Area Chart—Front and Back

RED

Physical:

- Stimulates the sensory nervous system which energizes the senses: sight, hearing, touch, taste and smell
- Liver builder and stimulant for liver and stomach
- Builds platelets, hemoglobin, etc., of the blood (hemoglobic)
- Causes rapid expulsion of debris through the skin; may induce skin redness, itching, pimples, until the internal cleansing process is completed (irritant, pustulant)
- Counter-agent for **cold** burns from x-rays, ultra-violet

For conditions such as: Anemia, Liver problems, Circulation

Emotional: Vitality, courage, passionate

ORANGE

Physical:

- Lung builder and respiratory stimulants areas thyroid, breast and upper back
- Thyroid builder and stimulant, Parathyroid depressant
- Relieves cramps and muscle spasms (antispasmodic)
- Stimulates mammary glands to increase milk production
- Stomach stimulant, areas spleen, liver, stomach (stomachic)
- Assists vomiting when stomach contains unsuitable matter.
- Relieves flatulence or gas in the digestive tract (mid and lower abdomen)
- Bone builder, corrects bone softness, rickets, by calcium effect
- Tissue stimulant decongestant

For conditions such as: Muscle or menstrual cramps, Gastritis, Nausea

Emotional: Joy, confidence, resourceful

YELLOW

Physical:

- Stimulates the motor nervous system which energizes the muscles. Nerve builder for sensory and motor systems.
- Stimulates the lymphatic system. Mild tissue stimulant
- Stimulates the intestines, pancreas, and production of digestive fluids – bile, hydrochloric acid, etc.
- Increases bowel movements
- Spleen depressant; equilibrator in melancholia, balances areas of spleen and liver through the portal circulation.
- Expels worms and parasites

For conditions such as: Diarrhea, Parasites, Mental disorders

Emotional: Happy, clarity, strong self esteem

LEMON

Physical:

- Produces a favorable change in the processes of nutrition and repair in persistent disorders (chronic alterative) Dissolves blood clots.
- Promotes coughing to expel mucus and fluids from the lungs and air passages
- Bone builder, by phosphorus effect
- Brain stimulant
- Thymus builder and stimulant
- Mildly stimulates digestive system (laxative)
- Equilibrator after extended use of ultra-Green tonations

For conditions such as: Cancer, Constipation, Fatigue, Hypertension

Emotional: Hopeful, restless, excitable

GREEN

Physical:

- Cerebral equilibrator. Physical equilibrator, systemic front
- Pituitary stimulant and equilibrator (area: face)
- Stimulated the rebuilding of muscles and tissues
- Destroys microorganisms, germs, bacteria; cleanses and prevent decay (germicide, bactericide, disinfectant, antiseptic)

For conditions such as: Colds, Flu, Sinusitis, Food poisoning, Arthritis

Emotional: Calm, alert, sensitive, jealous

TURQUOISE

Physical:

- Produces a favorable change in the processes of nutrition and repair in recent disorders (acute alterative)
- Brain depressant
- Skin tonic. Rebuilds burned skin
- Equilibrator after extended use of infra-Green tonations.

For conditions such as: Burns, Hyperacidity, Neuralgia, Insect bites, Rashes

Emotional: Easy going, enthusiastic, creative, sensitive, over or under emotional

BLUE

Physical:

- Relieves itching, and irritation of abraded surfaces
- Encourages perspiration
- Mild sedative. Reduces or removes fever and inflammation
- Pineal stimulant (area: face) Builds vitality.

For conditions such as: **Hot** Burns, Cough, Sunburn, Arthritis, Rashes

Emotional: Cool, calm, peaceful, relaxed

INDIGO

Physical:

- Parathyroid builder and stimulant (area: thyroid)
- Thyroid depressant
- Respiratory depressant
- Causes contractions, controls abscesses, lessens secretions, arrests discharges and hemorrhages (astringent)
- Promotes the production of phagocytes which destroy harmful micro-organisms, bacteria, germs, etc.
- Mammary depressant – reduces milk production
- Eases suffering, lessens excitement and over-activity (sedative)

For conditions such as: Viruses, Toothache, Bruises, Eczema

Emotional: Reflective, need for recognition, organized, devoted.

VIOLET

Physical:

- Spleen builder and stimulant
- Decreases muscular activity, including the heart muscles
- Lymphatic glands depressant, systemic front. Pancreas depressant (area: stomach, middle back)
- Decreases activity of the nervous systems (tranquilizer)
- Promotes production of leucocytes, white (violet) blood cells.

For conditions such as: Emotional stress, Fibromyalgia, Lupus

Emotional: Compassionate, imaginative, selfless

PURPLE

Physical:

- Kidney and adrenal depressant (area: middle back)
- Decreases sensitivity to pain. Induces relaxation and sleep
- Increases functional activity of the veins
- Lowers blood pressure by three effects: dilates blood vessels, reduces the heart rate (area: breasts), decreases activity of the kidneys and adrenals (area: middle back) and the chromaffic system, systemic front and back
- Lowers body temperature, Controls fever and high blood pressure in malaria and recurrent fevers
- Emotional and reproductive system depressant. Builds sex powers by decreasing sensitivity and desire when excessive
- Moderates blood pressure between heart and lungs.

For conditions such as: Asthma, Migraine, Hard Arteries, Hypertension

Emotional: Spiritual, wise, mysterious

MAGENTA

Physical:

- Emotional equilibrator and auric builder, systemic front.
- Builds and equilibrates the functional activity of heart, blood circulatory system, Kidneys and adrenals, the chromaffin system, systemic front and back, reproductive system, kidneys

For conditions such as: Edema, Inflammation, Arrhythmia

Emotional: Sensible, cooperative, sometimes impulsive and non-conforming.

SCARLET

Physical:

- Kidney and adrenal stimulant
- General stimulant. Increases functional activity of the arteries
- Raises blood pressure by three effects: constricts the blood vessels, increases heart rate, stimulates activity of the kidneys and adrenals (area: mid back), accelerates fetal expulsion at time of delivery
- Emotional stimulant. Builds sex powers by increasing sensitivity and desire when deficient
- Stimulates the reproductive system and menstrual function

For conditions such as: Kidney disorders, impotency, hypotension

Emotional: Aroused, active, passionate, easily angered.

COLOR LIGHT THERAPY WISDOM

Coming down with something? Tonate once with magenta or scarlet on face to the breast area (areas 1 to 5).

For all disorders, except a few emergency conditions, green and its derivatives (lemon, turquoise) are included as **green is a physical equilibrators and tends to bring all bodily functions to normal levels.**

In persistent disorders, use Lemon (yellow/green) because it has cleansing power from green and stimulating ability from yellow

Use purple, **magenta and/or scarlet in all disorders involving the heart, blood circulation or reproductive systems** All repairs to the body can be accomplished only by one medium and this is through blood circulation.

Indigo tonations are helpful where there is bleeding, abscesses, pus, effusion (escaping fluids), and pain.

COLOR LIGHT THERAPY WISDOM

If there is anything inflamed it has too much infra-green. The remedy would be to use ultra-green colors to treat the condition.

For instance, if anything is hot, red, inflamed – that is a dominance of infra-green. You would use blue or turquoise on the ultra-green side to remove the inflammation. If it is caused by bacteria or viruses you would want to use green as the equilibrator, because green kills bacteria and viruses.

Example 1: if someone has a **sun stroke** (body temperature is high and the pulse is very rapid and full and the skin is hot and dry) then that is too much infra-green and you would tonate the front of the body with blue followed by purple on the upper chest area.

Example 2: if someone has **heat prostration** (internal body temp is normal but circulatory failure causes skin to be cold and damp, pulse is usually less than 100 and blood pressure falls) – which is heat collapse, the person is going into shock. When a person is in shock that is too much ultra-green and needs scarlet front and back.

COLOR AND CHAKRAS

Each chakra is stimulated by it's own complementary color



COLOR AND CHAKRAS

7th

crown

- * cosmic consciousness
- * understanding
- * enlightenment

6th

3rd eye

- * clairvoyance
- * intuition
- * psychic senses

5th

throat

- * communication
- * creativity
- * healing

4th

heart

- * love
- * hope
- * compassion

3rd

naval

- * energy
- * vitality
- * desire + power

2nd

sacral

- * emotions
- * sexuality
- * intimacy

1st

root

- * survival instinct
- * security
- * grounding

PERSONALITY TYPES AND COLOR

Orange



Red



Yellow



Purple



Blue



Green



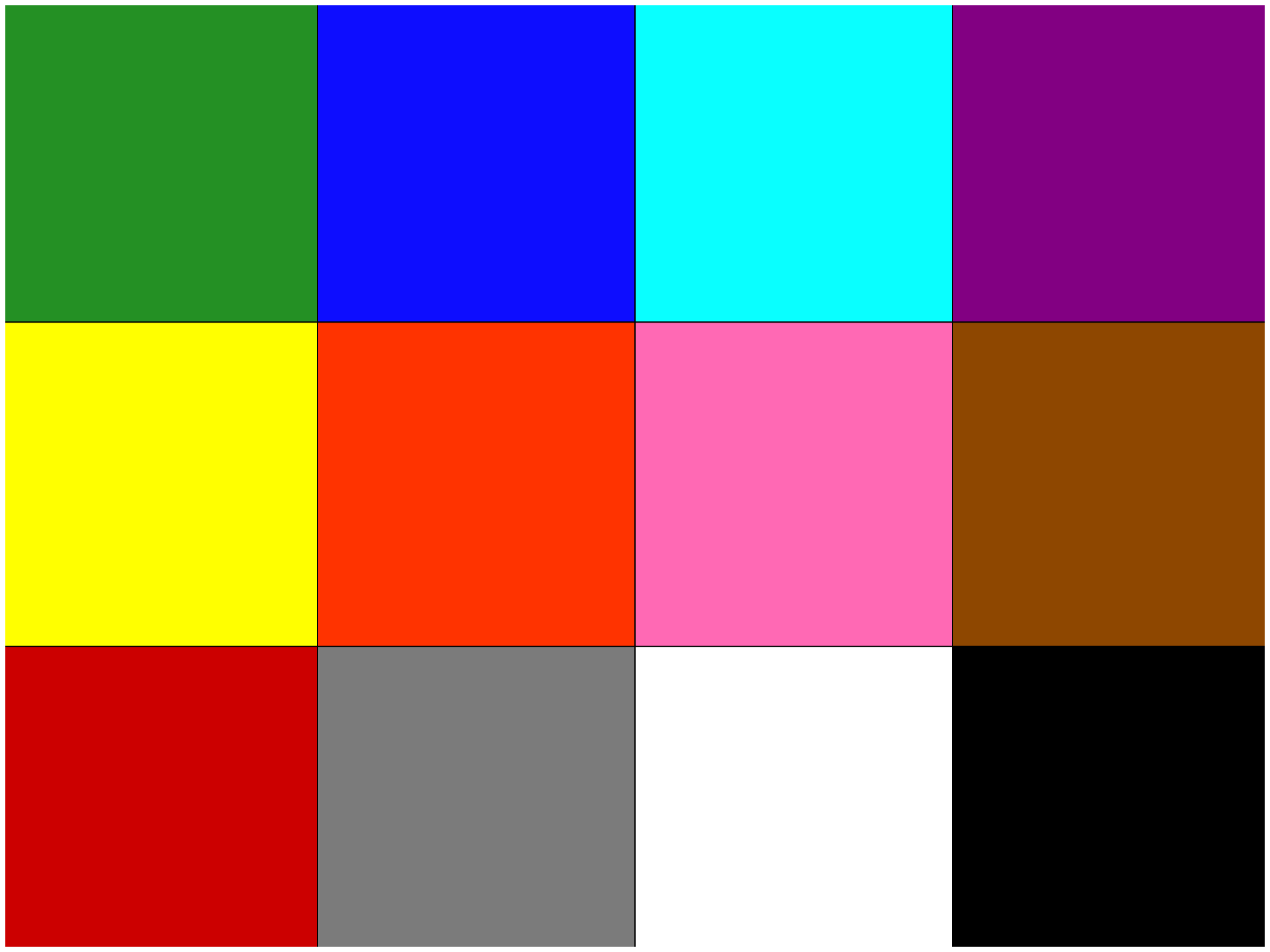
WRITE DOWN THE ONE THAT BEST DESCRIBES YOU

THE INFLUENCE OF COLOR FOR YOU

EXERCISE 2

On the next slide, focus your eyes on each one of the colored squares and spend a couple of minutes scanning them and choose the one that you are specifically drawn to TODAY.

Some people have a favorite color that they gravitate to, but for this exercise, **be intentional to pick the color you are drawn toward TODAY.**



THE INFLUENCE OF COLOR FOR YOU

EXERCISE 2 cont'd

Now that you have chosen your color, look at the attributes associated with it in the next slide.

Ponder and examine your inner self to determine what in your life is relative to any of the attributes.

It may be that you feel an abundance of something, or a lack of something or looking for something relative to things in the list.

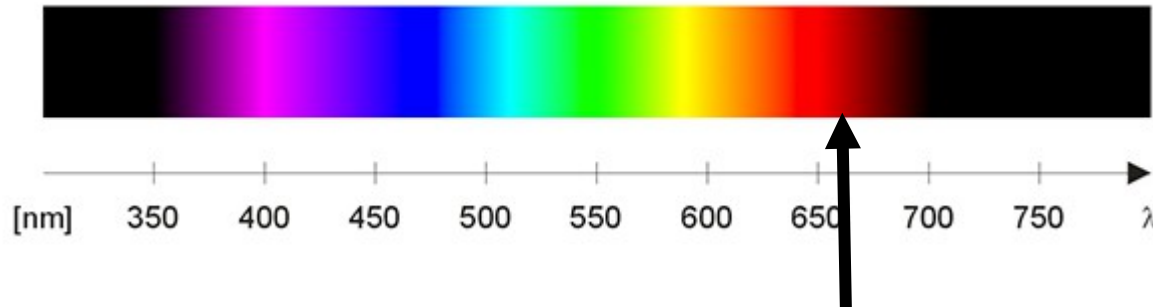
Write down any insights or actions you have determined from your meditation on the color.

We'll share afterwards

Calm, peace Growth Soothing Reassurance Healing Money Discerning Envy	Credible Reliable Professional Trust Strength Confidence Integrity Aloof	Alert but relaxed Content, serenity Healing Sophisticated Wisdom Creativity Emotional balance Self centered	Curative Protective Thoughtful Imaginative Wise Dignity Moody Impulsive
Enlightening, Foreboding Caution Clarity Warmth Optimism Cheerful Friendly	Energizing Desire Warmth Ideas Innovation Thinking Impatient Exasperated	Compassion Romance Faithfulness Beauty Sensitivity Uncertain Curious Affectionate	Stable Reliable Approachable Genuine Organic Worried Adaptive Anticipating
Passionate Exciting Demanding Danger Daring Urgency Energy Stressed	Balance Neutral Calm Stability Security Strong Maturity Lonely	Freshness Hope Goodness Light, Purity Simplicity Coolness Cleanliness Unenthusiastic	Power Formality Mystery Sophistication Death Depression Hurt Inactive

COLORED LIGHT AND PLANT GROWTH

Wavelength (Color) Influence on Plants



Red light (640nm-680nm)

660nm

Red light affects phytochrome reversibility and is the most important for photosynthesis, flowering and fruiting regulation.

If RED rays are obstructed, there is NO flowering.

Orange glass increases heat in a hot house even more than red glass.

GREEN light promotes high foliage.

COLORED LIGHT AND PLANT GROWTH

A strictly controlled experiment at the University of Michigan determined that plants grown with 50 percent green and 50 percent red light were approximately 25 percent shorter than those grown under only red light, but approximately 50 percent taller than all plants grown under more than 25 percent blue light

RED = Maximum height, GREEN = Maximum foliage

Salvia splendens 'Vista Red'

Seedlings grown at 68 °F for 4 weeks under LEDs for 18 hours/day at PAR=160 $\mu\text{mol}\cdot\text{m}^{-2}\cdot\text{s}^{-1}$ consisting of (%):



B=blue, 446 nm; G=green, 516 nm; R=red, 634 nm; HR=hyper red, 664 nm

COLORED LIGHT AND PLANT GROWTH

Plantain under red light growth



Note how the leaves of the plantain grow up towards the light – they normally grow more flat and outward



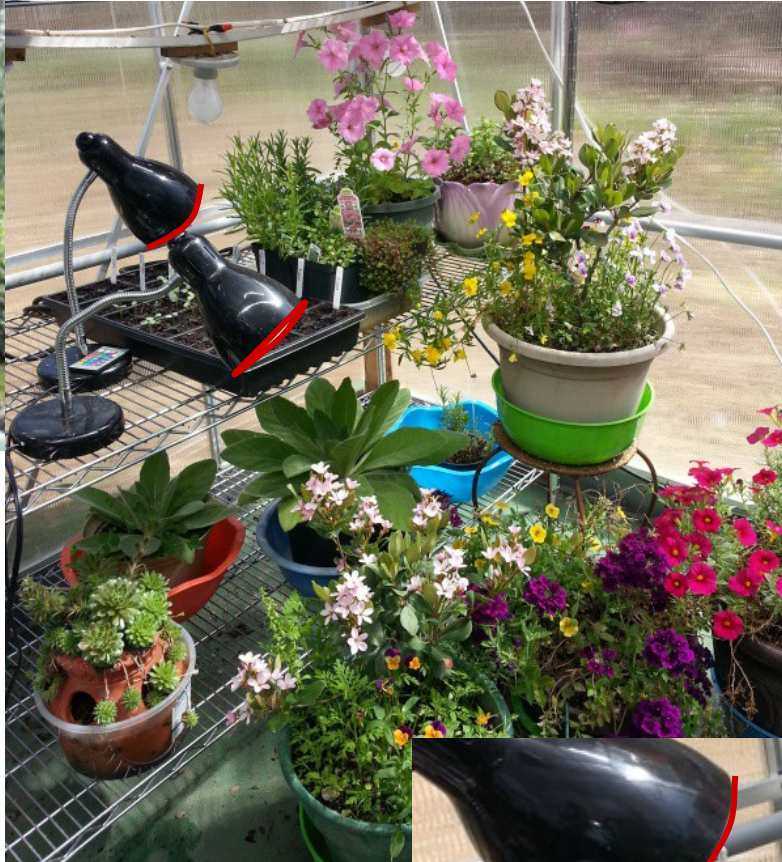
Note how much taller and more prolific the flower/seed results are too



COLORED LIGHT AND PLANT GROWTH



**In a simple greenhouse,
under red light, the
plants grew rapidly and
began flowering in February
instead of later in the season
Blooms were very prolific.**



**Also, the plants that are
germinating are sprouting in
about half the normal time**



COLOR AND GEM THERAPY



On the next slide of gemstones, write down the gemstone of the color you chose today and/or the color of your personality.

COLOR AND GEM THERAPY

RED - Andesine, Garnet, Ruby, Spinel, Tourmaline and Zircon.

PINK - Kunzite, Morganite, Rose Quartz, Rhodolite Garnet, Spinel and Tourmaline.

ORANGE - Spessartite Garnet, Zircon, Fire Opal, Sapphire, Tourmaline, Imperial Topaz, Moonstone, Star Moonstone, Citrine, Andesine

YELLOW - Sapphire, Citrine, Fire Opal, Tourmaline, Sphene, Zircon, Orthoclase, Chrysoberyl, Beryl, Spodumene, Quartz, Agate, Diamond

GREEN - Emerald, Tourmaline, Tsavorite Garnet, Demantoid garnet, Garnet, Chrome Diopside, Peridot, Jade, Apatite, Sapphire, Adventurine, Prehnite, Agate, Ruby – Zoisite.

TURQUOISE - Turquoise, Alexandria, Aquamarine

BLUE - Aquamarine, Apatite, Agate, Sapphire, Tanzanite, Topaz, Zircon, Spinel, Lapis Lazuli, Tourmaline, Paraiba Tourmaline, Rainbow moonstone, Iolite, Kyanite, Fluorite

PURPLE - Amethyst, Fluorite, Spinel, Tourmaline, Sapphire, Chalcedony

BROWN - Quartz, Tigers eye, Agate, Tourmaline, Imperial Topaz.

BLACK - Diamond, Tourmaline, Onyx, Agate, Sapphire

WHITE/CLEAR - Diamond, Sapphire, Zircon, Moonstone, Topaz, Fire opal, Jade, Quartz, Agate.

IN CLOSING

YOU are surrounded by an aura or energy field that *radiates distinct color and vibrations.*

The aura reflects your condition.

Peace, wellness, stability and fulfillment may become your ever present precious possessions by the application of color in maintaining your health and well being.

May God bless you with greater light and knowledge!

