

## **A Review of the book *Color Medicine***

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I decided to do deeper research into color therapy because it seems like the next logical step towards a full spectrum understanding of vibrational healing modalities. The book *Color Medicine* by Charles Klotsche was recommended by Randy Masters, which I have read, taken notes, and digested. After considering the information presented in this book, I believe that I will proceed in exploring working with color, as it seems like a totally safe and affordable way to enhance the benefits of a sound healing session. In the following paragraphs I'll give a brief overview of some of the main concepts and take-aways from this book that made an impression on me.

Firstly, the author opens the book by saying that much of the information and theory he is explaining was actually researched by Dr. Dinshah P. Ghadiali, the east Indian Physician. Dr. Ghadiali introduced a new field of study called spectro-chrome-etry, and his research in this subject can be purchased in the spectro-chrome-etry Encyclopedia online. This makes me think that the real place to find the best information on the subject of color therapy is in Dinshah's Encyclopedia. Klotsche gave no research examples in this book, which is slightly annoying, though in the text he promised to research in the future. I'm not saying that there isn't validity to what Klotsche is saying, but he didn't do a very good job supporting his claims other than by making pronouncements about the indisputable efficacy of this method.

One of the first points he makes about color therapy is that it's totally safe because it's in the visible spectrum of color. He makes an assumption that if it's a visible color then it's not harmful to the human organism or energy field because our bodies were designed to absorb and work with these colors. This makes sense to me on a gut level that using color in this way is more or less safe.

The whole premise of color therapy is that the human body is actually governed by their aura, and that before ailments show up in the body they show up in the aura of the individual. Working with color, we can influence this energy field to balance it and restore deficiencies. Once the energy field is restored, the body will naturally be restored as a result of healing the energy field. Therefore, according to this method, you aren't working with the body at all during color therapy, you are working exclusively with the energy field. Since our energy field is essentially light, and we're working with colored light to effect it, it makes sense that color therapy could actually influence the aura. The author also mentions that the strength of the light, also known as the Watts, does not matter as much as having the accurate frequency. Much like in sound healing, the accurate frequency is more important than the volume, and lower Watt lightbulbs can work just as well as stronger lightbulbs.

Another interesting theory found in this book is the idea that the colors don't just exist on a spectrum on wavelengths, but that certain colors are actually polarities of one another. Polarities carry a charge between the two ends of the spectrum and are in a dynamic relationship together rather than just existing as neighbors on a long street of colored wavelengths. This strikes me as interesting because it seems to correspond with polarities between our lower and higher chakras. In terms of color therapy, Reds are at one pole and Blues/Violets are at the other pole, with Green being a neutral color in the middle. Red is considered the electrically positive charge and violet is considered the electrically negative charge, with energy, flowing from positive to negative. This is reminiscent of kundalini energy flowing from lower red chakras to higher blue/violet chakras with the heart chakra balancing in the middle as a neutral green. This idea of colors existing as polarities is one that really caught me by surprise and that I'm eager to explore further.

Probably the most fascinating aspect of color therapy for me as a student of sound healing is the extreme speeds at which light waves are moving as compared to sound waves in lower octaves. In sound healing we work with some of the slower frequencies roughly 0 - 15,000 cycles per second, whereas with light, the slowest color red vibrates at 436 trillion times per second. I also discovered that as the Dinshah colors progress through the various colors, they all increase in speeds of 37 trillion times per second, specifically speaking about the Dinshah colors from his therapy. Going up the spectrum, orange is 473 trillion times per second, yellow is 510 trillion times per second, Lemon is 547 trillion times per second, Green is 584 trillion times per second, turquoise is 621 trillion times per second, blue is 658 trillion times per second, indigo is 622 trillion times per second, violet is 731 trillion times per second. It's no wonder that light would be an extremely good medicine for anything existing materially or immaterially in the energetic realm.

Overall, it's astonishing to think that anything at all is happening hundreds of trillions of times per second, let alone that it's the light that I'm sitting in as I type this paper out. Curiously enough, the author didn't use the normal units of measure that are used in discussion of colored light, which is nanometers per second. Instead he described the waves as vibrating at 436 trillion times per second, for example, which is basically speaking in terms of frequency 436 trillion hertz. He did not convert the trillions of times per second for us, but at <https://www.omnicalculator.com/physics/frequency> you can convert various units of measurement to other units of measurement.

There isn't enough room in this paper to get into detail about the various colors and their effects on the human energy system, but from a high level view, the red family of red, orange, yellow, magenta, scarlet can be used to activate, and the blue/violet waves are used more as a sedative, to calm inflammation, and slow activity. This is paradoxical because blue waves actually travel faster than red waves, yet they have a calming effect. Red waves travel slower than blue waves yet they have an activating effect. Very curious indeed.

Ultimately exploring these modalities for myself is the only way I will be able to learn anything of true value. This book has provided some very important guidelines and information that I can now explore on my own. I think color therapy very well could be a complete game changer for a vibrational therapy session and I'm excited to explore it further.