

HEALING WITH COLORS

Summary

Sunlight is the most basic source of energy for all animal and plant life on our planet. Without sunlight there is no life. Sunlight is a mixture of different colors each with its own frequency or wavelength that gives its characteristic colors and properties. The light and its colors are absorbed by all living things as well as elements such as Hydrogen, Oxygen, etc, which play a vital role in creating and sustaining life on Earth. Each color with its own curative properties has different effects on our bodies. For centuries, man has been in constant search of various healing modalities but had neglected to research the power of light and color which has a potency far greater than that of drugs and serums that are not without their side-effects and sometimes ethical issues. Color is one of the simplest and most therapeutic mode of natural healing. One simply chooses and shines the color that the body or body part is devoid of, and it is rebalanced. It can also be applied to the body by awareness and focusing of the Chi elements that are associated with each color. Our bodies are amazing designs of the universe capable of self-healing. But when they are out of balance, it needs to be balanced by using the simplest form of treatment without taxing the body to get rid of what is harming it.

Healing with Colors

The power of Color is not just to have a colorful sight but also to heal and energize us. The aura of the human bodies (as well as animals) is an electrochemical emanation which could be affected by the use of colors. This is based on the reasoning by Dinshah Ghadiali¹ that elements found in nature absorb the energy from the light when they are in an active (ionized) state. The source of light can be anything: sunlight, flashlight, incandescent Lamp, Projector bulb, etc, is covered by a colored filter. When the light passes through this filter it emits the specific color which is then focused on the affected area for certain time period based on the disease or issue to be treated. Dinshah, a pioneer in light therapy, invented and promoted the use of Spectro-Chrome system¹ for this mode of healing. The system uses different light filters to tone the affected areas. His system of natural healing was hospital tested, with no side-effects and has successfully treated hundreds of ailments.

In the ancient times, color therapy was used by different civilizations such as in Egypt, India, and China. In Taoism, a Chinese tradition, Chi Kung² is a way of using colors for healing purposes. According to Chi Kung, the Chi (Energy) has different sources in the universe: heavenly, cosmic, earth, and nature, each having its own color. Different parts of our bodies have different energies and depending on their state of health they respond differently to the colors or color combinations of Chi.

Sources of Chi² include Universal (Heaven) Chi, Cosmic Chi, Earth Chi, Nature Chi & the Five Elements. The Solar Chi is a unique form of Universal Chi that varies depending on the time of the day, the best of it is before sunrise and after sunset.

Sources of Chi	Where to Find it?	Color	Purpose	Healing Method
<p>Universal (Heaven) Chi=energy from planets, stars, galaxies and the presence of Universal Love.</p> <p>Solar Chi Is unique, its different properties at different times of the say</p>	<p>Solar Chi:</p> <p>Before Sunrise & After Sunset</p> <p>Note: At mid-day or mid-sunset, the energy is very powerful</p>	<p>White Light</p> <p>Note: Mid-day or mid-sunset is orange or red</p>	<p>Health & Healing - Lungs & Large intestines (healing these generates further energy for our daily activities)</p>	<p>look at the horizon at sunrise and sunset. Stand still and extend your palms toward the sun. Smile and absorb the rising or setting sun's energy into yourself.</p>
<p>Cosmic Chi=energy of Higher Self</p>	<p>In the Air around us</p>	<p>White Light (combined with Earth Chi)</p>	<p>nourishes our mind, body, and senses within this physical dimension</p>	
<p>Earth Chi=energy that penetrates the Earth and extends several inches above it</p>	<p>The Line just above the Horizon. This is where Earth Chi & Cosmic Chi interact</p>	<p>White Light (combined with Cosmic Chi)</p>	<p>Powerful healing energy, not overheated, but balanced and mild</p>	
<p>Nature Chi & Five Elements=energy from the things we can see on the earth & the five elemental forces: earth, metal, water, wood, and fire.</p>	<p>the mountains, lakes, seas, forests, streams, caves, valleys, rocks, and precious stones.</p> <p>Elements are in the human body (they correlate to specific organs), in nature, in the air, and in the universe</p>			<p>When we can make a connection to and control our body's elements, we will be able to make connections quickly to nature and the universal forces and employ them easily.</p>

The Healing Chi Colors of Taoism²:

	White	Blue	Green	Red	Orange	Yellow	Violet
Properties	<p>composed of red, orange, yellow, violet, and blue, carrying</p>	<p>cooling and hindering, similar to that of yin or water energy. Its effect is</p>	<p>Gentle and safe</p>	<p>Light Red: makes an area stronger, produces warmth & expansion</p>	<p>Vitality</p>	<p>Regenerative</p>	<p>Contains properties of all colors, infiltrates more readily & to a</p>

	mild elements of each color.	opposite that of Red Chi		Darker Red: makes an area weaker			greater degree than White. <u>2 Forms:</u> 1) Ordinary Violet (from air, earth & sun) & 2) Electric Violet (derived from Soul through the crown of head, the point connected to North Star & Big Dipper). Electric Violet is many times more powerful than ordinary Violet. Has independent thought & action as it is derived from Soul.
Uses	<p>can be blended with other colors to act as a calming agent for the energy of other colors</p> <p>re-directs surplus Chi to areas of the body that need it.</p> <p>use white Chi to add to and tone down other colors that are too powerful, overactive, or hot, so the body can absorb Chi color more easily. Usually, use 70% white and 30% of the other color.</p>	<p>ability to cool, soothe, and numb, particularly for promoting relaxation and sleep, reducing abnormally high body temperature, & minimizing pain & swelling. It can also hinder the proliferation of viruses and bacteria and assist in the rapid clotting of blood.</p> <p>can detoxify and energize.</p> <p>brings harmony and does not cause harm.</p>	<p>can detoxify and energize.</p> <p>can remove the disease and bad energy by locally sweeping to and then out of either the arms for the upper body or the legs for the lower body.</p> <p>Stubborn ailments: simultaneously use pale green, pale orange, white chi (2:1:7)</p>	<p>Light Red+White Light: good for Circulatory (heart issues) & Respiratory issues (Asthma, allergies), removes fatigue & toxicity. For those close to end of life, it revives consciousness and extends life.</p> <p><u>Important!!:</u> 1) always combine Red Chi with blue, green, or white Chi; never use it on its own. 2) don't use Crimson Chi to treat</p>	<p>Large intestines, Bowels, helping unconscious person to regain consciousness, stimulating a dying person.</p> <p>Dark Orange+Green Chi: for Cancers</p> <p>Remove toxicity, pathogens, remove blood clots, help bowel movements, alleviate menstrual issues, free up seik energy, urinary & respiratory issues,</p>	<p>Spleen is Yellow & it involves assimilation & processing of food & good appetite (when balanced).</p> <p>Helps Nerve Regrowth, repairs bone fractures & cells of bone & connective tissue, increases bone marrow production, helps with healthy bones, tissues & organs</p>	<p>Treats serious illnesses.</p> <p><u>Mauve Chi</u> (light purple): contains blue & green, restores organs & nerves affected by disease & trauma</p> <p><u>Mauve+White Chi:</u> strengthens weak areas. (for faster Strengthening, use light Red Chi+ white Chi).</p> <p><u>Violet Chi:</u> to energize an area after using White/Green or Pale</p>

	safe to use when you are not sure which color might be suitable and especially when you are treating infants, toddlers, the elderly, or the weak.	it is like the water element. useful for people whose bodies can't adjust immediately to the energy we draw down for healing	<u>For Cancer:</u> first blue Chi and then dark green & orange Chi. This helps in toxin removal, cleaning, decongesting & releasing "stuck" energies. Use brushing movements over affected area. These colors also help with colds & elevated body temperatures & in dispersal of blood clots.	STDs, it increases microbial count & hence inflammation.	common cold, joint & connective tissue issues, allergies & dissolve cysts. Important!! 1) Only use pale Orange (orange diluted with white), use Blue Chi before using this color. 2) Don't use for eyes, heart, head, throat, brain, or spleen & appendix problems, as it could exacerbate the problem. 3) Use sparingly on solar plexus & navel		White/Orange on affected areas especially bones. <u>Electric Violet:</u> restores traumatized nerves & organs, removes infections, promotes faster healing (including serious illnesses) Dark Violet: Shrinks tumors, suppresses cancerous growths (use Pale Blue or Green Chi first) <u>Important!!:</u> 1) Violet Chi is dangerous if mixed with red, orange, green, or yellow Chi- it causes undesirable proliferation of some cells. 2) Avoid Dark Purple Chi for respiratory issues as it proliferates pathogens. 3) Don't use dark colors with Electric Violet Chi, its damaging.
Healing Methods	concentrate shining white Chi at the center of the afflicted area, while directing colored Chi to the edge. If the area needs		used to decongest a damaged area by "loosening" it. Once the area has been loosened, you can then use blue	Focus White light in the center and Light Red light to the edges for strengthening.			An advanced practitioner with well developed crown & higher senses has better ability to harness

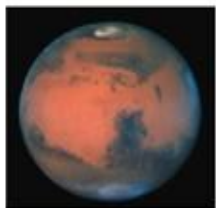
	<p>stronger healing effort, this can also be reversed.</p>		<p>Chi or the color of Chi to which the area is linked in order to expel the disease or damage completely</p> <p><u>Energizing Organs:</u> use color of Chi to which it is linked, first energize it with pale green Chi. And always use green Chi before using the violet, orange, or red Chi.</p> <p>Use the throat to activate and draw green Chi up to the crown, rising to the universe to be multiplied and brought back down for use.</p> <p><u>Pain:</u> Use both green and Blue Chi.</p> <p><u>Pushing and Pulling:</u> powerful healing technique.</p> <p><u>Sword Fingers</u> (middle & index fingers): in small</p>				<p>Electric Violet. The practitioner must reach up to the Big Dipper, grasp its handle with the left hand, and turn the dipper to pour its contents down over the crown. The violet Chi then flows down through the body.</p> <p><u>To Energize:</u> use brushing movements, first apply lighter cleansing colors to affected areas, then use Violet to energize.</p>
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			area or for infections. <u>Pale green + Pale Orange Chi in sequence</u> : the first acts on the “sick” energy, reducing it to a form that can easily be driven out by the second.				
Planets Associated & their affect	VENUS flows down into your lungs	MERCURY absorbed through the throat center. It flows down to your kidneys.	JUPITER absorbed through the throat center.	MARS flows down to your heart center and the palms of your hand It can also be breathed in through the sacrum		SATURN flows down into your spleen. It can also be absorbed from the earth through the soles of your feet and your perineum.	
Elements		Cesium, Indium, Oxygen	Barium, Chlorine, Nitrogen, Radium, Tellurium, Thallium	Cadmium, Hydrogen, Krypton, Neon	Aluminum, Antimony, Arsenic, Boron, Calcium, Copper, Helium, Selenium, Silicon, Xenon	Berillium, Carbon, Iridium, Magnesium, Molybdenum, Osmium, Palladium, Platinum, Rhenium, Rhodium, Ruthenium, Sodium, Tin, Tungsten	Bromine, Europium, Gadolinium, Terbium

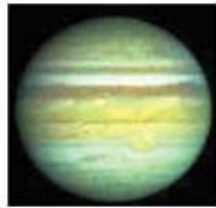
Additionally, there is the Gold Chi, that has same qualities as Electric Chi. It is formed when Electric Chi meets the Spirit Body. This color changes to light Red when it enters the physical body. Its gentler than Electric Violet and can be used to cleanse local areas whereas Electric Violet is stronger is used for cleansing wider areas.

Planetary Chi²

In Taosim, the planets are also associated with colors which enhances the Chi of the planetary force. To practice planetary Chi, look at the planet of choice and close your eyes, and think about the planet. Focus your awareness on the planet above you. Turn your eyes up and look up to your crown. Hold the image of the planet in your mind and extend your sight beyond the crown, looking up into infinity. See the colored light of the planet, and gradually bring it down to your head, until it is about six feet above you. Form the light into a ball, a holographic image of the planet shining its colored light above you. Invite the ball of light to flow down to your Personal Star (located just above your crown) and then into your Upper Tan Tien for processing. Let it flow down to the appropriate organs. Practice nine to eighteen times, then rest.



Mars—Red Chi



Jupiter—Green Chi



Venus—White Chi



Moon—Silver Chi



Saturn—Yellow Chi



Mercury—Blue Chi



Sun—Gold Chi



Earth—Yellow Chi

In this age of ever-expanding technology, the healing methods are also growing such as allopathic, homeopathic, reflexology, acupuncture, acupressure, sound energy, light energy etc. One or more combinations of these healing methods could be used based on the circumstances to heal a patient. What becomes important is the healing method that is least invasive with the best benefits to the

patient. Color therapy can be used in so many different ways without harming the patient. Even in crisis situations such as heart failures, and conditions requiring first-aid and oxygen therapy, color therapy using treatment systems such as Spectro-Chrome¹ can be used to alleviate the symptoms and quicken the healing process¹. The decision to choose the treatment method is in your hands. After all, it is your own life.

REFERENCES:

¹“Let There be Light; Practical Manual for Spectro-Chrome Therapy”, 11th Edition, Dinshah Health Society

²“Taoistic Cosmic Healing”, Chi Kung Color Healing Principles for Detoxification and Rejuvenation, by Mantak Chia

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