

Chromotherapy Lessons

**FATHER PAUL
(DR. EARL W. BLIGHTON)**

HOLY ORDER OF MANS

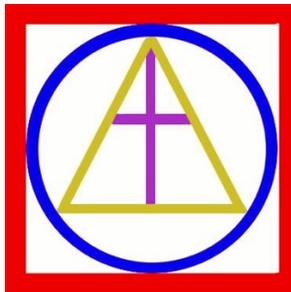


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INTRODUCTION TO CHROMOTHERAPY LESSONS

The “Color Philosophy” portions of these lessons were edited by Father Paul while he was still here, insofar as both the mystical and practical effects of color are concerned. As for therapeutical color treatments to correct certain conditions, while he had done extensive work in this field thirty years previous, his notebook, the one recording his personal findings, is merely a collection of personal case histories which will require tabulation. If any write up was made, it has not been located.

When he gave me the folders containing all his remaining material on light and color, the month before he left this plane, he asked that I put it all together and write it up slanted toward the healing course. He then gave me an outline which the entire healing course would follow. He also cautioned that some of the material on color was old. Therefore, the first lessons on the science of light have been carefully checked and double-checked with latest scientific findings, and are as factually correct as can be in a changing world. The lessons on color are presented for your own proving through experimentation.

The color therapy and suggested treatments are mostly gleaned from the work of others prominent in the field, some of them medical doctors. As these pioneers in color therapy were very enthusiastic in their claims, we advise that each treatment be checked out thoroughly more than once, under circumstances where no danger is incurred to the patient through delaying other treatment. In serious cases needing immediate care and attention, we ask that you save the recommendation on light treatment to use in an auxiliary way, and not deprive the person of other treatment, which is known to be effective, until we have more proof of how this works. We know that some experiments are being conducted by scientists at this time; their findings are yet to be made public. We also know there is more to these things than meets the scientists’ eyes.

Be sure to record your own findings on color therapy quite systematically so as to further the effectiveness of this work. Direct statements made by Father Paul included in these lessons are usually in full capitals, unless otherwise identified.

The lessons marked “supplementary” are extra and should be omitted by anyone not going deeply into the study of color therapy, as they are not essential to understand the more important aspects of the subject.

Mother Ruth Blighton

SCIENCE OF LIGHT

God is Light – and while this is by no means an adequate definition of Divine Being, it is true that the infinitude of Light approaches about as near as the finite mind of man can hope to come in an understanding of His Nature.

The sun of our solar system is the brightest light which is evident to our sense of vision, and of course it is also much more than that, acting as the very sustainer of all life on earth. For this reason, it was often worshipped by the ancients, its radiance appearing as a perfect symbol for the Mediator who functions between natural man and the great Invisible Light and Being of God.

The sun is sometimes called the great Healing Benefactor, assisting generously in the restoration of health to those who have gotten off-balance. Persons with most types of illness, who are not at a crucial stage, are encouraged to spend some time in the sunshine each day, making sure to exercise moderation and good judgment, to measure the time thus spent, for one must avoid overexposure to its powerful rays. We have all experienced the joyous lilt that comes with morning sunshine, and this does much to lift the spirits, another important factor in healing, and in arousing the desire to get better.

What is light physically, and how does one explain it in simple terms which can be readily understood? It is so primary in essence that the principles it is based upon transcend the ordinary experience; but although no terms are adequate to define it, the nature of light can be described by enumerating its various properties, as determined by logic and experimentation. Such knowledge is still incomplete, but great strides have been made in the past 350 years.

Particles or Waves?

About 2500 years ago, the Pythagorean school of ancient Greece assumed that all visible objects emit a steady stream of light particles. Later, in the fourth century, Aristotle claimed that light travels somewhat like waves. These two theories seemed irreconcilable, and through the centuries there remained the two schools of thought, which slight modifications; but until the seventeenth century, very little actual knowledge was available. One group asserted that light is energy, gliding through space much as ripples across water; and the other faction held that light is a flight of fast-moving particles, something like drops of water being forcibly sprayed from a hose – or as Newton saw it, like a shower of light particles shot from a luminous object. The latter was called the corpuscular theory. Due to the advance of technology, and refinement of instruments used for experimentation, only recently has it been shown that light energy has both particles and wave behaviors.

Waves

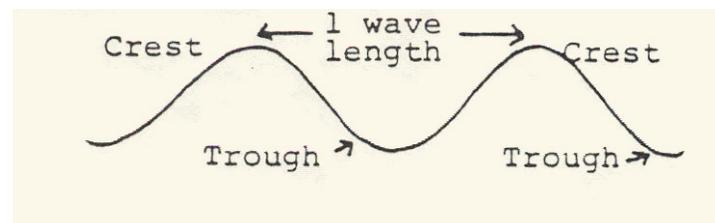
By scientific definition, light is one of many different kinds of electromagnetic radiation in the part of the spectrum which includes infrared, visible light, ultraviolet, and x-rays. These light rays all travel at the same rate of speed (in a vacuum), this speed being measured at close to 186,282 miles per second. In a material medium, however, the velocity of light is affected by its wavelength.

All radiations emitted from a luminous body move through space in perfect rhythmic vibration. Light is a form of energy traveling through the universe in waves like those on a body of water; and while not directly visible as the crests and troughs of waves on water, their presence can be demonstrated by indirect methods.

The distance between the topmost point of one wave crest, and that of the crest next to it, is called one **wavelength**.

Therefore, although the speed of travel is the same for various types of light, the distance between the wave crests determines the vibratory rate, called **frequency**, or number of vibrations per second at which they oscillate. Those with higher frequency have more wave crests per unit of measurement, are spaced closer together, and these are vibrating faster, though their beams or rays reach the goal simultaneously with the slower longer waves which are spaced farther apart. There is an unimaginable difference in wave-lengths between one type of electro-magnetic energy and another.

Some idea of vibrations can be illustrated by a long-stretched string. If it is struck at one end, a hump will form and it will travel the full length of the string, but the form itself remains. In water waves, the quantity remains but the form is displaced. With light in free space, the form is unchanged by any object or refractive medium interrupts this simplicity of form.



Any wave is a vibrating motion that travels along. In sound waves this vibration is forward and backward as the waves go on, but in light waves it is from side to side. Nothing really quivers or wiggles as light moves along. Instead, the waves are made up of electrical and magnetic forces that get stronger and weaker at regular intervals. The important thing is that these forces are crosswise to the way the waves are traveling.

Light waves are about $1/50,000$ of an inch in length. At the other end of the scale, some waves of radio are more than a mile in length.

Though we tend to choose water waves as a simple illustration for the measurements of wave lengths, there is, in fact, quite a difference between the nature of water and light waves.

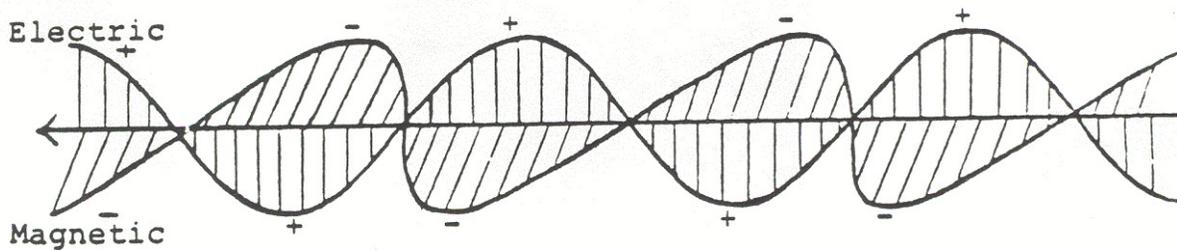
Wave motion appears in almost every branch of physics. Besides water waves, there are also sound waves, light waves, radio waves and other electromagnetic waves. One formulation of the mechanics of atoms and subatomic particles is called wave mechanics.

Mechanical waves, such as occur in water or a coiled metal spring, are characterized by the transport of energy through matter by the motion of the disturbance of that matter, without any corresponding bulk motion of the matter itself. It is necessary to have a material medium to transmit mechanical waves.

We do not need such a medium however, to transmit **electro-magnetic waves**. Light passes freely, for example, through the near-vacuum of space from the stars.

Some things to remember about electromagnetic waves (see graph below):

1. The electric and magnetic fields have maxima and minima at the same times and in the same places, therefore these variations occur simultaneously in both fields.



These travel in waves at right angles to each other.

2. The directions of the electric and magnetic fields are perpendicular to each other and to the direction in which the waves are moving. Light waves are therefore transverse waves (i.e. from side to side).
3. Nothing material moves in the path of an electro-magnetic wave. The only changes are in the electric and magnetic field intensities.

Corpuscles

The corpuscles of light are like tiny particles of packaged energy, and are called **photons**, or light quanta. The different colors of light are explained as having photons of different energy – those of blue light possessing twice the amount of energy as those of red. It is also held that the energy of the photons is directly proportional to the frequency of the light-waves. For example, while x-rays have a wave-like character, their higher frequency gives the particles great penetrating power, allowing them to be used for taking pictures through matter which is opaque to visible light. Their higher energy and particle-like nature is explained by the photon theory.

The Encyclopedia Britannica says:

“According to the present view, light has a dual nature, such that it may be represented equally well by waves, or by corpuscles (or photons). The two are merely complementary aspects of the same reality.”

Both light and matter may behave either as waves or corpuscles.

“It has been found that electrons, protons, neutrons and the other elementary constituents of matter possess wavelike characteristics.”

The light arising from an atom has a spherical wave form.

Scattered Light

When light strikes on an atom, it causes electrons to re-emit light. The quality of this scattered light will depend upon the nature of the atoms, as well as on the source of light. The compounding effect of a number of atoms produces a mixture of light reaction as it strikes the atoms. The most primitive example of scattering is the light in the sky, where light from the sun will have scattered through as broad path of atoms between itself and the observer, the atoms unsystematic and irregular in placement. In working with crystals, whose atoms are in orderly position, the light is focused according to specified intentions.

Beams and Rays

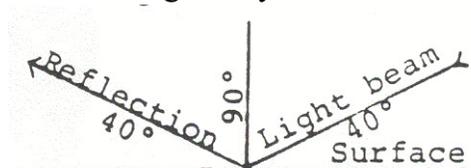
A narrow path of light is usually called a beam of light. A flashlight or a searchlight throws a beam. If the beam is made much narrower, it amounts to a ray. To show how light moves from one place to another, one might draw a bundle of rays of light which could be thought of as tiny arrows moving through space. This bundle again would be called a beam of light. They are a combination of electric and magnetic forces traveling along together at enormous speed. (electromagnetic waves)

In one short second light travels fast enough to more than circle the globe seven times. When light goes through a transparent substance, such as glass or water, it is slowed down. It can travel only about two-thirds as fast through a piece of glass as it can through empty space or air, and about three-quarters as fast through water as through air. This slowing down is important, as it makes it possible for us to bend beams of light, and thus to make prisms, lenses, eye-glasses, telescopes, microscopes, cameras and other devices that help us to see better.

Reflection

For all practical purposes, light travels in a straight line, until it becomes deflected by striking a medium of different density, whereupon it will change its velocity and direction. However, there is a variance from straight line paths too fine for the eye to detect. For Father Paul stated that “light rays travel in a curved line, due to the action of gravity, or the gravitational fields.”

When light strikes a reflective medium, such as a mirror, a pool of water, or any other surface, the ray will bounce off in the opposite direction at exactly the same degree of angle as that from which it came. Light may bounce in many ways, but it always follows this simple rule:



The angle of incidence (or approach) is always equal to the angle of reflection (or departure).” A ray beamed at right angles to a surface will only reflect back into itself.”

Refraction

When a light ray moves from one substance to another so that its speed is changed, the ray changes direction. This is called refraction.

There are some objects which do not reflect light, but permit it to pass through, while slowing it down somewhat, according to the density of the object. Water, which is denser than air, will slow the light velocity by about one-fourth, while glass which is more dense, will slow its speed of travel by one-third. One can observe the changed effect in water, by dangling an object partially below and partially above the water's surface.

Light directed head-on at a medium such as glass will not deflect or bend the ray of light. It will pass straight through. In order for refraction to occur, light must strike the medium at an angle other than 90° . Thus the spectrum colors reach the edge of the surface in different time sequence, so they are "surprised" into manifesting one by one in the rainbow colors of the spectrum.

Further discussion of such terms as double refraction, diffraction and polarization might tend to cloud the issue with non-essentials for some, while others with a scientific bent of mind can gain a great deal by studying any good encyclopedia, and the experiments made with light.

SUNLIGHT AND CLIMATE

To quote a doctor native to India:

“In olden days the wise mothers used to massage their children with pure cow’s melted butter (“ghee”) and used to expose them to morning sun. Even today, this folk medicine works wonderfully if used regularly.”

In temperate zones there is more latitude in the time of day when the skin may be exposed, but even so, around 10 a.m. is usually quite fine, and safer for small children.

Sunlight is the simplest and most natural way to ensure vitamin D in the body, and this vitamin is necessary to the utilization of calcium in the system. Therefore sunlight, along with foods which are adequate in calcium content, helps insure proper bone growth and good teeth. It has been claimed by some physicians that sunlight is the only thing, externally applied, that can be physically absorbed by the unbroken skin.

In sunbathing, one should expose the skin only a few minutes the first day out, slowly increasing the amount of time each day, until at length an hour, or two at the most, can be safely enjoyed.

Sunshine includes not only the visible portion of radiation from the sun, but also the invisible, such as ultraviolet and infrared rays.

Ultraviolet

Ultraviolet light can cause sunburn. At the beach on a hazy day, when the sun does not appear to be very bright, a person can get a particularly bad sunburn because so much ultraviolet light is scattered in all directions by the tiny water droplets in the air. Fortunately, the earth’s atmosphere absorbs the short ultraviolet waves more strongly than it does those waves we see with, and so protects us somewhat from them.

The higher up one goes in the atmosphere, the more likely he is to be sunburned. At even five or six miles up in the air, the risk of sunburn and damage to the eyes is very great. Because ultraviolet waves do not go through ordinary glass, however, goggles and window panes give good protection.

The invisible ultraviolet radiation which causes tanning comprises only a very small portion of the total radiation. Nevertheless, it is very important to health, producing vitamin D by its action on substances in the skin and in plants. The commonly used artificial source of ultraviolet light is the mercury arc. Ultraviolet and near-ultraviolet rays also comprise the so-called actinic rays which are potent in effecting chemical changes on photographic films. “Aktinos” is a Greek word meaning “ray.”

Ultraviolet waves are important because they kill bacteria. Dishes and drinking glasses can be sterilized by proper exposure to a beam of light from a mercury lamp or some other source of strong ultraviolet rays. But while it is an important germicidal agent, the contaminated atmosphere over large cities robs radiation of practically all the shorter wavelengths in such areas. The use of a home ultraviolet lamp is not encouraged, unless under skilled supervision.

Lesson two, page 2

Radiation from the sun is the ultimate source of nearly all energy that is essential for the maintenance of plant and animal life on the earth, and the operation of most natural phenomena on the surface of the earth.

It is the electromagnetic energy in sunlight that warms the earth. On the way, the energy is all electromagnetic. When the light hits the earth, part of it changes to heat.

If the steady stream of sunlight ever stopped, the temperature of the earth would drop to around 450° below zero. Then nothing could live here. Visible radiation is commonly termed light; however the word "light" now has a broader meaning and includes the ultraviolet or that invisible portion immediately adjoining the shortest wavelength of visible radiation. The visible portion comprises nearly one-half of the total radiation from the sun which is actually received at the surface of the earth, and the infra-red radiation, chiefly known for its heat-producing characteristics, accounts for almost all of the other half.

An excess of radiation, due to factors such as atomic explosions which rupture the earth's outer layer of ozone, are thought to be responsible for some skin cancer. We can appreciate the importance of keeping the earth's atmosphere intact, without holes, when we learn that the sunshine reaching the outer edge of earth's atmosphere has a radiation closely equivalent in temperature of between 5800° to 6000° C, or about $10,500^{\circ}$ F to $10,800^{\circ}$ F.

However, in traveling through to reach earth's surface, this radiation is absorbed and weakened by various constituents of the atmosphere. It is also scattered by air molecules, and this scattering occurs in the short wave-lengths, giving the sky its blue color, as seen from the surface of the earth. To an observer in the stratosphere with fewer air molecules above him, the sky appears dark.

Why do clouds look white? A cloud floating in the air is made up of many small drops of water. Each drop has a curved surface, so it scatters the sunlight that strikes it, scattering all colors in the sunlight equally, so when our eyes receive this light with all colors mixed in it as they are in sunlight itself, we see the cloud as something white. When larger particles or droplets of water in the form of mist or fog are suspended in the atmosphere, the visibility is much reduced, and thus results in a loss of the blue color of the sky.

Particles or drops that float in the air scatter all colors equally only if they are much larger than the wave length of the light that strikes them. If they are about the same size as the light waves, then the scattering is unequal, and the resulting appearance is not white, as with clouds.

On a clear day, the atmosphere consists of air molecules, dust particles and water droplets, most of them small in size compared to the wave length of visible light. The sky appears blue to us because although sunlight passes freely through the ordinary thickness of atmospheric gases, these small particles scatter part of the light. Violet light, whose wave length is much shorter, is scattered about nine times more effectively than the longer red waves. Therefore the blue range becomes more visible.

At sunrise or sunset, the angle of the sunlight has less effect on the short-wave lengths, as the sun's rays travel a long path through the turbid lower atmosphere. There is less scattering of the blue and violet rays, thus causing colors to appear from the longer wave lengths, or the red and yellow range.

Northern lights or “aurora borealis”: Sometimes on dark nights, especially in the northern part of America, colored lights can be seen dancing in the northern sky, stretching in big streamers or vast fan shapes all the way from overhead down to the northern horizon.

These lights occur when streams of electrons from the sun strike the atoms in the upper part of the earth's atmosphere. There the air pressure is very low and conditions are like those inside a gas discharge tube such as a neon sign or a mercury lamp.

Similar lights, called the “aurora australis”, often flash above the earth's south magnetic pole. The reason these lights in the sky are brightest near the north and south poles is that the earth is a giant magnet. Its magnetic forces send electrons from the sun spiraling in paths around the magnetic poles, and these produce the light when they strike atoms in the rarefied air.

Climate

The prime cause of weather and climate are the amount and distribution in time and space of the solar radiation which is intercepted by the earth. The angle of the sun's rays to the horizontal plane of the earth is an important factor, as seen by the difference in climate between summer and winter, and between the poles and the equator. The rays come in with more of a slant in winter because the earth is then tipped away from the sun. As a result, the same amount of energy is spread over a larger surface in winter, and there is less heating.

Man is a very adaptable animal, and changes gradually to cope with the environment in which he finds himself. For example, in very high altitudes one finds persons of large lung capacity and higher concentration of blood corpuscles than at low altitudes, to regulate the oxygen intake according to bodily needs. But upon moving to a different altitude, these characteristics can change in one generation, readapting to the breathing requirements in his new environment.

Sunshine and Climate

There are essentially three skin types found in human beings.

1) The pinkish-white which burns when exposed to certain short-wave lengths in the solar and sky radiation. It is found in the descendants of tribes from northwestern Europe, where sunshine is rare.

2) The second type is chocolate-brown or black, which is completely unaffected by solar radiation. Presumably this pigmentation was originally acquired at the tropical margins of the deserts, and in the savannas.

3) The third skin type is changeable, taking different shades in the individuals, variously described as creamy white, olive, yellow, red or brown. The primary distinction is that it can pale when covered, and darken or tan when exposed to the sun, an adaptation to the widespread climatic type where seasons alternate between cloudy rain periods and bright sky.

Another climatically-induced characteristic in man and other warm-blooded animals is that individuals tend to be larger in cold climates, and smaller in the warmer sections of the earth.

Metabolism rates are higher in the cold climates than in the hot. This is due to the fact that heat produced by metabolism is normally lost through the skin, but where the temperature exceeds 83° F. the processes which accomplish this become insufficient, and perspiration starts, so that cooling by evaporation may take place. At high temperatures and low humidity man loses large quantities of water. This causes not only a problem of replacement but also creates a great strain on the circulatory mechanism.

Thus the wisdom of avoiding exertion at midday becomes evident when living in hot areas. It is better in such cases to work mornings and evenings, and take a long midday siesta.

One need not be a scientist to observe the effect of sunlight on growing things. Anyone having house plants can notice how spindly and pale most plants become after a time away from direct light. They begin to bend toward the nearest window, reaching to catch sunlight which is needed to convert substances, which have been drawn from the roots up to the leaves, into usable food energy. The growth of seedlings indoors (or of animals) can be promoted and speeded up by use of artificial light where natural sunlight is insufficient, especially during periods of shorter daylight hours.

At such seasons, the poultryman may turn on electric lights for awhile in the morning and the evening, appearing to lengthen the day and quicken the growth of his baby chicks; while with laying hens also, egg production can be increased by simulating the longer daylight hours of the summer laying season.

Photosynthesis

Photosynthesis is the process by which green plants harness the energy of sunlight, as absorbed by chlorophyll, to build organic compounds from carbon dioxide, inorganic salts and water. This reaction is often called assimilation or fixation of carbons. "Photosynthesis" means, literally, "putting together with light."

While there are many ways by which organic substances are decomposed in respiration and similar reacting, there is only one reaction, photosynthesis, that for millions of years has counterbalanced death and decomposition. If there were no vegetation on earth, animal life, including man, would quickly disappear.

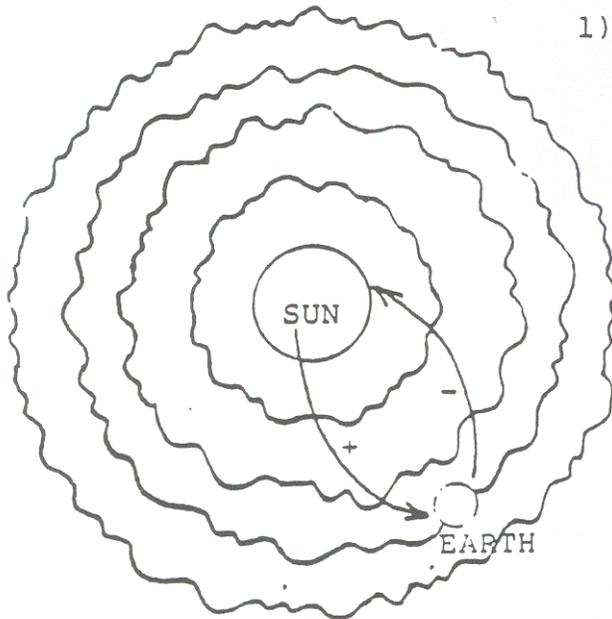
Among the many pigments appearing in the plant kingdom, only chlorophylls are known to convert sunlight into chemical energy. Chlorophyll is the green dye whose color is so characteristic of meadows and forests.

To recreate the processes of photosynthesis, light energy may be used in various ways:

1. To speed up reactions that would proceed in the dark in the same way, but at much slower rates.

2. For reactions that will not occur unless light energy is available.
3. For a reaction in which the new products still hold as potential chemical energy a part of the light energy originally absorbed.

Remainder of lesson, and diagrams, as taught by Father Paul:



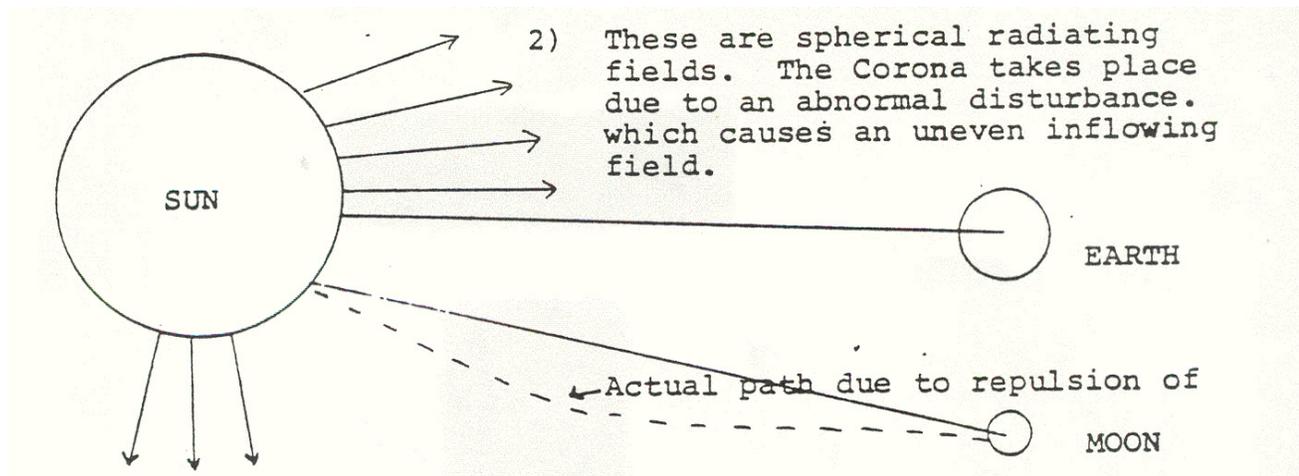
THE INVISIBLE FORCE WHICH TRAVELS FROM THE SUN CURVES TOWARD THE EARTH AND PASSES THROUGH THE EARTH, THEN TRAVELS BACK AS MAGNETIC FORCE—THE POSITIVE AND NEGATIVE. LIGHT DOES NOT TRAVEL, LIGHT EXISTS, AND HANGS IN BIG GLOBES AROUND THE BODIES OF SUN AND EARTH.

CHLOROPHYLL TRAVELS IN SPIRALS OF MIST TOWARD THE SUN, THE SOURCE OF LIGHT.

THE SUN PULSATES, AND SO DOES THE SELF. THERE HAS TO BE A RETURN CIRCUIT.

AIR ALSO IS NOT JUST AIR; AIR IS BIG GLOBES.

Light rays travel in a curved line due to the action of gravity or the gravitational fields.

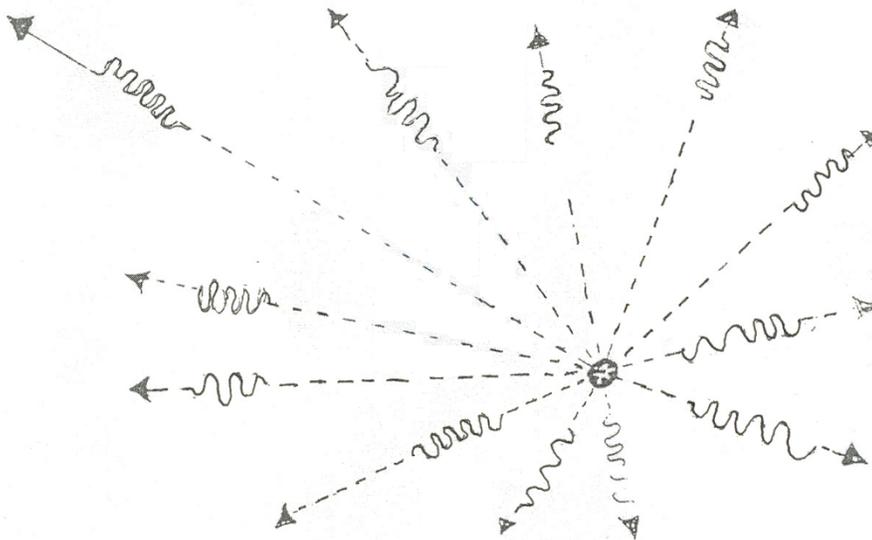


The Sun energy flows out in a U.V. form and returns to it in another dimension – and then out again.

LIGHT RAYS

As we progress to higher frequencies, from radio and visible waves to infrared, ultraviolet, and x-rays, we begin to use the word “rays” more frequently than “waves”, speaking of “radio waves” rather than radio rays, and “cosmic rays” rather than waves. The term “cosmic rays” includes not only electromagnetic waves but also a wide assortment of “pellets” composed of speeding atomic particles. For, as frequencies increase, the waves begin to act more and more like tiny bullets, and less and less like waves. Large numbers of atomic particles and rays go through our bodies every second. They probably affect our lives more than we realize.

When a high-frequency electromagnetic wave (or cosmic ray) hits an atom, it seems to concentrate all its energy in one spot, enough so as to smash the atom. A wave is more spread out than a particle, and even if it had more energy, it is difficult to see how a wave could penetrate into a single atom without affecting many atoms nearby. But it does. So scientists now think of light energy as coming in packages called photons. One might think of the photons as little bundles of wave energy somewhat like the wiggly wave groups in this figure:



No one, of course, has really seen an atom. They are too small. Yet, not unlike a blind man tapping his way down familiar streets and even through busy traffic, scientists have formed a sort of blind-man’s picture of the atomic world. Using theory, experiment, inference and mathematical analysis, they continue to uncover more detail.

The arrangement of electrons around the nucleus of an atom is somewhat analogous to our solar system, with the nucleus as the sun and the electrons as the planets. The atom’s orbiting electrons constitute a wonderfully versatile mechanism for absorbing, storing and emitting energy. You can wind up each individual atom like the rubber band of a model airplane. You pump in energy to wind the atom up and, as it relaxes, it radiates energy – in the form of waves.

Atomic emission of radiation is commonplace. This is exactly what happens in an electric light bulb. You wind up the atoms in the tungsten filament by heating them with an electric current. The tungsten atoms become violently excited and collide with one another, and many of them absorb additional energy from the atoms they bump into. This energy makes their electrons move faster and farther away from their nucleus. The excited electrons tend to relax back to their normal state. As each electron relaxes, it spontaneously emits the energy it previously absorbed; it emits a “bundle” of electromagnetic energy.

To put this in simple terms: as we increase the temperature of an object, it will radiate heat. If we increase the temperature high enough, the object will not only radiate heat, but it will also radiate light waves. This is how the ordinary electric light bulb works. There is a very fine wire inside the glass shell and we increase its temperature by sending electricity (also a form of radiation) through the wire. The wire becomes very hot and radiates heat and light. The same would hold true if we placed a piece of iron in a very hot fire. First, the iron would become too hot to touch. If we provided enough heat (and this varies depending upon the object we use), it would eventually glow with a red light.

The “bundle” or “quantum” theory says, in effect, that although light appears to us to be a continuous stream, light appears to atoms as a hail of bullets of energy, or “Photons.” Niels Bohr suggested that atoms exist in distinct, separate energy levels and that when they go from one level to another, they either emit or absorb these bundles of energy. An energy level has a particular orbital radius and velocity associated with it. The higher the energy level, the greater the orbital radius and velocity of the electron.

Albert Einstein proved by analysis in 1917 that electrons can be stimulated to jump up or drop down from one energy level or another by a photon, or bundle of energy, of just the right amount. The amount of energy in each bundle depends upon its frequency. Therefore the change of energy in any particular atom is related to specific frequencies of electromagnetic energy.

Einstein added that when a photon nudged an electron into dropping from one orbit to another, the electron would also emit another photon of the same frequency as the one that hit it; and it would emit that photon in the same direction – so that the emitted photon’s energy would be added to the photon that stimulated the action. Here, potentially, was amplification.

Ordinary light sources radiate light that is incoherent. This means just what you might expect – a jumble, or mixture. Light from a bulb contains all the colors of the spectrum. Each color radiates energy at a different frequency. Stated in terms of electromagnetic energy, it contains a jumble of frequencies. Many waves are emitted in random directions at random times.

In an electric light, the atoms and electrons in the filament, when heated with an electric current, (as previously mentioned), absorb energy and become excited. As the excited atoms “relax” in a random fashion, they radiate light that is random in direction and frequency. It is incoherent.

But coherent light is different. It is of a single frequency. All the waves move in step like a regiment of soldiers. And all are parallel, in a narrow beam. No one had ever practically produced such a light until the laser came along. The exciting fact which stirs the imagination of communications scientists is that, unlike coherent light, laser light does have the theoretical capacity of transmitting voice, data and TV programs in enormously greater numbers than can be carried by present-day radio waves.

Laser light is coherent – all random radiation is eliminated from the system and only a single frequency with all the waves in step is emitted. Discovery of the Laser principle enabled the scientist to select a tiny bit of radiation from the visible range and amplify it into a powerful tool.

Light waves are similar to radio waves. Both are called “electromagnetic radiation,” but they differ in the rate at which their waves vibrate or oscillate – that is, their **frequency** – light waves vibrate faster, and are shorter. Light beams have long been used to imprint the sound track on movie film and then to convert the track back into sound. Scientists are exploring the possibility of opening up the “unused” portion of the spectrum – the infrared, visible light, and the ultraviolet regions.

It is customary to include in the term “light” various types of invisible radiation, because their behavior in all other respects is similar to that of visible light. On either side of the visible spectrum lies the infra-red and the ultra-violet. Beyond ultraviolet, and of higher frequency are the x-rays and gamma rays. On the other side beyond infra-red are the electromagnetic vibrations used in radar, radio and television. All these radiations have in common an equal speed of propagation. They all represent a single phenomenon, and the difference lies only in the matter of wave length (frequency), and in the energy of the photons. Due to the enormous range of difference in wave lengths, different units of measurement are used – meters for radio waves, centimeters for radar waves, microns for infrared, and angstroms for ordinary light.

That there are other rays in sunlight besides the colored light that we see in the spectrum can be proved with the help of photographic film and a thermometer. If photographic film is held just outside a spectrum of sunlight at the violet end, it becomes exposed as if light were falling on it. This shows that there are invisible electromagnetic rays there which we call ultraviolet rays because they are beyond the violet end of the spectrum.

If a thermometer is held on the other side of the spectrum, just past the red end, the mercury begins to rise. This shows that there are invisible rays there that are warming the bulb of the thermometer. Though it is ultraviolet rays in sunlight that cause sunburn, the infra-red rays make much of the heat you feel when sunlight falls on your skin.

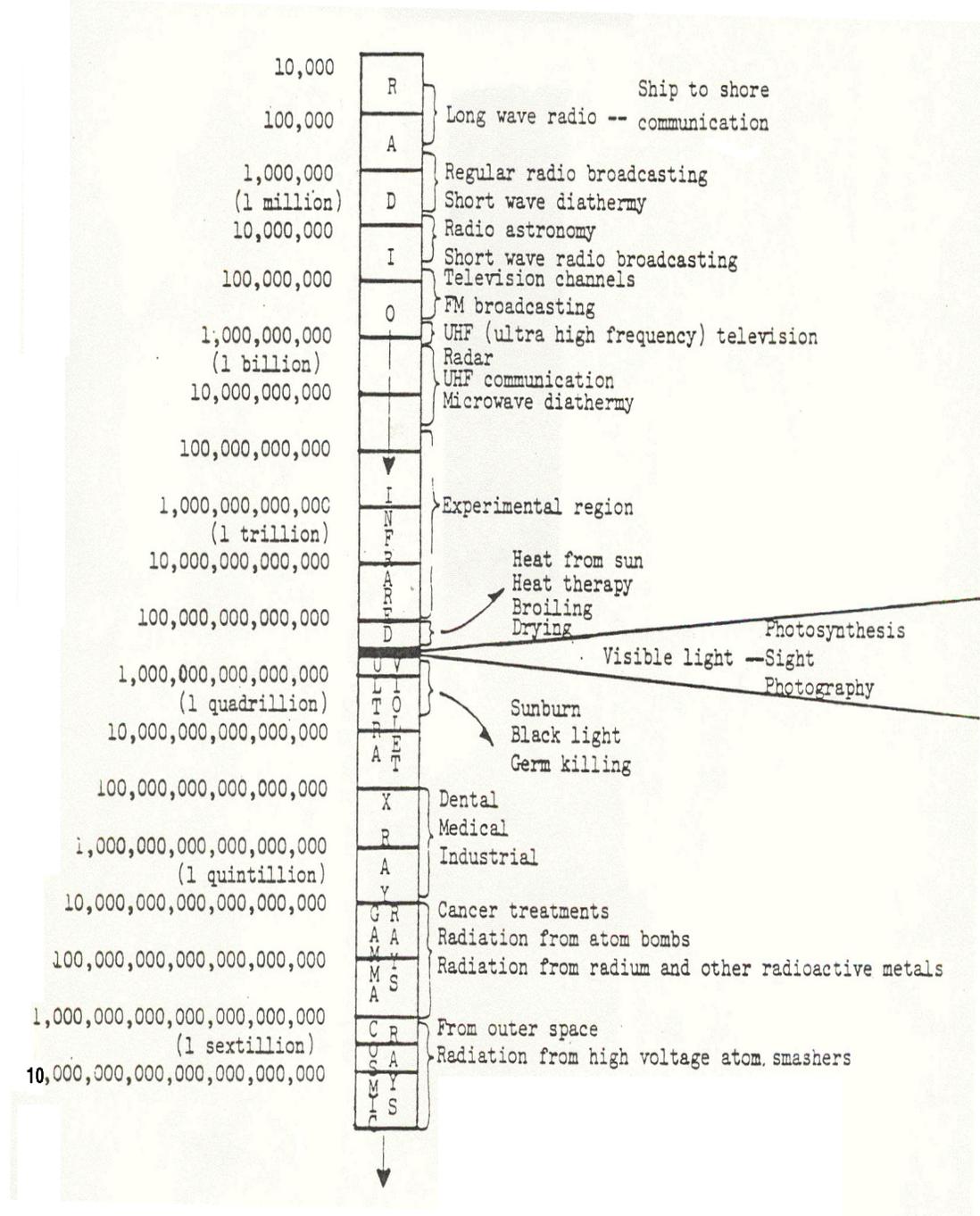
The Composition of the Electromagnetic Spectrum:

Radio waves cover a broad band of the spectrum from several millimeters to 5 or 6 mile wavelengths. Frequencies range from about 30,000 to 10 billion cycles per second. Practical use of these waves developed rapidly after they were theorized by James Maxwell in 1869.

The Spectrum of Electromagnetic Waves

(Note: Boundaries are approximate
Wave areas overlap from one
region to another.)

Frequency
(Cycles per second)



Microwaves refer to the interval of the electromagnetic spectrum between short radio waves and the far infrared. These waves are used in television transmission and radar. When point-to-point communication is desired, better results are obtained in focusing at short wave lengths, particularly in the microwave range, where such effective devices as horns, metallic reflectors, and lenses are practical.

Cosmic Rays
Gamma Rays
X-Rays
Ultraviolet Light
VISIBLE LIGHT
Infrared Light
Millimeter waves
Micro-waves, (TV, radar, FM radio, etc.)
Short-wave radio
Long-wave radio (Broadcasting, AM, aircraft, marine navigation, etc.)

Infra-red: The waves outside the red are even longer and of lower frequency than those of red light. They belong to a part of the spectrum that was named the “infrared,” meaning “below the red.” Infrared radiation is invisible, and is freely transmitted by atmospheric haze. Infrared waves are given off strongly by glowing hot objects such as the sun, flames and electric lamps. Even objects that are not hot enough to glow at all send out these long waves. Electric irons, steam radiators, hot pavements and even your body all give off infrared radiation.

Photographic film made sensitive to infrared radiation reveals objects hidden by darkness or haze. Infrared is widely used for many heating requirements. The common source is a specially-engineered incandescent lamp. Certain lasers operate in the infrared range.

Visible light: (This will be further considered in relation to the color spectrum.)

Ultraviolet radiation is found beyond the visible spectrum at its violet end, its name meaning “beyond the violet.” This group has a wave length longer than those of X-ray, and shorter than those of visible light. It also has high quantum energy compared to visible light. It penetrates the skin to cause tanning, and aids in the formation of vitamin D.

Luckily, the air acts as a shield to hold back most of the sun’s ultraviolet waves. Otherwise, they would kill all living things on earth. Space travelers need special protection from these rays. A small amount of ultraviolet radiation is good for health, however. The extra vitamin D in some of the milk sold commercially is put there by passing the milk under an ultraviolet lamp.

X-rays penetrate ordinarily opaque materials, but to a lesser degree than gamma rays. The x-ray photograph is used in medical diagnosis and the ray itself can kill cancer cells. To create x-rays, a stream of high-speed electrons bombards a metal plate in a vacuum, disturbing the electron structure of atoms in the plate. Energy in the form of x-ray radiation is given off from the plate.

Gamma rays are radiation with very high penetrating power. They are emitted by the naturally radioactive elements such as radium, and as a by-product of a nuclear reaction. An overdose of this radiation is deadly, but medical science uses it as a weapon against cancers, tumors, and lesions.

Cosmic Rays are a stream of high energy radiation of intense penetrating power. Entering the earth’s atmosphere from outer space, with energies ranging from a few billions to many times that of electron volts, they bombard earth’s atmosphere to create mesons, as well as secondary particles possessing some of the original energy. Some rays come from the sun, others come from stars in our own galaxy and a few may even be visitors from other galaxies.

SOUND IN RELATION TO LIGHT

Sound is shown to be the most basic form of vibration, and the study of sound has a place alongside the science of light, due to many of the same characteristics such as wavelength, reflection, refraction, scattering and diffraction: but light is a finer and faster-vibrating form of energy. The science relating to sound is called acoustics, from the Greek word “akoustikos,” relating to hearing.

Aristotle and other philosophers and mystics since his time have believed that there was a definite correlation between the color spectrum and that of sound – that sound vibrations touched upon one’s inner color-consciousness, and that colors aroused an inner attunement akin to music. In more recent times definite charts have been set up which match certain musical notes to corresponding color hues. They do not all use the same correspondences, therefore more experimentation along these lines will be needed.

Two systems come to mind which seek to match the octave of the musical keyboard to the color spectrum. They agree on red, orange and yellow as corresponding to musical notes C, D, and E, respectively. But at F they diverge as follows:

F, green-yellow; G, green; A, blue; B, violet.

F, green; G, blue; A, indigo; and B, violet.

Science has described a scale of vibrations beginning with two-per-second. When the number of pulsations per second is repeatedly doubled, a series of octaves results. Sound has a lower rate of pulsation than light. These energies move out from the Source in a series of waves, the measurement of each wave being what we call a wave-length.

The key of C, called “Middle C” in the musical scale, occurs at 256 vibrations per second. This produces a corresponding effect on the human ear to that of the note. As one can move up the musical scale, in a similar way one can move up the rate of vibrations by 40 doublings of the vibration of Middle C and arrive at the vibration which produces the speed required for the appearance of the color red. For at this finer point, the vibrations are produced to which your sight-center responds, receiving the sensation of “red”.

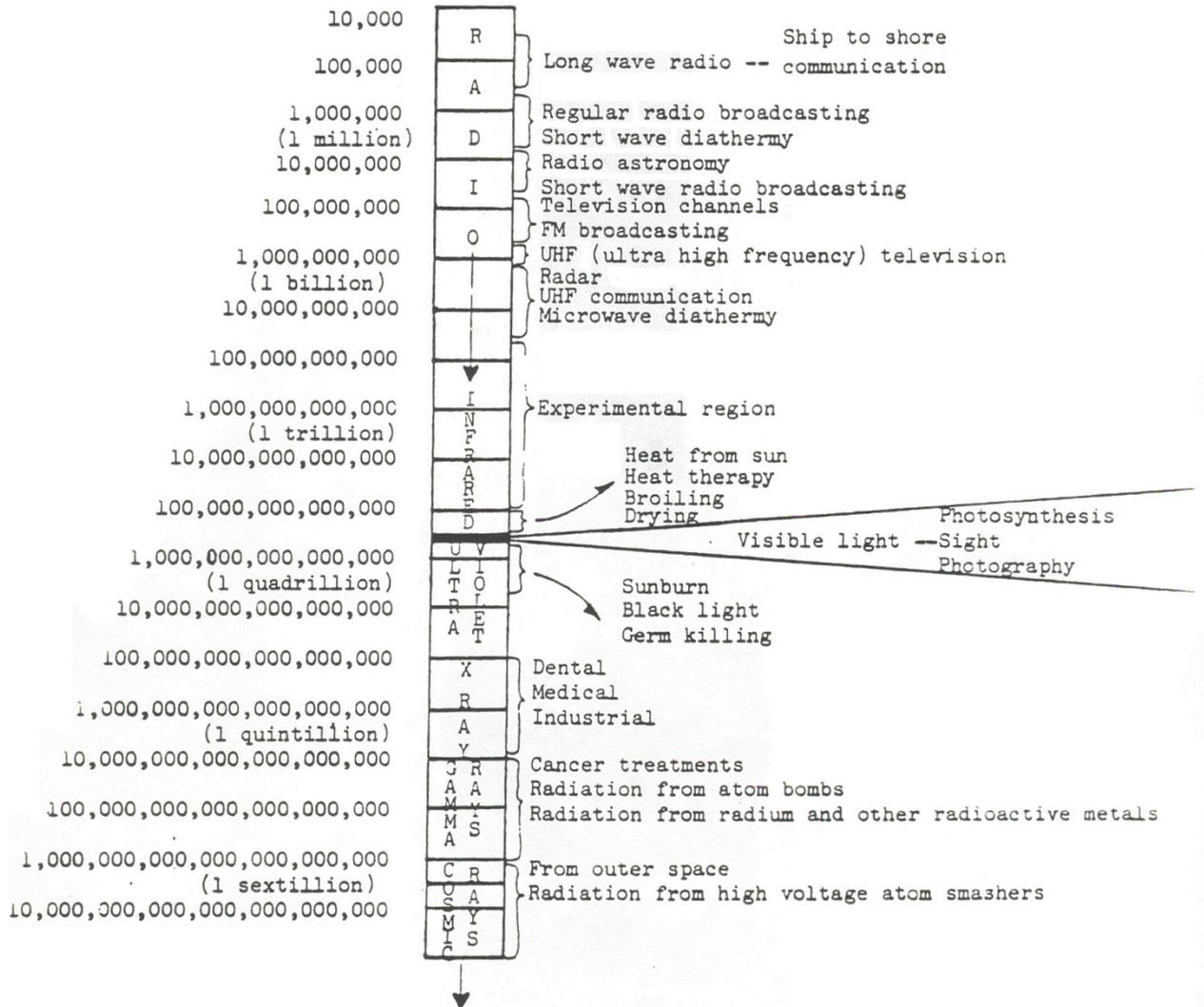
At the fifteenth octave of measurement, these waves of vibration become inaudible to the human ear. The octaves from twentieth to thirty-fifty are those of electricity. The thirty-sixth to forty-fifth, nerve currents in the body.

Forty-sixth through forty-eighth are octaves of heat vibrations. Following these are several octaves of light, of which visible light and the whole range of the color spectrum cover only one octave. (The audible sound range by comparison comprises some 9 or 10 octaves.) Beyond visible light are 5 octaves of ultra-violet light, 10 octaves of x-rays, and so on. It goes without saying that some exist as yet undiscovered by science, though hinted at by the old teachers.

The Spectrum of Electromagnetic Waves

Frequency
(Cycles per second)

(Note: Boundaries are approximate.
Wave areas overlap from one
to another.)



A person emits sound stimuli when he speaks; the listener experiences sound through hearing. Man is surrounded on all sides by the sounds of nature, but he has contrived to manufacture many more, which can produce either pleasure or pain.

To simplify in the extreme, the result of the process of speech is some motion of the air in front of the mouth. And a person hears because there is some motion of the air at the entrance to his ear. Sound is the result of motion in some medium.

The human voice operates by forcing air from the trachea to vibrate the vocal cords. This in turn sets into vibration the air in the cavities of the throat and mouth, and the resulting disturbance emerges from the lips.

There are many kinds of waves. Light waves are very much shorter than either water waves or sound waves. Sound waves traveling through the air do not have humps and hollows, as water waves do. Instead, there are places where the air is slightly squeezed together. In between, the air is slightly thinned out. The sound is carried by a set of these pushes and pulls, moving along through the air. The wave length is the distance between one push and the next. Sounds that we can hear have wave lengths from less than an inch to as much as 70 feet.

The velocity of sound waves in air increases with temperature; at room temperature it is about 344 meters (1125 feet) per second, or roughly 767 miles per hour. This is very much slower than the speed of light. Therefore the sound of a crash of thunder is heard after the lightning flash is seen. You can measure the distance of a flash of lightning from where you are standing by counting the number of seconds between seeing it and hearing it. The delay will be about five seconds per each mile from the flash to you.

Sound waves, like those of light, are reflected when they strike an appropriate surface. An echo illustrates this: where a sound bounces off the face of a cliff, for example, and returns toward the direction from which it came. Speaking in a closed room is easier than in an open space, due to the gentle reflection of sound from the walls and other surfaces, all blending simultaneously. If reflection is too exaggerated due to hard or metallic surfaces, the echoes may become noticeable, then certain sound-absorbing materials such as cork, fabric, or perforated materials should be introduced to absorb some of the sound.

The **refraction** of sound waves is more difficult to detect than that of light, but it does occur. Sound waves travel faster in warm air than in cold, so that when encountering air layers of different temperature, the sound slightly changes course, usually in an upward direction. This causes a sound mirage much like a visual mirage, in that the sound will reach the ears as though it came from a different direction.

Air currents also cause a variable factor, as sound traveling with the wind moves more easily than against it. An object waved back and forth with less frequency than 15 cycles per second would not be audible. An object moving any faster than that should become audible if the intensity is sufficient, and it will remain audible up to a movement of 20,000 cycles per second. When the frequency is increased beyond that it becomes inaudible to human ears. These high frequency sounds are called ultrasonic waves.

Ultrasonic waves tend to travel in beams like light, whereas slow frequency audible sound waves tend to spread in every direction from the source, radiating outward like ripples on a pond into which a stone has been dropped. But if the frequency is high enough, a beam of sound can be produced. It is more difficult to produce a beam of sound waves than a beam of light, but it can be done.

Sound-wave propagation is basically a form of transmission of energy through a medium. The greater amount of energy transported per unit of time, the greater will be the intensity of the sound wave. All these things are of vital interest to those working in the field of communications, such as radio, television, telephone, or other media using sound.

The power in speech sound waves varies, being much larger for vowels than for consonants. Hearing with two ears rather than one leads to the ability to detect the direction of sound waves.

Sound waves set the eardrum into vibration, and this motion is communicated via the bony ossicles (a kind of solid acoustic filter) to the oval window of the cochlea, a spiral cavity. The flexible basilar membrane in the cochlea can vibrate under the impact of motions of the cochlear fluid. Fine hairs in the adjacent organ of corti in the cochlea communicate these vibrations to terminals of the auditory nerve. The system functions as a transducer, converting mechanical energy to neural energy.

With all the sophisticated devices for both measuring and transmitting sound, there are still two distinct theories of hearing, of how the sound is communicated to the brain. This is still to be worked out.

Noise control is a vital need in life today. If an employee must work close to an extremely noisy machine, ear defenders (small acoustic filters inserted in the ear canal) may be available. The human ear is a vulnerable receiver, highly attuned, and deserves a harmonious sound environment.

“Music hath charms to soothe the savage beast,” and listening to the various types can easily induce different moods or emotions. Music thus has therapeutic value in treating those with emotional disturbance, or inspiring interest in those who have lapsed into apathy.

Light classical symphonic music gives the best results generally. It helps restore inner harmony to one who has gotten off balance. For the listless person who needs cheering, something a bit livelier would help. But avoid the hard beat of “rock” music and such. It has a shattering and disruptive effect on the nervous system, reducing persons to a jittery and unstable condition, and upsetting the harmonies of nature. It can tear down the spiritual work and growth you are attempting to accomplish.

Animals respond readily to light classical music, when gently played. Even goldfish seem to enjoy it. In poultry houses or dairy barns, the output of eggs and milk can be increased with the use of music. It has been found that carefully selected music, played with taste, not too loud or insistently, aids employees in industry to maintain a better outlook and grow less tired with their work. Much discrimination is needed here, however.

The Egyptian hierophant taught that the universe is called forth from chaos by ordered rhythmic sound. In the beginning of any cycle of manifestation it is the sound vibrations which come into expression before the more rapid pulsations of light.

It is said by the Hindus that “through sound the world stands.” They classify sound as having two types, the unlettered and the lettered. The former is that which could be caused by striking two objects together. The latter is articulated sound, words and sentences, and conveys intelligence. Such sound is said to be eternal.

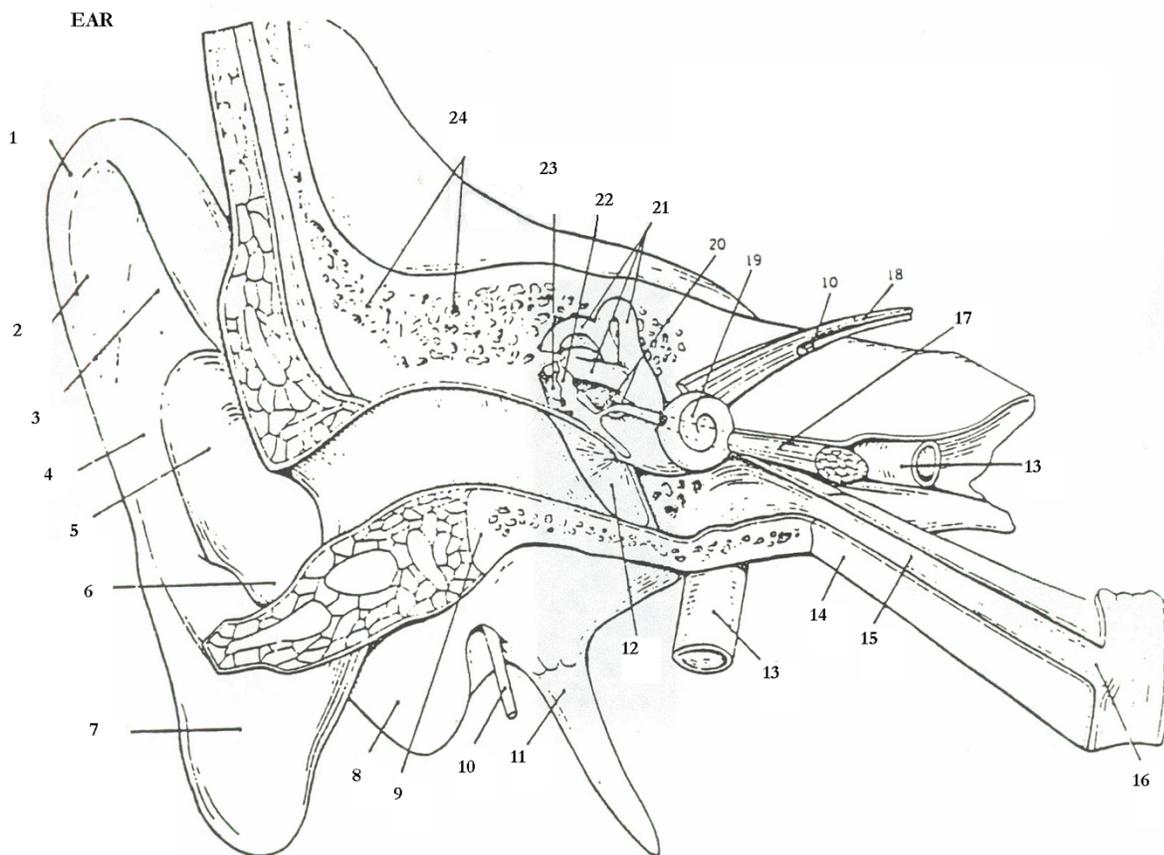
They reverse the order of our diagram, placing sound as the first of the gunas, or principles, out of which emanated the second principle, that of touch.

The secret of mantras has been carefully guarded by the mystics, because “out of sound every form comes, and in sound every form lives.” They teach that sound is the quality of the Akasha. It is the all-pervading fifth essence, having the characteristic quality of pure space. Out of it all things come, and into it all return.

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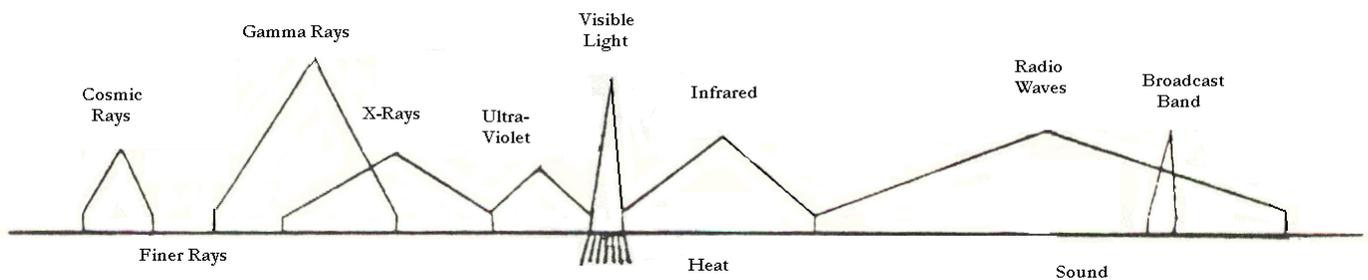
Music therapy has been used by scientists to aid in correcting mental and emotional conditions, which respond well to sound. Changing the mood of the music from sadness to joy, or from vigorous to peaceful has a distinct effect on the feelings of the listener. Changes in color can produce a similar effect; both music and color work on the psychic consciousness.

Each ganglion of the sympathetic nervous system is in harmony with a particular musical note, and responds to that note. Each musical note in turn corresponds with a certain color hue. As you have experienced, some musical sounds and some colors “jangle” the nerves, while others, more carefully chosen, produce a pleasant or a beneficial reaction. These can be used selectively under proper conditions to help relieve conditions which are produced primarily by nervous, mental, emotional or psychic causes.



- 1) Helix 2) Scapha 3) Fossa triangularis 4) Antihelix 5) Concha 6) Antitragus 7) Lobule
- 8) Mastoid process 9) Bony part of external auditory meatus 10) Facial nerve 11) Styloid process
- 12) Tympanic membrane 13) Internal carotid artery 14) Cartilaginous part of Eustachian tube
- 15) Membranous portion of Eustachian tube 16) Orifice of Eustachian tube in mouth
- 17) Tensor tympani muscle 18) Auditory nerve 19) Cochlea 20) Stapes 21) Semicircular canals
- 22) Hammer 23) Anvil 24) Mastoid cells

VISIBLE LIGHT



The coarsest grades of heat in the sunlight are invisible. When the ethers and the atomic spirals are finer, they become visible as light, and the color spectrum of red, orange, etc.

As can be seen from this graph, visible light takes up a very minor proportion of the electromagnetic spectrum. The slower sound waves are shown at the right in this diagram, with increasing rates of vibration as one moves toward the left, toward light and beyond.

Light is the form of radiant energy that stimulates the organs of sight. The part of this range that is visible to the human eye consists of wavelengths extending from about 3900 angstroms to 7700 angstroms, and traveling at a speed of about 186,000 miles per second. These waves of energy become visible because electromagnetic waves in this range excite certain nerve endings in the retina of the eye. Impulses are transmitted to the brain by these nerves, where they give rise to sensations of light and color.

Color has been termed “a visual attribute of substances whose wave lengths of radiant energy are capable of stimulating the retina.” All color sensations are caused by light rays entering our eyes, whether these stem from the sun, a flame, a lamp, or other glowing substance. BUT IT MUST BE REMEMBERED THAT THE EYES DO NOT SEE; WHAT YOU SEE IS IN THE MIND.

All other objects are seen by reflected light, and the colors which they show exist in the light and not in the object. These objects we see as colored do not add anything to the light which falls upon them before reflecting it forth, but subtract or absorb something from that light. The apparent color of an opaque object depends upon the quality of light which falls upon it.

Substances have a tendency, depending on their chemical structure, to absorb certain wavelengths of light, and to reflect or transmit the others. The absorbed waves are turned into heat or some other form of energy. White substances reflect all wave-lengths of light equally; black substances absorb all, or nearly all of them, and reflect relatively little light. A colored object is one that reflects some colors, but not others, so any object appears only the color of the reflected light.

White being a mixture of all the colors, a white object is one that reflects all colors about equally, and so it looks colored only if it is illuminated by a colored light.

When two paints of different colors are mixed together, the appearance may become less bright, because the resulting color will be that which they can both reflect. If the same two colors (as the paint) of light rays are blended together the combination of rays may appear quite different, in that they are not reflective.

Visual judgments of color are very rough. They tell only the predominant behavior at the surface of an opaque object. In fact, appearances of all kinds are relatively misleading. To the eye, ordinary matter appears to be continuous, presenting an unbroken surface, but science tells us it is not. If we had ultramicroscopic vision, we might see through many things which now appear quite solid, and the smooth tops of tables would be made of mountains and valleys. We might even see the sunlight in cucumbers which the philosophers of a certain country, we are told, were trying to extract.

If the eye could see in the ultra-violet region of the spectrum, substances which emit ultra-violet would appear to be surrounded by an aura or halo. Human bodies would be seen surrounded by some sort of penumbra visible now to those who claim clairvoyance. We see that the world as it appears to us is largely a product of our sensory equipment. Professor Reiser also states that we have developed the faculty of vision through the need, or the great desire, to see.

Maxwell, in the nineteenth century, defined light as part of a vast continuous spectrum of electromagnetic radiation. Light is also distinguished by the fact that the eye is sensitive to it. However, it only becomes visible by virtue of the objects of dense matter and of the earth itself which deflect light rays, for if there was nothing material to absorb the rays, they would flow right past and one would not see them; all would appear blackness, except the sun.

The eye is an image-catching device. The process of vision in all creatures begins with light entering the eye and bringing with it the information it has picked up in touching or passing through the objects in its path. These light patterns travel through the various parts of the eye until the image is cast upon the back wall, or retina of the eye, just as a picture is thrown upon film by a camera. It is important that there be neither too much nor too little light for a clear image. It is the work of the iris, the colored part of the eye, to control the amount of light that enters by contracting or stretching as needed, to shrink or enlarge the light-admitting hole (which is called the pupil,) the black-appearing circle within the iris.

The light-sensitive receptors in the eye are specialized neurons located in the retina that lines all but the front part of the eyeball.

There are two kinds of light-sensitive neurons in the retina, the rods and the cones. The cones are sensitive to colors, and the rods only to white light. The rods do not function well unless plenty of vitamin A is present in the retina.

The rods and cones are the real light receptors. The other parts of the eye play a secondary role. Impulses resulting from the stimulation of the rods and cones by light travel into dendrites in the optic nerve, and then to “seeing centers” in the cerebrum. The organ of vision is the most important receiving apparatus of the body.

Fluorescent Light:

When we heat any substance, such as the filament in an electric bulb, it will emit light. It is possible, however, to make a body emit light without being heated. Certain materials will emit light or “fluorescence” if exposed to ultra-violet waves. “Fluor” is from the Latin word for “flowing.” Fluorescent light is distinguished from phosphorescent in that it is emitted as light while the stimulus is active.

Phosphorescent Light:

You have seen luminous materials that glow in the dark. These materials are either phosphorescent or radioactive. A phosphorescent material must first be exposed to light before it will glow. The electrons in a phosphorescent material capture and store the light energy so that a material may continue to glow in the dark after the stimulus is removed. Some mineral substances have this property, especially phosphorus – (from a Greek word meaning “light bringing.”)

Tiny amounts of radioactive materials are used on luminous watch dials to create light. Radioactive atoms explode and shoot out high-speed atomic particles and rays. Electrons in nearby atoms are hit by these atomic emissions and are knocked into higher-energy orbits. Then they jump back to create the light we see on the dial. Unlike luminous materials of the phosphorescent type, which require exposure to light, the radioactive light sources are self-luminous.

Cold light: Some kinds of molecules can combine directly with oxygen molecules in the air, and emit light without getting hot. A piece of phosphorus glows in the dark as its atoms combine with the oxygen in the air.

A firefly can emit quite a bright light by producing on the surface of its abdomen two chemicals whose molecules combine and emit cold light. In fact, one of the coolest lights known is that produced by a firefly. This is 90% light and only 10% heat. Man has not been able to equal the efficiency of this light. An ordinary light bulb gives off only 25% light and 75% heat.

Black light: If we fill a tube like the one used for fluorescent light with a special chemical, mercury, we find that this tube will emit both visible and ultra-violet light. If the tube is surrounded by a special glass that absorbs the visible light, only the ultraviolet light comes through. This we have called black light. Ultraviolet rays and black light are also used to sterilize milk and to keep meat stored in a refrigerator from spoiling. Black light can be used to detect fingerprints which are not visible to the human eye in ordinary visible light. If the prints are treated with a fluorescent powder and exposed to black or fluorescent light they will show up clearly.

Lesson five, page 4

* * * *

THE SENSE OF SEEING IS MOST IMPORTANT OF THE SENSES, THOUGH WE SEE NOTHING REALLY.

WE SEE ALL OF LIFE IN PICTURES. WE KNOW MORE OF LIFE THROUGH PICTURES THAN ANY OTHER THING.

ALL OUR THOUGHTS FORM MENTAL PICTURES. WORDS FORM MENTAL PICTURES; AND ONCE THE PICTURE IS FORMED, THE JUDGMENT CAN BE MADE.

YOU HAVE NEVER SEEN AN OBJECT IN THE WORLD. YOU HAVE ONLY SEEN A REPRODUCTION IN YOUR MIND. NEITHER YOU NOR ANYONE ELSE KNOWS HOW ANYTHING LOOKS IN THE WORLD, THEY HAVE NEVER SEEN IT. ALL YOU HAVE SEEN IS ELECTRO-CHEMICAL INTERCHANGE REPRODUCTIONS IN YOUR MIND.

THE ONLY SEEING IS SPIRITUALLY, AND IT ISN'T DONE WITH THE EYES.

IF YOU GET THIS THINKING OF YOURS STRAIGHTENED OUT, THEN MAYBE YOU'LL SEE.

HOW DO YOU BRING IT THROUGH? MAN IS A BROADCASTING STATION. IF YOU RECEIVE THAT WITH YOUR MECHANISM, THEN SELF-ANALYSE IT. MAKE YOUR MIND A BLANK SCREEN AND RECEIVE WHAT YOU ARE LOOKING FOR.

(Father Paul)

* * * *

Esoterically speaking, all matter radiates light; all matter is luminiferous, and therefore has color vibration. Matter continually emits rays, and throws off vibrations which materially affect us. Matter and light are fundamentally inseparable; solid matter, reduced to its essence, is radiation identical with light.

This brings to mind the ancient teaching that the universe has evolved from the primal Cosmic Fire, or Great White Light, which is an emanation of the Divine Being at the Source of all Light.

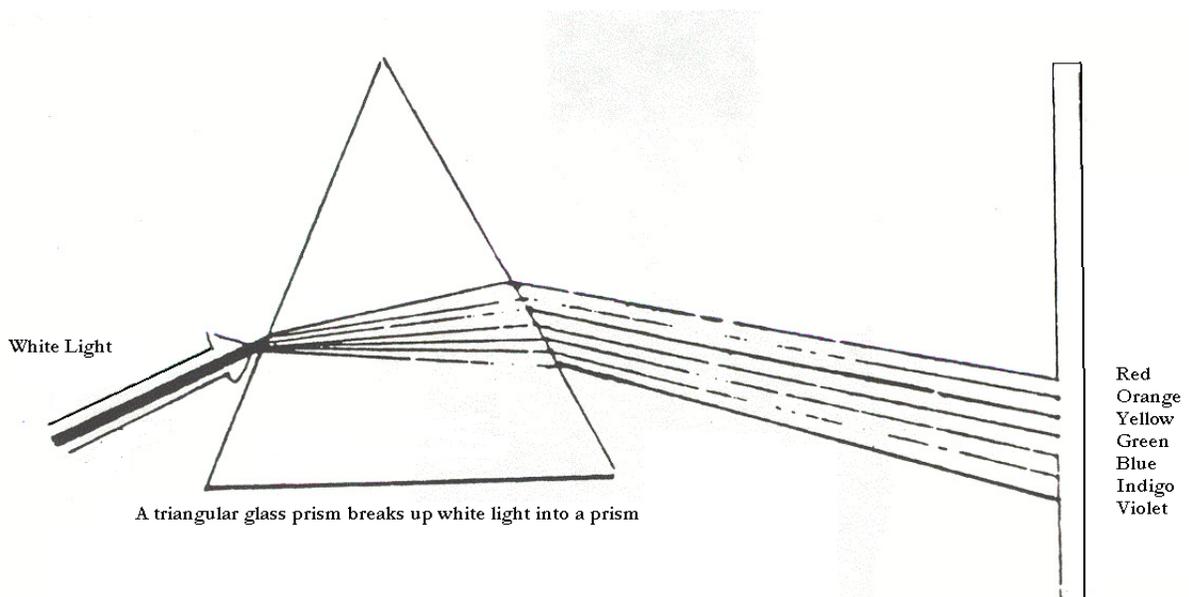


Fig. A:

- 1) Superior levator muscle of eyelid
- 2) Superior rectus muscle
- 3) Trochlea of superior oblique muscle
- 4) Superior oblique muscle
- 5) Tendinous insertion superior oblique
- 6) Conjunctiva
- 7) Upper eyelid
- 8) Meibomian gland
- 9) Eyelash
- 10) Iris
- 11) Pupil
- 12) Meibomian gland and duct
- 13) Lower eyelid
- 14) Inferior oblique muscle
- 15) Inferior rectus muscle
- 16) Internal bony wall of orbit
- 17) Infraorbital fissure
- 18) Optic nerve
- 19) Sphenoid bone

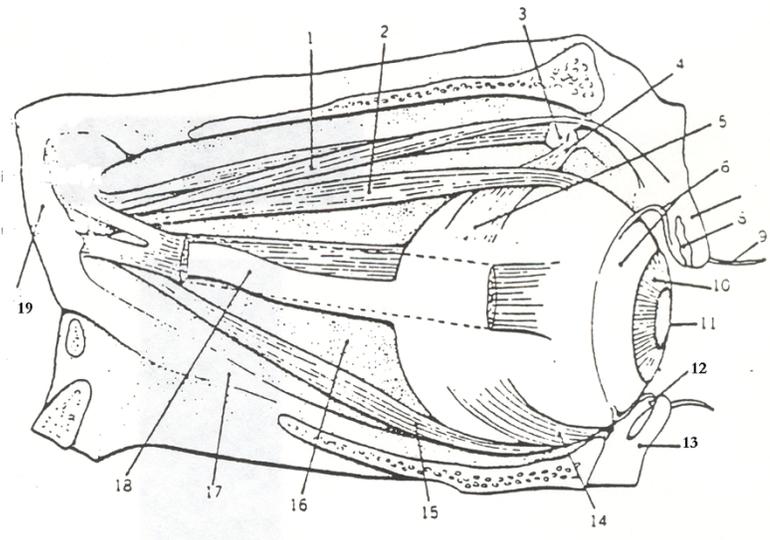
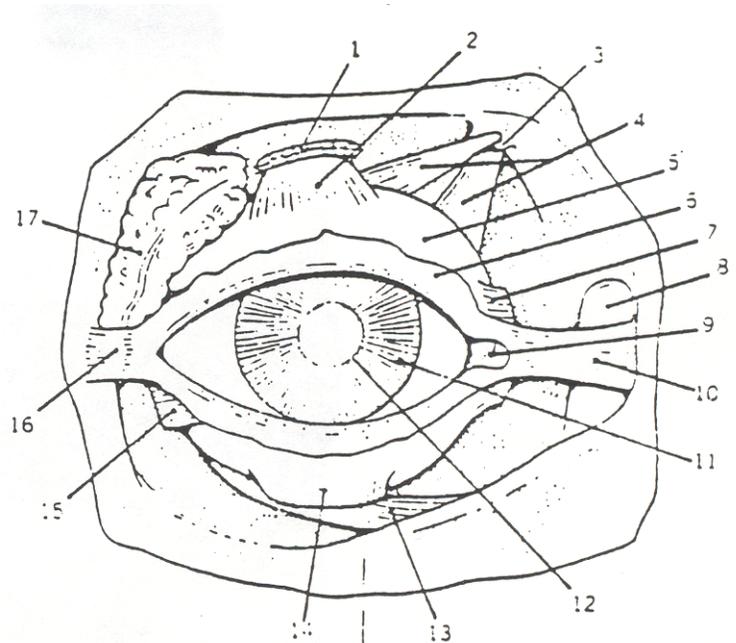


Fig. B:

- 1) Superior levator muscle of eyelid
- 2) Superior rectus muscle
- 3) Trochlea of superior oblique muscle
- 4) Superior oblique muscle
- 5) Sclerotic coat
- 6) Portion of eyelid
- 7) Internal rectus muscle
- 8) Lacrimal sac (nasolacrimal duct)
- 9) Carnucula lacrimalis
- 10) Medial palpebral ligament
- 11) Iris
- 12) Pupil
- 13) Inferior oblique muscle
- 14) Inferior rectus muscle
- 15) Lateral rectus muscle
- 16) Lateral palpebral ligament
- 17) Lacrimal gland



COLOR SPECTRUM

Light which comes directly from the sun, from electricity, candles or fire, though not alike, is called white light because it does not appear to have any particular color. Actually it appears colorless because it is an almost perfectly balanced mixture of all the wave lengths of visible light.

The composite nature of white light was first demonstrated by Sir Isaac Newton in the 1660's when he passed a beam of sunlight through a glass prism, where it broke up into the familiar rainbow colors when projected onto a screen.

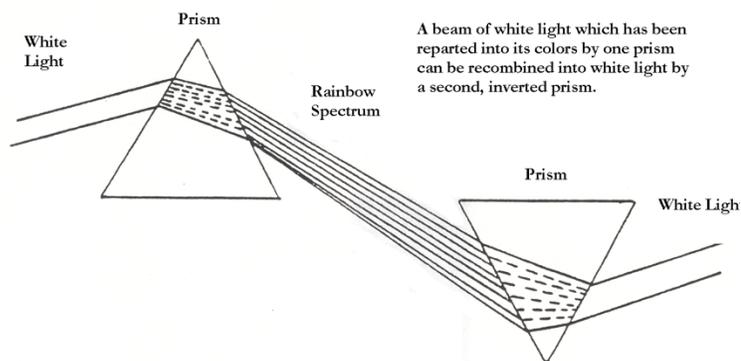
A spectrum is formed whenever light goes through a prism. The light may come from the hot wire in an electric bulb, a glowing coal in the fireplace or melted iron in a foundry. All of these are hot, glowing objects. The spectrum is a band of colors, going smoothly from red at one side to violet at the other, with no spaces between them. Scientists call this a continuous spectrum.

Spectrum colors are the same as those of the rainbow, and there is a good reason for this. A rainbow is a spectrum. It is formed, not by a glass prism, but by very tiny drops of water that float in the air after a rain shower. Each drop acts like a prism and spreads out the colors. The result is the familiar curved band of color that is called the rainbow.

A ray of light is refracted or bent as it passes obliquely from one medium to another of different density through a triangular prism. It is always refracted whenever it crosses the boundary between air (or a vacuum), and a transparent substance, except when it strikes the substance at right angles. The paths of different wave lengths of light will diverge within the substance because each wave length is bent at a different angle.

Red is bent least; then, in order, orange; yellow; green; blue; indigo; and violet, the latter being slowed and bent the most. The different wave lengths are dispersed in sequence; in this way the colors are spread out and can be seen separately, but when all are mixed together the eye sees no color at all, only white light. Thus the sensation of "color" is due to certain wave lengths of light.

Sir Isaac, only 23 years old at the time, proved that all the colors were in light by reversing the experiment. Using a second prism he recombined these same colors back into a single beam of colorless white light.



In 1800 W. Herschel studied heat distribution with the aid of thermometers and found the maximum temperature beyond the red end of the spectrum, thus discovering the infrared spectrum. Then in 1801 J.W. Ritter, in studying the effect of spectral light on silver salts, found this action extending beyond the violet and thus discovered the ultraviolet spectrum.

The next year Thomas Young established the first connection between the wave-length theory and the spectrum; and he calculated the approximate wave lengths of the colors recognized by Newton.

Throughout the 19th century further discoveries were made by famous scientists in measuring the solar spectrum, and comparing this with the spectrum of flames, or the sparks of pure elements. In 1868 A.J. Angstrom established and loaned his name to a new unit of wave-length measurement, the angstrom, which in spectroscopy is one ten-millionth part of a millimeter, or one ten-billionth of a meter.

Another method of studying the spectrum is by use of a grating; ruling fine parallel lines with a diamond point on glass or copper, then studying the rays, which are diffracted in this case. The advantage of this method lies in the possibility of studying not only the visible spectrum, but also the ultraviolet and infrared spectra as well.

There are generally four ways of observing spectra: that is, visually, photoelectrically, radiometrically, and photographically. Each is useful in a different way. Although the average human eye is most sensitive to green light (5500 angstroms), its sensitivity declines rapidly to zero for infrared (7700 A), and ultraviolet (3800 A).

Visual methods of observation are of little value in the study of spectroscopy. Eyesight is too selective, variable and restricted to one octave. Therefore, extensive instruments have been devised to eliminate error in judgment. These have become so refined that the presence of helium was detected on the sun in 1868, a generation before it was shown to be present on earth.

Spectroscopic measurements are concerned essentially with energy distribution as a function of wavelength. The visible spectrum ranges from about 3800A (violet limit) to 7700A (red limit). Extremely short waves, such as those in the x-ray range are only about 0.1A to about 100A, and therefore a different, more practical unit of measurement is used for x-ray, called the x unit, and still another for the extremely long infrared heat waves, which are measured in larger units called microns.

Some instruments used to measure light:

A spectrometer is an instrument used to determine the index of refraction by measuring the external angle of a prism, and its angle of minimum deviation. (Also classified among spectroscopes)

A spectroscope is any of various instruments designed for forming and examining optical spectra, constructed to enable one to make observations visually.

A spectrograph is used to photograph the spectrum.

A spectrophotometer is a photometer for measuring the relative intensities of light in different parts of a spectrum, or the relative intensity of two spectra.

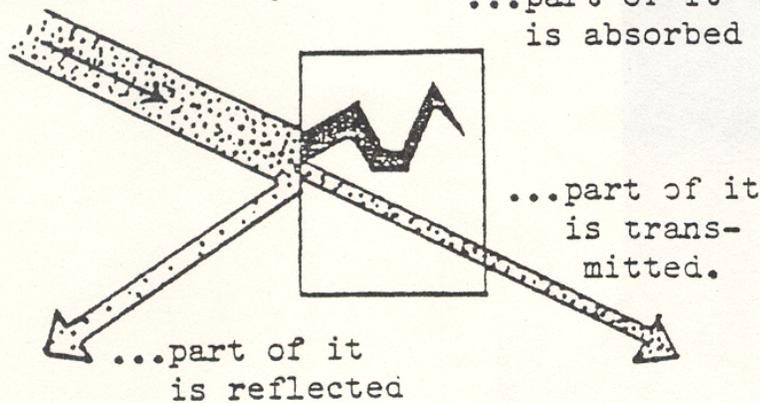
A photometer is any instrument for measuring the intensity of light, or comparing the relative intensity of several lights.

Color is a response of the human observer to visible light energy, which is a small part of the total electromagnetic spectrum. An object is visible because it is able to reflect light, for color is not in an object but in the reactions of the eye to the vibration of the object.

There are at least six things that work together to produce the color we see. They are the light source, the light itself, the material medium through which the light travels, the object on which the light falls, the eye, and the brain.

When we see the color of an object, it is the last step in a chain of events that begins at a light source. The light source generally sends out a mixture of light rays of many wave lengths. As the rays pass through the air to the object, the air attenuates some of the light of short wave-length by scattering it. When the light falls on the object, the object removes some more light by absorbing it. What is left of the light is then reflected or transmitted from the object through the air to our eyes. Once again the air removes some light. The color we see depends on the kind of light mixture that finally reaches our eyes. But it depends, too, on the nature of our eyes, and the message that our eyes send to the brain.

When light of one color falls on an object --



When the light of one color and wave length falls on an object, the object divides the light into three parts. One part of the light is allowed to pass right through, as if the object were full of holes and the light went through the holes. We say that this part of the light has been transmitted. Another part of the light bounces back from the object, the way a ball bounces back from a wall. We say that this part of the light has been reflected. A third part of the light is

trapped in the object and is not allowed to escape. Usually, the trapped light is turned into heat. We say that this part of the light has been absorbed.

While white objects reflect back all colors, and black reflect none, there are some things that reflect only part of the light that shines on them, and treat all colors impartially. These objects appear gray, because gray is an "impartial reflector."

A gray object may look white when it is the brightest thing of all that can be seen at the same time. It looks black when it is the least bright of all things visible. But it looks gray when there are both brighter and less bright objects within view. So whether an object looks white or black or gray depends not only on the light that it sends to your eyes, but also on a comparison between this light and the light sent by other objects. This comparison is made by your brain, unconsciously.

The dictionary defines color as “a visual attribute of bodies or substances, distinct from their characteristics of size, form or texture. The appearance of color depends upon the spectral composition of wavelengths of radiant energy capable of stimulating the retina and its associated neural structures.”

The separation of colors in the spectrum is due to the fact that different colors have different wave lengths. Practical limits of the visible wave lengths are about 16 millionths and 28 millionths of an inch. Each different wave length produces in the eye the sensation of a different color. The given wave length associated with each color of the visible spectrum is as follows:

<u>Color</u>	<u>Wavelength</u>
Violet	17 millionths of 1 inch
Indigo	18 millionths of 1 inch
Blue	19 millionths of 1 inch
Green	20 millionths of 1 inch
Yellow	23 millionths of 1 inch
Orange	24 millionths of 1 inch
Red	27 millionths of 1 inch

Precious stones such as diamonds flash colored light that is very beautiful. These transparent stones are formed of materials that slow down light waves very markedly. In a pure diamond, made only of carbon atoms, light travels scarcely half as fast as it does in air.

The gems are cut and polished to have dozens of small surfaces, called facets, so that many little prisms are formed. Light that shines into such a cut stone is refracted in many directions. The “fire” of a good diamond comes from the breaking up of white light into many colors by its tiny prisms.

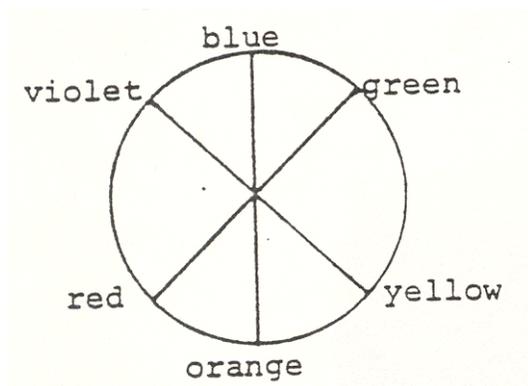
The greater the index of reflection, the greater the extent to which a light beam is deflected upon entering or leaving that medium. Diamonds owe their brilliance to that very high index of refraction.

COLOR HUES

Unless you pass light through a prism and spread it out, you cannot tell exactly what colors, or wave lengths, are in it. Something that appears red to the eye may prove to have some orange and yellow in its spectrum, as well as red, for example.

Color wheels, or hue circles, show the relationship between the various colors. They are nothing more than the visible spectrum bent into a circle. The hues are arranged in the same order as they come out of a prism, that is according to wave length. The one exception to this arrangement is purple and violet, which do not actually appear in the spectrum because they are a mixture of red and blue rays. However, to form the completed circle, they are arranged in the proper order between the blue and red.

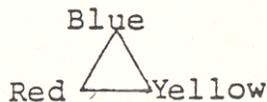
According to Sir Isaac Newton, between the visible violet and the visible red are indigo, blue, green, yellow and orange. As our study of color progresses this appears a limited concept, as the solar spectrum contains only seven of the multitude of colors that we are familiar with, to say nothing about the colors we are not familiar with. There are infinite numbers of colors that we cannot perceive. The infra-red and ultra-violet we know something about – rays that are invisible to the eye but can be demonstrated by various instruments. Then there are the “odic” colors or the psycho-magnetic colors, which many with sight know exist.



#1 In the pigment color chart normally used, the six basic colors of the rainbow are shown: Red, orange, yellow, green, blue and violet. A seventh line could be added for indigo, between blue and violet.

According to the Brewster theory the primary colors are red, yellow and blue; the secondary colors orange, green and purple; and the tertiary colors russet, slate and citrine. The secondary are called secondary because by a combination of two of the so-called primary colors, one of the secondary colors can be produced: red and yellow produce orange; yellow and blue produce green; red and blue, violet.

The triad of tertiary colors is made by combining two of the secondary colors: green and violet produce olive or slate; green and orange produce citrine; orange and violet produce russet.

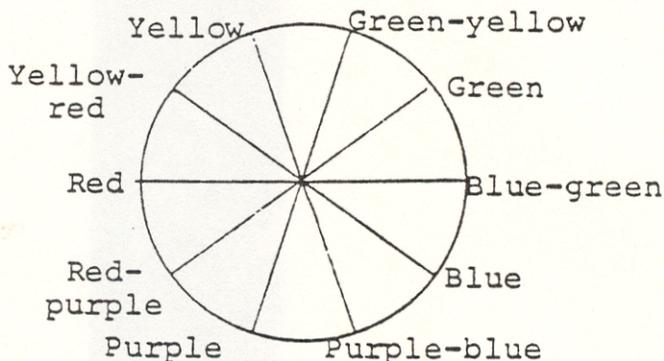


From the polarity scheme described in the chromatic curve, red, yellow and blue are very convenient as primary colors, as red is exciting, blue is cool and soothing; while yellow is the medium color or the center of the luminosity.

The hues red, blue and green have a very important property. If we mix the right amount of light of these three hues, we can match closely any hue on the color circle. For this reason, red, blue and green are often called primary colors. There are other sets of three hues that have the same property, but the red-blue-green set is the one that is used most often.

Color Wheel #2

The lines join complementary colors

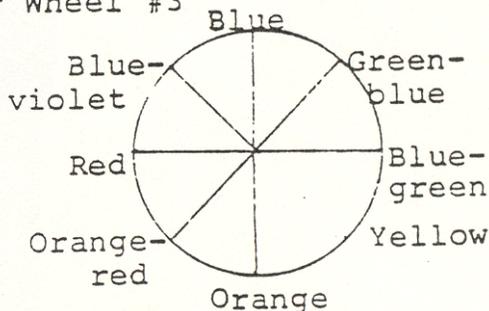


Yet another variation of spectral colors is shown in the following table. We are presenting for comparison the views of several scientists, - all experts in the field of color - and views they sometimes seem, for color carries a personal as well as scientific connotation, so there appears no absolute criterion.

Complementary Spectral Colors

Red	Blue-green
Orange-red.....	Green-blue
Orange.....	Blue
Yellow.....	Blue-violet

Color Wheel #3



Green light mixed with purple light also produces white or gray. This pair has not been put into the table because purple is not considered by this source as a color of the spectrum. Purple light is a mixture of red light and blue light. So a mixture of green light and purple light is really a mixture of three spectral colors.

Complementary Colors

One way of defining complementary colors is that a complementary color is the color a normal eye will see when closed after staring at a given radiant color. If the person stares at red they will see a greenish blue with the eyes closed. If they stare at orange they will see a deep blue. If at yellow, a color between blue and violet. If they stare at greenish yellow, they will see a purple; and if at green, they will see a magenta. If they reverse these colors and stare at greenish-blue, they will see red, and so on.

The reasons for this phenomenon seem to be that certain of the rods and cones in the retina, which are in tune with the color that is stared at, become fatigued and call up a sympathetic action of the nerves not acted upon. This sympathetic reaction will show up in from 10 to 60 seconds depending upon the radiance and the individual.

There are many mixtures of light that look white or gray. Some of them, like those reflected from a gray surface bathed in sunlight, include all the colors of the spectrum. There are others that include only two colors. Two colors which produce white or gray when light of these colors is mixed are called complimentary colors. Such colors set each other off and serve especially well for purposes of contrast.

Scientifically, complementary colors are based on wave length. Any two surface colors (such as dyes, paints and inks) are said to be complimentary if, when mixed, they cancel each other out and produce a neutral sensation such as gray or black.

Mixing light of different colors is not the same as mixing paints. For example, every artist knows that a mixture of blue and yellow paints looks green. Paints, dyes and other coloring materials are able to take away certain wave lengths from the white light that falls on them, leaving only some of the wave lengths to be reflected. This taking-up of certain colors is called absorption.

If you mix the proper amounts of paints of all possible colors, you get black paint. Each kind of coloring matter in the mixture absorbs its own set of wave lengths and nothing is left to be reflected. Anything that reflects very little light of any kind looks black, and anything that reflects a mixture of many different wave lengths looks white. Black is not a color, but the absence of color, or the absence of reflected light.

Pigment soaks up certain color waves and reflects the rest of them. When you see a red building, or a red cloth, the pigment in the paint and the dye absorbs all of the colors except red. Thus red is reflected to your eyes. A paint pigment is named for the color that it does not absorb. Plants look green because the material in them takes up almost every other color, and only the green is reflected and reaches your eyes.

The flakes of “coloring matter” in white paint may not be white at all. Under a microscope, these flakes may look as clear and colorless as glass, but because they reflect day-light so well, the paint looks white. Snow, which consists of colorless crystals of ice looks white for the same reason.

In blending colored light, you add colors, the additive process. In blending pigment color, the subtractive process applies.

What happens when a blue filter and a yellow filter are placed one after the other in the path of a beam of white light? The blue filter removes or subtracts from the white light all of the red and yellow light that is in it.

When a painter mixes two pigment colors together, he is subtracting colors. The pigment in each color is like a filter that removes some colors from white light. Mixing the pigments is like placing one filter after the other in the path of the light that strikes the paint.

When a blue spotlight and a yellow spotlight shine on the same white surface, this kind of mixture is called additive, because it is made by adding one kind of light to another.

Additive primaries are said to be red, green and blue. One color wheel uses orange, green and blue. This is based on mixing actual light rays, adding colors together. As white is the effect produced by all colors of light shining together, there will be a space of white at the center where the colors blend.

Color filters transmit light, but strain out certain colors and let others pass through. Most filters are made of glass, gelatin or plastics, and these work by taking up part of the light passing through them. Traffic lights are a practical example of their use.

Most of the things we see around us are opaque and do not allow light to pass through them at all, all the light that falls on them being either absorbed or reflected. If the object absorbs some colors and reflects others, then it looks colored. Its color is the color of the light it reflects just as the color of a filter is the color of the light it transmits.

Colors are classified in two major categories: achromatic colors – these include black and white, and the whole series of intermediate grays, varying only in brilliance; and chromatic colors (of the spectrum) that vary also in hue and saturation. (Greek “Chroma”: color)

Hue is a difference in the color itself, and is what most people think of as “color.” The colors of the spectrum are hues, and are dependent on the wave-length of light.

Value or **brightness** is the difference in the brightness or luminosity of the same colors within each hue – this correlating with the energy of the stimulus, i.e. the amplitude of the wave.

Chroma is the purity of a color. A truly pure color is free of any gray. **Saturation** or **purity** is the quality of brilliance or cleanness, as opposed to drab or dirty, and is dependent on the mixture of short and long wave lengths. Monochromatic wave lengths give the purest saturation.

Tints, shades and hues are often spoken of indiscriminately, but this is not correct.

When we combine a color with white, we produce a variation in the brightness of the color, called a **tint**.

When we combine a pure color with black, we produce a variation in saturation or purity, called a **shade**. By mixing a color with its complement, we can also darken it without changing its hue.

When we combine gray (which is a mixture of black and white) with a color, we produce a **tone**.

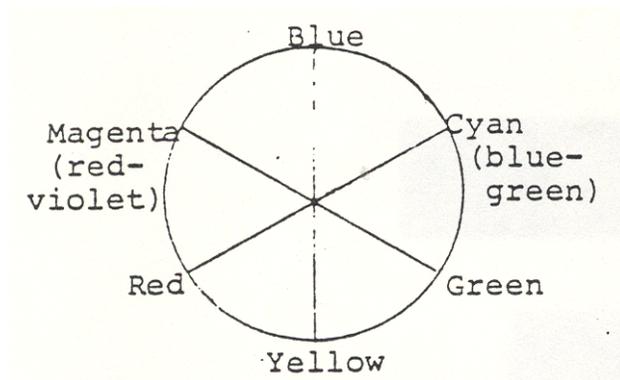
In the printing trade:

The subtractive primaries as used by printers are cyan, magenta, and yellow.

The complement of red is blue-green called cyan.

The complement of green is a red-purple called magenta.

The complement of blue is yellow.



Color Wheel #4

Another variation of color compliments as outlined by Paschel.

In this color wheel, the complementary colors fall directly opposite each other.

In surface colorants such as paints, inks, and dyes, the fundamental or primary colors (according to Herbert Paschel) are magenta, yellow and cyan. They are called primary because every other color can be produced by mixing them together in various proportions or by adding white, gray or black to them.

By overlapping circles of color, it can be seen that a mixture of equal parts of magenta and yellow produces red; a mixture of cyan and yellow produces green; and a mixture of cyan and magenta produces blue. The mixture of all three colors in equal parts produce black.

Where color dots are used side by side as colorants (in printing) a surface made up of a mixture of equal parts of magenta and yellow appears red. When white light strikes it, the magenta absorbs green rays from the light, and the yellow absorbs blue rays. Since both the magenta and yellow reflect all the red rays, the surface appears red.

Cyan and yellow produce green because the cyan subtracts the red rays, and the yellow subtracts the blue rays, and both reflect the green rays. Since magenta absorbs green light, the cyan absorbs red rays, only the blue rays remain to be reflected from this surface.

Color-blindness:

The world is colorless to some people who are called color-blind. Their optical nerves do not react to color. It is generally accepted that the world was colorless to prehistoric man who was color-blind. The faculty to see color has developed slowly over the ages.

Color blindness is the inability to distinguish between certain colors. Genuine color-blindness, or complete inability to see colors, is quite rare, affecting only one person in 300,000.

What is more generally inferred by the term is some form of color-deficiency, the most common of which is the red-green confusion which affects about 8 million persons in the United States. There is no known cure, but it is not troublesome. Due to the commoner red-green color-deficiency, most traffic lights have been changed from red and green to orange-red and blue-green, colors which are more easily distinguished.

General Visibility:

Many tests have been made to find out what combinations of colors are easiest to see. This knowledge is useful for signs, posters, license plates, traffic signs, etc. The visibility scale is as follows in order of effectiveness:

1. Black on yellow
2. Green on white
3. Red on white
4. Blue on white
5. White on blue
6. Black on white
7. Yellow on Black
8. White on Red
9. White on Green
10. White on Black

BIOLOGICAL COLORATION

“You couldn’t live on this earth unless you had some of every one of its elements in you.

“Matter is always becoming. Matter never is anything, but it is always becoming something else.”

—Father Paul

The vast diversity of color in nature, and in living forms, is a subject of universal wonderment, a delight to the eye. But aside from the aesthetic appeal of color, pigmentation also holds a special interest for the professional in many fields of activity. Chromatology, or the study of colors, finds useful application in medicine, agriculture, and many other arts and industries.

In the field of biochemistry the comparative metabolism of colored molecules is one of the important areas of investigation. In the diagnosis and treatment of disease, the physician is often aided by visible signs and symptoms concerning the state of health as reflected by the colors of tissues and body fluids; and in agriculture, the farmer quickly recognizes the stages of growth and ripening of his crops by observing the changing color pigmentation as they mature.

The reason why snow appears white is the same as that which imparts whiteness to animal structures. It is the total reflection of light which often results from the separation of finely-divided structural materials by air spaces. The appearance of whiteness may also come from secretions or deposits in animal tissues which contribute to the totally scattered reflection.

The color of a chemical compound depends upon the selective absorption of light within definite wavelengths, the unabsorbed rays being reflected or transmitted to the eye. This capacity to absorb visible light is due to varying kinds and degrees of chemical unsaturation in chromospheres (color-carrying groups) within the molecule. In fact, the basis of color-manifestation in a compound is related to modification in the speed or frequency of motion of one or more pairs of the many rapidly-vibrating electrons of the compound.

Animal pigments:

Carotenoids are a group of red, orange or yellow pigments. These are present in many plants and creatures, concentrated particularly in the yolks of eggs, sexual organs, hair, skin, eyes and milk. Marine animals derive carotenoids from rich supplies of seaweed or microscopic underwater plants. In man, the skin may turn slightly yellow from an excessive intake of such carotene-rich foods as carrots or oranges. This otherwise harmless condition is called artificial jaundice, and clears up when intake is reduced.

The bright color of the flamingo, as well as many fishes and other creatures, is due to some derivative of carotenoid present in their systems.

Naphthoquinones and Anthraquinones are pigments less well known, used particularly for dyes. The former produces yellow, orange, red and purple pigments, especially from sea animals. The latter produces various red pigments obtained from certain insects.

Flavones and Tetrapyrroles: The flavones impart yellow color to certain flowers and are found in some insects. The tetrapyrroles are nitrogenous, water-soluble pigments called porphyrins. They are found in plant chlorophyll, and in animal hemoglobins, present in the red blood cells of most creatures. Hemoglobins are responsible for the pink to red color of the combs and wattles of birds, and the skin of man. Certain underwater creatures fade in aerated water, but increase in redness when placed in water with a poor supply of oxygen – apparently a physiological adaptation toward survival.

Hemoglobin is also present in the bacteria-harboring root of peas, beans and other leguminous plants. It is believed to serve as a catalyst for the chemical fixation of atmospheric nitrogen in the soil, a well-known property of the root nodules of legumes. There are many related pigments, some in the blue and green range.

Melanins:

If an apple is cut so that its flesh is exposed to the air, the surface of the cut begins to turn brown. The brown color is caused by a pigment called melanin that is formed by the action of the air on one of the chemicals that is in the apple. Melanin is also found in the skin and hair of human beings.

Because of the high frequency, each photon of ultra-violet light has a high amount of energy. It can damage the cells in a living body. So the body needs protection against ultraviolet rays. The melanin in our skins gives us this protection by absorbing the ultra-violet rays before they can do any harm.

Dark colors evidence the presence of the melanin pigment, dark feathers, hair or eyes. Melanin is an end-product of metabolism, formed as a result of oxidation and polymerization of phenolic compounds. Certain albino animals fail to develop melanin in their tissues.

Urochrome, the principle yellow pigment of urine, is considered to be a modified melanin. In certain diseases melanin precursors cause urine to darken as oxidation occurs on standing.

Melanin can be bleached by such oxidants as hydrogen peroxide, chlorine, chromate or permanganate. Peroxide is, of course, sometimes used to bleach hair to create a blond effect.

The dark hairs of mammals contain a higher trace of copper than do pale hairs. If the intake of copper falls well below the minimal requirement of a fraction of a milligram per day, the new hairs which emerge are less dark. Ellipsoidal or spherical microgranules of melanin are randomly

distributed with the dried cortical cells of all colors of hair, imparting varying degrees of hue from light to dark, depending on the microgranules of melanin which are present. Human red hair, unlike any other hair from humans or animal, is unique in its iron-rich pigment. Red poultry feathers yield a similar substance.

All human skin, except in albinos, contains greater or lesser amounts of melanin. In fair-skinned races the corium, or deeply-lying skin layer, contains but little of the pigment. But darker races carry heavier dermal deposits, fortified by numbers of smaller melanocytes in the upper skin layer, or epidermis. Exposure to sunlight causes tanning of man's skin, with a gradual increase of melanin pigment, which in turn helps protect underlying tissues from injurious sunrays.

Certain fishes placed in black-lined containers have been found to increase the melanophores of the skin, while after transfer to pale containers, they gradually lose it again. Another interesting phenomenon has been observed among the fishes, of rapid darkening of the skin through melanization.

The Tasmanian whitebait as it approaches sexual ripeness develops an increasing number of melanospheres, then after spawning shows extensive darkened areas of skin.

Indigoid derivatives:

Like melanins, the indigo compounds are excretory products of certain animals, but their distribution – as pigmentary compounds – is limited. Unlike the more somber melanins, many indigoids are red, green, blue or purple.

Indigo occurs in many plants, and has long been useful as a blue dye. It does not occur in the tissue of healthy animals but certain chemical derivatives of it are found in secretory and excretory products.

Tyrian Purple is called a “dibromindigo”, and is a purple known to the ancients, the red-violet dye employed commercially in some countries. It is a product secreted by several species of snail, of the genera *murex* and *purpura*.

Purines and Pterins:

The purine compounds are hardly true pigments, since they are usually white crystals, but they often contribute to the color scheme of some lower animals. Solid white uric acid is found in the excrements of birds and other creatures. Small amounts of uric acid are found in man and apes. (Gout is partially caused by the deposition of sodium urate in the joints).

The brilliant whiteness of some anemones results partly from microcrystalline deposits of uric acid in the tissues. Other purines occur in the wings of butterflies.

Purine compounds constitute part of the complex nucleic acids which abound in the nuclear material of all cells, and therefore play an important part in cell metabolism.

There are several other related compounds in the white and yellow range.

Lyochromes (Flavins):

This is a class of yellow, greenly-fluorescent water-soluble pigments widely distributed in plant and animal tissues, but in such small amounts as to make no appreciable color change. Lyochromes are synthesized by bacteria, yeasts and green plants. A very important one of these, called riboflavin, is identical with vitamin B₂. This is not manufactured by animals, but must be derived from plant sources. It is part of an enzyme capable of combining with molecular oxygen, thus developing a yellow color. The release of oxygen in intracellular oxidation processes brings about simultaneous loss of color, which is restored by fresh supplies of oxygen.

A nutritional lack of riboflavin in the diets of test animals retarded growth, caused development of cataracts, and impairment of cellular respiration. The compound is not stored in quantity. Milk, eggs, liver, kidney, blood and muscles contain riboflavin.

There are many other animal coloring matters, which are of lesser importance, or not as yet understood, which we may by-pass at this stage.

Most pigments have roles related to their light-absorbing or light-reflecting qualities. In the eyes of some creatures, certain pigments in the violet range regular the admission of light. Reflecting pigments cause the night eye-shine of others.

It is possible that light-absorbing and –reflecting pigments in the skin may be involved in a primitive mechanism for temperature regulation in certain cold-blooded species, for example the desert horned toad. In the cool of morning its skin is dark, and absorbs heat rays; as the temperature rises during the day its skin blanches, thereby reflecting heat rays away from the body.

White in the animal kingdom is sometimes due to special white substances deposited in the tissues; in other cases it is due to the lack of colored substances – their place being taken by air – in the hair of white mammals and the plumage of white birds, this may be of value in retarding heat radiation. It appears that these are given them for protective coloration, as certain smaller arctic animals who change their white winter coat for darker fur during the summer.

There are many animals who can change their shade, or even their actual color, slowly or almost instantaneously, to conform to their background, and camouflage their whereabouts.

Male birds are usually more brilliant of plumage than the female. This again one can suppose is for the protection of the female during the nesting period when she must melt into the background, unobserved, sitting on the nest until the babies have hatched and are safely launched.

Plant colors are predominantly green due to the prevalence of green chlorophyll in the leaves and stems of most plants, grasses, and trees. Chlorophyll, one of the most important pigments in nature, is capable of channeling the radiant energy of sunlight into chemical energy usable in the reactions of the cell through the process called photosynthesis.

Chemically it is related to hemoglobin, the “heme” in the red blood pigment, as well as to the respiratory enzymes called cytochromes.

Chlorophyll absorbs nearly all of the red light that falls on it. Plants use the energy of the absorbed light to build sugar molecules out of water and carbon dioxide. The light reflected by the chlorophyll in leaves is that which is left over after the red light has been absorbed. This kind of light mixture imparts to growing plants their green appearance.

Carotene:

In the plant world, the carotenoids are almost universally present in the yellow to orange-red colorants of nature, such as in carrots, or marigolds. Carotene is the raw material from which vitamin A is made. It is changed into vitamin A by the action of ultra-violet rays.

When the leaves change color from green to different shades of yellow and red, this is the result of carotene in the leaves.

Flavonoids:

The autumn coloring of leaves is due to the disappearance of chlorophyll, as it decomposes at the approach of winter, and the formation of anthocyanins. Anthocyanin gives both purple-red color to autumn leaves, and the red-purple appearance to young new growth. Certain mineral deficiency of plants can be detected by the formation of red anthocyanin coloration.

The flavonoids include anthocyanin, responsible for red, blue, mauve, purple and violet colors; and the anthoxanthins, ranging from colorless to yellow. The latter is responsible for white flowers, cream or ivory.

This is just the threshold of the subject of pigmentation in nature, but it gives some idea of the vast possibilities of study and research in this field.

COLOR IN STARS AND CHEMICALS
(with charts)

Color measures forces, and to a great extent qualities, in every department of the universe. Thus red is the color of warmth not only as seen in coals of fire, in red sunlight, in capsicum and the like, but in emotions of love and passionate energy, as is apparent to persons whose interior vision is opened.

Blue on the other hand measures coolness and electricity as in the blue rays of light, blue venous blood, the blue element of acids. To the clairvoyant the cool reasoning front brain appears blue, the back brain and lower brain red. Such facts prove the absolute unity that rules everywhere, both in matter and mind.

By aid of the atomic theory we may know absolutely that such minute particles as atoms have an existence and constitute the basis of the universe, as demonstrated by the law of color. Thus we know that hydrogen and the alkaline metals, as well as the white metals generally, are thermal, and hence their atoms being widened out by heat, will naturally encase and hide electrical atoms, which are made narrow by cold.

To chemists it has been the mystery of ages that when two atoms combine, the color force of one of them is apt to be entirely obliterated. If now we shall find that the colors of electrical atoms are generally obliterated by contact with thermal ones, and not those of the thermal atoms by contact with electrical ones, our position will be proved.

By 1964 the ground states of 96 different atoms had been uniquely determined from their spectral structure, and such knowledge is highly preferable in spectroscopy, atomic physics and chemistry.

Color is produced commercially by the use of inorganic chemical substances having some color-producing metal, or by the use of organic coal-tar products. The derivatives of a substance may be made by modifying the molecular constitution. Any desired color can be obtained by altering the structural formula so as to throw the absorption into the region of the visible spectrum desired.

Here are a few leading combinations of thermal and electrical atoms indicating their colors, as charted by chemists.

Calcium Chloride (Chloride of Lime, CaCl_2) has a white color like the thermal calcium, not yellow-green like Chlorine.

Magnesium Chloride (MgCl_2) white, like magnesium.

Potassium Chloride (KCl), white, like the thermal substance potassium.

Argentum Chloride (silver and chlorine, AgCl) white, like silver.

Mercuric Chloride, or corrosive sublimate, (HgCl_2), white, like mercury.

Mercurous Chloride or Calomel (Hg_2Cl_2), white

Antimony Trichloride (SbCl_3), white, like the antimony itself.

Hydrochloric Acid (HCl), transparent like the hydrogen.

Hydrogen Iodide (HI), transparent like the hydrogen, although the iodine is a blue black.

Hydrogen Bromide (HB), transparent like hydrogen, not red like bromine.

Manganese Dichloride (MnCl_2), reddish like the manganese.

Aurous Oxide, or oxygen and gold, the symbols of which are sometimes written AuO , but as the yellow of gold combines with the blue of oxygen here and makes a green, it may be presumed that they combine by 2's thus Au_2O_2 .

Potassium Bisulphide (K_2S_2), orange colored, seems to combine the red potency of potassium with the yellow of sulphur.

Potassium Carbonate (CO_2K_2), white like the potassium. The oxygen seems to have driven the black substance carbon into the potassium. The same principles rule in Sodium Carbonate (CO_3Na_2), the white sodium atom alone showing, and in Sodium Chloride (common salt).

Various other compounds could be given, but this will be sufficient to establish the principle, that the colors of chemical solutions have a definite relation to their chemical constitution.

Materials of Colors

Following is a list of the materials of colors so far as contributed by 20 important elements, including 16 metals which the spectroscope has discovered in the sun's atmosphere and the 4 metalloids; oxygen, hydrogen, nitrogen and carbon which have so much to do with light.

These metals are: sodium, calcium, barium, magnesium, iron, chromium, nickel, copper, zinc, strontium, cadmium, cobalt, manganese, aluminum, titanium, rubidium.

Materials of red light: nitrogen, oxygen, barium, zinc, strontium, cadmium, rubidium.

Materials of red-orange light: Hydrogen, oxygen, nitrogen, calcium, barium, iron, copper, strontium, cadmium. This color would pass for red and constitutes a fine grade of it.

Materials of orange light: Oxygen, calcium, iron, nickel, zinc, cobalt, rubidium, aluminum, titanium.

Materials of yellow-orange light: Carbon, nitrogen, sodium, nickel, zinc, cobalt, manganese, titanium. This would often pass for yellow with those who are not discriminative.

Materials of yellow light: Carbon, nitrogen, oxygen, calcium, barium, iron, chromium, nickel, copper, zinc, strontium, cobalt, manganese, aluminum, titanium.

Materials of yellow-green light: Carbon, nitrogen, oxygen, sodium, calcium, barium, magnesium, chromium, nickel, copper, strontium, cadmium, cobalt, rubidium, aluminum, titanium.

Materials of blue-green light: Carbon, nitrogen, hydrogen, sodium, iron, nickel, copper, zinc, cobalt, manganese, titanium.

Materials of blue light: Oxygen, nitrogen, barium, magnesium, chromium, nickel, copper, zinc, strontium, cadmium, cobalt, manganese, aluminum, titanium.

Materials of indigo-blue light: Oxygen, nitrogen, iron, calcium, manganese, titanium.

Materials of indigo light: Oxygen, hydrogen, carbon, iron, chromium, copper, strontium, titanium.

Materials of violet-indigo light: Oxygen, nitrogen, carbon, iron, calcium, cobalt, rubidium, manganese, titanium.

Materials of violet light: Nitrogen, oxygen, barium, iron, strontium, manganese.

Materials of dark violet light: Hydrogen, calcium, aluminum.

All continuous spectra look very much alike. The only difference is that some colors may be brighter than others, depending on how hot the source is. If you heat a piece of metal until it begins to glow, it will look dull red, like the wires in an electric toaster. The spectrum of the light from the metal will be brighter only in the red part. As the metal gets hotter, it will look yellowish, like the wire in an electric heater. Then the yellow part of the spectrum will be strong, too. And when the metal gets very hot, it will look white, like the wire in a lamp bulb.

As a material gets hotter, the brightest part of its spectrum moves steadily from the red toward the violet. When it gets hot enough, several colors will be strong enough to make the mixture look white. Scientists can tell exactly how hot a furnace is by finding the brightest part of its spectrum. They also judge the temperature of the sun or distant stars in this way. The sun's spectrum is strongest in the yellow part, at a wave length of about 20 millionths of an inch.

Using a spectroscope, the experimenters put different material into a hot flame, one at a time. In each test, the spectroscope showed a different set of sharp, bright colored lines, called spectrum lines, with dark spaces between them. This meant that the flame was sending out only a few definite wave lengths of light instead of the endless number that make up white light.

These experiments proved that each kind of material gives its own special pattern of spectrum lines. No two materials have exactly the same set of lines, just as no two people have exactly the same fingerprints.

When chemists want to find out what something is made of, they must do many hours of testing with chemicals. But, with a spectroscope, it is only necessary to make the material give off light

and then look at the lines in the spectrum. This can sometimes be done in just a few minutes. Besides, the spectrum method can detect very tiny amounts of a material that are too small to show up in any other way. Sometimes as little as a few billionths of an ounce is enough to give a spectrum.

To form a line spectrum, a material must first be changed to a vapor or a gas, and this is what happens when it is put into a flame. The heat makes the molecules scatter so they do not disturb each other when they send out their light. Then the lines of the spectrum are clearly separated.

But in liquids or solids, the molecules are packed tightly together, and they hinder each other. Then the lines smear out to give a continuous spectrum that does not tell anything about the make-up of the material.

Stars

A star – and our sun is one of them – is a self-luminous object, which shines by radiation derived from energy sources within itself. By contrast, planets shine by reflected light only, while gaseous and diffuse nebulae may shine either by reflected light, or by fluorescence.

The distance of stars from the earth is measured in terms of light years, a unit of interstellar space measurement equal to the distance traversed by light in one year – that is, approximately six trillion miles.

The universe contains billions of stars, of which only about 6000 are visible to the naked eye. These stars are not identical, but vary in many respects as to brightness, color, age, size, temperature and chemical composition.

In fact, there is found evidence of a reasonably uniform distribution of chemical elements throughout the universe. The same familiar substances, hydrogen, iron, calcium, etc. are in the sun and stars that we are familiar with on earth. This indicates that the atomic building blocks of the universe are the same throughout space, but the proportions differ.

Probably the largest amount of information that is attainable for any star is obtained from its spectrum. From this can be determined some idea of the brightness and property of distant stars.

Even with the naked eye one can observe certain differences in color: While most stars appear blue-white, Betelgeuse in Orion, for example, is deep red, and Albireo in Cygnus consists of two stars – one blue, and the other orange.

The spectrum of a star indicates its probable temperature and information as to chemical composition.

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There are 10 general classifications or spectral types of stars, with subdivisions among each:

Star type	Color	Most prominent spectral lines
O	Blue	hydrogen; ionized helium, ionized oxygen; ionized nitrogen.
B	Bluish	hydrogen; helium.
A	White	hydrogen
F	Yellowish	hydrogen, ionized calcium
G	Yellow	hydrogen, ionized calcium, metals
K	Orange	ionized calcium, metals, cyanogen
M	Red	titanium oxide, vanadium oxide
R	Red	carbon, carbon compounds
S	Red	zirconium oxide, lanthanum oxide
N	Very red	carbon, carbon compounds

COLOR PHILOSOPHY & THERAPY

COLOR PHILOSOPHY

Red Part One

Red is the first fundamental color. The sensation of red being produced by the longest and slowest of the visible light-rays. This color always typifies the active use of power. It relates primarily to the physical body, but also has a vitalizing effect on the finer spiritual forces. It correlates with alchemical Sulphur. It also symbolizes the externalization of a thing on any plane.

As the first ray of manifested being, it is called the Life-ray, or the life-giving principle of creation, and is of a positive and magnetic vibration, projecting life, strength and vitality. The face is, this color vitalizes all living matter, giving energy, strength, courage and activity. Its influence is hot and dry, and tends to incite to action, a principle used in the traditional “waving a red flag before a bull.”

Active in the motor centers of the brain, this color works in every muscle, both voluntarily and involuntary. It stands for passion and sentiment, as well as the extrovert or practical realist – active, genial and vigorous.

Red is essentially a physical color, the essence of energy, connotated with the element Fire and the planet Mars. It controls the glandular center in the body connected with the sex organs of both sexes.

Psychologically, it has much to do with desires and impulses brought over from the earlier states of personal unfoldment. Certain of the red vibrations act upon the subconscious mind to arouse primary instincts of desire-nature. The physical power also inspires the more heroic qualities such as courage, love, adventure, enthusiasm, and the pioneer spirit. It represents the pulsation of blood, and animal life.

As the color of the blood, it is sometimes connotated with brave and heroic deeds in battle, or with sublimation. Such surging and tearing passions as love, hatred, courage or revenge are intensified by this ray, and an overbalance of red rouses temper, harshness and a streak of cruelty, of a tendency to allow animal passions and desires to rule the judgment, or to manifest obstinacy and inconsideration. A deficiency in this ray may manifest the opposite tendencies.

* * * * *

Red in healing:

The red cosmic ray is found at the thermal, or heat end of the spectrum. Thus, its nature is warming and stimulating. In using healing colors, red stimulates both the adrenals and arterial blood, and exercises much influence on the health and vitality of the body. Red rays cause reaction to occur, resulting in the release of adrenaline into the bloodstream.

Red light increases the amount of hemoglobin in the blood, and improves circulation by raising body temperature. It is a natural antidote to blue-cold conditions which it counteracts. Foods that help the red ray are red fruits and vegetables, and iron-rich foods. There is an inorganic iron inside the body which is activated through the Mars center.

Red is an exciting color, stimulating and uplifting to the mental and nervous system. The red ray applies in cases of blood disorders, impaired vitality, depletion, defective circulation, depression, fear and worry. It stimulates the liver, and the various senses, particularly the sense of sight.

This color factor, in the physical vehicle, relates to the vibration responsible for breaking down cell structure, as does each move or muscular activity.

Red is the warmest color, a strong stimulant. It is a color which, used in room decoration seems to appear closer than it really is. Rooms decorated with soft red tones are more stimulating to brain workers than those furnished predominantly in cold blue. However, caution is advised not to overuse red, for too much of it is disturbing and overtaxing, tending to make one irritable or nervous. A small dash of red can give an energizing uplift. Properly used it increases vigor...seeing red, call to action, banner of life and freedom, excitement....

* * * * *

The red vibration affects the head above the brows, the eyes, and the brain as source of motor impulses affecting the muscular activity of the body; but has little effect on intellectual centers of the brain.

It is a powerful healing agent in matters having to do with blood and circulation, and greatly relieves debility or depression.

Where red is seen in the aura, it reveals such qualities as ambition, leadership, sociability or generosity. The fulfillment of its influence (The Red Ray) is seen in men of action, or courage and optimism.

They are likely to have strong love natures, more on the physical level, or the plane of the senses and emotions, less responsive to the mind and reasoning faculties.

Persons who strongly manifest this ray dislike being dictated to, and excel where they can lead or supervise. They have power to do things, or to move others. They are prominent in movements of a pioneer nature, because this force is forward-looking, but destructive to systems of limitation, or to false knowledge.

Varying shades indicate different qualities, bright clear tones being preferable to murky ones. Clear, bright scarlet denotes generosity, ambition, and affection. Sometimes lust. Dark rich tones are more prominent in those of close selfish nature.

Heavy shades usually are preferred by domineering, arrogant persons of sensual nature. Dark red indicates deep passions, of whatever kind.

Dark, cloudy red shows cruelty. Crimson may indicate lower passions and desires; yet crimson is also called a ray of life and love. Reddish-brown shows sensual, voluptuous nature. The best shade to cultivate is rose-red, the symbol of Universal Love. In using color rays, vermilion or scarlet are inspiring and stimulating, physically.

General additional notes on red color:

Red is the first visible color in the spectrum with wave length of one 37,000th of an inch. Thus it becomes the grossest of all colors. Under the red vibration we find many destructive forces such as war, sensual red-light districts, anger or fear. A man can never be made to fight until he “sees red.” It is a color both irritating and aggressive.

Selling is found easier with the use of red vibrations. High pressure salesmanship is predominantly red. Products for sale sell faster and easier on red shelves or with red in back of them.

Man evolves from lower red through the succeeding colors to the highest color of violet in the visible field. Red is the warmest of all colors. Red flannel underwear is much warmer than the same weight of white or other shades of color. Red increases circulation and warmth. It *looks* warm, and is much used in cold weather to provide a cheering note. People sometimes use red to lift morale – the red hot technique, or to attract attention.

Red can be worn when it is desired to warm any part of the body, and for cold feet red tissue paper placed inside the stockings will have a more warming effect than the coarser heat of a hot water bottle or flat-iron.

In nature, heat associates itself with red. Fire is red; so are capsicum, cloves, musk, balsam of Peru and other plants used as drugs for warming, their tints varying from bright red to dark brown.

Red and orange lights increase plant growth.

Neon red is affecting the eyes of the public. Excitable, emotional people should avoid it. From a psychological standpoint, nearly everyone is warmed by visualizing the color red, but coming constantly in contact with it is somewhat irritating.

Red indicates the glow of health or glow of fever. In disease, heat is expressed by redness as in inflammation and fevers. In the emotions people turn red with passion, embarrassment or anger.

In red color there is a connotation of the primitive, or of basic beginnings, such as the Hebrew Adamah, red color of ground. (Adam means “red earth”). The red man first dwelt in America. Man evolves from lower red through the succeeding colors to the highest violet in the color scale.

Red Ray therapy is life giving, stimulating. It opens the day at sunrise and closes it at sunset.

Red is used in vestments of the church to signify the Holy Spirit, or the love of God – sometimes also martyrdom.

In drugs or chemicals exactly the same law of force as manifested in the colors of sunlight rules. Such red substances as capsicum (cayenne pepper), red cedar, bromine, the oxide of iron, which are generally bright red, ether (C_4H_6O) and alcohol (C_2H_6O) in which the ruling element hydrogen is bright red in the spectroscope, ammonia and potassa, the spectra of both of which are predominantly red, etc. are spoken of by our medical authorities as being “rubefacient,” “arterial stimulants,” “raising the pulse,” etc.

COLOR THERAPY

Red – Part Two

THE HEALING POWER OF RED

(The suggested remedies should be further tested before prescribing.)

Red has an elementary affect upon the physical body, energizing, heating and vitalizing it, promoting circulation of the arterial blood. It has a releasing and expanding principle overcoming inertia and contraction, and helps to stimulate vital and metabolic functions animating the skin and glands.

Diseases benefited by red color treatments include anemia, blood ailments, lassitude, colds, paralysis, consumption and often melancholy conditions. Red is not to be used with individuals who are excitable, emotional or nervous, but it should be used where there is a lack of vitality in the system, where emaciation is noticeable, where the hands and face assume a blue cast in winter or cold weather, where there is a deficient nutrition, a dormant condition, cold inflammations or paralysis.

Red stimulates and increases the action of the warm red principle in the body, the arterial blood, and quickens the heart action. It acts as the harmonizing affinitive element of the cold blue principle that causes blueness of veins, pale countenance and so on. The red ray insulates against cold, and increases blood pressure. It helps stop dizziness, and stimulates bowel action.

Drugs which are red or reddish produce stimulating effects, such as balsam of Peru, Capsicum, Cloves, Bromine, Iron, Red Cedar, Musk.

Oxygen develops the red principle of the blood. Red glass and red rooms excite and cheer. ***USED ON THE FEET, RED RAYS IMPROVE NERVE FUNCTION.** Red light, like red drugs, is the warming element of sunlight. It is stimulating both to the blood and to the nerves, especially when some yellow light is also used.

The tone of red which is to be used in healing work is a rich deep geranium or vermilion with a slight wash of carmine. It is often called signal red and is the hue which has the strongest thermal properties and the longest wave lengths of the visible spectrum.

Red has been beneficially used in cases of neuralgia, rheumatic conditions, and deep-seated congestions of internal organs, the warmth probably producing the relief, rather than the wave length of the color. Use to correct enervation, bronchitis, bronchial asthma, pneumonia, and any condition in which stimulation and a counter-irritant is called for.

Tuberculosis patients are benefited and made to feel energized under red light, but depressed and enervated under blue and other colors.

Red is helpful in eruptive fevers in bringing the eruptions to the surface. It brings fresh blood to the parts upon which it is focused and clears congestions. It has been used for the treatment of small-pox, shortening the course of the disease and preventing pock marks. Thus it can prove beneficial in eruptive fevers, smallpox, scarlet fever and measles, relieving the congestion of vital organs.

Red radiates heat and stimulates and tones up the nervous system. A person who is neurasthenic and generally run down will be quickly brightened by being put in red surroundings. But here care must be exercised not to over-stimulate, and the red should be changed as soon as recovery takes place.

Red controls the subtle center at the base of the spine, the coccygeal chakra, which controls the ductless gland which releases adrenaline. Red light stimulates this center and causes the hemoglobin corpuscles to multiply in the blood, raising the body's temperature and liberating energy and dispersing mucous-forming diseases. Use caution here.

Red is radiated from 6 metals: iron, zinc, copper, rubidium, titanium and bismuth; from potassium, ferric oxide, ferrous tri-oxide, ammonium carbonate, bromine, slaked lime, hydrogen and various alkalines. Glass used for red color treatments should contain some of the above materials.

Foods containing red are beets, (root and tops), radishes, red cabbage, watercress, spinach, eggplant, most red skinned fruits, black cherries and red berries. Correct diet is of great importance in color healing, partaking of the foods with the analogous coloring. Select the many red foods in the vegetable and fruit sources instead of animal sources. The fruit and vegetables build while the animal sources produce toxic conditions.

The red treatment by colored light should be augmented by using these foods in the diet and taking red solarized water between meals.

In the form of food the red principle is strikingly represented by red or cayenne pepper. It is said to be a blood builder which increases the circulation and warms the entire body; it helps to clean out mucus and waste from the body. Use it in soups, salads and various drinks such as tomato juice and lemonade. It supplies extra energy and pep. But use very sparingly, lest it irritate the stomach.

People who benefit most from red treatments are the anemic and subdued type of neurotic. Red haired persons, those who are full-blooded or who drink too much alcoholic liquids become overly irritated under red light.

Red is stimulating mentally and benefits melancholia. Extreme debility will be lessened by short treatments. But in most conditions red is to be avoided.

When the Red is Inadvisable

In a naturally inflammatory condition of the system, florid countenance, red hair, feverish and excitable temperament, red would be injurious. In an insane asylum patients placed in a red room became much worse; when put in blue surroundings they became quieter.

If red light is employed too much or too often it may produce dangerous fevers. It should seldom be employed without other rays, and only in extreme cases where immediate action is necessary. The danger can be obviated by using the red light only a few minutes at a time, then using the blue glass, or placing a wet bandage over the head. It is generally better to have blue glass over the head and red glass over the rest of the body.

Red is the warmest color but is also irritating and seldom used except as a local application. When modified to pink it can be used instead of orange on an emotional patient. It is irritating to the eyes and increases any inflammatory condition.

Red rays excite the cerebro-spinal and sympathetic nerve systems and in time overheat and irritate them. They should not be used on the head, nor in feverish or inflammatory conditions, in neuritis or nervous excitement. Nor are they to be used in treating stout, full-blooded persons nor those with red hair or ruddy complexion.

Successful Results of using Red Light Treatment

Following are some effects produced by the use of red light in illnesses, as testified to by E.D. Babbitt, M.D.

(1) A boy of 8 attacked by paraplegia and almost completely paralyzed was covered with a white sheet, and given strong red baths of one to two hours. In 3 weeks he walked firmly and entirely recovered in 2 months.

(2) Consumption in the 3rd stage, both lungs involved, in a woman of 35, was relieved by red baths in about 2 weeks; in 10 weeks she had entirely recovered.

(3) Nervous prostration and complete exhaustion suffered by a man of 45 was remarkably helped by the first red ray bath which acted as a tonic upon both mind and body. Small doses were given at first and increased gradually. In 3 weeks he was completely recovered, continuing to attend to his business throughout that time.

(4) A woman of 45, delicate from birth, completely overcome by any exertion, became bedfast during change of life. The blue-and-red-light treatment was applied, alternated according to variations in her condition. She recovered rapidly and remained in better health than ever before.

Red treatment as:

Sensory Stimulant – An agent that increases the activity of the sensory nervous system, energizing the senses of vision, smell, taste, hearing, touch.

Liver Energizer – An agent that activates the liver.

Irritant – An agent that irritates.

Vesicant – an agent that blisters.

Pustulant – An agent that suppurates.

Rubefacient – An agent that reddens the skin.

Caustic – An agent that burns or corrodes.

Hemoglobin Builder – An agent that builds the coloring matter of the red blood corpuscles in the liver.

Variants or other shades of Red as used in Treatment:

Ruby (rubio):

It is difficult to secure the proper glass for ruby and two glass may have to be used, manganese violet and copper ruby superimposed. Ruby should contain neither yellow nor violet. Gelatin stained with a dye such as rhodamine B is good but liable to fade in long exposure to direct sun rays.

Ruby stimulates vitality and the flow of the life stream, acting as a general tonic without any particular effect on the nervous system. It increases resistance and stimulates metabolic action and the formation of hemoglobin. Stomach, pancreas, liver, and kidneys and spleen are activated by ruby, as in pigmentation, hair, nails and skin. It increases the circulation especially of the venous blood but does not raise the temperature much. Like violet it destroys bacteria and parasites.

Though ruby is gentle in its action, it is not suitable for feverish or excited conditions, or plethoric patients. But it is an excellent tonic for those who are depleted, suffering from anemia or tuberculosis. It relieves gastric troubles. For cancer it should be alternated with short exposures of green to produce a vital rhythm.

Ruby used for charging water:

Rubio, like ambero, contains an exquisite element of iron as well as other enkindling substances and, of course, is animating to the blood. It is good for a very dormant inactive stomach; but in case of irritation purpuro (purple) is better, or ceruleo (blue) if the irritation is great. As a wash it is good for rousing the skin when inactive.

Ruby color is indicated in all cases of tuberculosis and in the anemias, provided they are not caused by syphilis. If in doubt as to color to use in treating disease, use ruby. It covers the greatest field owing to its penetration and stimulation, (according to Dr. White).

Scarlet

Scarlet is a heart and arterial stimulant. It speeds the heart action and raises the blood pressure, thus increasing circulation. It stimulates the kidneys and adrenal glands. This gives immediate relief to asthma and sinus sufferers. It depresses over-activity of the veins. Scarlet increases discharges and relieves menstrual pains; it stimulates emotions and sex desires. Scarlet may be used wherever lemon is indicated to give relief from congestions and crystallized deposits such as lumbago, arthritis and similar disorders. The scarlet and lemon color may be interchanged for some purposes.

Arterial Stimulant – An agent that increases the functional activity of the arteries.

Renal Energizer – an agent that increases the functional activity of the kidneys.

Genital Excitant – An agent that stirs the functional activity of the organs of generation.

Aphrodisias or Sex Builder in Subnormal – An agent that arouses sex desires, and builds the sex powers by enhancing sensitivity.

Emmenagogue – An agent that stimulates the ovarian elimination or menstruation.

Vasoconstrictor – An agent that causes contraction of the blood vessels, raising the blood pressure.

Exbolic – An agent that causes or accelerates expulsion of a fetus or unborn baby.

* page 1 is a direct statement of Father Paul

COLOR PHILOSOPHY

Orange – Part One

Orange is the second fundamental color vibration, a hot and dry color, but less intense than red. It can be made by a combination of red and yellow; the color of flames. The heat rays of orange are therapeutically more powerfully heating than red, as they exclude the cooling rays of the active blue-violet end of the spectrum.

The orange ray is linked with the vital force that flows into the body from the sun, and is thus highly valuable. It is concerned with the task of absorbing and distributing vital energy.

Orange is, in fact the symbol of energy, physically revitalizing, and acts as an antidote to feelings of repression and limitation. It calls forth self-confidence and positive thinking, and thus has value in such fields as salesmanship and display.

Orange, being partly red and partly yellow, combines physical energy with mental qualities and has a releasing effect on both. It aids in assimilation, distribution and circulation, not only of substances but of ideas and mental concepts. Being the middle ray between the physical and mental principles, orange is of vital importance mentally in the assimilation and visualization of ideas. It also has the effect of conferring optimism and courage to the mind, with the will to succeed.

Orange is a mild stimulant, especially for the nerves, promoting increased vitality, and affording quick recuperation from fatigue produced by mental work. It is warming, cheering, non-electric and non-astringent.

In normal, well-developed expression, the orange vibration makes for strong vital health-conditions. By reflex upon consciousness, it manifests in an aspiring, frank, magnanimous, generous, humane, firm and honorable disposition. Sometimes pride.

It is definitely of a plus-vibration, and care must be exercised in its use, since it could lead to over-stimulation. Some people cannot harmonize with the orange vibration and therefore should not wear it. Used in excess, it inclines to feverish trouble, domineering temperament, inordinate ambition, fondness of display, overindulgence and prodigal wastefulness of vitality and resources. Therefore this color must be used with discrimination according to the individual's nature. Its strong vibration can be modified with one of less potency, such as blue, yellow, or green.

When to be avoided: In fevers, acute inflammation, delirium, diarrhea, neuralgia, palpitation of the heart and any over-excitement, yellow or orange-reddish tones are not to be used.

A lack of the orange vibration, on the other hand, or interference with its free expression, causes health to suffer and depression of both physical and mental reflexes.

It is through the center corresponding to the orange ray that the cosmic life-energy enters the personal field. This color is also harmonious with the Sun, and with the metal gold.

Orange affects the hands, arms and shoulders, the lungs, and the upper ribs. It is also connected with the absorption of subtle forms of energy from the atmosphere, and with the utilization of these in the higher intellectual functions. The orange rays influence the process of digestion and assimilation.

They are a powerful tonic, with a direct effect in building the energy of the body, and have some influence on the emotional or astral nature of man.

They can also be used to treat spleen and kidneys, bronchitis, and chest conditions, and venous disability.

The orange ray is one of the best of the yellow group. It is the color of vitality, and mental force, and relates to wisdom. Combining the vigor and stimulation of red with the gaiety and gladdening qualities of yellow, symbolizes magnanimous warmth and prosperity, plenty, harvest, autumn, glory, kindness, expansion.

In the Aura:

Bright, clear orange indicates the tonic force of health and vitality.

Excess of orange in aura denotes vital, dynamic force.

Deep orange indicates pride.

Muddy, cloudy orange indicates a low intellect.

COLOR THERAPY

Orange – Part Two

Orange or deep amber combines red and yellow, which can usually be used in its place. It is specifically useful for warming and animating cold, negative and dormant conditions. It can rouse and vitalize chronic inflammation before this is treated with blue or green, and is beneficial for a cold cervix. In eruptions such as smallpox or scarlet fever it is useful to alternate with blue so as to produce a vital rhythm.

Yellow is the central principle of nerve and brain stimulus, with the more violent types of stimulus tending toward the red or orange.

In drugs emetics are yellow with some red and orange, such as Indian Hemp, Lobelia, Tartar Emetic, Bloodroot, acting principally upon the pneumogastric nerve. Laxatives and purgatives have yellow as the chief color with red in drastic purgatives. May Apple, Senna, Colocynth, laxative fruits such as figs, prunes, peaches.

Ailments benefited by orange include chronic asthma, phlegmatic fevers, bronchitis, wet cough, gout, chronic rheumatism, kidney ailments, gall stones, prolapsus, cessation of menstruation, mental debility, epilepsy.

Metals and chemicals which radiate orange include selenium, iron, nickel, calcium, rubidium, manganese, carbon, oxygen (slightly), and many alkalines. The glass to use in orange color treatment should contain selenium, and uranium oxides, manganese and red lead.

Foods with the orange color include the orange skinned vegetables and fruits such as carrots, rutabagas, pumpkin, oranges, apricots, persimmons, mangoes, cantaloupes, tangerines, peaches. Include such orange foods to help build strong lungs. There is also a rumor that the moderate use of spices can be helpful to the lungs, acting as well as mild laxatives and stimulants to the digestive tract. Since we are also warned against an excess of spices, be cautious to use them lightly. Most spices come under the orange-color influence.

Orange stimulates and increases the pulse rate, but does not affect the blood pressure. It strengthens the etheric body, enlivens the emotions and creates a general sense of well-being and cheerfulness.

If used for too long a time it will over-stimulate and result in tiredness.

Orange color as used in specific treatment, according to recommendations of those who have experimented with the use of color:

Chronic asthma is treated by taking a half a medicine glass of orange colored solarized water, warmed in the sun, every 10 minutes for an hour and the orange light is focused on the chest and throat. The treatment should be repeated every 3 to 4 hours until relief is felt.

During healthy intervals oranges should be eaten freely, or an ounce of orange solarized water taken between meals.

Blue light can be applied to the throat after the chronic symptoms are removed in order to strengthen the health of the larynx. In the early stages of asthma blue-indigo water and light often are helpful.

For prolapsus the patient lies with legs and feet raised to a 45° angle and the orange light is directed at the knees toward the trunk. The subject is asked to breathe the orange color upward, feeling the consciousness and bodily functions including circulation moving upwards. This treatment should be given twice daily until the organs adjust themselves.

Gall stones can be dissolved by breathing in the peachy universal love rays, the divine solvent, drinking the orange radiated water and applying the orange light.

A case of gall stones combined with rheumatism in the legs was successfully treated by having the patient relax face downward on the couch and the healer sweeping the hands downward from the hollow of the back over the legs and feet eliminating the trouble. The orange light was then focused on the feet for 10 minutes, and 20 minutes spent in raising the light up the back of the legs to the lumbar vertebra, where it was held for 15 minutes on the chakra at the spleen. A magnetic treatment with the hands was given at this point in a circular outward movement.

The patient had 6 treatments after which medical x-rays showed the gall stones were gone and the rheumatic pains had ceased.

A recurrence of the trouble may occur, however, unless the emotional bitterness and resentment which has caused the crystallization of the stones is removed entirely from the mental-emotional nature; the universal color affirmation and visualization is powerful in doing this.

Inflammation of the kidneys has been cured by orange light treatment using the light and taking the orange solarized water, in one case a large quantity of gravel being passed in 3 days and no subsequent pain.

Bronchitis, if chronic, may take some months to improve as the orange color has to first rectify stomach and bowel disability.

The healing power of yellow light with some red and orange was used successfully in the following cases:

In a case of costiveness, sunlight was applied through a yellow-orange glass focused through a lens on the bowel. In 10 minutes, perspiration was produced over the whole body and in 18 minutes a gentle passage occurred without pain.

Wet cough with much phlegm is greatly helped by the orange light treatment upon the lungs and the orange colored water taken internally. Two treatments in the morning and one in the evening will generally bring about improvement in 2 weeks.

Orange is used for:

Respiratory Stimulant – An agent that increased breathing; Areas 4 – 5 – 17.

Parathyroid Depressant – An agent that diminishes the functional activity of the four Parathyroid Glands, embedded in the right and left thyroid glands.

Thyroid energizer – An agent that activates and increases the functional activity of the Thyroid Glands, Area 3.

Antispasmodic – An agent that relieves spasm or sudden, violent, involuntary, rigid contraction, due to Muscular Action.

Antirachitic – An agent that corrects Rickets, Bone Softness and soft teeth.

Emetic – An agent that induces Vomiting, by irritating, Area 8.

Carminative – An agent that relieves Flatulence or Distension of the stomach or Intestines with gases, Areas 8 – 9. Relieves cramps throughout digestive system.

Stomachic – An agent that tones the Stomach, Area 8.

Aromatic – An agent that induces the qualities of Spices.

Lung Builder – An agent that builds and stimulates the lungs, Areas 4 – 5 – 17, and is used for tuberculosis.

Colon – It relieves spastic and sluggish colon and small intestines. It increases all kinds of discharges and elimination.

Menstrual pains – It may be used successfully to relieve menstrual cramps and limited discharge.

Boils – Use orange to draw various conditions to a head, such as boils, carbuncles and abscesses. The congestions can then very easily be activated by the yellow color to be discharged from the body.

Galactogogue – An agent that increases the secretion of milk after childbirth, by stimulating the mammary glands, Areas 4 – 5, to aid in supplying milk for the baby, thus eliminating any need of artificial and less satisfactory formulas made from cow's milk or goat's milk. Mother's milk is nature's natural feeding for the baby. If the mother eats the best of foods nothing can possibly compare with the milk supplied by the baby's mother.

Orange is indicated in all cancerous or malignant-growth conditions. In the pre-cancerous stage, orange will often abort the oncoming bane. In all cases where malignancy is suspected, orange is indicated, with its complementary violet or purple.

The orange arouses the nerves and to some extent the blood.

COLOR PHILOSOPHY

Yellow – Part One

Yellow represents the third color vibration, and is most active in the higher brain, or cerebrum, as its general organ of expression.

It is called one of the rays of mind, stimulating the mental faculties in the creation of thought, and giving help in visualization.

Generally it arouses optimism, cheerfulness, and a balanced outlook on life, equilibrating in its effect. By stimulating the higher functions of the brain, yellow aids in developing tact, mental alertness and discrimination, and helps establish emotional balance. It is said to make joyful through greater attainment of the soul and one's Self, and suggests as well the joy, gaiety and merriment, the comfort and cheerfulness of the fireside.

Heroes and heroines of older legends were usually depicted with yellow hair, as it seemed to suggest the lighter, or finer, side of life. Yellow to many of the ancients was the animating principle of life; to the Chinese it symbolizes nobility.

The yellow ray of mind, flashing as it does golden streams of awakening light, can be used for mental stimulation. It is a good color to use in a room devoted to mental pursuits, such as for writers, artists, and all creative workers – the paler shades being especially inspirational. A yellow-shaded light is helpful when doing mental work as in studying. Too bright yellow, however, while stimulating at first, will soon have a somnolent effect.

As the ray of maximum light, yellow holds first place in the spectrum for brightness and luminosity. It has a positive magnetic vibration, with a powerful effect on the nervous system although in healing work when nerves are very active and irritable yellow should not be used.

Being active on the mental plane, yellow is called the Wisdom ray, related to the astral or mental consciousness. Its rulership of mind and high intellect indicate a love of mental employments and pleasures, rather than physical. Yellow relates to science and usually appeals to persons of intelligence and discernment.

Both astrologically and alchemically, the yellow vibration corresponds to Mercury, and to the metal quicksilver. It aids in the alchemical processes having to do with extracting materials for body structure. It is sometimes used to symbolize illumination, dissemination, magnanimity, or intuition.

A murky yellow is associated with sickness, with treason, deception and cowardice, from which the expressions come “a yellow streak,” “yellow journalism.” It is also used as a symbol of quarantine.

Excess of yellow leads to indecision and tendency to substitute thinking and talking for action. Its deficiency may result in over-activity if red and orange are strong; or in mental depression if blue is preponderant.

Yellow is a color relating to the Sun, as well as to Mercury, and is of a high vibrational rate. Hence yellow-subjects are rapid thinkers, and show great activity of mind.

The red, orange, and yellow rays are magnetic in effect, flowing upward from the earth toward the solar plexus.

The opposite color of yellow is violet. It is the yellow factor that denotes richness in milk or cream – the butter-fat content, rich in vitamins A and D.

Rudolph Steiner says: “Yellow must shine outwards – it wants to radiate. When yellow is given weight, it loses the luster of spirit and becomes the color of gold. If it is to become fixed, it must become mineralized color – color fixed in matter.

In the Aura:

Dark dingy yellow indicates jealousy and suspicion. Dark yellow signifies deceit and treachery.

Dark mustard colors show unpractical people, somewhat lacking in character, who dream away the idle hours.

Dull, lifeless yellow indicates false optimism, visionary mentality.

Pale primrose yellow: great intellectual power.

Gold present in the aura is very good.

Golden yellow indicates the intellect in its higher phases and aspects, and high soul qualities.

Father Paul said: YELLOW HAS AN INFLUENCE THAT IS VITALIZING AND REFINING.

YELLOW IS THE PURGING LIGHT OF CHRIST. GOLD COMES OUT OF THE WHOLE THING.

COLOR THERAPY

Yellow – Part Two

In healing, yellow is active in the region of the upper intestines, in the shoulders, arms, hands, and lungs. Through stimulation of the higher and finer functions of the brain it aids in the development of mental alertness.

It relates to the powers of intellectual analysis and concentration, and acts on the brain center of the nervous system.

It also has an effect on the heart, the dorsal region of the spine, the spinal cord, and the aorta, and has some affinity with the liver and intestines, with a cleansing and healing effect on the skin.

Yellow is a stimulant of the mental faculties and useful in cases of mental lethargy or mental deficiency. As a mental color, it stimulates the nerves, and invigorates. To some it may be too stimulating.

Both sensory and motor nerves are stimulated by yellow, especially the solar plexus. It can be used in all negative, despondent and melancholy conditions.

It is generally inadvisable to use yellow in nervous or excitable conditions, in insomnia, nausea, diarrhea, heated or inflammatory fevers, nerve troubles such as sciatica or neuritis, but a short exposure to the yellow alternated with a full exposure to its complementary blue may be useful in establishing a vital rhythm.

Combined with red to make orange the result is invigorating, energizing and life-giving. The therapeutic yellow is the color of a ripe lemon, the brightest color in the spectrum with the most light rays.

Along with the mind and the nerves, yellow color stimulates physiological functions. It acts as a purgative and laxative when the colon and abdomen are exposed to its rays. It stimulates the liver and gall bladder assisting in the sufficient supply of bile in the colon for better elimination.

Drinking water charged in yellow wine bottles cured a woman of long-standing constipation in one case.

Charging Water: Water can be charged somewhat in a few minutes of bright sunshine, or by placing yellow-orange lenses out of doors where the light can strike them constantly, and putting in fresh water every two or three days to keep it fresh. In severe cases it is well to take 2 to 4 teaspoonfuls of charged water before each meal until the bowels move, or even every hour if needed.

Yellow, because of its sodium principle, is used most successfully in case of ulcers to build the stomach, and relieves stomach trouble generally. It increases the appetite and aids in the assimilation of proper food for better nutrition. The lymphatic glands are affected by food assimilation and are activated by yellow.

This color also increases metabolism, and activates all body functions except the spleen. An over active spleen is depressed by yellow.

The use of yellow for diabetes increases metabolism, and activates all body functions except the spleen. An over active spleen is depressed by yellow.

The use of yellow for diabetes stimulates the pancreas for better assimilation of natural starches and sugars.

Yellow is used as a stimulant for a sluggish liver when the bowels are not in good order. Exposure to yellow should be brief. For all kinds of paralysis, chronic rheumatism, dropsy and other dormant conditions it is beneficial. It has a stimulating effect on cells and activity of the skin without causing much rise in temperature.

It is used most successfully in cases of paralytic strokes and nervous breakdowns and deficiencies. Infantile paralysis responds rapidly to the irradiation of yellow.

It assists in loosening calcium and lime deposits such as arthritis and neuritis and many similar conditions.

Yellow is useful in tubercular cases counteracting the vibrational rate of this affliction, but it requires somewhat prolonged treatment.

Yellow also:

Helps in stimulating the eyes and ears.

Assists in ridding the body of worms.

Stimulates the heart for better circulation.

This color is a capital cerebral stimulant and an emetic or laxative.

Alimentary Tract energizer - An agent that activates the food passages, Areas 8 - 9 - 18 - 19.

Anthelmintic – An agent that is destructive to Worms.

Cathartic – An agent that produces increased bowel action, Areas 9 – 10 – 18 – 19.

Cholagogue – an agent that accelerates the flow of Bile, Area 7.

Digestant – An agent that aids the process of converting food into materials fit to be absorbed and assimilated into the physical body, by stimulating the gastric and intestinal glands and pancreas, Area 8 – 9 – 18.

Lymphatic Activator – an agent that increases the functional activity of the Lymphatic Glands for Nutrition.

Motor Stimulant – An agent that increases the functional activity of the motor nervous system which energizes the muscles into motion.

Nerve Builder – An agent that builds the Nerves, by stimulating the Choroid Gland for Cerebro-Spinal fluid secretion, area 15.

Splenic Depressant – An agent that decreases the Functional activity of the Spleen, Area 6.

Actual Cases:

A chronic bronchial irritation was treated with hot sunlight filtered through yellow glass and was immediately relieved.

Costiveness was relieved by drinking a half-ounce of water in an amber colored vial held close to the yellow rays of a kerosene lamp for 7 minutes.

A patient using water charged with the sun's rays through yellow glass found it an unfailling cathartic and exhilarating to the spirits.

Dyspepsia may come either from an increase of red or of blue in the system. The increase of red is usually indicated by excessive thinness; the increase of blue by over-weight. In treating either, the yellow color breathing should be done early in the morning and half a medicine glass of yellow solarized water taken between meals. The yellow light should be focused on the solar plexus daily for 30 minutes. There should be an improvement in about a week.

If the patient is overly thin, showing an increase of red, indigo treatments should also be given. The light and water should be given twice daily for a month or two.

Diabetes originates from poor digestion and more fat is formed than blood. The same treatment as for dyspepsia will benefit this condition, with the yellow ray and yellow colored water given twice daily, decreasing the formation of fat and increasing the blood. Two months will be required.

For constipation homeopathic doses of yellow solarized water and yellow light focused on the naval for 30 minutes night and morning will remedy the condition and should be accompanied by the yellow deep breathing. If the effect proves over laxative, a dose of blue solarized water will counteract it.

Paralysis in some cases can be benefited by use of the yellow ray as this is primarily a disease of the nerves and brain and the lack of power in ordering the nerve force to act.

Variations of Yellow:

Ambero used in the form of charged water is a great nerve animating principle, according to one practitioner, and is especially effective in arousing liver and bowels into action. It is doubtless the most exquisite laxative in the world, as tested for many years. A prominent New York manufacturer declared it was worth thousands of dollars to him; and a lady whose whole being was revolutionized by it called it "elixir of life." Charged solid substances have the same effect.

Lemon

In the lemon color there are found more elements than in any other color. Many of these elements are looseners, thus increasing the effectiveness of lemon in most chronic conditions. It helps loosen and eliminate mucus throughout the entire body, also loosening congestion in the colon and acting as a laxative. If this treatment is followed by yellow, better results can be obtained.

Lemon loosens and dissolves calcium and lime deposits throughout the body as does yellow, but in a slightly different manner. Use lemon for all chronic disorders as these conditions must be loosened and dissolved before they can be eliminated from the body.

Lemon color is effective for loosening colds, and like yellow it also stimulates and builds the brain for clearer and more positive thinking.

This color activates the thymus gland for more rapid growth in retarded children, and is most effective as a bone builder in cases of breaks or soft bones.

The lemon fruit is about the best known food to loosen and clean. That is why it is so helpful in cleansing diets.

Lemon Color Treatment:

Antacid – An agent that neutralizes or counteracts Acidity.

Antiscorbutic – An agent that corrects Scurvy, a disorder of Nutrition and dietetic errors.

Bone Builder – An agent that builds the Body Skeleton.

Cerebral Stimulant – An agent that increases the functional activity of the brain, Areas 1 – 15.

Chronic Alternative – An agent that produces a favorable change in the processes of Nutrition and repair in Persistent Disorders.

Expectorant – An agent that promotes the ejection by spitting of Mucous or other Fluids from the Lungs and Windpipe, Areas 2 – 4 – 5 – 17.

Laxative – An agent that mildly loosens the Intestines, Areas 9 – 10 – 18 – 19.

Thymus Activator - An agent that increases the action of the thymus gland, Areas 4 – 5.

Yellow Addenda – By Dr. Wood

Yellow is a nerve stimulant. The yellow or amber yellow of the deep therapy bulbs is a chologogue or hepatic stimulant. It acts directly upon the solar plexus and stimulates peristaltic movement. The author advises its use in all hepatic and gastro-intestinal cases.

From a psychological standpoint yellow is a symbol of light and warmth. It is very stimulating to the mind and a useful color to apply on melancholy patients.

Yellow is indicated in nervous conditions known as brain fag, also in many stomach troubles caused by nervous conditions. The radiant yellow is a mental stimulant and in rhythm with the complementary violet gives a feeling of passive contentment.

Such yellow or orange substances as saffron, valerian, mustard, dandelion, senna, podophyllum (May apple), colocynth, sulphur, figs, gluten, castor oil (yellowish), ginger, or yellow and some red, are known to be stimulants to the brain or nerves of the bowels, liver and stomach.

All purgatives or laxatives stimulate the nerves of the bowels, by means of the yellow as the leading color, although in drastic purgatives, as well as in emetica, diuretics and brain stimulants, a good deal of the red substance is also used as a blood-rousing principle. Some of the yellow stimuli animate the bile, which is a green yellow substance and is in itself a laxative.

Yellow with some orange and red excites the nervous system whether in drugs or light. Laxatives and purgatives have yellow coloring, and cerebral stimulants, diuretics and tonics have yellow tinged with red or orange. Yellow is a dominant color in poisons and is injurious to nervous people.

The yellow, aided by some red (yellow-orange) is animating to the nerves, being laxative, diuretic stimulating to the brain, liver, etc., and especially desirable in constipated, paralytic and stupid conditions. It should not be used in delirium or diarrhea.

COLOR PHILOSOPHY

Green – Part One

The fourth fundamental color is the Green ray, the central column of the shining spectrum of color.

It occupies the point of balance in the solar spectrum midway between the thermal, or heat end, and the cold or electric end of the spectrum. Thus it becomes the color of harmony, and the ray of balance and concord.

Green is the color of Nature, and the keynote of our planet Earth. Man's first environment was a garden. The green radiance is essential to our health and happiness. Certain mystics speak of it as the ray that counterbalances Cause and Effect.

It emits calm, refreshing emanations of peace and harmony. Green is also the connecting link between the black of mineral life, and the red of animal life.

As a combination of the yellow/Wisdom and blue/Truth rays, Green opens and enlightens the mind and spirit with wisdom and truth. The color is rich in the emerald Life-prana, the inexhaustible energy of nature.

Green inspires harmony and peace on the inner or subjective plane, and attracts success and progress on the outer or objective plane, along with abundance, evolution, and supply.

The fulfillment or completion of the subjective aspect of Green is the man of balanced mind, kindness, peace and harmony, sympathy, adaptation, and generosity. The Life of Christ shows many of the beautiful qualities and emanations of the green ray.

In terms of epoch, that of the green ray is midway between the lower periods of struggle and bitter experience, and the higher periods of soul growth and spiritual faculties.

As the color of nature and vegetation, it has a soothing, harmonious radiation that is essential for the well-being of our nerves, and the proper functioning of the body. Green pastures and fresh air are indeed a wonderful aid in recuperation of health, and it seems in line with this that the leaves of the Tree of Life are used for healing. As a color of earthly, perceptible growing things, it represents the field of sensation, and also the victory of life over death, as in spring. Fertility of the fields; immediate natural life.

Green light gives us the energy of the sun in its safest and most natural form, and is identical with the green plant energy known as chlorophyll, which is prescribed by medical science as a specific for the heart.

Green in any form is one of the finest tonics for tired nerves. The shade or chroma should be bright and clear, but much will depend on individual preferences.

Green is the symbol of energy, fertility, new life, growth, and charity. It is refreshing and cool, suggesting youth, peace and relaxation. The expression "green horn" indicates the youth and inexperience associated with green.

When green is darkened with black it indicates envy, jealousy and superstition. “Green with envy” is the recognition of this. “Green around the gills” is another expression indicating an upset condition, an approaching illness, the result of fear, or a case of biliousness.

Desolation, poverty, lack, and auto suggestion are relieved by the green ray. It impels imagination, keeps the creative sap of life flowing.

Freely functioning, this color vibration makes for grace and symmetry in physical action and form. It enhances artistic ability and stimulates creative imagination.

When strong, it lends good taste, love of beauty, and fondness of pleasure and the lighter enjoyments. It is the color symbolizing the planet Venus.

A weakness or deficiency of green vibration causes physical centers to function badly and the related emotional powers to diminish. If too strong, over-activity of the organs in the bodily areas it affects results in emotional excess, sensation-seeking, and waste of time in mere amusement.

As a mildly sedative and depressant color, green promotes physical relaxation necessary for brain workers, and is beneficial for the subconscious activities involved in invention and artistic creation. It gives poise in action.

Green vitalizes and restores the blood and nerves with nature’s magnetism. The green-vibration heals heart disorders, emotional complexes, and soothes the nerves of the head. A calm green light is an excellent remedy for headache.

It is beneficial to absorb as much green as possible by using green lamps, green garments, green decoration in the house, and by eating green vegetables.

Use the green ray for mental restfulness, or emerald green for mental revitalization, and higher emotions, such as compassion and sympathy.

In the Aura:

Green is the symbol of Harmony and Sympathy; the Higher Mental Plane. Bright, clear rays bespeak good qualities. Clear Green – Sympathy.

Light green indicates prosperity and success.

Mid-green shows adaptability and versatility.

Excess of green in aura denotes individualism, supply, and independence.

Dark green: deceit (dark shades are more sinister.)

Grayish green: deceit or duplicity.

Olive green: treachery; double nature.

Green in church symbology is used to denote hope, regeneration, or immortality.

COLOR THERAPY

Green – Part Two

Green is the color of nature, balanced strength, progress in mind and body. Its soothing influence upon the nervous system brings harmony; it is neither heating nor astringent, neither acid nor alkaline.

It stimulates the heart center and affects the blood pressure by energizing the brain through the yellow in it, but moderates the pressure through the blue. It acts as a tonic to both mind and body and strengthens the spirit.

Green prevents fermentation. It brings resurrection; new life, hope, peace, nature expressing power. In therapy it both soothes and exhilarates. Without the green ray we feel desolate, and the loss of vitality.

Variations in green bring different vibrations. Nature's voice, meditation, liberty, and adventure. All sensitive, nervous people need the green ray. It has a purifying effect on the blood, better than drugs.

Chlorophyll, the green in plant food is most beneficial. It is sometimes called a cleansing principle. Foods containing green coloring include most of the green vegetables, and fruits which are neither acid nor alkaline in their reaction.

The green used in healing should have neither a blue nor yellow tinge but should be the clear emerald green.

The particular tone of green to be used depends upon the pulse rate and tension. A low tension requires a lesser intensity of color and a high tension a greater intensity.

This green is calming on the mentality and the nerves as well as on physiological functions, is anti-inflammatory, soothing in stomach or liver ailments, reduces blood pressure, decreases vital and metabolic action, being helpful in the treatment of jaundice and biliousness. It is useful in calming nervous, excitable and irritable people, and in hysteria.

Green is most effective used alternately with other colors and as a rhythmic or corrective with ruby or red.

It is not to be used where there is anemia or lack of vitality.

Green is called a negative color but can sometimes be used where blue is beneficial. It is generally soothing, calming both mental and physical action. It is generally unnecessary to use it in therapeutic work (says one expert).

The green is mainly cooling, and much like the blue as strained through ordinary green glass, though the yellow part of green gives some nerve stimulus, good for uterine

inflammation. The green may often be used to advantage over the small of the back and lower spine in cases of over-sexual warmth and seminal emissions.

The metals and chemicals radiating green are sodium, copper, nickel, chromium, cobalt, platinum, aluminum, titanium, carbon, nitrogen, ferrous sulphate, hydrochloric acid, chlorophyll.

Glass to use contains combines of the above chemicals plus iron-oxide.

One therapist calls green the master color because it affects and stimulates the master pituitary gland for better control of other glands and organs through the body. The green dissolves blood clots thus preventing stoppages in the head, heart, legs and etc.

The nitrogen or protein principle of the green builds the muscles and tissues. The best form of protein is always obtained from green live foods from the vegetable and seed sources. Animal proteins are toxic and destructive when used in large quantity, not conducive to creative living.

Many elements needed by the body are picked up from the air as it enters the lungs. It is universally recognized that oxygen and some hydrogen is taken from the air but few realize that nitrogen is also taken from the air and used for building through the protein principle.

This is one of the many important reasons why smoking is so bad. It prevents the lungs from properly absorbing and using these elements or gases. Heavy smokers find they have more craving for toxic animal proteins because they become deficient otherwise. Plants obtain a great percentage of their nitrogen from the air also.

Green is the basic color for all disorders of either chronic or acute variations. Start schedules of irradiations with one or more green exposures. This makes the other colors more effective. Many cases may be cleared up with the green alone.

If you find it difficult to determine whether conditions are acute or chronic, use green and you will be right. Because green builds muscles, tissues and cells, many masses of hardened and crystallized congestions are broken up and eliminated. This includes cancerous and tumorous conditions.

Since germs and virus exist only in toxic waste matter, green is a marvelous eliminator of such conditions. Its use on open sores and decaying flesh is truly wonderful.

Green affects the throat area, the thyroid and parathyroid glands, the kidneys, the adrenals, and the vasomotor system: the skin in its function as an organ of elimination, the lumbar region of the spine, and an area just above the pelvis; the skin as relating to the sense of touch being also affected.

Green acts upon the nervous system as a sedative and is helpful in sleeplessness, exhaustion and nervous irritability. It acts upon the sympathetic nervous system relieving the tension of the blood vessels and thereby lowering blood pressure. The dilating of the capillaries produces the sensation of warmth.

It can also be used in all nervous disorders as it causes no reaction. Neuralgia, headaches and shell shock are benefited by its use. It is likewise emotionally soothing, and it loosens and equalizes the etheric body.

Some diseases which green helps to relieve are heart troubles, blood pressure, ulcers, cancer, headaches, neuralgia, influenza, erysipelas, syphilis.

Green acts as:

Pituitary Stimulant – An agent that increases the functional activity of the Pituitary Gland in the Head, Area 1.

Disinfectant – An agent that destroys rotting materials.

Purificatory – An agent that purifies

Antiseptic – An agent that prevents decay.

Germicide – An agent that kills germs.

Bactericide – An agent that destroys Micro-Organisms or Bacteria.

Detergent – An agent that cleans.

Muscle and Tissue Builder – An agent that builds muscles and tissues.

Treatments using Green:

For low blood pressure focus the green light over the heart for half an hour treatments and drink the green solarized water at hourly intervals between meals in half a glass dosages. Eat freely of green salads.

For high blood pressure follow the same treatment but use a paler green color.

Neuralgic headaches are often relieved by just looking at the green light. Sitting in green light for an hour at a time will refresh exhausted nerves and aid in optimistic thinking.

If the headaches come from insomnia and lack of rest, indigo-violet will help.

Ulcers can be relieved by the green ray treatment given over a long period of time. As they are caused by fear, anger, criticism and antagonism, the opposite of these emotions built in through the use of compassionate green will heal them.

Syphilis, another perversion of love, yields to green solarized water and green light treatment.

Erysipelas if treated immediately, before going too deep, is healed by the green ray treatment.

Cancer can originate through a perversion of the love force in cruelty during the present or a previous life and its cure requires a change of feeling. The universal and then the green breathing affirmations should be used, followed by green solarized water taken internally and the green light focused over the location of the cancer. The green ray applied through a compress of yellow silk soaked in bring has been used successfully in the treatment of malignant growths as it gives forth a highly refined radioactivity on the etheric body.

Influenza requires both the green and blue light treatment, as do mucous fevers, whooping cough and croup.

Colds in the head yield to green solarized water and green light, sometimes with the help of indigo.

Boils are healed by indigo light drawing out the pus and green light helping healthy flesh to form over the wound.

Colds in the head, boils, gumboils, ulcers, influenza, whooping cough, cholera, dysentery, croup and syphilis yield to green glass and green water. For boils use a green compress if possible. For gumboils gargle frequently with green water.

Erysipelas can be treated with blue alternated green. Green is indicated in all hepatic derangements and all ailments that are caused by hepatic or portal conditions. For reconstruction and recuperation, green is a wonder.

Green with its complementary magenta tones up the system after a debilitating disease such as the flu. After all fevers green can be used advantageously.

Green can be used as an aphrodisiac and sex tonic. It is very useful in stimulating sex glands and will be found equally helpful to men and women. It is the color of youth, the springtime of the year when vegetation shows its greatest growth and vigor.

COLOR PHILOSOPHY

Blue – Part One

Blue is the fifth fundamental color vibration, and is both symbolically and medically the opposite of red in its effects. It is called the “coldest” color, and when used in decoration makes things seem farther away. Blue stands for the vertical, as with height and depth; blue sky above, blue sea below. As the color of the sky, it also used to symbolize heaven, or in the church, Truth and Eternity. The ancients spoke of the blue sky as that which “endures forever.”

It is the first color belonging to the cold, non-stimulating or astringent division of the spectrum, its effect being to slow down and steady the energy of the reds and yellows. It is considered a color of calmness, courtesy, harmony and happiness. Psychologically, the blue vibration raises the consciousness to the realm of spirit – hence its value in spiritual healing, meditation, devotional services, etc.

“True blue” describes the person who is loyal, devoted and sincere, someone to be trusted. In its highest brightest sense it is a happy and uplifting color, like the “bluebird of happiness.” It is a color of virtue, also of illusion and mystery, according to the hue. Whereas a red dress might suggest allure or audacity, one would incline to look up to or respect a woman wearing blue.

The clear blue of water or endless space is relaxing, quieting to the emotions. It has a carefree feeling. But dull blue, or too much blue, can feel drab and depressing. One with “the blues” needs a warmer color to cheer him, in the reds or yellows. Ice-blue is very cold. A room without sun might feel colder if it were painted blue, but a sunny exposure would be relaxing in blues or greens.

Blue is the color of Spirit, or of the higher mental or spiritual body. It is the color from which the highest inspiration is born. Not for the coarse or material-minded, it is for the ethereal, spiritual natures. The darker hues, when clear, especially denote refinement and higher thought. As the night sky, “Blue is darkness made visible.”

The Cosmic Soul or higher mind of nature expresses much of the peace, beauty, and harmony of Creation through the Blue and Green rays. The blue has a calming effect on mind and nerves, and is successfully employed in cases of insomnia. Truth, peace, poise, and serenity are the main features of the mental influence of the Blue ray. It has to do with the gateway of the spiritual aspect in man, and with his religious instinct, or his devotional and mystical nature. It is related to the Spiritual body, and thus the root-cause of your present condition of life.

The center associated with blue has to do with all bodily rhythms, such as the periods of waking and sleeping, of respiration and even the coordinating influence of the millions of bodily cells, with the connective activity which links their work together.

Its opposite or color complement is orange in the rainbow spectrum. Blue is the symbolic color of the element Water, and sometimes the moon. It is also used to denote Jupiter and Juno, god and goddess of heaven, and through this influence it indicates good fortune and expansiveness.

In healing work, blue is useful for its soothing aspect, which cools the blood and quiets nerves. It acts as a strong sedative and represent, mildly antiseptic. Where pain needs to be relieved, even after treatment of another nature, blue can be used. It is especially good in the relief of neuralgia, toothache, or rheumatism, and to relieve fears.

Darker shades reminiscent of the blue night sky are helpful for relieving insomnia. The blue vibration is also useful in nature having to do with correction of areas such as the neck, throat, palate, larynx, tonsils, lower jaw, ears, hips, thighs, stomach, mammary glands, esophagus, upper lobes of the liver, and lower lobes of the lung. The sciatic nerves, femur, ilium, coccygeal and sacral regions of the spine, iliac arteries and veins. Lungs and diaphragm.

Where the blue vibration is strongly developed within a person, it inclines to make him sensitive or emotional, with a strong rhythmic sense which may express in fondness for music, dancing, or poetry. It gives a good memory, and some psychic attunement.

Where deficient, poor memory may result, lack of rhythm, improper functioning of the organs mentioned above, lack of coordination of bodily cells, and/or harsh temper.

Excess of the blue ray makes for over-sensitivity, uncertainty, idle visions, depressed manner, dependency on others, timidity, or digestive disturbances.

Father Paul says “BLUE HAS A FINE, SOOTHING ELECTRICAL EFFECT.” And “WE USE THE COLOR BLUE FOR THE COLOR OF REUNIFICATION.”

In the Aura:

Pale ethereal blue signifies devotion to a noble ideal.

Pale blue indicates simplicity, innocence, and candor.

Electric blue: great personal magnetism.

Deep blue: spirituality. Deep clear blue: pure religious feeling.

Bright blue: loyalty and sincerity.

Blue in the aura generally shows a spiritual and artistic nature, with good spiritual understanding. It is the color of inspiration and devotion.

COLOR THERAPY

Blue – Part Two

From a psychological standpoint blue is a spiritual and meditative color. It relaxes the mind and stimulates it toward spiritual and philosophical matters. The two most familiar hues of blue are the pure or cyan blue, called Antwerp or ceruleum blue by some, and the French ultramarine blue, often called royal blue.

The cyan blue does not transmit red or ruby light. To find out if blue glass is suitable for color treatment, hold it up to an electric light bulb and see if the filaments appear pale blue or white. If they do it is suitable. But if they appear ruby colored the glass transmits red and is not to be used for cyan blue treatments.

The color blue is usually associated with cold, and has a cooling effect. The victim of keen frost usually has a blue skin, and snow itself has a bluish tint. Drugs which are used to allay inflammation, or as astringents or nervines, are generally blue. In therapy blue is cooling and tranquilizing, though too much is depressing. People of sanguine temperament are benefited by blue as it cools them down, but they would be over-stimulated by red. The blue color induces sleep and relaxation from stress and strain of extreme activities.

For an over-heated and excited system a blue or lilac under-vest will reflect the cool electrical principle and have a quieting effect.

When a general exposure to the blue ray is given it should not last more than ten minutes. Longer than this will cause a feeling of tiredness and depression. Sensitive persons feel tired and depressed if they remain in a room predominantly blue in its furnishings, though a properly soft-blue room can also bring a feeling of great peace and upliftment.

The metals and chemicals which radiate blue are lead, tin, cobalt, copper, nickel, zinc, cadmium, aluminum, manganese, titanium, copper sulfate, phosphoric acid, chloroform, tannic acid, oxygen.

Blue glass for treatment should contain oxides of copper and ammonium sulfate.

Foods containing the blue coloring include blue plums, blueberries and some others.

Blue is soothing, anti-inflammatory and astringent, increases the metabolic action and growth of healthy cells. It slows the action of the heart, decreases circulation, relieves inflammatory pain, lowers temperature and reduces nervous excitement, and is generally healing.

Blue is not to be used if there is poor circulation, low vitality, dormant or sluggish conditions, congestion of organs, poor metabolism or cold cervix. The lowering action of blue on the nerves is not as decided as violet but it should not be used in nervous depression.

A list of the diseases which can be controlled by the blue ray include throat troubles of all kinds, fevers, typhoid, scarlet fever, chicken pox, measles, cholera, bubonic plague, apoplexy, hysteria, epilepsy, palpitation, spasms, acute rheumatism, jaundice, biliousness, colic, vomiting, purging, dysentery, diarrhea, inflammation of the eyes, bowels, skin, teeth, headaches, insomnia, nervous disorders, shock, painful menstruation.

Use of Color Charged Water

Dr. E.D, Babbit recommends ceruleo as marvelous medicine. Water charged with that color and taken internally is recommend to relieve diarrhea, dysentery, and inflamed or painful stomach, gastritis, epithelial cancers, insomnia, etc.

As a gargle held in the mouth a while, it cures beyond most remedies a cankerous or otherwise sore mouth, inflamed gums, etc.

As an eye water for inflamed eyes it is believed unequalled.

As a wash it often cures chapped hands or dandruff immediately, relieves burns, especially in the form of a compress, destroys red eruption, making the skin as soft as silk, and heals wounds and hemorrhages.

As an enema it relieves inflammatory conditions of the womb or rectum very wonderfully, and is especially good when taken hot from the sun.

As a nervine it is remarkable. It is not to be used wherever organs are too cold and dormant.

Some actual treatments using blue:

Blue is a cold color and causes contraction of the arteries thereby raising the blood pressure. It acts specifically on the blood and has a tonic effect, being also antiseptic and lessening suppuration.

Rheumatic conditions yield to blue treatment as do some skin afflictions. It is beneficial in inflammation but must be used with caution if there is high blood pressure.

Persons who have low blood pressure accompanied by headaches will find relief from the blue treatment, which is also beneficial in treating carcinoma.

Blue causes a contraction or tightening of the etheric body. It is soothing to the emotional body in cases of over-excitement and has produced marked improvement in cases of mania. In emotional conditions blue is more soothing than green.

Laryngitis is healed by drinking half a glass of blue solarized water every half hour and gargling with some of it. The blue light is used on the throat.

Hoarseness is resolved by blue in small but frequent applications. At the beginning of the day use the blue breathing exercise and focus the blue light on the throat for half an hour. Three times during the morning and again during the afternoon drink half glassfuls of blue solarized water, gargling with some of it and holding it in the back of the throat.

Teething can be relieved by keeping the infant in the blue light for some hours every day until the heat subsides.

Goiter has been cured by focusing the blue light on the throat for half to three-quarters of an hour accompanied by gentle and etheric massage. A gargle with blue solarized water will also help.

Fevers, which are due to the increase of red, are assisted in throwing off the poisons in the system by blue light and blue radiated water. Typhus responds to the blue light alone, though the blue water will also help. Typhoid can be remedied by the water alone; so also can remittent and intermittent fevers but the light treatment can also be given with benefit.

Eruptive fevers should not have the symptoms checked while nature is throwing off the poisons and color should be used carefully, although radiated water can be given if there is great thirst. In cases of delirium blue light may be administered.

Dysentery responds readily to blue radiated water which nature carries to the affected part internally. Care should be given the diet, avoiding meat and starches, taking sago, rice and arrowroot. Milk kept in a blue bottle and solarized for 10 minutes is also good.

Blue solar radiated water can be recommended for diarrhea, biliousness, and colic. For this last a dose every 10 minutes will bring relief in an hour.

Bleeding piles gain relief from external application of blue water and blue light.

Blue water and indigo water are indicated for jaundice and palpitation.

Wet compresses of blue solarized water will ease cuts, burns, bruises and stings. When there is an inflammation with the sting, apply blue light.

Acute rheumatism is remedied by blue light and blue water. (Chronic rheumatism requires the orange treatment, as already noted.)

Animals respond readily to color treatment. Blue water and blue light will prevent their feeling extreme heat and are antidotes for poisoning.

In hydrophobia bite, for man or animal, apply blue light to the wound for 2 or 3 hours daily and wash it with blue radiated water, keeping a wet compress of the water on it if possible, and drinking a medicine glass of the water every 3 hours for the first 3 days, then reduce it to 2 or 3 glasses daily and later with just one glass upon retiring.

A case of loss of voice through shock was successfully treated by focusing the blue light on the patient's throat for 40 minutes at a time twice a day and applying violet superimposed by blue for an hour. Her voice returned in 9 weeks. During this time she occupied a room with blue cellophane over the windows.

Treating with blue:

Anodyne – an agent that soothes suffering.

Antipruritic – An agent that prevents or relieves Itching.

Counter-Irritant – An agent that allays irritation.

Demulcent – An agent that allays the irritation of Abraded or Scratched surfaces.

Diaphoretic – An agent that increases the Perspiration.

Febrifuge – An agent that dispels or reduces Fever.

Vitality Builder – An agent that builds the life principle by stimulating the Pineal Gland, Area 1.

Blue, complementary to the ruby, is to be used for treating all cases of auto-intoxication, unless tuberculosis be present, in which case ruby only is to be used. All cases of syphilis are to be treated with blue.

All toxic conditions not defined as to cause are to be treated by blue.

Blue is the color that has the greatest bacteriocidal action. It is the color to use in all acute infections and will produce some surprising results in many acute cases. Blue is sedative and soothing to the nervous system, and relaxing. It is the color to use in the treatment of arteriosclerosis and in cardiac hyper-tension.

Blue is a specific for the treatment of gonorrhea.

It is useful in allaying the pains of cancer.

It is helpful in the treatment of all nervous disorders that are characterized by muscular twitching and jerking such as tics and chorea.

Blue, indigo and violet light heal on the same principles as the drugs but with a more delicate and less harmful effect. Many case histories show the power of these colors to heal specific conditions.

- (1) A woman of 59 afflicted with sciatica for 11 years, with knee, ankle and feet swollen to twice their normal size. Blue glass was inserted in a west window and the light applied to a large purplish lump on the ankle. In 2 or 3 hours the lump disappeared together with the pain. But subsequently swelling and pain occurred in the knee which was relieved by a blue glass bath in less than an hour. Within a week she was able to walk easily and the heretofore useless toes of her foot became normal.
- (2) A violent case of hemorrhage of the lungs was cured by sitting at a window in which blue glass was placed over half the sash, the blue light falling on the nerves of the back of the neck for about an hour a day. After about 6 weeks she was much improved and red pimples appeared on her neck indicating the treatment was bringing out to the surface toxins in the blood.
- (3) A month-old child had a hard tumor on the submaxillary region which disappeared in forty days under an hour's daily treatment under blue glass. Had the light been concentrated on the place through a lens and alternated with yellow and red, the cure would have taken place more quickly.

VARIANTS of BLUE

Blue and green aid digestion.

Blue and white in combination are more animating than blue or violet light alone as it contains the electrical power of the blue and the healing power of all the rays in the white light. Since the blue color has a chemical affinity for red, the blue rays of light seize upon and combine with the red portion of the white light. This will produce a greater heat than the white light alone if more white than blue is used. But if an equal amount of white and blue glass are placed side by side, the effect will be much more cooling than the transparent glass alone.

Blue and white combined give the penetrating, calming principle of blue and the warming, animating principle of white light, enabling both to be taken at the same time, one part of the body being under the blue color and the colder parts under the clear glass. In fever or nervous conditions more of the blue should be used; in chronic cold, glass of pure sunlight should be used almost entirely.

Cases successfully treated with blue and white:

Associated sun and blue light applied to the bare spine and hip of a vigorous young man suffering from rheumatism of the sciatic nerve brought about a healing in 3 weeks, after all the usual medical and galvanic treatments had failed.

Blue glass placed in the upper part of a sunny window effected the cure of a woman's long-standing invalidism and nervousness. She sat in the blue and sunlight continuously, letting the blue rays fall directly on the spine for about 20 to 30 minutes at a time, morning and afternoon. This proved too strong for her to bear and she continued in her ordinary dress. The change in 2 or 3 weeks was very noticeable, the color returning to her face, her appetite becoming better and strength and vitality returning. In about 6 weeks she was able to go up and down stairs and before long to walk outdoors.

COLOR PHILOSOPHY

Indigo – Part One

Indigo, the sixth fundamental color, also called Blue-violet, is a color denoting intuition and spiritual perception. As symbol of the Mystic Borderland, it has to do with spiritual attainment and self-mastery, wisdom and saintliness.

Indigo is stimulating and regenerating to mind and soul, and is one of the rays of the future race-consciousness, extending the inner vision and opening up new fields of comprehension and knowledge. This is the vibration on a parallel to a power in us which knows when and how to put on the brakes. Thus the mental effects of its usual activity are concentration, poise and deliberation, suggested by the expression “indigo mood.”

Its deficiency might indicate eccentricity or rashness of behavior, aimless dreaming, or weakening of the body structure. Too much indigo tends to increase fearfulness and caution, or poisons caused by retention of waste in body. This color in its relation to the lower end of the spine has to do with functions which excrete waste from the body.

It has a cooling and purifying effect, and is used as an astringent or antiseptic. It is a slightly stimulating color, containing a little red. Can halt tissue degeneration, and clear skin eruptions; or be used for the clean healing of skin eruptions or wounds.

It is a safe neutral anesthetic, its anesthetic effect brought about by causing a hypnotic condition in which the patient is insensitive to pain while fully conscious.

It has effect on the organs of sight, hearing and smelling, on the nervous, mental, and psychic faculties and forces of man. It corresponds to the areas of the knees and skin, bony structure of the skeleton, the kidneys, the sweat glands, lumbar region of the spine, the vaso-motor system, the excretory system, and the sacral plexus.

It has been used in successful treatment of mental disorders, obsessions, nervous disorders, insomnia, and matters having to do with the eye, ear and nose. Also, as an antidote to frustrations, to fear-complex or general negative conditions, by taking action on personality and character.

By reflex action of its complementary color, yellow-orange, it can also be used to aid the stomach or breast, or to act as an aid to digestion.

Such blue, or indigo or violet substances as aconite, ergot, indigo, the galls, sulfate of copper (blue vitriol), together with a moderate form of the acids which have the blue principle of oxygen in them, including sulphuric, phosphoric, nitric, are spoken of as being refrigerant astringent, antiseptic, arresting hemorrhage, narcotic, allaying spasms, etc.

Chloroform (CHCl_3) has the blue green, blue, indigo and violet strong in its spectrum, and is called a direct sedative to the nervous system.

Tannic acid, though bluish yellow externally, has the oxygen very strong, and its blue and indigo principle seems to be potentized by the hydrogen in a way to make the substance, as a whole, highly astringent.

Aconite, whose flowers are a dark violet blue, is called a powerful nerve sedative and anodyne.

Opium, which has the red and yellow elements in predominance, and yet being called a narcotic, and sometimes an astringent, may be thought to convert the principle, but it should be remembered that opium is a narcotic by over-exciting and congesting the brain, and is an astringent in part by drawing the vitalizing ethers from the bowels to the head, which thus leaves the bowels weak.

Indigo has some relation to the transmission of life. Its planet is Saturn, and its metal lead.

COLOR THERAPY

Indigo – Part Two

Minerals and chemicals radiating indigo are chromium, iron, copper, strontium, titanium, potassium, bromide, cupro diammonium sulfate, chloral hydrate and oxygen.

Glass for indigo treatments should have cupro-diammonium sulfate, which is used in mazarine glass.

Indigo foods partake of both blue and violet coloring.

Pulmonary diseases are caused by fear, and the eradication of fear is therefore essential for a permanent cure. The power consciousness is directly keyed to the blue rate of vibration and this can be fixed by drawing the blue light of poise and serenity, then color breathing in the blue ray.

A long-standing case needs then to be disinfected with the deeper blue of indigo light treatment, that the atomic impurities discarded during the bombardment of atoms may be cast out. The entire atomic structure of the body is caused to split up and multiply by the bombardment of cosmic forces. This process is stimulated by color and within it is the remedy for complete healing. Much of the rebirth of cells goes on within the blue-indigo light for the atoms of the body do not die but are split up into new substances and new activity.

Some diseases generally affected by indigo are eye, ear and nose ailments, facial paralysis, lung troubles, pneumonia, bronchitis, bronchial croup, whooping cough, asthma, phthisis, nervous afflictions, mental ills such as delirium tremens, obsession and insanity.

Infantile convulsions are relieved by using the indigo light on the face and head.

Anesthesia can be produced in the safest form known to science through use of the indigo light. The indigo raises the consciousness of the patient to such a high rate of vibration that he becomes unaware of happenings to the physical body, having withdrawn his consciousness to higher levels. This is not at all the same as hypnosis.

Bleeding from the nose can be stopped by snuffing and bathing the nose in indigo water, then focusing indigo light on the nostrils. One having frequent nose bleeds will be benefited by a dose of indigo solarized water at bed-time for a week. Indigo is also helpful to relieve internal bleeding.

Dyspepsia will be checked by indigo light and indigo radiated water.

Dry cough can be stopped by drinking indigo water.

Pneumonia responds best in indigo light unless there is hemorrhage, when blue should be used.

Indigo gives relief from swellings and extreme and acute pain. It gives an effect of a sedative.

Use indigo for over-active thyroid and for stimulation of the parathyroid for better and freer breathing.

Indigo as:

Astringent – An agent that causes Contraction and arrests Discharges. Indigo, acting as an astringent, tightens and gives tone to muscles, nerves and skin.

Hemostatatic – An agent that checks the Flow of Blood.

Inspissator – An agent that dries or thickens.

Pain Reliever – An agent that allays Suffering.

Parathyroid Stimulant – An agent that increases the functional activity of the 4 Parathyroid Glands, embedded in the Right and Left Thyroid Glands.

Phagocyte Builder – An agent that builds cells which destroy harmful Micro-Organisms.

Respiratory Depressant – An agent that decreases breathing.

Sedative – An agent that allays activity and excitement.

Thyroid Depressant – An agent that decreases the functional activity of the thyroid glands.

Indigo used with other colors:

Inflammation occurring in the parts of the body for which indigo color treatment is indicated should first have the heat reduced by using the blue, then apply the indigo to bring about better functioning.

Eyes that are inflamed from digestive troubles, will be helped by using blue glasses and then having indigo light turned on the face.

Granular eyelids and chronic ulcerated cornea, sties and bloodshot eyes require the same treatment, blue light and indigo light with indigo radiated water which generally effect a cure in a few weeks.

Earache can have the inflammation reduced by blue light and if there is a pimple or discharge from the ear a gentle syringe with blue solarized water, followed by indigo light and solarized water. Abnormal sounds in the ears, if they come from too much heat in the brain, will be stopped by indigo light on the head with the feet kept warm and the bowels open.

Creeping palsy due to a mental helplessness is relieved by having the patient concentrate on the word “serenity”, then putting him under the blue light moving it down the right side and up the left. (The direction is important.)

Deep green light is next focused on the soles of the feet and slowly moved up the spine. Indigo light is now radiated on the throat center for 20 minutes and then moved down the right side and up the left, stopping for 10 minutes to focus the light on the soles of the feet.

Before going to bed a warm bath should be given while the indigo light is over the tub and then a rub down with indigo cloths. If a tub bath is not feasible the bath can be given on a rubber sheet

on the bed using a warmed blanket to prevent chilling. Salt bags solarized with indigo, as previously described, can be used in place of a wash cloth. The indigo should be kept shining over the bed. If the patient does not respond immediately to the treatment the indigo light can be left shining during the night, but this is only an extreme measure.

Further indigo treatments with other colors:

One of the eye afflictions successfully treated with the indigo ray is cataract. This can come from an adamant attitude toward persons or conditions. One case of this was treated psychologically, first asking the patient to do the universal breathing exercise and giving her a salmon pink rose to meditate upon, suggesting that she use this color in her room furnishings. Before the treatment was begun the room was flooded with soft pink light to help dissolve the harshness of the patient's mentality.

Indigo breathing was then practiced while both eyes were bathed with indigo radiated water and wet compresses of it put on the eyelids and forehead. After this the indigo light was radiated on the eyes and forehead and the patient was asked to inhale more deeply. The light treatment was continued for 30 minutes and the forehead etherically massaged with the finger tips, the healer visualizing the indigo light flowing through them. The patient was given a transparent indigo eye shade and asked to sit in the sunshine whenever possible with the indigo light directly on the eyes.

A case of encroaching blindness due to shock in which there was no organic eye trouble was remedied by changing the colors of the patient's room furnishings from orange and yellow to 3 shades of green, and violet light treatments were given twice a day. Partial recovery occurred in 7 weeks and in 7 months the sight was nearly normal.

Deafness, which can come from a mental attitude of unwillingness to hear certain things, as well as from physical causes can be relieved if from the former cause by use of the peachy pink light and affirmation and bathing the face and ears with indigo radiated water every morning. Then the indigo light is to be used on the ear.

The sense of smell can be restored by use of the peachy pink breathing affirmation combined with imagining the aroma of delightful flowers. Then a little indigo radiated water is to be sniffed up the nose several times a day and a little gargled in the back of the nose. A compress of indigo silk wet with indigo water is to be placed over the nose and indigo light radiated through it, while the patient inhales deeply and uses the indigo color breathing affirmation.

The Healing Power of Blue and Violet:

Blue and violet are cold, electrical and contracting potencies, very fine and penetrating, as well as soothing in inflammatory and nervous conditions, and in stopping headaches.

If the red arterial blood becomes over-active and inflammatory, blue is the balancing and harmonizing principle. If the yellow or red and orange principle of the nerves becomes unduly excited, the violet and also the blue and indigo would be the soothing principles.

This applies to the nerves of the cranium, stomach, bowels and kidneys when conditions of delirium, emesis, diarrhea and diuresis occur through overheating.

Drugs used for this purpose have the blue coloring and include aconite, belladonna, foxglove, ergot, cranesbill, logwood, blackberry, nitric acid and many others.

Green tea, which is the blue color combined with yellow, is astringent and gently exciting, the double quality coming from the two colors.

The blue, indigo and violet being cooling and contracting are nervine, astringent, refrigerant, antiseptic, febrifuge, anti-inflammatory, narcotic and anti-spasmodic. They are not to be used in cold, bluish or chronic conditions, unless considerable excitability is present.

When Blue and Violet are Injurious:

In cases of paralysis (according to Babbit), costiveness, chronic rheumatism, gout, consumption (acute forms excepted). All cold, pale and dormant conditions of the system, all the electrical colors, blue, indigo, violet, and even blue-green are too cooling and constricting. The brain, however, even under these conditions, may be put under the blue glass, especially the upper portion of it.

Blue is as pronounced in reducing nervous excitement as red is in producing it, and may be administered in small doses as a general sedative, creating a disposition to sleep. But as soon as sleep begins the bath should cease.

In ordinary cases the blue bath should be about 2 hours through a window containing alternate blue and plain glass. This may be longer than most persons can endure comfortably unless the head is protected.

Healing by Means of Substances Charged with Blue and Violet Light:

The great power of light is shown by the transformation it is ever making in mineral, vegetable and animal forms and colors. Reichenbach by many experiments proved the great power of sunlight in his work with sensitives, persons who have peculiar sensitivities. A copper wire held by such a sensitive in a dark room and the other end attached to a metal plate in a ray of sunlight registered immediately on the sensitive as an icy cold principle, so cold as to stiffen the hand. From this it was deduced the finer elements of sunlight are cold.

Water standing in the sunlight 5 minutes produced a pepper-like burning when the sensitive drank it; when standing 20 minutes in the sunshine it was powerfully magnetized. When Reichenbach exposed himself to the sun for 10 minutes, the sensitive noted a great increase of force in his hand.

Experiments were made with milk of sugar, placing some of it in the red and yellow rays of the solar spectrum and some in the blue and violet rays. After some time of such exposure, the taste of the former to a sensitive was tepid and nauseous, but that of the latter cool and refreshing, confirming the properties of these colors as previously shown.

An 18 month old child who had been in convulsions for 4 hours was given up as dying when a half grain of the milksugar that had been exposed to the violet and blue rays was administered. In some 15 minutes the convulsions stopped and the child recovered completely.

The blue and violet principles are not only valuable in checking nervous and inflammable conditions but can also be used in cases of diarrhea. Blue glass can be placed over the bowels or blue charged water can be taken by the tablespoonful. A case which had lasted 5 weeks was stopped in two days by taking a tablespoonful of water two or three times a day which had been charged with sunlight in a blue bottle. After the first day or two she took an occasional sip of the water and was entirely healed.

COLOR PHILOSOPHY

Violet – Part One

The symbol of spirituality, violet is the highest color vibration of the spectrum, vibrating at 790,000,000 vibrations per second. Violet is the seventh or final principal color of the rainbow spectrum, manifesting in many hues such as heliotrope, amethyst, orchid, royal purple, wisteria, and lavender, each of a different significance. All other rays are likewise divided into various hues. The major divisions of the Violet ray are Purple, related to the earth plane as its more material aspect, and Amethyst, the more spiritual aspect of this color.

The violet ray vitalizes man's spiritual nature with life-giving power, and animates and expands the soul-consciousness. It is of a positive magnetic vibration, but not physical. The soul which lacked this ray totally would be barren and dry. This is not a color for the masses, but appeals more to sensitive and soul-conscious types who seek spiritual unfoldment and enlightenment.

Violet carries the highest vibration of visible Light, with strong electrochemical properties, and its rays are stimulating to the nervous system, inspiring to the mind, arousing soul qualities, mysticism, spiritual intuition, and idealism.

It is used for relaxation, to restore mental equilibrium and cure lack of poise caused by the rush and bustle of modern life, so difficult for sensitive people. Its use for a short time each evening is found especially valuable for brain workers, helping considerably to insure restful sleep. This use also aids in the development of the spiritual consciousness, the clairvoyant and psychic faculties, and is of great value in meditation and concentration exercises.

It inspires the highest ideals in man, as for example great works of art, music, poetry, etc. It stimulates the desire to benefit humanity, and in its perfect fulfillment the violet ray is manifest in the prophet, the mystic, the seer or inspired teacher, the great poet or musician.

Violet in the aura:

Violet indicates spirituality. Deep purple stands for high spiritual attainment and holy love; the Divine Redeemer. Purple in the church is used for penitence.

Pale lilac and wisteria tints: Cosmic consciousness and love for humanity. Bluish purple: transcendent idealism.

There is some relation of the color violet to the abdominal brain with its record of the history of the cosmos; also to nostalgic memories. It refers to the ankles, the legs between knees and ankles, to the directive system of the sympathetic nervous system, and the epigastric ganglion. It relates to the sacral regions of the spine, the sciatic nerves, the femur, hips, and thighs, to the feet and toes.

There is a close correspondence between areas affected by the blue and violet vibrations. Both are active in stomach, mammary glands, and liver.

Violet, with its cognate color purple, is a powerful healing agent, with a direct influence on the brain and nerves. It is stimulating to the spiritual nature, and a strong purifying force. It is a specific in cases of sleeplessness, as the physical senses succumb quickly to its influences.

It is used to stimulate the spiritual body, and to treat mental, nervous, and cerebral troubles; neurosis, neuralgia, rheumatism, and epilepsy.

It is a mildly stimulant color, antiseptic and regulative, which promotes the normal flow of fluids through the body, and relieves congestion of the nerve-currents. It is useful as antiseptic when applied to delicate membranes, such as the eyes, or the mucous membranes of mouth, nose, and genito-urinary organs.

The violet ray in normal balance gives fondness for outdoor life, lending soundness to all bodily functions. Psychologically there manifests a love of ceremony, of charity, and interest in established forms of religion; good manners, respect for law and order, and a generally reasonable and conservative attitude toward life.

Deficiency in this ray may affect health through poor circulation or impure blood. Psychologically there would be expressed the opposite of the normal mental qualities indicated above.

Overbalance, or too much of this ray in an individual may manifest as pompous, materialistic, a stickler for details of convention, form, and ceremony – a rigidly conservative type.

Amethyst is at the other end of the color scale which began with red, and is called the purest vibration of the violet ray. Amethyst is a ray of spiritual mastery. In contrast to red, which primarily deals with man's physical body, amethyst influences his highest spiritual nature.

The deep violet purple rays are very stimulating to the nervous system, inspiring, purifying, nourishing those cells in the upper brain that expand the understanding and idealism.

One of the greatest investigators of the science of color, Leonardo da Vinci, the painter, said that the power of meditation can be ten times greater under violet light falling through the stained glass windows of a quiet church.

Wagner had purple hangings about him when he composed his lofty music. The Comte Saint Germain healed the sick with violet rays and removed blemishes from gems with it.

Purple combining the red and blue colors symbolizes rulership, rage, dignity, richness and majesty; the color of royalty. On the less materialistic side of it refers to the passion of sorrow, to meditation, aspiration, seclusion, reverence and upliftment. This color must be used with discretion, as it can appear "odd" when used for appliances, etc. Purple is often called the power ray associated with kings and it is the ruler of the kingdom of the body and all its parts.

Its planet is Jupiter, and its alchemical metal Tin.

Lavender which is purple tinted with white symbolizes spirituality and sweetness, dainty and soothing.

COLOR THERAPY

Violet – Part Two

Violet is at the end of the visible spectrum and includes the invisible ultra-violet rays which are more rapid and potent.

It is similar in its action to blue but more cooling and depressing to mind and nervous system. It can produce lethargy, melancholia and deep relaxing sleep. It is a powerful bactericide and parasiticide, effective in the treatment of ringworm, itch and similar infections with pus. It increases the red corpuscles.

Violet rays, especially the ultra-violet ones, kill the bacillus of tuberculosis. This color is beneficial in all pulmonary ailments.

Its chief effect is upon the nervous system and it is not to be used in melancholia, depression, sleepy sickness, paralysis, rheumatism, gout, low vitality or any cold, negative conditions of the system.

Used alternately to yellow given in full exposure, violet produces a strong vital rhythm. It is complementary to yellow which is used for tubercular conditions, and benefits phthisis by increasing the resistance of the tissues.

Metals and chemicals radiating violet are manganese, barium, iron, rubidium, aluminum, calcium, cobalt, strontium, titanium, silver chloride and arsenic.

Violet glass for color treatment should contain manganese and cobalt.

Foods having violet coloring are eggplant, purple broccoli, beet tops, purple grapes and black berries.

Diseases which are helped by violet include nervous and mental disorders, neurosis, neuralgia, sciatica, epilepsy, cerebro-spinal meningitis, cramps, concussion, rheumatism, tumors, kidney and bladder troubles, diseases of the scalp. Violet stimulates the venous blood and purifies it. Violet affects not only the blood vessels, but also heart and lungs. Violet depresses all over active conditions of the organs and glands. However, there is one exception -- violet builds the white corpuscles and stimulates the spleen.

Violet relieves over stimulated nerves, and acts as a depressant for violent mental conditions. It reduces excitement and extreme irritations.

Violet made by the radiation of ruby and its complementary blue, can be used in treating all conditions caused by active gonorrhoea. All Neisserian infections that will show a reflex for that toxemia should be tested with violet. It is useful in all renal deficiencies.

A deficiency of violet would manifest in poor circulation and impure blood.

Violet as:

Cardiac Depressant – An agent that relaxes and soothes the muscles and nerves controlling the heart.

Leucocyte Builder – An agent that builds the white corpuscles in the spleen.

Lymphatic Depressant – An agent that decreases the functional activity of the lymphatic glands for nutrition, and helps the appetite in reducing overweight.

Motor Depressant – An agent that decreases the functional activity of the motor nervous system, which energizes the muscles into motion.

Splenic Stimulant – An agent that increases the functional activity of the spleen.

Amethyst combines the stimulation of red with the tonic of blue and is a particularly vital color. It should be used sparingly in treatment.

Purple:

Purple is not quite the same hue as violet, having a deeper richer connotation, somewhat less pure; its uses, however, are similar.

Purple is a heart and arterial depressant. It lowers the blood pressure to give relief from many headaches and pressure pains. Relieves toothache.

Purple depresses over-active kidneys and adrenal glands.

Due to its hypnotic effect one finds restful and relaxed sleep. Purple gives similar relief from pain and suffering as narcotics give, without the harmful after effects.

Purple is found to be most effective in giving relief to all types of fever. It may be used interchangeably with turquoise wherever indicated. Purple helps reduce sex desires and over-emotional disorders.

The purple combines the blood-warming red, and the cooling antiseptic blue, and is excellent for lungs, stomach and kidneys and other parts where animation without irritation is needed. Red-purple is good for a dormant stomach; but blue purple or blue is best if the stomach is hot and excitable.

Purple or purple charged water is especially good to help digestion if taken internally; is excellent as an enema in leucorrhoea and ulcerated uterine organs or rectum, makes a good nasal douche for catarrh.

As a fine wash for baldness and dandruff, it should be rubbed in over the whole head from the end of fingers repeatedly wet in it.

Purple as:

Analgesic – An agent that decreases sensitivity to pain.

Anaphrodisiac – An agent that decreases sex desires.

Antimalarial – An agent that prevents or removes Malaria.

Antipyretic – An agent that lowers the body temperature.

Nypnotic – An agent that induces sleep.

Narcotic – An agent that produces stupor.

Renal Depressant – An agent that decreases the functional activity of the kidneys.

Sex Builder in Supernormal – An agent that builds the sex powers by lowering the sensitivity.

Vasodilator – An agent that causes expansion of the blood vessels, lowering the blood pressure.

COLOR PHILOSOPHY

The Intermediate Colors

Intermediate colors may express in the following ways:

Red-orange: Slightly less stimulating than red, it is used to intensify intuitive power, and to awaken interior hearing. It affects the neck and throat, and all corresponding areas, as well as the genito-urinary organs by reflex action of opposite color.

Orange-yellow: A very mild stimulant, its cheering influence assists in overcoming the blues, worry, or mental depression. It has to do with the chest and mammary glands, the stomach, the diaphragm, lower lobes of lungs, and upper lobes of liver. It helps promote digestive functions and assimilation.

Yellow-green: A slightly depressant color, it quiets the nerves, corrects the tendency to over-confidence. It quickly relieves headache caused by auto-intoxication or unequal blood-pressure. It is related to the small intestine and upper part of the large intestine; to the pancreas and spleen; to lower lobes of the liver.

Blue-green: A sedative and depressant, its action is expressed through the nerves and muscles of the voluntary system. By arousing the activity of its opposite color it can be used to treat the throat area. In general, it relates to the genito-urinary organs, the urethra, the prostate gland, and the descending colon and the rectum.

Violet-red: Very mild antiseptic, almost as strong a stimulant as red. Its stimulant action makes it of value in overcoming desire for drink or drugs. Its antiseptic action clears the blood. It relates to the feet and toes. Violet-red denotes the returning in toward manifestation, but on a higher note.

Turquoise:

The use of turquoise for skin building gives immediate relief and correction from sun burn, hot liquid burns and severe skin injuries. Some of the most severe destruction of the skin has responded and healed rapidly without even leaving a scar. For conditions where the flesh and tissues are destroyed along with the skin, alternate with the green and turquoise. Various infections of all kinds of fever respond to turquoise. Turquoise gives fast relief from fatigue poisons. Work, play and exercise produce these poisons as the cells and tissues are broken down making one feel tired. Use the turquoise at any time for correction. Use to give relief from insomnia. Turquoise is a depressant for an overactive and over stimulated brain. Turquoise depresses an over active thymus gland. Turquoise relieves various kinds of irritation and itching. It is very cool and relaxing. This applies especially for headaches and many kinds of extreme pressure or swelling conditions.

Turquoise as:

Acute Alternative – An agent that produces a favorable change in the process of nutrition and repair, in recent disorders.

Cerebral Depressant – An agent that decreases the functional activity of the brain.

Skin Builder – An agent that builds the skin.

Tonic – An agent that tones the system.

Magenta – Red & Violet

Colors are harmless and normalizing in their effect on the body. However, if the process of loosening and eliminating of toxins and congestions from the body occurs too rapidly, one might feel upset. Do not stop tonation unless the condition becomes unbearable. If the tonation causes extreme pain or dizziness which does not go away soon, then use turquoise color for temporary relief.

The colors must be irradiated on the bare skin in a dark room. The room should be comfortably warm during the tonation. The tonation may be taken with the head to the North and the feet to the South; it is best to be in a reclining position. Complete relaxation is important and it is desirable to remain so, for a short time after the tonation period.

Insofar as practical during this treatment, avoid those things which cause toxic effects, such as meat, coffee, tobacco and alcoholic beverages. They slow down the natural processes of the body to build new and healthy tissues and cells and retard the natural processes of the eliminative organs to remove mucous poisons and waste from the body, thus interfering with nature's efforts to heal.

All forms of refined and devitalized foods should also be eliminated as they are dead and therefore cannot build live and healthy tissues.

Drink plenty of water and fruit juices. They flush out the body and dissolve waste. Lemon is especially helpful, one-half lemon to a glass of lukewarm water.

Magenta:

Auric Builder – An agent that builds the aura or the radio-emanation of the chemical body.

Cardiac Energizer – An agent that increases the functional activity of the heart.

Diuretic – An agent that increases or promotes the secretion of front elimination.

Emotional Equilibrator – An agent that stabilizes the emotions.

Suprarenal Stimulant – An agent that increases the functional activity of the adrenal glands on the kidneys.

Magenta balances the emotions giving relief to all phases of these unbalances. It is indicated in nervous conditions accompanied by melancholia, or grief, and in sexual neuroses.

Magenta with its recuperative green complementary is of great benefit. As with the green, use magenta for all disorders regardless of their names. It makes it possible for other colors to be more effective. It balances the sex desires of both sexes.

Magenta will produce similar stimulative and depressive effects to those of both scarlet and purple but it works a little more slowly. If one does not know whether it is high or low blood pressure, magenta raises or lowers it automatically as is needed. It stimulates or depresses the arteries and veins. It gives all kinds of changes for heart conditions regardless of the names. Nothing can give relief to the heart with such rapidity and accuracy as does magenta. Use magenta primarily on the areas around the heart and kidneys.

White Light:

The white light, without filters combines all rays. Thus we have made full circle.

White light appears in all minerals and chemicals though most strongly present in platinum, silver and quartz.

Lenses to use in healing with the white light are best made of quartz.

White light is of course in the sunlight, which has been used in healing down the ages. It is recognized as an antiseptic and a caustic.

The sun's rays will cauterize a vein or an artery and almost instantly stop the bleeding. No after-dressing is needed except in the case of cancer. As the sun's rays are not poisonous there are no bad after effects as with the use of drugs. There are no preparations necessary but the operator can cauterize as deeply as may be needed. No scar is left after the healing is completed. Augustus Barnes removed cancers in their earlier stages, tumors, moles and birth marks no matter what the size or color. He used the lens and the simple rays of the sun without any bleeding or a permanent scar.

It is related by Paul Brunton how the Hindu Rishi Vishudhananda of Benares could pick up a bird that has just fallen lifeless to the ground and holding it in the warmth of his hands focus the sun's rays upon its eyes through an ordinary lens, whereupon the bird flies up fluttering about for a half hour, then again dies, showing the power of the sun's rays on the life forces.

The student of color healing may experience for himself the methods which he is led to use, gradually extending his knowledge until he can use all of them.

More on Ruby or Magenta

In addition to the usual hues, there is a color vibration related to both the red and violet ends of the spectrum which is called ruby or magenta. This color carries the vital radiations of life and metabolism in what may be called etheric form. It does not appear to ordinary

vision, as the red and blue of the spectrum when superimposed do not produce its saturated brilliant color. This ruby or magenta present in the two ends of the spectrum can be transmitted by cobalt blue or manganese violet glass.

Research over many years has brought Dr. Sander to the conclusion that white light, instead of consisting of 3 primary colors, actually has 4 color elements, which are magenta, green, yellow and blue. These form 2 pairs of complementary colors, magenta and green, and yellow and blue.

This 4-color system proves of great value in the color treatment of disease, each of the 4 elements having a separate function. The mixing of pigments does not produce the same colors as the mixing of light rays in the spectrum, for complementary pigments mixed together produce black, not the spectrum color resulting from the mixture of colored light. This is important to remember in chromotherapy.

In using color in healing it is necessary to have a color system which will prevent mistakes in harmonizing the colors being used therapeutically. The spectrum colors merge from one to the other without any definite line between them. The ordinary chromatic system divides them into 7 colors which are called red, orange, yellow, green, blue, indigo and violet. These actual colors are very indefinite in most people's minds for many have never looked at the spectrum either through a prism or a spectroscope and have never compared them with the reds and blues seen in pigments and dyes.

The dull navy-blue color generally called indigo, for instance, is very different from the beautiful deep spectrum indigo. For healing work it is better to call the blue which is next to green by its more scientifically correct name, cyan blue. And the blue which approaches the violet band in the spectrum is to be called ultra-marine blue instead of indigo, as the French ultra-marine in good pigment is the nearest approach to this healing spectrum color.

The therapeutic color system requires more than the seven spectrum colors, and the magenta or ruby color is added to it. This color appears if the rainbow band is arranged in a circle so that the red and violet overlap. This actually seems to be a deep rose tint because the pure magenta hue is diluted by the white resulting from the overlapping of the blue in the violet end and the yellow in the red end.

Magenta or ruby therefore cannot be seen in the spectrum in its full strength. In aniline dyes, rhodanime B or acid violet produce it. A diluted beetroot juice also produces it, as does a weak pink solution of potassium permanganate. The pigeon-blood ruby also approximates it, and for this reason the hue will be called ruby in therapeutic work.

The therapeutic color chart is arranged in a circle with the 8 colors: red, orange, yellow, green, cyan blue, ultra-marine blue, violet and ruby.

These are the pure colors in their full strength and brilliancy. It is to be realized pure color is seldom seen in nature or in art, decoration, or fabrics.

COLOR PHILOSOPHY

Symbolism of Remaining Shades

While color symbolism is universal in its application, not all of its exponents agree as to its uses. However, it is true that the purity of a color will have its counterpart in the purity of its symbolic meaning. Thus primary colors will correspond to primary emotions (such as those of children or basic types), while secondary or more subtle colors express meanings of further complexity.

White is the color produced by reflection of all the rays of the solar spectrum, and it is from White Light that all color radiates.

White multiplies and projects the properties and powers of light. Everywhere accepted as the symbol of goodness and purity, it also indicates holiness, pardon, and innocence of the soul. When used for religious habits, it signifies innocence of soul, purity and holiness of life.

White light is both the synthesis and the negation of color. Any color can be diluted with white almost to the extent of obliterating it. In like manner the grosser elements of man can be visualized as being gradually transformed into finer and finer essences through the spiritual power of white light.

White light can only be used imaginatively by the effort of visualization, picturing it, for instance, as a fountain of water with the sun sparkling on it, or a beam of radiant light shining down on the patient, producing a unifying and harmonizing effect.

Visualization:

The visualization of white light in connection with respiration has had interesting results in conducted experiments. Patients are asked to visualize the colors of the spectrum in their order from red to violet. The red increases the respiration in the upper part of the chest; the green affects the epigastric expansion; the violet produces deep abdominal breathing. If the response to the various colors is normal the breathing will be smooth and regular from the upper part of the chest downward. If the patient fails to respond to any one of the colors, the breathing will become jerky or irregular as the color is visualized. But when contemplating white, such as white flowers, or a snowfield, the breathing will be fuller and deeper than when thinking of any of the colors.

White is stimulating to those who respond to its high rate of vibration. It is the end product of color. There are many variations of white, dead white, bone white, snow white, pearl white, foam white. It speaks of virginity, purity, peace, and holiness.

As the color of Light itself, it represents illumination, ascension and revelation.

Black, on the other hand, negates and absorbs the powers of light. Having no brightness or color, reflecting no light – in absorbing, it “takes” rather than gives light, and thus symbolizes the opposite factors, the absence of light, or darkness. Some of its symbols are: matter,

fermentation, putrefaction, occultation, ignorance, and penitence. Mineral life, fertilized land, germination in darkness, Prime Matter, and the mystery of the Unknown.

Black and white, when used together for religious habits signify humility and purity of life.

Gray: Any two lights of exactly opposite color unite to produce white light, but two pigmentary colors, being opaque in nature, when mixed with direct opposites produce gray. For this reason, gray is said to be the symbol representing the perfect blending or neutralization of any two pairs of opposites.

There are many tones of gray, each with its own significance. The color of ashes, it has been used to portray humility, inertia, or indifference; neutralization: depression or sadness; death of the body and immortality of the spirit. In Mystery teachings, as the union of opposites, it represents Wisdom.

Each color causes a reaction on the retina of the eye, which tends to arouse the activity of its opposite or complementary color.

One can test this by staring hard at any strong color for a moment in bright light, then closing the eyes or looking at a blank white sheet of paper, and watch the opposite color appear. Sometimes one will see the rim of this opposite color around objects, an effect of his own visual perception.

Brown is the color of earth, a dark color combining red, yellow, and black. From an external or negative standpoint brown signifies worldly status, materialism and sometimes decay. Golden brown indicates worldly pleasures. Dark dingy brown signifies greed or miserliness. Muddy brown is earthiness. Clear, pleasing shades of brown are warm and comfortable to the eye, with a feeling of friendliness.

Brown used in religious habit signifies renunciation of the world.

Pink is a pale hue of crimson, the color of flesh. It suggests affection, light emotion, or sensuality.

Silver symbolizes the Moon, and the lunar currents in the nervous system.

Gold symbolizes the Sun, the states of glory, the solar rays and currents.

The usual spectrum colors have already been discussed, except for their symbolism in religious garb, which is given as follows:

In Religious Vestments:

Red signifies Power and fire; blood and sublimation; charity and active love. It is associated with emotions, love and hate. Among the Romans it meant sovereign power. The Cardinals

dress in red. It is the color ascribed to St. John, and the martyred saints. It signifies love of action, and was used during Pentecost to denote the Holy Spirit.

Blue is the color of the sky, and suggests the unveiling of Truth, as the heavens with clouds pulled back. It also represents heaven and heavenly love. It suggests prayer as an ascending scale of blue light; or aspiration with stars flying upward. Blue is the traditional color used in the church to represent the Virgin.

Indigo relates to higher metaphysical thought.

Yellow poses opposite meanings: of the Sun and divinity on the one hand; or when murky, it relates to Judas' deceit and treachery. A pure yellow also represents revealed Truth, and St. Peter is some- times depicted robed in yellow.

Orange-Yellow: in the Orient, carries the meaning of renunciation.

Green garb relates to vegetation and spring, and to the immediate or natural life – growth and sensation. It also represents triumph of life over death, as spring over winter. In pagan initiation rites it symbolizes water. St. John is sometimes shown in green, for spiritual initiation. It also refers to the epiphany season, the visitation of the Magi and initiation rites in the life of Christ.

Violet: stands for Love, Truth, or passion and suffering.

Purple is for penitence, sometimes sorrow. Also for royalty and imperial power, as well as spiritual power. It is sometimes related to God.

SPIRITUAL-PHYSICAL COLOR TREATMENTS

These treatments are based on the work of an authority on chromotherapy. We have combined here the various uses of color from visualization and affirmation to charged water and light treatments – using either a lamp or direct sunlight. These appear well worth your study and personal experimentation.

The application of Red:

The universal breathing affirmation which is to precede this, said by the patient as well as by the healer, can be accompanied by a visualization of the dawn or sunset on snowy mountain peaks as a warm or peachy pink spreading over the entire earth and all its inhabitants, the individual inhaling this pink color and exhaling the radiance and goodwill far over the horizon. Without goodwill the healing will not be permanent. The universal affirmation is:

O Thou radiant spirit of divine love
Enter my inner consciousness;
O Thou spirit of divine love, dwell in my heart
That love may make radiant
Each thought, word, deed,
Ever shining as my brother's beacon
Radiating joy, peace, power!

When the colored light treatment is given, the healer first of all surrounds the patient with the universal peachy tint mentally given. He asks the patient to cooperate by using the universal affirmation followed by the one for the red ray. This is as follows:

O Ruby rays, flow through me,
Flow through me, and energize
My bloodstream, my bloodstream.

O Ruby Rays, stimulate activity, activity;
And instill iron stamina, staunch stamina.

O Ruby Rays, recharge my will
Why Thy goodwill,
For health and joy
For me and all I will fulfill.

After the patient has cooperated in this way, he is placed on the couch under a sheet and the red light radiated upon the soles of his feet from a distance of about 6 inches. If the treatment is for anemia a second color, orange, is radiated upon the spleen area for 30 minutes.

On sunny days the noon sun power will be especially beneficial, focussing it on the soles of his feet through a red screen. At the same time the patient is to breathe in the ruby rays.

The treatment begins on the soles of the feet, then the lamp or the red screen is gradually moved to the ankles, the calves, the knees, the thighs and to the coccygeal center or chakra, remaining from 5 to 10 minutes on each place.

To end the treatment green or blue is radiated on the patient for 10 minutes so there may be no undesirable or irritating effects from the red.

When the beam of red is focused on the body the red rays decompose the salt crystals in the organism, causing ions to form. The minute ions are the carriers of electromagnetic energy in the body. The red light splits the ferric salt crystal into iron and salt and the blood absorbs the iron while the salt is discharged from the body which is thus strengthened.

The color treatment for paralysis is somewhat different from the above. Paralysis is usually due to shock or frustration of some kind wherein the patient is mentally or emotionally confused and, not knowing what step to take next, refuses to take any and the motor nerves cease to give orders. The patient needs some new and absorbing interest. Red gives an urge to action, strengthens will power and courage. The adjustment of the mental attitude seems to take place more readily if the patient is unaware of its relation to the cure. Yellow is often helpful in treating the mentality in such a case. The patient is also given purple solarized water to drink between meals.

The purple or magenta ray is played upon the patient lying face down on the couch, starting at the coccygeal chakra. After 15 minutes on this spot, the light is moved slowly up the spine to a position back of the solar plexus taking about 5 minutes to do it. Then the purple color is focused on the soles of the feet for 15 minutes. If the legs are paralyzed focus the purple light on each sciatic nerve, playing it upon the back of the legs in an upward direction.

Next change to the red light, radiating it on the knees, shins, and feet for another 10 minutes.

Indigo is to be used next, 5 minutes on the solar plexus, then moved slowly to the throat center where it is held for 5 minutes and then changed to the blue light for 10 minutes.

A complete cure will take 3 months or longer. The red-magenta rays can be discontinued in 5 to 8 weeks, depending upon the severity of the case, as an overdose of the red, which stimulates adrenaline, would be harmful.

In infantile paralysis the ruby shower should be employed by red light treatment and rubbing with the red salt bag.

(See also the lessons titled Red, parts I and II)

Orange

In giving the orange color treatment the patient is asked to cooperate by visualizing the sun lighting and warming the earth and its children; at the same time breathing in its wisdom and light. The red part of the ray is sent to all parts of the physical body and the yellow to the mind, the red giving strength and energy and the yellow making the mind dynamic, alert and good-natured. Good nature toward all is essential in permanent health.

Accompanying this visualization the following affirmation is to be said:

O freeing orange, O buoyant rays,
Float in me, float in me,
Salving, restoring conscious will,
Conscious energy,
Above all limits of bodily mind.

O warming orange, dispel all chills
And kindred ills; in me health thrills.

O lifting orange, transmuting rays,
Waken, unfold, my budding powers.
Bring me wisdom's bright new powers,
Bright new powers.

* In practicing this orange color breathing affirmation, breath from the pit of the stomach feeling as if the breath were coming from the feet. Breathe through the nostrils.

Yellow

The visualization for the universal affirmation before receiving the yellow light treatment consists in seeing golden currents of sun-radiant air flowing within the earth and enriching all the peoples of the world; see this golden light flowing into your body permeating every part of it. Do this first thing in the morning before an open window while taking about 20 deep breaths.

Following is the mantra to use with the yellow color breathing:

O yellow beams of gold, enrich my intelligence,
Strengthen thy sun-radiance, aged-wisdom
In youth unfold

Empower my solar-plexus to digest, assimilate,
Inhaling golden atoms of joy,
All fear abate.

O saffron rays of wisdom prana
Flow in golden currency feeding cells
With cosmic manna through my entirety.

Yellow rays carry positive magnetic currents strengthening the nerves and awakening and vitalizing the mentality and reasoning faculties. They stimulate the third chakra at the solar plexus which controls the digestive processes. It has a cleansing and eliminative action on liver, intestines and skin.

* Diseases which are benefited by yellow color treatment include digestive and liver ailments, diabetes and skin diseases.

Green

* The color breathing for green should be accompanied by the visualization of early morning light shimmering on dewy grass, the refreshing green of leaves after rain, the sun sparkling on shining trees at noon, green shadows at dusk dancing through the leaves, nature's prana.

Accompany this with the green ray affirmation:

O Ray of emerald symphony, sustain, upbuild
my wayward heart;
Its strings attune in symphony, teach me to
do my poised part

O chlorophyllic builder true, heart-force in
fields and men renew
From thee the tempo true is bidden, O strengthen
thou the beat, the rhythm.

The pulse of brotherhood regain bring forth
the honey, harbored, hidden
In human hearts now freely given, sweet food
in all, for all sustain.

BLUE

* In the color breathing for blue visualize a cloudless bright blue sky of an early summer morning being breathed into the lungs and absorbed by every eager pore in the body, and think of yourself as sailing high aloft above the earth and all the minute activities upon it, absorbed in the consciousness of blue. Then give the affirmation:

O tranquil ray of sapphire blue, calm thou
my mind
In solace new, in solace new.
Quench thou all fevers in coolness new,
refreshing dew.

Tone thou my speech, O ray of blue,
And make it true, and make it true.
Help me to learn, O ray of blue
To rest in you, to rest in you.
Help me to learn, O ray of blue,
To speak anew, to speak anew.
Help me to learn, O ray of blue,
To sing in you, to sing in you.

Indigo

Before giving the indigo ray affirmation in the color breathing, visualize the deep indigo of the desert midnight sky and drink deeply of it. Or imagine yourself in the deep indigo of a mountain lake, like an indigo trout inhabiting the lake, drinking deeply of the indigo waters which flow and ripple over your entire body and mind.

Then breathing rhythmically as you inhale and exhale the indigo, use this affirmation:

O deep rays of indigo blue, bathe my eyes with
tender hue
Give me sight to see anew, give me light for
seeing true.

O deep rays of indigo blue, bathe my ears with
deeper hue
Tone my ears to hear anew, tune my mind to
hearing true.

O deep rays of indigo blue, bring me in
devotion's hours
The balm, the purity in mental showers
Release new fragrance from brain flowers
Sweeping all brown leaves away.

Indigo is a great purifier of the blood stream and likewise controls the psychic currents of the subtle bodies. It combines the deep blue of devotion and clear thought with a faint trace of stabilizing red. Great changes take place under its influence on all levels of being. It is electric, cooling and astringent and can induce local or total insensibility. But it enables the individual to see and understand more deeply.

* It governs the chakra in the center of the forehead called the spiritual eye, controlling the pineal gland and vision, hearing and smelling on the physical and higher planes. Its complementary color is yellow with which it has an affinity in regard to the mind.

Violet

* For the color breathing of this hue visualize the desert at sunset being overspread with a mist of pure amethyst changing to deep violet as dusk deepens. There is complete silence everywhere. Breathe it in reverently feeling it penetrating every nerve, fiber and cell, nourishing and uplifting all spiritual life within.

Then use this affirmation while inhaling and exhaling deeply:

O zenith ray of violet power
Cleanse my dark blood with purple shower,
Soothe thou my nerves with passions lower
Bring forth true inspiration's flower.

O amethyst ray of spirit's radiance,
Strike thou the chord of my soul's cadence
Bring forth the poetry, music fragrance
One art uniting – none in vagrancy.

O violet blaze in meditation's bower,
Flash me keen intuition's power,
Dull mental shades no more shall dower
Thy mystic petalled lotus flower

The humble modest violet slight
Shows arrogance, power in simple might,
Guides egos from dark paths of night
In service selfless endless light.

* To determine what conditions should be treated with each hue, study the lessons on the individual colors with the recommendations given. For example, Violet Part I (Color Philosophy), and Violet Part II (Color Therapy.) For practical instructions see lesson Methods.

White

White is the arch transmuter embracing all the colors and lifting the powers of any one of them to their utmost perfection. But it can only be used in its spiritualizing sense. The visualization for the in-breathing of the white light requires the still of every restless thought and feeling a profound calm encompassing the consciousness. While breathing deeply feel yourself lifting the power and energy within you to meet the descending white light, and see it multiplying and surrounding you in a white wall of protection. If you are the healer, place the patient in the center of this all-encompassing white light, and then extend it to include all in the world.

The affirmation for the White light:

O dazzling white, pure ray serene, uplift my soul
to meet thy gleam;
Fill every atom with power supreme, make ill-thought
life seem but a dream.
O respondent Father, seven rays in One,
Teach me to blaze my hidden sun,
Love merged with strength, no more diverse,
Encompass the mighty universe.

White is not a color ray in the healing sense although it magnifies the power of each, but its appreciable activity operates on the higher planes. Its power manifests everywhere, as Dr. Babbitt says, “the whole world, mineral, vegetable and animal is ever being transformed into new and beautiful growths, forms and colors under its magic touch, showing its almost omnific power.” It is the white light of Christ consciousness which produces the healings at such places as Lourdes and other shrines.

PHILOSOPHY OF COLOR

Cosmic manifestations of the One Life-Principle are sent forth in the form of Light-waves, and surround us all in a symphony of color, as the visible expression of our Creator and the Divine Mind. Each of these super-physical Rays of Great White Light which emanate forth from Eternal Being holds within itself all the range of color-vibrations. These in turn act as streams of vital force of immeasurable and infinite power, each having both a particular and a general function.

Color is a quality of light, a mode of light-vibration, defined as luminous radiant energy, and does not exist apart from light. In the Cosmic Force are light rays of a much higher order and power than those reflections which are visible to us in the form of colors, though color is itself a cosmic force of certain power. Radiating as it does from the Central Sun like a great ocean of light, it has been called the Soul of the Universe.

On the spiritual level, all the potentialities of the Higher Being are said to dwell within Seven Rays, which break forth from the pure White Light of the Divine Mind made manifest. These are called the seven spirits of Light, and each ray has its subordinate rays.

The seven major color-rays fill space and permeate the soul and being. They are the manifestation of the seven great cosmic periods, corresponding as well to the seven major glandular centers in the body. The color rays are also related to the seven planes of manifestation. There is both an esoteric and exoteric meaning to the outward and visible rays of light comprising the spectrum.

The sun radiates white light-waves capable of being resolved into seven main constituent parts of different wave lengths. The white light of the Spiritual Sun enters the consciousness of the soul through the aura and is diffused into its seven component colors, each one infusing the appropriate soul-center with power and vitality.

The rays are forces of infinite power and purpose, emanating from the great White Light of the Supreme Source, and guided and directed by all-powerful intelligences. Color is thus a seven-fold force branching out into numerous channels and currents.

Each wave projected through space creates a certain rhythm and harmonious vibration, so that different wave lengths excite different color sensations. A wave length of light is not a color; rather it is related to a sensation of color.

Color has seven aspects, seven primary rays, each of which in its own way heals, enlightens, inspires, animates, vitalizes, and supplies or fulfills.

The first is the red ray which mainly influences the physical body, while at the other end is the spiritual color violet, and its purest ray, amethyst. The three primary colors symbolize: red – body; Yellow – soul, or mind; Blue – spirit of man.

The so-called warm of “advancing” colors – red, orange, and yellow – are said to deal with processes of assimilation, activity, and intensity. The second group of blue, indigo, and violet are called cold or “retreating” colors, and these correspond with processes of dissimulation, passivity, and debilitation. Between the two groups, and spanning them, is the intermediate, transitional color, green.

Applications and aspects of color are: 1) in their medical or healing aspect, dealing with color treatment and ray-therapy; 2) their psychological aspect – the study of the influence of color on mind and emotion; 3) the esoteric aspect, symbology and attributes of colors, or the color aspects of the aura.

Used for healing, the color vibrations work through the charkas or cosmic centers of the body. The color-healing is not just a psychological process.

All flow of color-forces are consciously regulated and absorbed as needed. The use of color soon becomes a subconscious functioning, color being one of the fundamental elements in the universe which acts directly on the subconscious mind. This in turn strongly affects the health, vitality, and harmony of life.

There are two views as to how light affects or influences the body. One states that a permeation of the cells takes place, as in ordinary osmosis. A more favored view is that light and color influence the body by arousing sympathetic vibrations within the organism. Light and color work according to the Law of Attraction and need or assimilation through the vital body.

If an opposite rate of vibration is used to that which the body can conduct, or if the incoming current of power is too strong, an abnormal reaction may occur which may produce reaction. It is important that the counselor know the nature of the light or color he uses, as to quality, quantity, or intensity. Color balance is intended to cause certain molecular reactions in the organism or vital centers, through the medium of the rays.

Part of the success of color treatment depends on the principle that all healing is a change of mental attitude or belief. The subconscious mind aided by the restorative vibration of color carries into outward manifestation the ideas impressed upon it, although color treatment is on a spiritual plane. Color treatment uplifts the physical, structural vibration and creates a fitting atmosphere, but must be done under direction.

William Blake wrote: “what is now proven was once only imagined.” To reach the highest part of the spectrum, the blue, we must transcend the red of physical action, the yellow of mental reasoning, and enter the realm of feeling. Thought and imagination are not the same thing, for the one implies reasoning and the other a degree of emotion.

It is hard to write (a yellow function) of this plane, for we must leave science and turn to art – music, poetry, love and faith, all of which must be felt to be appreciated. A symphony,

a poem, a prayer, a look are the “words” in the language of feeling. Here belongs, especially in the highest, the violet end of the spectrum, “The Voice in the Silence,” the inner eye which is the bliss of solitude, the individual matter of meditation – prose cannot describe poetry.

To function on any plane of consciousness one must use the medium of that plane: one cannot think with one’s hands, nor write a letter without them. Physical and mental expression demand physical and mental medium, and to express one’s feelings is often the problem of conveying the in conveyable, a task that sorely besets every lover, artist or man of God. This is a test of individual evolution.

Happiness depends on the complete control of the individual spectrum, the higher colors controlling the lower, the linking together of all planes. Unhappiness is the reverse. Generally we suffer a lack of coordination of colors: we can think of something but not do it (yellow-red), feel something but not express it. It is those who can feel, express and put into action, who are equipped to forge ahead in history in whatever field is theirs, be it to a prominent place in the arts, philosophy, statesmanship or the unsung magnificence of a quiet, good life of brotherly service.

Mastering the spectrum is the preliminary discipline of all who seek to make themselves prisms of the Light. The test comes when the Divine Ego or Will takes over, for the Power can be used for good or evil.

We have dealt so far with the three primary colors, which ascend to white. The function of the secondary colors – orange, green and violet – is equally significant, for these constitute the lines between the planes.

Orange therefore, is thought translated into action, thus to become the realm of instinct and habit. All habits initially were thought out consciously, until they became unconscious. This plane by reflex action is an indicator of the quality of the yellow.

Green, being a blend of feeling and thought, is the color of self-revelation and growth. We vibrate to green when we become conscious of motive, and test ourselves, often to our dissatisfaction.

Violet, the mixture of feeling and action, is the spiral’s turn, when the highest does service to the lowest: Its rays are the shortest, the closest to the light. This fact is recognized by many churches, whose ceremonies incidentally are filled with color symbolism. The gorgeous cathedral windows are an example. Royal purple, a physical counterpart, was originally the color symbolizing not only power, but service and devotion to the people.

The primary colors tell of the resurrection of the light of spirit from the physical through discipline. The secondary colors tell of the descent of the light of spirit to the physical through application. This action and reaction involve the self and evolve the Universe.

It shall be remembered that all color is an aspect of Light. The spectrum in proper proportions produces White.

COLOR PREFERENCES INDIVIDUAL AND GENERAL

There is a modern hunger for color as seen in textiles, clothing, furnishings, advertising and many other mediums. Many are turning to painting as a field of delight for their own satisfaction even in later years. Sir Winston Churchill is perhaps one of the most notable of these. He has said of color, "I cannot pretend to be impartial about color. I rejoice with the brilliant ones and am genuinely sorry for the poor browns. When I get to heaven I mean to spend the first million years in painting and so get to the bottom of the subject. But I shall require a still gayer palette than I get here below. I expect orange and vermilion will be the darkest, dullest colors upon it and beyond them there will be a whole range of wonderful new colors which will delight the celestial eye."

Sir Winston should recognize the celestial eye as a possession here and now, not just after death. The eye of the spirit is possessed by all at least in germ, if we would but learn to use it.

Utilitarian education tends to starve out the creative faculties, but everywhere there are individual awakenings. Sometimes these come from therapy to treat an illness due to starved soul-life which was given no expression in the arts.

Illnesses affecting the breathing such as asthma, hysteria can be helped most through the arts; through color, music, rhythmic movement and rhythmic occupations such as color weaving, speech or rhythmic breathing.

Health is a mobile condition in which all these systems have to find and keep their balance. The soul must balance between head and metabolism, thinking and will, light and darkness, past and future.

But out of healing an illness may come a new consciousness that re-establishes its balance in health. Life radiates color.

The Four Temperaments and Color

There are four temperaments in relation to color: sanguine, melancholy, phlegmatic and choleric. One who is decidedly of any of these temperaments will not be able to stand much of the color indicated by that temperament.

The choleric temperament is red and generally rejoices in seeing fiery red colors. The complementary color will develop tranquility.

The phlegmatic temperament may have muddy and dull colors.

The melancholy temperament enjoys the deep blue and violet, sympathizing with fellow-suffers, and should employ some bright cheering color accents in his surroundings.

The sanguine temperament restlessly enjoys all the colors from time to time flitting from one to another in indetermination.

The colors worn in dress and used in surroundings should be selected according to our temperament type and our soul needs. Each person can help his own well-being by giving regard to these color frequencies, and finding his own color.

Each human body, even though it is an aggregate of many radiations and vibrations of energies of the Cosmic, has its own specific frequency or vibration. Just as each tuning fork has a natural vibratory rate; that is, a rate of vibration to which it responds particularly and white constitutes its pitch, so has the body. This particular vibratory rate, which we each have, corresponds to some hue of color in the vast spectrum of colors.

That there are such colors which correspond to the vibratory rate of our being is a discovery the individual makes himself by the effects which the specific hue of color has upon him. When he is in its presence, he finds it very beneficial, soothing, quieting, and rejuvenating.

Each of us as a vibrating unit of matter in this universal cell of existence has a natural color value which is our individual color, just as each of us has a definite musical note and a definite polarity of vibration.

A color might seem to harmonize with the coloring of our hair and eyes, more with our objective appearance than another, and yet another color may be preferred because of its salutary effect upon our inner self. When you select a color or hue that harmonizes with your inner self in this manner, you are really fitting yourself into the great Cosmic spectrum, in the same manner that the bands in the spectrum of light are all in proper order and relationship, making for a harmonious whole which manifests as personal satisfaction and imperturbability.

It is difficult for an individual to discover which is his color except from experience. All of us sooner or later learn the color, or the precise shade of color, which is not only most attractive to us but most pleasing, satisfying, and helpful.

Every woman has discovered that a certain shade of color is best for her clothing because it makes her feel more vital, soothes her nerves, gives added contentment and in many other ways is most appropriate for her. Of course, she has to seek for modifications or even opposites of this color because she cannot wear one color continuously.

In a more general way, psychologists have shown that most individuals of the same sex have about the same favorite choices in colors, and there is really very little difference in the choices of the sexes. This information is now being used by industry to make the surroundings of people at work as pleasant as possible. Color preference have been found generally in the following order beginning with the favorite:

Men: 1. Blue, 2. Red, 3. Purple, 4. Green, 5. Orange, 6. Yellow.

Women: 1. Red, 2. Purple, 3. Blue, 4. Green, 5. Orange, 6. Yellow

The nerves of the eye can be shocked by color as readily as the nerves of the ear by sound. Poor color-schemes can shock the nerves of the eye, and fatigue results. Too strong color often irritates. Nature expresses the greatest harmony of colors.

Color can truly become a part of living environment. The artful use of this knowledge contributes a powerful influence upon vital forces.

Color can be used in business to arouse interest, create atmosphere, stimulate action, bring social contacts, when scientifically applied.

The poorly considered use of color may cause physical, mental and emotional reactions that affect personality through fear, worry, anxiety or inferiority complex.

Red, yellow and orange fatigue and irritate sooner than the other colors. They are heat producing and exciting. A quiet, relaxed person will be excited or irritated by bright colors not properly handled.

Blue, green and purple are cool and soothing. A nervous, quick moving person is calmed by blues, greens, purples.

Anglo-Saxons and light races generally prefer subdued color. Latin and dark races generally respond to bright color. This may stem too from the fact that they look better dressed in such hues.

The eye demands balance of color. Color has force, action, positiveness or passivity, warmth or coolness, and weight.

Advancing colors, which make a room seem smaller, are orange, red and yellow. Receding colors, making a room appear larger, are blue, green, violet.

Blue can be a real emotional sedative. Some hospitals have found that patients recover more quickly if they are placed in blue rooms following major surgery. Blue rooms are sometimes used to quiet violent inmates of mental hospitals.

The right shade of yellow can produce a sensation of sunlight and warmth, but just a slight change in shading can cause a feeling of nausea. Commercial airlines many years ago abandoned interior decorations in yellow because certain shades encouraged air-sickness. For the same reason yellow foods should be avoided during air or ocean voyages. Yellow is an excellent color, however, where food for thought" is concerned. Research has shown that the grades of school children rose noticeably when their study rooms were redecorated in yellow.

Whether we realize it or not, color can lower our sales resistance, make us feel hot or cold, gloomy or gay. It can affect a man's personality and mental outlook quite as definitely as a sleepless night, a cold in the head or a good square meal.

There is the story of a New York manufacturer who redecorated the cafeteria of his factory in light blue. The women employees soon began to complain that the cafeteria was chilly. Some of them even started wearing their coats to lunch. The plant engineer protested that the temperature was thermostatically controlled and that the cafeteria was just as warm as the rest of the factory. The complaints continued, however, and a color engineer was called in. He ordered the baseboards repainted orange, had orange slip covers placed on the chairs and the complaints ceased! The average person is inclined to underestimate the temperature of a blue-room and overestimate the temperature of a red room.

The importance of color in business and industry was shown when a Chicago packing house tripled its sales after changing the yellow walls of its display rooms. Aware that each color has its specific after-image color engineers discovered that the yellow created a gray after-image which robbed the meat of its natural redness. Sales leaped after they advised painting the walls green because the contrasting after-image made the meat look redder than ever.

Green and red seem to have psychological effects. Dr. Gilbert Brighthouse of Occidental College in Los Angeles recorded the muscular responses of several hundred students under the influence of red and green lights. He found that their reactions were faster than usual under a red light, while green light actually retarded their reactions.

Most people tend to overestimate the passage of time under the influence of red and underestimate it under the influence of green or blue.

The athletic director of the University of New Mexico wasn't trying to be funny when he decorated his football team's dressing in bright red and their opponent's quarters in pale blue pastels. Alonzo Stagg, while head coach at Chicago, employed similar strategy when he had two dressing rooms for his players – one painted blue for rest periods, and the other painted red for fight talks. Both men were simply using smart color psychology.

Studies have shown that dark-colored objects will almost invariable be adjudged heavier than light-colored objects.

Selecting the proper colors to suit your changing personal moods is a more difficult matter. Suppose you feel depressed and in need of a bright environment for an emotional life? Then suppose by tomorrow you're brimming over with exciting plans that require the sedative effect of pale blue?

BLUE IS MORE VISIBLE AT NIGHT; RED IS MORE VISIBLE IN THE DAYTIME.

THE AURA – PART ONE
(From a lesson on Jesus by Father Paul)

In the following work of this lesson, I will explain some things about the psychic and give a better understanding of the realm and its function.

The aura, which so much talk is heard about by many metaphysical people, the aura is a magnetic field around any magnetic body including even some mineral life. It is a mixture of the radiation from the physical body and spiritual body of man but in order to make a true observation of this, it necessary that one have spiritual sight, for the physical eyes will only observe the radiation from the physical while part of the sight of the physical eyes is of spiritual quality and spiritual sight. It isn't until one becomes truly cognizant of this that he can really observe with this sight and that they have opened up to the Christ Light and developed true sight of spiritual and psychic things. For the spiritual quality of the aura is only noticed by spiritual sight in reality.

Auras have actually no color but they are radiations of the spiritual body passing through magnetic emanations produced by them. They are electromagnetic in nature with exceptionally high vibratory rate beyond the vibrations of light in the ocular range of spectrum and the human eye's optical nerve is not sufficiently sensitive to produce the sensation we know as color.

While we cannot see them directly except with certain special lighting effects, using lights of lower frequency, but of the same type as the aura, we attune the spiritual self to the aura and thus emanations or radiations are transmitted to our sympathetic nervous system which receives and transmits vital life forces and passes it on through the rami or structure. This gives impulses which gives consciousness of color. Actually, the color arouses within our own being. By the latter method, one may close his eyes and still see.

If you wish an explanation of this, it can be given as follows.

The afferent and efferent nerves carrying impressions to the brain, and energies back from it, are also called sensory and motor nerves. These two sets of nerves are connected with the spinal system. The spinal nervous system deals with the sending of power and the receiving of impressions. It carries the objective intelligence of the brain.

The other system is called the sympathetic nervous system, which carries the subjective consciousness, and is of constrictive, healing nature, cosmically guided. It works much like the spinal system, but on the psychic level. These nerves are connected with the psychic centers of the body, the twelve glands being most important.

Some are organs, some plexuses. The most important are the thyroid, pituitary, pineal, adrenals, or apprarenals, thymus, gonads, parathyroids, and pancreas. The sympathetic system controls and regulates growth as a source of healing power by means of the glands, and it makes possible sympathetic responses.

The sympathetic nervous system does not run down through the spinal column, but on either side of the vertebrae. It does not transmit motor power to muscles, but carries a divine energy, a vital, creative, curing power to all parts of the body. It carries the divine and psychic intelligence to all parts.

In the psychic body, the sympathetic nervous system works for the subconscious or cosmic mind, carrying more refined vibrations – psychic energy.

In the material body, the spinal nervous system works for the brain, going to every organ and part of tissue, flesh, and blood.

The two systems connect and are related, having communication between. At every vertebra, they contact by means of short “rami.” These rami establish the slender connection between the two systems, which permits the transmission of both material nervous energy and psychic nervous energy to all parts.

Since this sympathetic system is closely related to the Cosmic through the soul and the infinite sources of God, the subtle influence of the planets affecting the cosmic vibrations would affect the psychic conditions or the organs and nervous system of man.

The veins of a leaf emit the strongest aura.

The auras of objects are affected by persons handling them. These vibrations do not alter the structure of the molecules and atoms of the articles themselves, else this material nature had become changed. Rather, such vibrations emanating from the human being became immured within the magnetic fields of the atoms. These affect our sympathetic nervous system, as we become conscious of personalities whose auras were in contact with the material substance.

The human aura mingles with the atomic aura of the substance. Matter of all forms has its natural aura, but that does not include the higher vibrations of consciousness. The aura of consciousness mingled with the aura of matter leaves a distinct effect that can be distinguished, as a high note can be heard along with lower ones.

A good subject for psychometry is a glove, rolled and held between the palms of both hands to get both negative and positive vibrations.

To gain an impression, hold object between thumb and forefinger of both hands at once.

Psychometry: In regard to psychometry or vibrations – the internal pattern of any object is related to its energy pattern, or to the picture which its radiations etch in space.

The health of a person causes either a weak or a strong aura. A weak aura is always grayish in color and does not extend far from the body, one or two inches, like a hazy outline

around the outer edge of the body. Pure white is the most perfect and highly evolved aura, but at the outer edge of the white there is always some degree of a brilliant violet.

Midway between gray and white there is usually a blue edge indicating the aura is still in process of development and growth. Other colors may flash in various parts of the aura, depending on health.

The psychic are in the brain on the left side of the head may cause a red flash, or tinge in the aura at that point, when psychic development reaches a high degree.

The aura is nature's way of protecting the body from injurious radiations of a vibratory nature such as would cause unpleasant sensations, or disease.

The vitality of the body, or of an animal or plant bodies, is electrical in nature. Energy in the human body is a high rate of electrical energy, and this energy can be directed and controlled for magnetic healing, and this magnetism can be drawn by contact from one body to another.

The human aura normally extends about 3 or 4 feet around the body which is well-developed physically. The psychic person has an aura of a brilliant color extending about 8 or 10 inches around the body, while the rest of the aura is invisible.

Its invisibility does not prevent its good work, but prevents other magnetic and electrical currents from having too much effect on one's body. The aura acts as a neutralizing field of magnetic condition between the body and the outside world.

The aura of a large magnet as used in industry is wholly invisible, yet powerful.

This discussion of the aura and other things of this nature are purely of an informative nature and are given not that you should seek after them, but to enlighten you a little on the subject, for we seek the Christ, our Lord Jesus and it is only with Him and through Him and Mary we will know the Father to the best of our ability.

THE AURA – PART TWO

Other Octaves of Color

There are other octaves of color beyond that which is seen by ordinary vision. Eminent scientists, Sir John Herschel, Stokes and Hunt among them, have had the belief there are other grades of color besides those which are visible. “We might almost be led to believe,” said Herschel, “in a repetition of the primary tints beyond the Newtonian spectrum.” There are many people who can see these different grades of color, especially with the outward eye closed.

After the first grade of color, which is visible, comes the odic light, or 2nd grade; then the 3rd grade which, being more connected with the mental and soul forces I have named psychic. Above these are still finer grades of color which may be called 4th and 5th grades. Thousands of persons are able to see these finer grades of color, some with their eyes wide open and in bright daylight, while in the company of others or the turmoil of daily activities.

These colors reveal the higher laws of force. They can be seen radiating from the head and all other places of the system, as the finer fluids animate them. (Through them the health conditions of an individual may be perceived.) In the more evolved, the astral, mental and spiritual aspects are more clear as seen in the aura, their colors more perfect. The colors work through the etheric organs, through thought and feeling, directly upon the physical body.

A correspondence can be noted between colors and human constitution. There is a 3-fold aura which corresponds to the 3-fold human constitution: red for the physical aura, yellow for the astral-mental aura, and blue for the spiritual aura. The aura is the visible expression of your mind, soul, and spirit – their powers, tendencies and potentialities. It also reflects the health condition, the type of personality-radiation and thought tendency.

There is an esoteric meaning of color science, whose aim is to build into the aura the 7 pure rays, to revitalize, heal and transform the being from within. One’s thoughts and feelings cause vibrations of certain colors and our auras are continually throwing out color tones, caused by certain wave lengths, either dull or bright which is the intensity according to what we are manifesting within.

Scientifically, color is the result of etheric vibrations of different wave lengths. It is not merely ornamental or static, but an active, vital radiation. It is a definite guide to various colors due to the motivation of deep, subconscious instinct. The colors they radiate can throw light both on talents, and their psychological makeup. It exerts a powerful influence on mind and emotion. This is not a lifeless, static phenomena, but a vital force, a strong power and influence in our lives.

Color vibrations have both subjective and objective aspects, the subjective influencing our mind and senses, and the objective aspect having an effect on our outer life and personality.

One of the deepest influences that color can have upon us is through its power to create beauty, through skillful use and harmonious combination.

Colors can affect people in a restful way, or they can revitalize, inspire, or stimulate. We should choose colors in our environment to radiate cosmic vitality. But not only must we become conscious of color vibrations in the environment, but we need to remember that each individual is also a living, mobile color-screen. We continually project by means of our aura, rays and emanations of color from our inner selves. Auras may shine with brightness of vitality, or may be obscured by gray thought-clouds. The aura changes as you change.

The medical potencies of the coarser mineral elements can be judged by their color, as can the finer potencies of the vegetable kingdom; of water, air, electricity and magnetism; and the still finer forces of sunlight.

Sunlight is a truly celestial materia medica, more safe effective and enduring than that of cruder elements. Its movement, like that of all the finer forces of nature, is wonderfully soft yet penetrating and powerful.

Minerals are the crudest healing forces of nature, the coarsest of them being held down in the earth. In the more refined form they are absorbed by plant roots and become available to man in food and food-medicines. A still higher grade of food-medicine is found in the part of the plants growing above the ground which receives the refined elements of sunlight direct from the air. The finest potency of all comes from sunlight. But even this is transcended by the fine psychomagnetic radiation which comes from highly organized human beings.

American scientists have paid little attention to this, but in Russia extensive research has been conducted into these finer areas.

How would the scientist photograph an aura?

A fingertip is placed on top of a sheet of film (emulsion side up), which in turn, is lying on top of a dielectric (non-conduction substance). Underneath the dielectric is an electrode attached to a power source. The fingertip conducts the current and also acts as an electrode and a ground.

The ensuing radiation from the fingertip makes an impression on the silver halides and crystals of the film emulsion. Upon developing the film the typical fingertip aura of a relaxed, healthy individual displays a full white band approximately 1/16th to 3/16th inches wide, a light bluish band and dark blue streamers. An individual plagued with anxiety producing psychological or physical problems might display a broke and/or sporadic aura with a possible reddish or reddish-orange blotch located within the fingerprint.

An electrophotograph of a leaf displays an aura extending beyond the edges. The shape of the subsequent aura depends upon the structure and density of the leaf. A thin leaf will show a lumi-

nescent internal structure; a thicker type might show a reduction or absence of an internal glow.

The energy body, separate from the physical body, is a whole, unified organism in itself. However, this energy body penetrates and surrounds the physical body, flowing through and around the major organs and having surface points throughout the system. This could be closely analogous to the meridians and surface points referred to in acupuncture.

Notes from a class by Father Paul:

“Two different people wearing the same garment would register differently on a spectrophotometer (an instrument for determining the relative intensity of two spectra, or the corresponding bands of color in two spectra). Why?”

“The machine has no likes or dislikes, but the person’s atmosphere acts as a filter, and the color is screened through this atmosphere.

“Your atmosphere is something you have to determine.

“How do you let in more light? Because you have determined you want it there.

“What causes light to be cut off from the earth? Because the earth has an atmosphere, and man’s thinking blocks it out.

“And later, when you come through illumination, the individual cell has an atmosphere and as the body grows more in light, the cell becomes illuminated.

“The same things hold true on all levels.”

THE AURA – PART THREE (as explained by Dr. Hunt)

Long before the Zuni Indians were aware of the existence of the white man they had perfected in their healing arts the use of prismatic color and sound. They took shells which they found in their magic Corn Mountain and polished them to paper-like thinness, then painted each shell one of the seven colors of the solar spectrum. They held these shells between their ears and the sun, the combination of the color and the sound produced having a specific healing effect.

Color, sound and fragrance are the three basic remedies against human diseases, in the words of Nicholas Roerich, the Russian painter and mystic. They have always played a very important part in occult teaching. In the Egyptian temples at Heliopolis color was used both as an aid to worship and as a healing agent. The temples were so placed that the sun was broken up into its 7 rays and the individual bathed in the particular color needed for the restoration of health.

Before the dawn of speech man depended upon senses that were a function of the subconscious mind; during the Atlantean period he had “long sight” and “long hearing” which he lost as his body became more dense and he gained rational experience. His negative and uncontrolled faculties of involution are replaced by the positive self-controlled ones of evolution. He is learning now to extend and control his seven-fold powers, attuning them to an at-one-ment with nature in brotherly service to mankind. The loss of these ancient senses will be regained through labor, love and effort of will.

Franz Mesmer in the early part of the 19th Century, who was called the Father of Magnetic Healing, showed that the magnetic atmosphere about an individual, called the aura, indicates man’s physical condition and also his mental and spiritual state. Medical men have regarded the body as a machine which, when out of order, has to be adjusted by physical means, thus correcting only results. Mesmer demonstrated that no proper diagnosis was possible unless the conditions of the subtler bodies are observed and their inharmony adjusted.

Mesmer taught that the stream of cosmic energy sent forth by the sun had to be drawn in to the body and distributed to the proper centers in the body. This electrical energy is like a ray of white light which has to be broken up, as it enters the body, into the 7 colors of the spectrum and the proper color sent to each chakra to energize it. Upon this depends the health of the physical body.

The white in the aura coming from God-head, is projected inward. All the colors are radiated outward by the individualized consciousness, the soul’s response to the white light of vitality. The shafts of white light in perfected man all travel evenly to the center of the aura. But in the imperfect individual the shafts stop at the auric level where the inharmony occurs. It is at this point where there is blockage that the endocrine glands are prevented from functioning properly, causing the physical illness. The endocrine glands are the alchemists which transform the solar elements, chemicals, colors, odors, sounds, foods and thoughts into stamina, balance, mental power and attainment.

In regards to foods, man should feed upon agricultural products created by the Universal light if he is to conform to that light. It is through the channel of these 7 centers that man is affected by the vibrations of color and all the other octaves of cosmic energy which nourish his subtle bodies.

Color and music play an important part in the evolution of the subtle bodies of man. Specific kinds and tones of color and music affect the different bodies and the mental, emotional and physical planes. The more subtle the tone, the greater is its effect on the higher bodies. The quarter tones of ancient Hindu music producing equally subtle tones of color, influenced the mentality, philosophy and advancement of mysticism. Ancient Egyptian music was third-tone, producing less subtle tones of color which had special effects upon the emotional body.

The half-tone of modern music affects the senses and the physical body, or the realm of materialism and physical effort. The effects produced by these vibrations on higher planes than physical vision can perceive, influence not only the subtler bodies but health and behavior.

Apple-green, for instance is the color of sympathy on the higher planes and in the emotional body. When this color is used, or sympathetic music such as Mendelssohn's played, it tends to increase this color in the aura of the individual and thus develop the quality of sympathy.

Each person has a particular color and sound predominant on each plane. These colors of the three vehicles, the physical emotional and mental will make a beautiful harmony if the vehicles are in tune. But if the body is ill, the emotions uncontrolled, or the mind undeveloped, the colors will be discordant.

If an individual is entirely lacking in a certain quality, a color treatment for that quality will not help him; the most which can be done is to apply such color as will gradually weaken the opposite or self-centered emotion and give the positive quality a chance to grow.

Within the past few decades, Light Research Institutes have been established in several countries to study the effects of color upon the body. Chromotherapy is being used in many clinics and by medical men in the treatment not only of nervous disorders but for every kind of illness. Science is studying the effects of color on emotions and mind as well as upon the physical body, and color psychologists are working with industry to relieve tensions and lessen accidents, creating the well-being of employees.

Lasting benefits from color require a degree of color awareness. True benefits at the higher level come with unfoldment of spiritual faculties. The patient must in fact learn to heal himself by becoming a radiant channel of power and service to others, drawing in and projecting the light and color.

The first lesson for the individual to learn is harmlessness to every living thing, gradually attuning himself to universal brotherhood and love until he realizes love is the power which dissolves all inharmony in the body.

Diagnosis in color healing is made by placing the patient in a darkened room preferably with dark walls so that the radiations from the auras may be readily seen. The healthy aura appears clear and bright, the colors extending in waves several inches from the body. If the colors are dull and there are dark blotches or stains there are conditions of ill-health in the body. The vibrations can usually be seen to curl inwards over the affected part, showing where the blockage of life force is occurring.

Wrong thinking is the cause of such illness; this out-pictures in the mental aura as a know blocking the influx of white light. As the wrong thinking is persisted in, the know is drawn tighter and tighter and is projected down into the physical body as a stoppage of some kind.

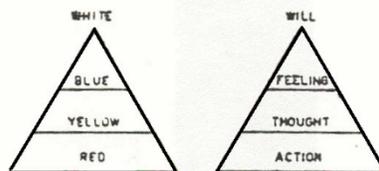
Manly Palmer Hall said:

“All living organisms continually are exuding an insensible perspiration. These subtle emanations are actually extensions of etheric nerve force beyond the terminal circumference of the physical nervous system. The aura or physical magnetic field, therefore, is an emanation from the nerve terminals which surrounds the body with a dim but discernible radiance.

“These auric emanations from their nerve terminals with an appearance resembling fine fur. When intensely magnified, each separate emanation is visible as a stream of minute geometrically shaped particles pouring with great velocity from the skin’s surface.

“Not only is the human body itself surrounded by a field of these emanation, but each part of the body – organs, systems and secretions – have their own emanations or auras. Even the separate cells, molecules, atoms, and electrons are seen clairvoyantly as centers of fields of magnetic emanations.

“The colors, the extend, and the rates of vibration of these magnetic fields reveal the intrinsic natures of the structures from which they proceed. No important change can take place within the structure of any living organism without modifying its aura.”



SUPPLEMENTARY LESSON

A METHOD OF STUDYING THE HUMAN AURA

By Walter J. Kilner

Until quite recently, only those who possess a specially gifted sight were able to perceive the bands of color which surround the human body. These colors do not belong to the ordinary visible solar spectrum but to a second and higher spectrum having shorter wave lengths.

It has been found that this atmosphere, or aura, can be influenced by external forces such as electricity, chemical action and color.

A screen has been devised which makes the aura visible to nearly everyone having normal vision. The glass screen is colored with an alcoholic solution of a coal tar dye, dicyanin. Two of these screens are ordinarily used, one of which is dark and the other light. Other screens are also used for special purposes.

When a person is observed through such a screen a faint grayish mist is seen around the head and hands. The mist can frequently be seen for a few moments after the screen is removed. Those who do not have success in using the dark screen can sometimes perceive the mist clearly through the lighter one. About 95% of people apparently can see the aura through one of these screens.

In using the screen, the light should be diffused and come from only one direction. The observer should stand with his back to a darkened window while the patient faces it with the light falling equally all over him.

While the subject is disrobing, the observer looks through the dark dicyanin screen at the light for a few seconds and then at the subject, noting the mist that is enveloping the body. The texture of it should be observed, whether fine or coarse, and the color, which is generally some shade of blue gray, and then the size and shape and how far it extends from the body. Frequently it will be seen that one side is larger than the other.

When the observation has been completed with the patient facing the observer an inspection should be made sideways, facing first one direction and then the other.

Sometimes two or even three auras can be seen, the one nearest the body being striated and named the inner aura, and the other one a wide amorphous part called the outer aura. Close scrutiny will at times disclose a space between the inner aura and the body which is called the etheric double. The separate auras are best observed through a dark carmine screen, which separates the inner aura from the outer, the outer one disappearing.

No two auras are alike; and the aura of any one individual changes under various conditions of ill-health, fatigue, emotional disturbance.

There is a close connection between the aura and the central nervous system, and its shape and size change markedly in severe nervous diseases such as epilepsy, hysteria, hemiplegia, sciatica, herpes zoster, etc. The size and distinctness decrease in mental impairment.

One widely accepted theory of color vision considers there are 3 sets of color-sensitive nerves in the eyes. White light causes an equal stimulation of all the color sensitive nerves. If the stimulus is withdrawn or weakened to any set it produces a color sensation.

Each person has his own proper primary colors, which can be found by pressing the closed eye, when there will generally be seen small yellow dots covering the whole field of vision. Much larger blue dots will be intermingled with these and intermediate sized red points. The yellow are the most numerous, blue next, and the red least in number and more difficult to obtain. Everyone accordingly sees a colored object differently although calling the colors by the same name.

When one set of color sensitive nerves is exhausted, the individual will be color blind to that Color but hyper-sensitive to other colors. Were 2 sets of color nerves inhibited at one time, the individual would see everything in one color. This color sensitiveness of the eyes permits the color rays of the aura to be seen, which are thought to be ultra-violet.

In ill health the aura frequently contains more yellow than normally and it is especially pronounced in areas of local disturbances. This yellow is usually seen in patches in the midst of a blue complementary colored band.

When anyone gazes at a colored object for a short time and then looks at a white surface an image of the object will appear but in the color complementary to that of the actual object. This will be of the exact color value as the original hue, but will gradually become lighter. The image will vanish in a short time but will reappear with an altered hue. This secondary change may at times be useful, as in the following instance..

A patient had been examined by means of the complementary colors and full daylight returned to the room, when a new after-image became visible on the body, and in the middle of the band was a yellowish spot which had been overlooked previously.

If the complementary color seen in the after-image appears on something other than a white ground, its color will be modified by the color of the ground.

These complementary colors are entirely subjective but will be given names of pigments to which they most nearly correspond. The initial colors which they complement are not the usual primary ones but are more nearly produced by mixing pigments.

These are the colors most useful:

1. Gamboge, complementary color, Prussian blue
2. Antwerp blue “ “ Gamboge
3. Carmine “ “ Emerald green
4. Emerald green “ “ Carmine

Each observer should select by experience what color or colors suit him best.

In routine work strips of colored paper can be used, 3 inches long and $\frac{3}{4}$ of an inch wide being the largest size that is convenient. Each strip should have a black dot in the center and be pasted on a black board.

With a patient standing a few feet in front of the observer, one of these strips will give a band of the complementary color. When this is used crossways it will be wider than the body, allowing the ends that are projected on each side beyond the body to be compared with each other, and also with the central portion of the body itself.

It is difficult to use these strips in cold, foggy weather for obtaining the subjective complementary colors, in which case a simple apparatus can be devised consisting of a cylindrical mask about 6 inches long and 5 inches wide, one end shaped to fit the face. The other has a revolving cap with a $\frac{3}{4}$ inch slit which can be turned either horizontal or vertical. Ground glass is placed behind the slit and behind it a cell containing a colored fluid or a piece of stained glass.

When the patient is ready for the examination, he stands in front of a white background opposite the light and evenly illuminated all over. The window blind should be partially or wholly drawn although the light may be brighter than when examining the aura itself. The observer looks at the sky through the transparent screen in the mask, or stares at one of the colored strips, keeping his eyes fixed on the dot from 20 to 30 seconds, according to the brightness of the light.

He then looks toward the patient at some pre-determined spot on the median line of the body. If viewed transversely the complementary color will be seen reaching across the body and extending to the background on either side. The whole will be visible and he thus will be able to note variations in the color on any part of the band. While looking at the colored strip it is necessary to keep the eyes exactly focused on the one spot the whole time, otherwise there will be a blurred image. The complementary color band will remain fairly motionless, but should it move away it will return of its own accord.

In a healthy person, the color of the complementary color band will be alike on both sides of the body or nearly so, but if there is illness one side may be darker than the other, the dark part generally lying over the affected part of the body. The affected part, however, may cause the complementary color band to appear lighter instead of dark or a lighter or darker patch on the color band will occasionally take the outline of an organ or part of one. Smaller patches almost always point to the location of some pain or tenderness.

Frequently a different colored spot will appear on the band indicating the location of a previously sore area. This may not indicate anything abnormal.

For general use, the paper strip giving rise to the blue complementary color band is most useful and often the only one needed. On some occasions, the yellow complementary color band is better than the blue. The green seems to be the most sensitive of all the color bands, but the changes are more fleeting. When the observer's eyes become fatigued he may either stop making the inspection or he can change the color band.

There seem to be 5 agencies that can alter the shade of the color band: the skin; the thickness of the aura; a change in its texture; its color; or its rays.

The Colors in Disease

The auric forces are influenced by any abnormal condition in the body and consequently influence the aura itself. The change may appear slight, if the condition is only local, or may affect the whole aura if there is a general diseased condition. This change may affect the shape, size, color and texture.

In the case of a woman suffering from hysteria subsequent to a fall, the complementary color band displayed a good many local disturbances from a large multicolored patch on the back, partly yellow and partly dark, to a yellow patch on the front and back of one shoulder, and another yellow patch on the right side of the trunk.

Another case of neurasthenia showed yellow patches on parts of the body in the complementary color band, the color of the aura was bluish gray, the inner revealing yellow ochre on one side and a paler yellow on the other when observed through the blue screen.

The aura of an individual, who in childhood had suffered from epilepsy, when viewed with the complementary color bands suddenly became darker along the whole left side and when the white background was replaced with black was seen to be an ochre very unlike the gray tint on the opposite side.

The colors of auras seen without the screen indicate that those with blue are generally best endowed mentally. A gray aura is generally an indication of poor mentality. Blue auras with more or less gray are seldom above the average in mentality.

In observing the spinal column with the complementary colored bands the color of the skin over the spine should be noted before using the bands as there is frequently a different tint here naturally. If any abnormal physical condition is present there will likely appear some variation in the shade of the complementary color band. Patches, either lighter or darker, are often seen on the spine itself, sometimes of a different color. If the spots are over the lower dorsal and upper lumbar vertebrae and over the 7th cervical and higher dorsal spines, some shade of yellow is usual, or a paler tint of the complementary color band. Over the sacrum the color often approaches ochre or is dark. Two or more different color patches are not uncommon, or there may be a colored streak by the side of the spine. Such spots are invariably marked by pain.

A patch of a light yellow, or lighter than the rest of the band, indicates the trouble is not organic. Darker patches and where the color is nearly ochre indicate more difficulty of a prolonged or serious nature.

The discoloration of the complementary colored band is not seen over every painful spot which the patient may feel, for sometimes the patch varies so slightly from the rest of the band it is hardly discernable. In examining a patient the complementary colored bands are used vertically and then horizontally so that all areas may be observed and it may be seen if the discolored patch extends over the whole breadth of the body, if it crosses the median line or is situated only on one side.

A case diagnosed as ulcer of the stomach showed a dark patch over the epigastrium on the side of the trunk which decreased in size after treatment and became paler. Another patient with a similar ailment showed a patch in the same are but it was lighter instead of darker than the rest of the band, which was taken to indicate the trouble was not serious, and this proved to be the case.

Examination of their aura has been the means of reassuring quite a few people that no malignancy was present although they had been given the impression that it was.

Besides large affected areas, small discolored spots are often noted accompanied by tenderness. These small areas are frequently colored some shade of yellow but may be pinkish in tone which generally denotes a more serious disorder.

The use of the complementary colored bands plays an important part in diagnosis, as has been shown, demonstrating the location of areas where an abnormal condition exists, and likewise indicating if a disorder that may have been suspected is not present.

PREPARATIONS FOR COLOR TREATMENT

In healing by color the subtlest and finest vibrations in nature are used instead of the coarse irritating vibrations of drugs and chemicals. The radiations of sunlight are absorbed by the nervous system and distributed by it and the blood stream to various parts of the body.

The reason drugs work is because of the free electrons which they give off. The rest of the compound is useless to the system and must be eliminated. In the process of ridding the body of this unwanted matter, damage is done to the system which also has to be corrected. Therefore, the drug used for a cure just traded one problem for another. The homeopath uses a small dosage that has been attenuated to perhaps one part in a million, so there is not much residue. Remember, it is the free electrons that do the work.

Color is the most attenuated form of energy that can be kept in an individual state that will do the work that needs to be done and leave **no residue**, as it is **all free energy**. There is no residue to contaminate the body, and it is the residue that keeps the body from being healthy.

The general principles of chromotherapy are not difficult to learn. Minor ailments can be treated at home before they become serious diseases. But serious ills should under no circumstances be treated by the layman in Chromotherapy less under the guidance and responsibility of a qualified medical practitioner, who understands color treatment as well as medicine generally.

Should the physician consider drugs necessary, the color healing will not interfere with their use, though it is preferable that herbal decoctions be used. But practice and experience shows that the rays of the sun carry all the elements which are needed to re-establish and maintain the health of the body.

Any color treatment should be accomplished by careful attention to diet, sleep, bathing, breathing, exercise and general hygiene. But first of all the mental factor in disease must be given consideration and curative guidance.

Next in importance, attention should be paid to breathing. Pure blood is necessary for the body to be healthy; without fresh air and plenty of it, it is impossible to make this precious fluid pure.

Fresh air must not only be breathed for a few hours every day, but it must be admitted into the house, bedroom, office and wherever suited. If one is forced to be in a stuffy room, shorter breaths should be taken so as to take as little of it as possible into the lungs before getting into the fresh air. Though it may not be advisable in cold weather to admit fresh air during daytime, due to chill or draft, the bedroom should always be ventilated to some extent while one sleeps. In extremely cold weather, one may take a screen of unbleached muslin over the window opening.

There is an art of breathing. First, breathe always through the nose. Second, put the shoulders back, close the lips and commence to inhale slowly, at the rate of about 8 inhalations a minute.

Do this about 20 times a day at first; then try to do it habitually unless exercising takes care of this. If you can do this, before long there will not be much the matter with the respiratory organs.

Cleanliness, clothing and sensible diet are other auxiliaries to color healing.

For best results in the healing process, reduce the intake of meat, and avoid a nearly as practical tea and coffee, while tobacco and alcoholic beverages should be eliminated. They slow down the natural processes of the eliminative organs to remove mucus and poisons from the body. They slow down the digestive processes and interfere with Nature's efforts to heal, overloading the body with unnecessary poisons and waste.

All forms of refined and devitalized foods should be eliminated also as much as possible, as they are dead and therefore cannot build live healthy tissues. White sugar and white flour products come under this category.

Drink lots of water and fresh fruit juices; they flush out the poisons and waste. Lemonade is especially helpful (for best results use the juice of one half a lemon or lime in each glass of water). For sweetening use honey, or the type of molasses that does not contain sulphur dioxide. Pure maple syrup may be used instead of molasses with good results; however, it does not have the laxative effect of the molasses.

Wait two hours after eating a meal before taking a tonation. This does not apply when juices or lemonade have been taken. No interval is needed to allow the body to digest this form of nourishment. It is permissible to use color directly after a full meal if there is indigestion, gas, or other distress. Yellow is indicated in this event.

All irradiations of the colors are directly on the affected part or parts or on the entire body as needed. If any part of the body has congested or deficient disorders, the rest of the body is affected. We must always consider the overall picture when correcting any disorder. All colors used singularly or in various combinations can only assist in creating a normal condition. It works automatically to balance all functions.

The various colors are harmless but normalizing in their effect on the body. However, if the process of loosening and elimination of toxins and congestion from the body occurs too rapidly, one might feel upset; but do not stop tonation unless the condition becomes uncomfortable. If the tonation causes pain or dizziness which does not soon go away, then use Turquoise for temporary relief.

For ordinary purposes, irradiations should last from 5 minutes to one hour. More than one hour at a time can cause no harm, but usually one hour is sufficient. Emergency tonation may be taken at any time of day or night as long as it is necessary to obtain the desired results. For best results, wait at least two hours between treatments. It is better to take tonations before a meal, or two hours after.

Ordinarily, do not take these treatments during the sunrise or sunset period. Also do not take them during an eclipse of the Sun or Moon.

The color should be irradiated on the bare skin in a partially darkened room. The room must be comfortably warm during the irradiation. It is best to be in a reclining position completely relaxed with the head to the North and the feet to the South, but do not worry about the location if this is not possible.

Mount the color lamp two to six feet from the are to be irradiated, or hang it on the wall directly above and midway of the bed if the lamp is so designed. From this angle it can be trained easily in all directions....and is out of the way.

Length of Exposure

Experience and judgment are needed in determining the length of exposure in every case, inasmuch as there are variable factors for each individual. Over-exposure, however, is rarely a serious matter except in those few instances which have been noted. An overdose of color is not like an overdose of a drug that may be a poison.

Should it be felt that an overdose of color may have been given, it can be remedied by using the complementary color to the one previously used. An overexposure of yellow, for instance, can be corrected by a short exposure to violet or blue.

However, an exposure to the wrong color is not always so easily rectified, for if yellow were mistakenly applied in the case of heat and inflammation, a subsequent exposure to blue might not put it entirely right. It is for this reason amateurs or laymen should not attempt to treat serious conditions.

In judging the right length of exposure for any color a number of factors have to be taken into consideration: the climatic and weather conditions, the time of year, the hour of the day, the color and the density of the color-filter, the nature and extent of the disease, and finally the sensitiveness and response of the individual.

Exposure to the bright sun of May, June, and July, for instance, would be doubled or tripled if the day were cloudy. Do not bathe during hot noonday sun in midsummer. In March, April, August or September when the sun's rays are slanted lower, the length of exposure would be increased. Use common sense in such matters.

Some colors require a longer exposure than others. Red and yellow have a quicker visible effect on the skin than blue or violet, but they require a longer exposure than blue or violet or ruby. Blue and violet are powerful in their chemical, electric and psychic effects. It is to be remembered that red draws the arterial blood to the surface and consequently reddens the skin, whereas blue sends the blood inwards. Bleu on an inflamed surface will blanch it, reducing the heat and easing the pain, and this usually takes place more quickly than the heating or stimulating of yellow.

Preparations for Color Treatment, page 4

A few typical exposure times are listed here as a general guide, as the length of the exposure varies according to the illness and the response of the patient, ample time limits are given.

Abdomen: 10 to 60 minutes
Chest: 10 to 30 minutes
Constipation: (yellow glass) 10 to 60 minutes
Diarrhea: (blue glass) 15 to 60 minutes
Nasal Catarrh: (blue glass) 10 to 30 minutes
Neuralgia: (blue glass) 10 to 30 minutes
Rheumatism in joints: (blue glass) 10 to 30 minutes
Sciatica: 30 minutes to 2 hours
Solar plexus: 5 to 20 minutes
Stomach: 5 to 20 minutes

These are diffused sunlight exposures given near a window. Exposure in bright direct sunlight cut these times by one half or a third.

Treatments should be given under sunlight whenever possible. Artificial light contains heat, light and chemical rays but it lacks the vitalizing power of sunlight. If artificial light is used, arc-light is good.

The color filters used should not be larger than 9 by 12 inches. For small areas such as eyes, ears or nose a size of 3 by 6 inches is convenient.

If a long exposure is required the glass can be placed in a frame on a reading or other stand. But frequent short exposures are generally more effective than a continuous long one which is apt to be tiring and therefore less effective.

In giving the treatment the glass is not to touch the body.

Diagnosis

There are two methods of diagnosis, seeing the cause, and detecting the symptoms. The first is possible for those who have developed color awareness or clairvoyant vision. The second is mainly physical.

Beyond man's physical body is the vital body, and some have claimed as many as seven subtle bodies each of which radiates waves of color. The clairvoyant observes these colors and from them can discern in which the deficiency is located, thus showing the cause of the illness.

A method of observing the emanations of one or more of the subtle bodies has been devised for those who are not clairvoyantly developed. This consists in the Kilner screen, an indigo-violet color which, when looked through, screens out the coarser colors of the spectrum and enables the observer to see certain of the emanations about the body.

The person being diagnosed is generally seated in a black cabinet with muslin screens across the front to soften the outside light. When observed through the Kilner color screen the emanations of the two lowest subtle bodies can be seen with a little practice. At first it will be difficult to distinguish between the color of Rest and the color of Activity. The latter has a vital sparkling appearance; the Rest color has a smoothly flowing serene quality.

The physical method of diagnosis is obtained by observing the patient's manner of movement and general appearance. If he is lacking in red, for instance, he would seem lazy, anemic, sluggish, lacking in appetite and constipated. If lacking in blue, he would be hot-headed, active, inclined to feverishness.

In this broad diagnosis there are but two colors to be considered, the two opposites, the heating red and the cooling blue-violet. Green is the middle or balancing point.

Four things about a person help to show what color is lacking: the color of the eye-balls, the color of the nails, the color of the urine, and the color of the bowels. The color of all four should be taken into consideration as one alone may be deceptive. The eyes might appear red and yet the system as a whole may need more rest.

In treating an individual, it is first necessary to determine what is his type. If excitable, nervous or passionate in nature, the soothing colors, blue, violet or green are to be used. If the lymphatic bilious temperament, the individual requires red, orange and yellow. The color which the individual lacks is the one which should be applied.

It is necessary to know the colors which are complementary to each other in healing work as opposites have a more powerful effect when used alternately, greatly increasing the metabolism. This works on the same principle as hydropathic use of hot and cold water alternately.

The specific parts of the body to which color treatment is applied are the head, forehead and nape of the neck, the whole spine, the solar plexus at the end of the breastbone and the corresponding region of the spine, the chest, the lumbar region above the loins, and the abdomen.

The nerve centers, particularly the spine and solar plexus, are the most important points for treatment. The forehead, back of the neck, the chest and abdomen are also important. If there is a local ailment the treatment can be applied to that, but the general strengthening of the entire system is necessary as well.

When there are local ailments such as facial neuralgia, nasal catarrh, eye trouble, rheumatism in the joints, or constipation, color treatment may be given directly to these parts. A general treatment should also be given up the whole body at the same time.

Orange, yellow and red or ruby should be used over the chest and spine as a tonic in cases of depletion, exhaustion or prostration. If the condition is feverish, plethoric, excited or nervous, blue, green or violet should be used over the chest, spine and head. These colors would be used in addition to the required color for the local treatment.

Methods of Treatment

There are various ways in which color treatments may be given. (1) The color may be introduced into the body by means of foods or solarized liquids. (2) It may be inhaled, introduced or projected into etheric body. Or (3) it may be applied to the complete aura changing the consciousness of the individual and thus reaching the cause of inharmony and changing the physical health as a result.

The solarized treatment may be given through colored glass upon which the sun shines, the glass being arranged in any convenient way. Or the patient may be rubbed or massaged with colored salt bags. These are made of cheese cloth doubled and filled with 2 cupfuls of raw bran and a half a cupful of iodized table salt. The bags may be dyed in the different colors; or they may be colored-charged by placing them in the sun or under a lamp for an hour before using

Color treatments can be given through diet by eating those vegetables and fruits having the needed color. Juices may be charged with color-solar energy by placing them in sun for a few minutes in a colored vessel, the color of it being the same as that of the juice.

Color can be taken into the system by color solarized water. This is prepared by putting water in jars of the required colors. Or color may be applied with the color-lamp. This is best when given in a darkened room, the patient lying on a couch with a sheet covering him. The colored light is arranged under the sheet.

PHILOSOPHICAL AND EDUCATIONAL COLOR THERAPY (According to Rudolph Steiner and others)

The healing power of color can be exerted either from without or from within. When colored lights are used the healing is generally from the outside. The inward healing comes from awakening the consciousness to color.

Colored lights are used either directly on the skin above the affected parts or the patient is suffused with the color by having the space all around filled with it. This is called by some a color bath.

Many conditions that do not respond to ordinary medical treatment are healed by this method of using color, especially inflammatory conditions and other sensitivity.

The clinics and curative homes which have been established following Steiner's suggestions use methods which act upon the organs of consciousness rather than on the bodily affliction. Experimentation in these treatments has been conducted at the Rudolph Steiner Camphill Children's Homes, Aberdeen, and at Arlesheim Clinic in Switzerland.

Contrast of colors is usually most effective in treatment. In treating the eyes, for instance, a rhythmic treatment of red and blue alternately will benefit either short or long sight, ending with the color most needed.

Blue will be helpful in short sight as it draws the vision outwards. Long sight is benefited by red which drives the individual back into himself. Activity in the eye will be stimulated by this rhythmic and balanced alternation of the two colors.

The healing of spastic children has been greatly enhanced by color treatment combined with music. Moving colored shadows are thrown on to a screen in a room appropriately colored while string music is played. The disordered or undeveloped soul condition of the defective child is beneficially affected by this use of color with music.

In some schools backward children are placed in yellow rooms to stimulate their mentality. The Montessori educational system uses color to develop the latent powers in its pupils. Color is being used also scientifically in churches so that the congregation may not only be surrounded with colors that soothe and heal but be spiritually uplifted.

The colors blue and red affect different parts of the organism. Blue deflects the forces from the head downward. Red sends them from the lower part of the organism upward. Alternate experiencing of these colors is of great value. In doing this the patient is placed in a room entirely in blue, walls and furnishings, then transferred to one in red. The contrasting reactions through the changing of rhythms will help to restore a healthy balance in functional activities.

Psychologists have found that the illness of a patient may sometimes be diagnosed through his paintings. The colors that he uses and the forms that he draws are indicative of the state of his soul. If the colors he chooses are clouded and dull, the color treatment will be of less benefit until he takes himself in hand and makes an effort to enliven his soul consciousness.

The inner effort of the self to “hold itself erect in its environment” is the first step in healing. In this, painting can be most helpful as a curative and later in an artistic way, the individual will begin to awaken to the beauty in the world around him. The soul’s response to color is a renewed joy in living.

Through learning the esthetic laws of painting, color harmony, balance, rhythm, the individual learns balance in himself. When he creates out of color he discovers his inner creativity, along with imagination.

In using color about the person or surroundings it is necessary to learn discrimination. One individual, for instance, was unable to sleep under an orange quilt, but slept peacefully under a blue one. Colors can be used this way for definite purposes, colored reading lamps, hangings, etc.

But painting with color has the advantage that the individual is alone with the color and himself. When he takes courage and begins to paint he reveals himself to himself. He may be astonished at the creative imagination which he finds within and what is negative becomes positive as the individual persists.

Quoting Rudolph Steiner:

“When painting the inorganic, the painter must always be aware that a certain source of light, a dull source of light, lies within the things themselves. In a sense he must think of his canvas or paper as such a source of light. He needs this shining light present in the surface on which he paints. When he paints anything lifeless and inorganic he must never forget that something like a source of light lies behind it and that the surface is in a way transparent and shines out at him.

“Yellow must be painted more intense at center, more pale at edges. Blue must be painted heavier at edges, lighter at center. Blue shines inwards.”

Goethe endeavored to build up a physical science of color including that seen by the physical eye and the subjective experience, and Rudolph Steiner carried the study further. He taught how to understand color through the feeling, raising them above the personal.

He divided colors into those which have luster and those with image, the luster colors being active and the image colors having form. Red, blue, and yellow are active luster colors; green, peace-blossom, white and black he called image colors.

Again, quoting Mr. Steiner:

“Yellow blue and red have a luster character – something shines from them. Most other colors have an image-character, they are ‘pictures’ of something.

“Yellow is the luster of the spirit,
Blue is the luster of the soul,
Red is the luster of the living.

“Starting with the luster red, the luster quality gradually diminishes until we reach an image, or shadow, in green.”

Green he defines as the image of life, and peach-blossom or flesh color as image of soul; white is the image of spirit, and black the image of lifelessness. Through these images of life, soul, spirit and death the borderland of sense perception is reached.

Color is at once a call to awaken the senses to a more acute perception and a gateway to the more subtle consciousness beyond the physical world.

Color may be said to be created by light shining in the darkness.

Mr. Steiner goes on to say:

“We now arrive at that point in painting when we fix a color to a surface and have to imbue it with the quality of reflected light, of something which shines back to us; otherwise we merely draw and do not paint.

“We must continually be attempting to penetrate the essential nature of color, or impelling an image color to take on the character of a luster, to become inwardly shining. Otherwise we shall not be able to create a painting of inanimate nature which will be bearable.

“When we approach the living plant we must not forget how sunlight and moonlight bestow on it the colors which shine from it as luster and the green which becomes “fixed” to the surface. But if we wish to understand what shines out from the inner nature of material objects and how the once fluctuating colors of the spectrum have now become set within solid bodies, we must remind ourselves that what is out in the cosmos today was once within the earth and is the origin of everything on earth which has a fluctuating quality, even if this is to some extent weighed down.”

Sickness nearly always indicates a rift between the earthly consciousness and higher perception. An illness is often accompanied by a sense of darkness and depression; there is a kind of psychic darkness which affects even those around the ailing person. The healer has to be strong enough to break through this cloud. A patient expressed this when he said, “The world is growing gray for me. I long for color and can find no color anywhere.” This was previous to a severe illness which attacked him a month or so later.

The soul lives always in color, between light and darkness. Man also lives in fooling between thought and will. He is an air-being, inhaling and exhaling rhythmically; and he is also a light-being, unfolding in the light of thought, or thinking.

Thinking is living in the Light, according to Steiner; will is unconscious. Man can understand himself only as a seed germinating in the future, enclosed in the past. Steiner has said, "Light shines out of the past; darkness leads into the future. In will is revealed the continually beginning, the continually germinating world."

The balance between thinking and will is maintained through feeling. In the same way the balance in the physical body is maintained between the head system and the metabolic or limb system, through the rhythmic interplay of breathing and blood circulation.

Health is a mobile balance between two opposing forces. The head and nerve forces are continually destroying nerve substances during consciousness. Too much activity in the mind in childhood deprives the limbs of development. It may produce an intellect without imagination and feeling. Art in education is a corrective for these conditions.

Substance is continually built up by the metabolic activity. Too much of such activity produces sluggish thinking, bodily corpulence and false growths as in tumors. A corrective for this condition is also the development of the creative enthusiasm in the arts.

Migraine is caused by an unbalance between the digestive and head natures. The clairvoyant would see colors about an individual after he eats a heavy meal. The digestive system creates colors. When one is suffering from migraine it means the digestive activity is extending upwards into the head. A symptom sometimes noted is the seeing of brilliant colors moving rhythmically. It can also be caused by meditating too soon after a heavy meal. Concentrating on one color strongly will banish the many colored lights.

Sleep has a great spiritual significance as it is the individual's entry into the world of the spirit. When outer occurrences disturb us it is especially essential to realize the inner life of the spirit, and sleep then is often most difficult. Establishing the rhythm of sleep will prove to be the first step in healing. A dark blue lamp beside the bed will help induce this sleep.

Meditation on a color is another way of inducing it. Meditation begins by emptying the outer self of all thought and sense impressions except the one color chosen. In this case it would be blue. If it is found difficult to visualize the color, call up the imagination of an object or a setting that is deep blue, or imagine a deep blue cloak wrapped around one, covering even the ears and the eyes.

There are two elements in this meditation, one separating the consciousness from all unwanted thoughts by holding to the one selected thought; and second, entering into the blue consciousness and letting it lift you up and up beyond the confines of earth to the greater worlds beyond, which are the worlds experienced in sleep. Insomnia is an earthbound condition. One should always prepare for sleep through thought, prayer and meditation. Imagining oneself lifted up to the blue vault of heaven and the immensity of space is a help.

The following meditation given by Rudolph Steiner can lead on to some understanding of what is behind sleep, helping one to reach out to the true "I":

I gaze into the Darkness
In it there arises Light,
Living Light;
Who is this Light in the Darkness?

It is myself in my reality.
This reality of the "I"
Does not enter into my earthly life.
I am but a picture of it.

But I shall find it again
When with good will for the Spirit
I pass through the gate beyond.

Using this meditative saying again and again one faces the Darkness and realizes through oneness with the Spirit, a light can dawn in the midst of the Darkness and the realization come: "This Light am I myself in my reality."

Anyone Can Paint

One gains reality by working for it. The individual who has had no schooling in art can learn the joy of creating in color. All that is needed is a pot of water, some brushes, tubes of paint and sheets of white paper. We can start with color as the subject of the painting, disregarding form or any object. The artist works between the visible and invisible worlds, bringing one to life in the other. When we know this creative power lies within us we can courageously steep ourselves in one color after another, learning to feel each color as it flows upon the paper, radiating and breathing outward with yellow, inbreathing and condensing into form with the warmth and vitality of red, growing courageous with orange, soothed with green.

The discovery of the creator within us may not come at once; it comes with effort sincerely made. It is only one of many paths to the Spirit, bridges across the Great Divide. Long and patient effort is needed.

The path leads through knowing to wisdom, through sensibility to love, to awareness of the worlds of soul and spirit which are entered, otherwise, only in shadowed consciousness at death.

Through the celestial eye, the eye of the spirit, man perceives these worlds. Joy, strength, certainty and the power of healing come to us. Then the shining Christ-light, the Sun-Spirit of Healing can turn the darkness into color, life the personal life to the Christ-life, and the body to wholeness.

THE IMPORTANCE OF MIND IN COLOR THERAPY

Even medicine is coming to recognize the mental and emotional aspects of illness and is attempting to treat them as well as the physical. Color influences all of them, physical, emotional, mental and spiritual and can thus be used to effect the complete harmony which means perfect health.

Color is a force that can be used to produce definite effects even the force is so gentle we cannot feel it. It can change the vibratory rate of different parts of the body. To understand this it is necessary to know that the physical body has an etheric counterpart or etheric body. This permeates the entire body and extends a little beyond it, being the matrix upon which the cells of the physical body are fitted. This etheric body has an aura which can be seen by some sensitives and it has width, shape, density, and texture which vary according to the condition of the individual. It has its own rates of vibration and these are affected by color treatments. In any treatment given its effect upon the etheric body must be given consideration.

That the finer vibrations in nature are of value in attacking disease has been realized by the homeopaths who work with minute doses. In electrotherapy it is also found that small doses are more effective.

In medical treatment of all kinds suggestion plays a part and this is also true in color healing. The mind of the patient is somewhat relieved as soon as he knows someone is going to help him. His emotional tension relaxes to an extent and nature has a better chance to put its forces to work and recuperate him.

Any interference in the harmony of the body whether it is a lesion or an infection sets forces of nature into action – called by Bergson “elan vital” and by Freud the “libido” – the controlling center of which is considered to be the subconscious mind. The Coue method showed how the subconscious was able to be influenced by the conscious mind, and its action stimulated by positive and constructive thought. The negative attitude, that disease and suffering are a necessary part of life, results in the acceptance of them and therefore inhibits the action of the harmonizing forces.

All manifestation is produced from the Universal Mind, including the individual mind. The more the individual mind can be brought into harmony with the Universal Mind, the more quickly can the healing take place. As a scientist has said, mind and matter are indissolubly connected and any change in one is necessarily accompanied by a corresponding change in the other.

All healing depends to an extent upon the mental attitude, therefore, and this applies also to color healing.

It is useless to expect any system of treatment to avail without getting the mental machinery into working order. Anything which tends to derange the mind reflects itself on the body. It means that no emotion or feeling which causes depression, fear, envy, worry, hatred, malice, anger can be permitted if health is desired for they are all destructive forces which break down

the body. Until some control is obtained over the mind, progress towards health will be slow. It is worth while building up a good character if only from the selfish standpoint of health.

The plasticity of the mind is a factor which is of extreme utility in the process of regaining lost health and we can whittle away at all these weaknesses, obtaining control over them little by little. Every time we entertain a mental conception we strengthen it and the repetition of a constructive thought will crowd out destructive or negative ones.

Fear is one of the first bugbears to be banished if we would be impregnable to the assaults of disease. Doubt is another. Cultivation of the imagination is the next step, picturing in the mind's eye the result desired.

The human form, like everything else in the mineral, vegetable and animal kingdoms is made up of innumerable atoms in a constant whirl, changing every moment. In health this incessant movement is rhythmic, harmonious; in ill health it is discordant and inharmonious.

These movements or vibrations can be altered in character by thought or the power of mind. Mind is more highly organized than ordinary matter and matter is subservient to it, just as the muscular system is subservient to the will.

The final factor in color healing is the will. There must be the determination to throw off the yoke of disease, backing up the imagination, the throwing off of doubts and fear. A practice which will help in the exercise of will is to secure a few moments alone at some fixed hour, preferably the first thing in the morning. Sit in a comfortable position in a chair and quiet the mind as much as possible. Then make a definite statement along the lines that you are the master of your body, and disease and suffering cannot approach you. Visualize perfect health in every part, at your command. Continual repetition of this will in time bring conviction and the desired condition of health. And yet the realm of color cannot be conquered by intellect alone; it must also be grasped through feeling.

One more aid which can be used in conjunction with color healing is charging the sub-conscious mind, upon going to sleep at night, with the idea of health. Words are used to clothe thought.

Every variation of light and sound possesses its individual frequencies of radiation. They are form of characterized energy as is everything else in the universe. If one creates a known light frequency, the corresponding shade of light will appear. Similarly, each positive thought will possess its own definite energy formation. The energy frequency of a known object is the same, whether it originates in the mind of an Englishman or a Frenchman. It is a positive thing, with a definite structure.

Sound frequencies travel at a much lower velocity than that of light (186,000 miles per second), taking five seconds to travel a mile through air. The frequency increases from the lowest pitch to the highest. Within the range of normal hearing each minute variation of the frequency has a different characterization. If the frequencies are speeded up beyond the capacity of human ears to hear, there is still sound, which some animals can perceive.

Continue to speed up the frequency and it will eventually be registered as a light experience, commencing with the infra-red, and as the frequencies continue to increase they will reach the ultraviolet and beyond. It is remarkable that our organs of sense are geared to receive these high rates of energy vibration as human experiences.

Continue the speeding up of the frequencies very much higher to an as yet unknown velocity and they begin to enter into the range of thought, which again is recordable by the consciousness. So, just as every variation of sound and every refraction of light has its definite form, every thought has its set form capable of being recorded.

If thoughts were intangible, possessing no ordered form, they could not be filed away in the memory and revived when needed. The brain cannot record nothingness. Thought must be tangible. The number of recorded thoughts within the memory is incalculable. It is aid that no thought is ever lost and that, under psychiatric relaxation, the mind can be induced to bring forth memories of the past that could have been consciously aroused. Therefore, if thought experiences are positive characterized forms of energy, we can seek the way to relate them to the healing intelligence.

It is logical that when a patient's mind is strongly obsessed with the incidents of disharmony it may be incapable of directly accepting a remedial influence. With the existence of a close condition of attunement between the healer and the patient, the healing directive is passed to the patient's bodily intelligence. There are much finer electricities in the sunlight than those which the ordinary eye can perceive as the blue and violet colors, and also finer electricities in the forces of man, which we term psycho-electricity, psycho-magnetism, whose penetrating power, as possessed by some persons, has wrought marvelous help to many. For some persons are endowed with a magnetic healing touch. This differs from spiritual healing.

COLORS OF THE BODY AS VIEWED WITH FINER SIGHT

Every unit of matter throughout the universe, whether it is a unit of mercury or a unit of gold, silver, copper, tin, iron, salt or what-not, has its distinctive color. It is true that all of the mineral elements, and in fact, all of the elements of nature in the universe, give off various colors which constitute their individual spectrums; nevertheless, there is one part of the spectrum of color which is most definite for each element and this is known as the distinct color, or shade of color, of that piece of matter.

This is not a mystical idea but one which science has verified, and the fact that every element of matter does have a distinct and outstanding line of color in the general spectrum has enabled science to locate or discover many minerals that were missing from the periodic table of earthly elements. Every plant has its distinct color which results from the vibrations of the plant.

Colors of Body Parts

Persons with extended vision have noted that the various organs and parts of the body have their specific color vibrations. Following are the results of the investigation, but one must remain open, and use his own sight too.

In the lungs orange and red are well developed, and to some extent the yellow.

In the stomach the ruling color is yellow, with a sufficient amount of blue to give it a yellow green cast.

The sexual organs are surrounded by a reddish brown, being of a darker cast than the region of amativeness in the head.

The heart has been seen as a dark red.

The bowels are yellow, with the lower part greenish mixed with some red.

The lower back brain is a dark red which merges gradually into bluish white as we move down the spine.

The spine is bluish white as the ruling color, with also a reddish brown cast at the lower part.

The whole nervous system shows streams of bluish white light coursing all through its channels.

The arteries exhibit currents of red light and the veins a grade of color less luminous than the arteries.

Around the solar plexus all the colors radiate in a brilliant rainbow style. A magnetic hand placed at that spot would have a healing effect on all below it but not so much above.

A considerable variety of color is seen in the region of the hypogastric plexus.

The feet send out quite a variety of colors, the warm colors predominant.

The head being the opposite pole of the body sends out a variety of colors with blue predominating, especially at the back and front upper portions.

The psychic colors of the brain as seen by a developed sensitive are as follows:

At the base of the brain in back the animal loves, the colors are a dark red, and in persons of a very low nature almost black. In the upper brain the colors assume a yellowish tint and are far more brilliant. In a high nature the colors over the moral and spiritual powers are almost dazzling, with the yellow ting nearly merged into white, and far more exquisite than sunlight.

In the higher front brain, the region of the reasoning intellect, blue is the predominant color, and is lighter as it approaches the top brain, darker as it comes down to the perceptive powers, over the brow, with a little touch of violet in its outer edges.

Benevolence emits a soft green light of indescribable beauty. Over firmness, the color is scarlet. Over self-esteem purple. Moving down the sides of the head from the moral powers at the top towards the lower loves, the colors become orange, then red, then dark at the bottom. Very low natures sometimes emit such a dark cloud from the base of the brain that they can scarcely be seen by the psychic.

When a person laughs or sends forth happy thoughts it causes a dancing play of bright colors; but when in violent passion a snapping and sparkling red is emitted.

Firmness is seen by some as blue rather than scarlet. Firmness seems to form the upper end of a mass of polarized lines of force which run down through the whole spine and thus, when active, causes the whole being to become braced up into a rigid and powerful condition, hence the effect which we call firmness. These firm conditions or polarizations come from electricity, and electricity is the blue principle.

The eyes, perceptive and reasoning powers radiate blue emanations; animal energies including amateness or sexual love a most beautiful grade of red. Religion is yellow.

The blue of the reasoning powers is a grade higher than the blue of firmness, the red of the front lower face is finer and more brilliant than that of the back hand, and the red of the more celestial grade of love is possibly higher than the psychic in the 4th grade of colors, as is the yellow or religion or veneration.

The nose has a green emanation, the lips yellow, below the lips orange, the chin scarlet, the temporal region below celestial love violet, merging into the finer red above and the coarser red below. This violet section includes ideality, sublimity, etc.

All the colors appear more pure and brilliant as they approach the upper brain, and are far more magnificent in a high and noble nature than in a low and selfish one. The region of religious aspiration is the most luminous of all; in a person of noble and spiritual nature an exquisite golden yellow approaching a pure and dazzling white.

The perception of these finer ethers can be developed by many people with a little practice.

Healing – Contact Treatment

Get in touch with the patient's vibrations. If the body is suffering in any way, the vibrations of the life energy in the blood and nerves will be inharmonious and the patient will be out of tune.

Experiment:

Have the patient sit in a chair; clasp the patient's right hand with your palm in contact with his. Then close your eyes very tightly to keep light out of your eyes, and concentrate your mind on them. Wait patiently until you see some faint lights in your eyes. The lights will appear hazy and dull or very soft- and will seem to be all over the inside of your eyelids. Sometimes it will seem as though you were looking into a large mirror which slowly passes into a faint glow or hazy tint. It will take two or three minutes at first for you to see even the lightest tint. It may take several days' practice before you can see these lights; some will be able to see these lights the moment they touch a person's hand, even with the eyes only partly closed.

The lights that appear are the colors of the spectrum, caused by the vibrations from the person's hand entering your hand and passing up the radial nerve of the arm to the sympathetic nervous system.

The colors you will see are: blue, green, yellow, orange, red, and purple. They may appear one at a time in both eyes, or one color in one eye with another color in the other eye, or two colors at a time, or sometimes three. Seldom is more than one color seen and sometimes a great white light is seen.

When blue, green, or yellow is seen, it indicates that the patient needs **negative applications**. When orange, red, or purple is seen, apply **positive applications** – vibrations. If a white light appears, the person may need both negative and positive treatment. Give the positive treatment last, allowing a ten minute interval after the negative one. Practice on anyone, because only about one person in a hundred is perfectly toned. Of course, you must not practice on a stranger, but someone in your own group who fully understands what you are doing, and will not take it personally.

The strength of the colors show how lacking in vibrations the patient is. Five minutes of holding hands is the longest time usually necessary to see the lights. If no colors or white light appear, you have not concentrated well.

The same results could be had by placing the thumb and first finger of the right hand to the right of approximately the fourth cervical vertebra. This location is at the right side of the nape of the neck.

COLOR BREATHING METHOD (Combination of Physical and Spiritual Healing)

Transmutation through color is to use color knowingly, for the benefit of the individual and in world service. Man has always responded to color, but usually unknowingly. Today science is making room for color-knowing upon its shelves.

Thought forms are continually being created by every individual. These thought forms direct the trend of his life. They are responsible for the form and appearance he presents to the world. Many people have permitted their higher selves to be imprisoned by their thought forms; they have not known how to destroy those useless forms with which they are finished.

The skin plays an exceeding important part in binding the individual to undesirable vibrations, according to the trend of his thinking, whether fine or otherwise. Most people have experienced moments of embarrassment or shock when they break out in perspiration with a slightly galvanizing sensation.

If the skin were touched at such a time it would be found to be rigid, almost stony in texture. This momentary activity of the skin has deposited between its layers particles of petrified matter. These minute particles are highly poisonous and they cling to certain nerve ends in the skin which are connected with the nerve center stimulated by the emotional reaction.

At this point the reader may note the nerve ends respond to specific colors, certain ones responding to one color and others next to them responding only to another color. This accounts for the mottled appearance of the skin often noted, and especially during color breathing exercises.

The particles of petrified matter deposited through emotional reaction clog the glands of the skin, in time causing wrinkles and the appearance of age. The accumulation of faulty emotional responses is more responsible for the aging of the body than the number of years it has been functioning.

This shell of impurities, the result of emotional storms (outwardly expressed or inwardly felt), must be released before life and health can find their full and free expression in the body. Color breathing is a method by which these body surfaces can be cleared.

Color breathing differs from other methods of metaphysical or spiritual healing in that it transmutes the inharmonious elements in the body, instead of casting them out into the atmosphere. The thought forms that have caused the clogging of the life forces have a certain quality of persistence and when merely swept out of the organism they continue to clog and render inharmonious other elements of life. But when the force is lifted or transmuted it may be of service to some other form of consciousness.

Transmutation is the first step in color healing. This transmutation does not refer merely to the "fires of the flesh," though they too must be transmuted. It refers to all the psychological factors which are the cause of illness.

Back of most illness are faulty reactions to some condition or happening. Repression is one of the most frequent reactions which color breathing is called upon to transmute. When an impulse or impression is pushed out of the conscious mind without taking time to rationalize it, or when a desire is strangled and its impetus is not expended, it becomes an entanglement to rise up and cause trouble later.

In transmutation the color of the urge is changed to a more perfect tone and its quality “glorified”. The dull brown of selfishness, for instance, is changed to a glorified golden brown of conservation, which is done by changing the desire for self to a selfless motive of benefit to others.

The dull sensuous pink of the reproductive urge is glorified into the clear shell-pink of creative love and the soft salmon pink of universal love for all humanity.

It is to be realized that sex is only one of the “fires of the flesh”. It is the great “sounding board” of life, often inaccurately interpreted, from the murky American-beauty shade of pink to the selfish dull red of the cave period. Transmuted to the crystal clear shell pink it is the creative urge of music, painting, sculpture, and poetry.

There are psychic snarls that must be transmuted, not so readily seen to be “fires of the flesh”. Social maladjustments, over-sensitiveness, may result in intestinal kinks manifesting in other disabilities. The colors which will help to correct this are the soft, shell pink of tolerance and a certain jade green of tact and diplomacy.

Happenings that are permitted to cause irritation need the rich delph blue of serenity.

All the psychic snarls that have been painstakingly created must be transmuted and this is the work which color breathing can perform.

Color-Skin-Breathing

Color breathing is an action of the skin rather than a function of the lungs. Medical science has said “a healthy skin is characterized by ample cell respiration and loses its fresh vital appearance as age, dirt, lack of sunshine decrease skin breathing”. This breath of trans- mutation is a most effective method of freeing the body from its self-created ills. And it is a mental and spiritual house-cleaning.

It is a radiant color breath that travels beneath the skin’s outer surface with each inhalation, rising in a rapid spiral; and passing out through the pores of the skin with each exhalation, carrying all impurities and obstructions with it.

The rhythm of this breathing follows the individual’s natural breathing without strain to the lungs.

The breath starts at the feet and moves upward in a spiral ending in a swirl of color above the head, carrying the petrified particles of thought-forms and unwanted thoughts with it. The completion of the exercise will bring a marvelous feeling of serenity and freedom.

Color breathing has a gentle cyclonic action, working beneath the surface of the outer skin. Even as the funnel-shaped cloud of a cyclone picks up whatever is in its path and flings it about, color breathing is like that force held in control, picking up only the undesirable things and transmuting them into that which is beautiful, and releasing it to the world. Color breathing bathes the inner surface of the skin always in an upward sweep.

It is of vital importance to select the proper color for each treatment. The color of the thought-form which is to be destroyed must be known and its opposite used. These colors can be known through color symbology.

If the color breathing is to offset uncontrolled irritation, for instance, the color of irritation must be known. The atmosphere about the person who is irritable, which is called the aura and is visible to a clairvoyant, would be light scarlet and the thought form would appear unpleasantly angular. To soothe the outraged nerves a color treatment of serene blue should be given for 15 minutes. This can be applied by the treatment lamp, concentrating upon the beneficence of this color.

Then the color breathing is begun, visualizing the blue rays entering the soles of the feet, moving up through the instep to strengthen the arch of the foot which represents understanding and correct reaction to life. The blue is then seen to rise spirally up the thighs, about the buttocks, abdomen, and the entire body to the throat, between the layers of the skin. When it reaches the throat the arms are lifted high above the head and the color is released in a swirl of blue. With it goes all the limiting actions of the past, transmuted to add strength to the world.

An emotion is never to be released until it is transmuted which means rationalized into that which is good and beneficial.

This exercise at first will probably require about 18 breaths, but if it is practiced daily in a few weeks it can be accomplished in 6 breaths. The number of breaths required is not of great importance but the vividness of the visualization is paramount.

Color breathing is not to be used as a builder nor to correct wrong habits of thought. This is to be done with the color current. Color breathing is a transmuter, liberating one from the accumulation of the past, cleaning up the old debris. Only when this is done is the building of the new to be begun. This color skin breathing is not to be used as an escape from moral responsibility, or a false easement.

In India there is a school of color work which teaches the intoning of the note key to the color desired. Sometimes exercises are combined with the breath which include the intoning

of 5 vowels keyed to the visualization of the proper color. This acts directly upon the power center of the throat and is of value in cases of throat affliction.

Each individual responds best to one of the seven rays of the spectrum. If one knows his color ray he may more readily connect with those of vibratory rates which are most harmonious to him. If he is in harmony with one of the first four rays, red, orange, yellow or green, he can draw freely from the magnetic vibrations of earth and will recuperate by drawing energy up from the earth's surface, through the soles of the feet and the base of the spine, and he will become revived through the environment of the out of doors.

Those more in tune with the last three rays, blue, indigo or violet, draw down their force from the electric current in the ethers.

Effects of Color

Green conveys a feeling of life and tranquility. Red enlivens the green.

Yellow enhances life; it gives a feeling of joyousness, cheerfulness.

Blue as experienced through the senses draws the individual out to a larger world, it gives the feeling of immensity, transcending the small and petty. When mixed with white it has a gentle uplifting effect, withdrawing us from the material.

Red burns with a fiery warmth, fiercely and with power.

These are the movements of color, the feelings they produce, less through the sense experience than through a more subtle reaction. Many are not aware of these feelings, yet they can tell through color much about the condition of another person, for instance, by the color of his skin his condition of health. We tell by the color of the leaves on a tree the condition of the tree and the season of the year.

Those who are insensitive to color experience a dullness in their whole inner life. When they awaken to color and begin to pay attention to it in the outer world their inner awareness expands.

Because color is perceptible to the physical senses, and to the higher ones as well, it influences both and can heal both body and higher consciousness.

SOME OLDER METHODS USED IN CHROMOTHERAPY

(Note: None of the methods tabulated in these lessons are of Father Paul's work, but give the background from which he worked by showing the findings of other experts in the field.)

The positive side of any force lies in the fine rather than the coarse principles, in the intangible rather than the material side of things. The pure white light of the sun is best for ordinary use especially for well persons but under certain conditions various colors are more effective.

Chromopathy is based on eternal truth. Man occupies the highest scale of refinement in the visible world and the refined elements are best for him. They animate not only the physical being but the mental and feeling side of his nature as well, thus beneficially affecting his whole self. The exquisite and soft character of a force is an indication of its power, not its weakness.

Chromo-Chemistry is the basis of the exact science of chromopathy, which is a delicate materia medica more refined and penetrating than allopathy, hydropathy or electropathy.

“Let there be Light” was one of the first commands of the Creator of the universe. Light therapy is a method of applying artificial light, applied by carbon arc lamps, mercury quartz lamps and radiant light, or the so-called deep therapy lamp.

Deep Therapy Lamp:

The deep therapy lamp produces radiant light and heat. Its action upon the general metabolism of the body is as follows: First, the oxygen-carrying function of the blood is increased by a greater percentage of hemoglobin on account of the direct action of the irradiation of the light rays. There is a stimulation of the lymphatic system and increased elimination of waste products by the sudoriferous glands and other excretory organs of the body. In many ways we have an action from the deep therapy lamp very similar to that of the sunlight itself; we have a solar spectrum and its 7 octaves of color; we have an ultra-violet and infra-red rays.

Deep light irradiation is indicated for use in acute as well as chronic diseases. It first raises the temperature by the absorption of the infra-red rays into the blood stream and then reduces the temperature through its action upon the oxidation and excretory processes of the body, eliminating the toxins and stimulating the metabolic functions.

Dr. Wood, who for some time was a practitioner of color therapy, commonly used the three primary colors, red, blue and yellow, and also green. In his words:

“In using the colors it has been found for best results it is better to use colored bulbs in the deep therapy lamp than to use screens made up of different colored glasses. One reason for this is that the addition of any kind of colored screen to the glass bulb completely refracts out all of the ultra-violet rays that come from the deep therapy bulbs; it also inhibits the action of the infra-red rays. The best colored bulbs for the deep-therapy lamp have the color blown into the glass.”

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It must be clear that whenever the word “glass” is used in reference to color treatments, it is to be assumed that the material used is not ordinary glass, which always absorbs the ultraviolet radiation. Colored glass light bulbs would give the same result, and would not transmit ultraviolet. Therefore, to be effective, any bulbs prescribed for treatment would need to be made of some special material, possibly quartz, but not of ordinary glass. (Ed.)

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General Suggestions for Healing

In the treatment of any local affliction the whole system should also be toned up. It should be seen that the bowel move freely and the blood should be vitalized, which can be accomplished by using purple over the liver, stomach and lungs, along with outdoor sunlight, pure air and simple nourishing food. The healing powers of light and color are so gentle, so penetrating, so enduring, and often potent when coarser methods are ineffective. Yet the method should be accompanied by such other contributing facts as the physician may deem necessary.

The action of color treatment is so gentle as at times to be almost imperceptible, taking sometimes 2, 6, 12, or 24 hours, and is not to be confused with the harsh immediate effect of coarse drugs.

Several instruments were manufactured some years ago to facilitate the use of colors in healing, among them were the chromolume, the chromo-disc and the chromolens. Newer methods are continually being tested.

Solarium:

Following the idea of the ancients with their solaria on the roofs of their houses, a solarium can be built on the roof or in the attic if glass can be arranged to be overhead, so that it will be exposed to the sun all day. The glass should be north or south or northeast and southwest so that the person lying under it can have the head to the north or northeast. The center of the colored glass can be 15 inches wide; the blue 12 inches deep over the head, of a color excluding the red and yellow rays; then 12 inches of the mazarine blue; 4 inches of yellow, 8 inches of green, 8 inches of red purple, and 28 inches of red-orange for legs and feet. To achieve a fine chemical action a strip of red or red orange glass 2 inches wide can be placed on each side of the blue glass, a strip of violet on each side of the yellow, red or dark red on each side of the green, yellow green or yellow on each side of the red-purple, and indigo blue on each side of the red-orange. Clear glass would be placed outside the colored panes so that part of the body

can have the white light some of the time. Children may be sent to play in the solarium to gain power, purity of blood and activity of the skin.

In the matter of clothing white garments transmit more of the white rays than dark ones and light colored clothing has a more animating effect on the skin.

All forms of energy or vibrations are related and can be easily stepped up or down into another vibration. Heat can be stepped up into light, which when applied to a plant is stepped up into the vital manifestations of growth, nutrition and reproduction.

Every disease causes the body to give off energy. The energies differ as the diseases differ. All of these energies have color. This is easily understood by observing that all metals under high temperature give off different colors. The diseased condition in the body can therefore be identified by the color which it gives off. When a complementary color is applied it interferes with the disease radiations and produces a temporary rest. The effect is only temporary however, but if the color is applied intermittently it tends to cause a permanent rest of the disease.

Colored Screens and Radiant Light:

To apply color to the human body most readily, Dr. Wood used colored screens placed in the front of a box containing a 60-watt electric light. Each screen has four spaces so that as many as four colors can be applied at a time instead of having to use four separate screens. There are about 200 of these screens, so there can be many combinations of colors for diagnosing and treatment.

Radiant color provides a means of differentiating rates and modes of motion in a manner more subtle than any instrument. This is because radiant colors interfere with or neutralize any energy acting upon vital energy or force, just as one wave will neutralize another wave of equal force and magnitude. All true remedial agents must have for their ultimate aim the normalizing of an abnormal rate and mode of motion.

Natural color has more to do with one's well-being than is often realized. The blue of space, the sky, is restful. The green of foliage is more enlivening than the browns of autumn; therefore green may be said to have a tonic effect and brown an earth-like effect. The blue of the sky with the brown in autumn gives to the system the poignant effect of purple.

The red of sunrise and sunset has a different effect upon the organism than the red reflected from the earth, the former being stimulating, the latter irritating. These natural colors are not used therapeutically because the colors are not constant.

The treatment of disease by color seems almost as natural as treating it by sunlight. It appears that the skin reflects from the full spectrum such colors as are called for in the body as a whole, or in any part of the body where an abnormal process is going on.

From a therapeutic standpoint, radiant colors are more effective than reflected hues, but the latter are also important. Color therapy belongs to the finer forces. Commercialism seems to have stunted the nature of so many people that grosser methods such as drugs, serums and vaccines have taken the place of the finer remedies.

Colored Silks:

To obtain the desired radiant colors, colored glass was at first used, but colored silks and linens and some parchments give a softness to light that glass does not, especially when using artificial lights in back of a screen. A grade of silk made under the trade name of Faile-Matinee is about right for chromotherapy and can be secured through most of the large dry goods houses.

The silk can be placed in a frame to slide in a box holding several 60-watt incandescent lamps or one powerful one. By using several different colors any desired color can be produced.

Wire globes covered with silk can also be used; a 12-inch one can take a 100 to 300-watt lamp and a 7 inch one a 60 to 100-watt lamp, depending upon the density of the silk. These globes can be used on a floor lamp standard. A small wire frame covered with silk can also be used over a wall bracket. The frame should entirely cover the light so that no unscreened light enters the room. A fixture with several brackets can have a different shade over each bracket, any of the colors being used as required.

The general technique for chromo-therapy is to have a room lighted entirely by the color rays selected. The color to be of any benefit must come on the bare skin so the room should be comfortably warm, but not hot. It should also have plenty of fresh air in it.

It is well to preface the treatment by doing various exercises to keep the body in motion and stimulate deep breathing. If too weak for this, let the patient lie down on a couch but practice deep breathing.

The treatment should last from half to a full hour and can be given 2 or 3 times daily. One treatment can be given in the physician's office each day and the additional ones taken in the patient's home.

The diet should be regulated in a natural manner; raw foods should compromise a part of the meals.

In general terms red, orange and yellow are primary colors, i.e. animating, stimulating and warming. Red is especially indicated for the blood; yellow for the nerves. Orange, partaking of both red and yellow is stimulating and animating to both blood and nerves.

Green has a double action, animating the nerves and cooling the blood.

SIMPLE METHODS OF CHROMOTHERAPY USING GLASS

Unlike most treatments, color healing does not involve much expense. Another feature of it is that there is only an infinitesimal risk or danger attached to it. The treatment may be expedited by the employment of various kinds of apparatus which have been devised for the purpose, such as those where different colors can play upon various portions of the body at once, or where the rays are more concentrated.

The length of time for a color treatment depends greatly upon the individual and the severity of the ailment. The more grave the trouble the longer should the exposure usually be, but the response of the individual also varies greatly, 3 minutes being sufficient for one where another will require much longer.

For chromopathy several sheets of colored glass are required,. Signal red, dark blue, yellow, purple and signal green are the most useful. The sheets should be about 10 by 12 inches. If there are definite symptoms a single sheet of one color may suffice. *

The glass may be placed in a picture frame of the right size, or the glass cut to the size of a frame. Or the glass may simply be hung up by means of a string in the window where the sun comes in.

Sitting in the light for 20 minutes to an hour constitutes a sun bath. When a color is used, it is a color bath. If red glass, the head must be protected from the sun during hot weather.

Outdoor treatments where the sun comes through the required color of glass are recommended. Large panes of glass are best for this and these can be supported on a stand about 4 feet from the ground, arranged so the patient can lie under it comfortably. Indoor artificial light can be used with color screens which are readily interchangeable, but this is less effective, except when a lamp scientifically constructed for that purpose is used.

The healing powers of the different colors in glass are somewhat different from their appearance to the eye as can be perceived when tested by a prism. Red for instance is the hottest visible color but red glass does not transmit as much heat as orange or even yellow glass. The power to transmit color must therefore be considered, not the visual effect.

Different kinds of glass transmit different powers of color. The cobalt blue glass, called mezarine blue, transmits not only blue but other colors in the spectrum, both hot and cold, visible and invisible. The yellow ray is absent and much of the green. Orange and red are partially transmitted. The infra-red rays pass through cobalt. It is thus not advisable for persons with inflammatory conditions; but for nervousness and some dormancy of bodily functions it is beneficial.

Deep blue glass colored by cupro-diammonium-sulfate is the best of the electric colors having almost no thermal rays. For calming and cooling brain, nerves and inflammatory conditions it is unexcelled.

Glass colored with iron oxide a deep iron green admits violet, blue and orange freely and some yellow and red. It is good for cooling electric effects.

Very brilliant copper green admits violet, blue and a small amount of orange, some yellow and full green.

Manganese violet glass extends into the ultra violet. Has few yellow rays, red is shortened, green fades into black shadow and the other rays blend into an intense blue.

Many other combinations both in glass and solutions are possible. Heat is transmitted by red or ruby glass, but the orange glass admitting a small amount of electric rays seems to produce even more heat; while clear glass especially with a little water causes the greatest amount of heat.

Red glass should be used where there is a general lack of virility, a want of tone, anemia, or cold melancholia.

Blue light is certain death to bacteria. But it will not be used in any disease where there are symptoms of expended vitality or exhaustion.

The warm colors such as red, orange and yellow are suited to the lower part of the body. If it is necessary to use them on the upper portion, they should not rest over the body for too long a time. Red is not to be used where there is an excited condition of an orange or the mind.

Sunbaths are advocated at all periods of the year whenever it is possible to take one. A half hour's duration is sufficient, the light playing on the naked skin. If towards noon or in the summer months the head can be protected by a set bandage or slouch hat and a little blue glass can be used over the heart. A sunbath is a healthful luxury for those who have the time.

Medicating by Light

A celestial Materia Medica of the most definite and exquisite kind, may be formed from the direct forces of sunlight, as these forces charge different substances. We have seen that the whole range of forces from the warmest to the most electrical, is to be found in the solar spectrum, and these forces are signified by the color. How shall we collect and store up these penetrating color forces fresh from the great fountain?

Light is a substance as well as a motion and, of course, each of the color rays that constitute light are substances with chemical and therapeutical potencies. These rays may be strained off most conveniently by colored panes of glass which transmit certain rays that are required, and absorb the others.

Thus what is called amber glass transmits the yellow rays principally with a slight amount of red, making its real color a yellow-orange. Ruby glass transmits red rays and absorbs the other colors.

Mazarine blue glass transmits blue as the leading color, also a considerable amount of violet, a large amount of the refined trans-violet among the invisible rays of the spectrum, a slight amount of red, etc. To determine if a glass is the mazarine blue, hold a lighted match or lamp just back of it and it will have a violet tint; if it remains blue the same as before, it is not mazarine but a cooled grade of blue. Blue glass itself, in the sun, becomes heated by the warm rays which it absorbs, but the rays which it transmits are cooling.

Charging Water

In addition to sunbathing under colored glass, it is very beneficial to use water which has been exposed to the color rays. Such water is to be taken either internally or used for fomenting or bathing. To prepare this water, take clear glass bottles free from any tint; a 6-ounce bottle is a good size. Fill the bottles with water and place them on the window sill behind the sheets of colored glass; small strips of glass can be used. Instead of using the color glass, the bottles may be of glass in the desired colors. Only transparent colors may be used for this, such as those which colored lantern slides are painted; ordinary colors are too opaque to be of any use.

To charge water place chromo lenses or bottles of different colors filled with pure water in the sun one hour upward. Several hours will charge it more strongly than one hour. In cold weather remember not to let it freeze and break the bottles. The blue, being an antiseptic principle, prevents the water from becoming putrid, however long it may stand, but the red and yellow had best be changed every two or three weeks at least in cold weather and every three or four days in warm weather. The purple water remains pure a long time.

Filtered water is more apt to generate bacteria than unfiltered, but it may be used in the bottles if not allowed to stand more than 3 days. The same applies to boiled water. Ordinary water treated with color will keep a couple of weeks in a temperature of 60° F. But as a couple of hours of strong sunlight is sufficient to impregnate the water there is no need to keep it beyond a few days.

If a large bottle, or a number of bottles can be light exposed, a bath in this water will be found very effectual where tone is lacking. If there is not enough water for the bath, a sponge-down in the radiated water will be helpful.

Clothing exposed to these colored rays has a therapeutic effect according to the color employed. The beneficial results of a sun bath will be enhanced by wearing light and airy clothes. When practicable the naked skin should receive the rays.

Food or medicines are capable of transmitting the potency of the rays if exposed to them. No taste of the color is perceptible, except to "sensitives" and this is a pleasant way of absorbing the radiation.

Charging Other Substances

The color forces can be conveyed most readily, first, to water, as the most neutral and best balanced substance in nature and the most convenient for use, both internal and external; also to sugar of milk or to the smaller grade of Homeopathic pellets of sugar, or to pulverized gum Arabic, which can be got at any drug store. Sugar of milk which is best for charging without becoming lumpy should be coarse and granulated.

To charge sugar pellets, sugar of milk, etc., spread the material out thin in a chromolens, or if not available, in a small vial of the desired color. These constitute medicines and should be kept in vials of the same color, or if these are not conveniently found, in cloth or paper of the same color, and should be kept in the sun as much as possible. All solarized materials are most active when taken direct from the sun, but will retain the same kind of power for some time.

We have spoken of the charging of solids and liquids by the solar forces. But gases such as the atmosphere may also be color charged and in this way the lungs can be reached. The air in a red bottle will become solarized by standing it for a few moments in the sun, and if inhaled as soon as the cork is drawn, will prove animating to the bronchi and lungs. In a blue bottle it will be ceruleanized and will prove healing and soothing to irritated or hemorrhage conditions of the lungs or for phthisis. We may designate color-charged air as rubeges, ceruleges, purpuges, etc.

Terminology

By the following very simple nomenclature a whole system of materia medica is given in a nutshell, and these articles being medicated from the pure laboratory of the sky, are free from all poisons and marvelously cheap and effective. Substances charged with different colors have a root signifying the color and an affix signifying the substance charged.

Thus if we wish to charge a substance with blue light, we express the fact by the word ceruleanize. Amberize means to charge with yellow-orange light, purpurize with purple light, rubify with red light, verdize with green light.

The root signifying the color force are *rubi* for red, *amber* for yellow, with some orange, or mainly amber colored, *purpur* for purple *viole* for violet, *cerule* for blue or *cerulean* and *verd* for green.

The affix for water is the French “eau”, signifying water, pronounced with a long O, and spelled phonically using simply the letter “O”. In this way we have the root rubio instead of having to say the 5 words, water charged with red light, or the 3 words, red-charged water; ambero for yellow-charged water; purpuro for purple-charged water; violeo for violet-charged water; ceruleo for blue-charged water; and verdo for green-charged water.

To get absolutely pure violeo or any violet-charged substance, it will be necessary to expose the substance to the violet rays as separated by a prism in a camera obscura. Ceruleo made in mazarine blue bottles or lens would almost equal violeo for soothing nerves, and surpass it for cooling the blood.

The affix “lac” (Latin for milk) will be used for sugar of milk. Thus the word *rubilac* would stand for the five words red-charged sugar of milk, *amberlac* for yellow-charged sugar of milk, while such words as *purpurlac*, *verdlac*, *cerulelac*, and *violelac* would be understood by the reader at once.

The affix “sac” (saccharine substance) stands for charged sugar; thus *rubisac* is red-charged sugar, and the meaning of *ambersac*, *purpursac*, *verdsac*, *violesac*, and *cerulesac* is obvious.

The affix “gum” from the Latin “gummi” will stand for charged gum Arabic, an excellent compound. Thus we have *rubigum* (red-charged gum Arabic), *ambergum*, *cerulegum*, *purpurgum*, *verdgum*, *violegum*.

The doses for these solar medicines can be taken, in the form of color-charged water, 2 to 4 swallows, or about 3 tablespoonfuls at a time, or 2 teaspoonfuls for little children. The medicines ending in lac, sac, or gum, can be taken to the amount of 2 grains or more at a time, a grain being as large as a good-sized pea. Ambero is excellent to take on rising in the morning, purpuro or rubio before or after dinner, and ceruleo on retiring, or the dry solar medicines on the same plane. For severe cases, take every hour.

A family that is constipated may amberize their bread a few minutes by placing it in the sun under amber glass and thus find relief. Or persons who have too much irritation of the stomach and bowels may ceruleanize their food by placing it in the sun under blue glass. Wine becomes more or less amberized, and thus animating in its nature, by being put into yellow bottles as is so commonly done. It would not be safe to drink rubified liquors in the usual amount.

The power of these sun-charged substances has been tested hundreds of times and in many cases they have proved marvelously effective when all drugs and other remedies have failed. They are especially gentle, safe, far-reaching and enduring in their effect.

Artificial light will medicate substances, although gas light or oil light is not so rich as electrical as in thermal forces. Sunlight is of course the best.

Substances charged by the full white light receives a vitalizing force. Some delicate people cannot drink ordinary cold water, but if such water could stand in the sun awhile, it is probable that almost anyone however feeble could drink it. Baron Reichenbach let a glass of water stand 5 minutes in the sun and then gave it to one of his sensitives who felt a burning feeling from it all the way to the stomach. At another time he let her take his hand and then left the room. Without her knowledge he let the sun shine on him on all sides for 10 minutes. When he came in again he gave her his hand; she was astonished at the increased power with which he was charged, though she was unaware of the cause. Abundant exposure to the sun will give a great increase of magnetic power.

* Remember that ultraviolet rays do not pass through ordinary glass. Colored or otherwise.

TREATMENT METHOD USING INTERRUPTED RADIANT LIGHT

Better than Drugs

The positive side of any force lies in the fine rather than the coarse principles, in the intangible rather than the material side of things. The pure white light of the sun is best for ordinary use especially for well persons but under certain conditions various colors are more effective.

Chromopathy is based on eternal truth. Man occupies the highest scale of refinement in the visible world and the refined elements are best for him. They animate not only the physical being but the mental and feeling side of his nature as well, thus beneficially affecting his whole self. The exquisite and soft character of a force is an indication of its power, not its weakness.

The normal healthy person has a definite rate of vital and psychic vibrations. The temperature remains at an average of 98.2° F. A change from this normal is caused by emotional or physical conditions. The clinical thermometer is inadequate in recording other vibrations, vital or psychic, which are much finer and subtler than temperature.

The drugs administered by medical science try to change the abnormal rates or vibration to the normal. They can change the psychic vibrations, the structure of organs, tissue, nerves or bones and alter functions. They also have no healing power but they often give the subconscious mind the chance to exercise its restorative powers.

When a drug is taken into the body it is carried by the blood stream to that organ or part of the body in accordance with its particular make-up. The drugged part or organ struggles to expel the drug and is thus stimulated or slowed down so that the normal rate of vibration is restored in many cases. In many others, however, the disturbed rate of psychic vibration is aggravated, hence the effect of the drug is uncertain and often leaves the patient in a worse condition subsequently.

It has been found that every disease has a specific rate of vibration which is uniform and invariable. An apparatus to record these morbid vibrations was first devised by Dr. Abrams of San Francisco; and he also showed that when the normal rate is restored the health becomes normal.

Since sunlight carries the energy which established the normal vibrations it will likewise restore abnormal vibrations back to normal when properly employed. When the body is in a normal condition it can filter from the white light of the sun whatever color vibration it may need. But when it is in a morbid state it is much more easily restored to normal by having specific parts of the sunlight applied by means of color filters or screens. This is the science of chromotherapy which applies specific colors to change morbid vibrations into normal healthy vibrations.

Methods Using Radiant Light Cabinets

In some cases, a cabinet is very useful in irradiating the body, having much the same effect as the deep therapy lamp. The amount of heat generated in the cabinet causes the patient to perspire freely. The stimulation of the lymphatic and excretory organs makes this valuable in cases of auto-intoxication, rheumatism, colds, nephritis and any condition where forced elimination is needed.

The best cabinet is one in which the patient can recline, as complete relaxation is of great assistance in getting the patient to perspire quickly and freely.

There should be two types of colored lights in the cabinet, a series of cobalt blue and a series of scarlet-red bulbs. These two colors are complementary to each other, which gives the bath greater therapeutic value. The blue lights should be so arranged that their rays strike downward from the top of the cabinet and the red lights should strike from below upwards.

To cause the patient to perspire quickly in the cabinet he should be given a sponging with a warm solution of Epsom salts, a cupful to 2 quarts of water, and be placed in the cabinet without drying off. When he begins to perspire freely, turn the lights off in the cabinet and let him perspire more slowly, remaining in the cabinet until he feels it cooling slightly. Remove him from the cabinet and give him a cold shower, an alcohol rub or a cold sheet pack. The latter is given with the patient standing in a pan of warm water and the sheet, wring out in ordinary tap water, wrapped around him placed on the back first.

A dry sheet is then wrapped around the wet sheet and the patient placed on the table and rubbed all over the body through the sheets, finally being dried with an ordinary rough textured towel, rubbed vigorously until the skin is red. An alcohol rub following is always very stimulating and gives the patient a sense of ease and comfort.

Rhythmic Interrupted Radiant Light Method

Some therapists very much favor connecting an interrupting device to the deep therapy lamp so that the light is interrupted on and off with a rhythmical frequency. This interrupting device increases the therapeutic value of the light 50%, because with the interruption of the current a magnetic field is created about the patient as the light goes off.

With the interrupted light there is an expansion and contraction of the capillaries and a massage action of the tissues. The interruption should be done in accord with the rhythm of the patient's pulse or breathing, and also in accord with the type of the individual. The patient with low blood pressure is weak and anemic and gets along better with a rapid rhythmic interruption. Slow interruption is better for those with high blood pressure, and also for sedation.

Rhythmic Color Treatments

It has been found that when a color is applied intermittently according to the physical rhythm of the individual it has much greater healing effect. The flashing on and off of the light is synchronized with the breathing of the patient.

A further increase in the effectiveness of the color treatment is gained by using the indicated color while the patient is inhaling and the complementary color while exhaling. This is utilizing the same principle as in hydrotherapy applications of alternate hot and cold water.

The effect of red, for instance, is greatly increased by the use of its complementary color blue; of yellow by the alternate use of its complementary color violet; of green by the alternate use of its complementary magenta; and so on.

If red be the indicated color, the red is tuned to the patient's natural rhythm and she inhales while the red radiates on her bared chest or body. Then the blue is tune to her rhythm and radiates on her while she exhales.

Each individual has a normal rhythm, but it is changed when there is some unrest of tissue in the body. The rhythm may be too rapid or it may be too slow, or may be out or correct periodicity. The average ratio of inhaling to exhaling is between 40 to 60 and 44 to 56. The cycle of respiration averages from 7 to 12, when the patient is lying on the table or couch.

At the beginning of the treatment the patient's rhythm is recorded on the card and the first one or two treatments or sometimes more. As the patient's condition becomes more normal the rhythm will be found to change and the timing of the alternating color radiations will also have to be changed. The beginning of one treatment, however, will be timed the same as the ending of the previous treatment.

Diagnosis

When there is illness in the body tissues, from errors that have come on gradually in eating or living habits, the subconscious mind does not report it to the conscious mind until there is a condition that alarms all the metabolic processes. The individual then knows something is wrong but not where the trouble is. If a sudden accelerated flow of blood were established through the diseased part or parts, the patient would become conscious of the congested art, as though a fog had been blown away and the location of the affected tissue stands out in bold relief.

In this way the rhythmic color treatment enables the patient to tell what she feels and the seat of the troubles is verified.

The same rhythm that locates the trouble will rectify the abnormal condition and establish ease in place of disease.

Breathing Instructions

As correct breathing is an important part of health, the patient should be given instructions regarding it while under treatment. The normal person takes more time to exhale than inhale, that is, there is a slight lull after this exhalation.

As the patient is lying on the table, instruct him to elevate the chest by muscular effort to the utmost and while holding it elevated, breathe by diaphragm only. In this manner the chest being elevated has to be filled before the air can push the diaphragm downwards. As it is pushed down, instruct the patient to elevate the abdomen as in straining. The patient will soon become accustomed to this true diaphragm breathing which is the only correct way to breathe and the only way anyone should breathe.

The rhythm in breathing sets the pace of the heart and all the capillary movements of the entire body, including the interchange of body fluids and internal secretions.

Rithmo-Lite Therapy

Rhythm is nature's great law. Health is a manifestation of natural rhythm, a natural flow of vital force, or a normal rate or mode of vibration. Lack of health is a manifestation of the loss of natural rhythm, a leak of vital force, or an abnormal rate and mode of vibration. To re-establish health, the leak of vital force must be stopped and the normal rate and mode of vibration be regained.

This Rithmo-Lite can be tuned to interfere with any abnormal rate and mode of vibration and the entire organism put into natural activity. It is a radiant energy sent out with a "bang", penetrating before the skin can react, hence its penetration is far greater than constant light.

When the Rithmo-Lite is used over the body the patient inhales while the light is on, thus getting the attack of radiant energy while the body is tensed by the deep diaphragm intake of air surcharged with light energy. The light is turned off during the expiration.

Duo-Color Treatment

The rhythmic duo-color treatment is given after the Rithmo-Lite. If the latter has been given for 25 minutes on the front of the body, the duo color is given for about 15 minutes.

The patient lies on the table face up and inhales while the indicated color is radiated on the epigastric regions and chest; then exhales while the complementary color is radiated on the body. The colors are applied in the same rhythm as previously described.

The Complementary Colors

Ruby is complementary to blue and vice versa
Violet is “ to yellow and orange and vice versa
Green is “ to magenta and vice versa

Further Diagnosis

__If in doubt as to the nature of the disease located by the Rithmo-Lite system, use the duo-color system. The color that causes the queer feelings to subside quickly tells what the disease is. Ruby indicated tuberculosis; blue, syphilis or auto-intoxication; violet, gonorrhoeic conditions; orange, cancerous; green, hepatic intoxication.

But even if no name is known to give the distressed condition, the treatment will be the same as that which located the lesions. Remember that not 40% of regular diagnoses given by the average doctor are correct; the name of the disorder means little as it is not the name that is being treated but the disorder.

Rithmo-Lite and Color are the keynotes in the re-establishment of the patient's own natural rhythmic vibration which means renewed life, vigor and health.

METHODS OF DIAGNOSIS WITH COLOR
(Supplementary Lesson for Professional or Technical Use Only)
Lecture by George Starr White, M.D.

Color to Diagnose Disease

As the life emanations from a healthy body are deflected by the magnetic meridian and the tension of the body organs are changed by the same energy, some other energy must be able to act on the animal energy of life force. After trying sound waves of all kinds, I began to work with colors.

I first used the ruby employed in a photographic dark room. This obliterated the effect of the magnetic meridian on a healthy subject. This ruby also enable the magnetic meridian to act upon one suffering with tuberculosis the same as if he were healthy.

Many persons gave this “ruby reflex” when they complained only of being tired, nervous, etc. and later it was found they had tuberculosis. It was also found that a person with cancer gave this “ruby reflex.”

Although I have tested many thousand cases with the ruby light, I have found no disease except tuberculosis and cancer that would respond to that color. Later I discovered a color that would differentiate cancer from tuberculosis.

I found that tuberculosis could be diagnosed by this method at the very inception of the disease, and before a diagnosis could be made by any other known method.

By degrees I found that other radiant colors would enable me to diagnose other diseases. By using various tints of the diagnosing color the exact stage of the disease can be shown.

I have never found a person suffering from any malignant disease who would give this magnetic meridian reflex when facing from east or west to north or south unless some radiant colors were employed.

This method of diagnosis I have termed Bio-Dynamo-Chromatic method (Bios meaning life; dynamis meaning force; chroma meaning color.)

Light, color, sound, electricity and radioactive energy are forms of motion and their rate and motion differentiate them from each other. The effect of light is seen in all forms of life.

Colors also produce a far-reaching effect upon the development of all forms of life. Bacilli when exposed to ultra-violet rays are changed into a different species.

The Sympathetic-Vagal Reflex

In the body is a nervous organism which might be likened to a telephone system, the brain being the central office and the ganglia the sub-stations. This nervous system is the most accurate index of external energy. The internal organs are controlled by the sympathetic and vagal nerves. Any stimulation of the vagus produces what is termed “vagal tone” and with a change in vagal tone there is a change in the tension of the viscera. The tension of the viscera changes under external energy.

Light, color and sound, as well as human energy, energy from a magnet and the magnetic meridian all produce a change in the tonicity of tension of the viscera. This change in tonicity I call "Sympathetic-Vagal Reflex".

Color as a Means of Differentiating Polarity and Rates and Modes of Motion

The positive pole, or extremity, has one rate and mode of motion; and the negative pole, or extremity, has another. Between these two poles or extremities there must be an endless diversity in rates and modes of motion. In colors we have a means of differentiating rates and modes of motion in a manner than is more subtle than any known instrument. This is done by utilizing the physical law known as interference of motion or energy, radiant colors interfering with any energy acting upon vital force.

Energy that is neutralized by the negative pole is also neutralized by the dark-room ruby light; and the energy that is neutralized by the positive pole is also neutralized by the blue light that is complementary to the dark-room ruby (Cyan blue). The combination of these two radiant colors produces a shade of purple which will neutralize energy that is neutralized by both the positive and negative poles.

Negative electricity to the body is irritating and exciting. Red light is also irritating and exciting.

Positive electricity is sedative. Blue light is also sedative.

Between the ruby light at its end of the spectrum with its particular rate and mode of motion, and the blue light at its end of the spectrum with its particular rate and mode of motion are limitless rates and modes of motion. Every shade or tint or combination of colors represents a rate and mode of motion, each differing from the other. This gives some idea of how much more fine and accurate the differentiation of energy by means of color is than by the most sensitive magnetic needle. I now employ radiant colors for diagnosing disease.

Instead of using the word polarity in discussing diagnosis of disease by means of polar energy I use the term "rate and mode of motion." Different rates of mode and motion may be toward the opposite pole but still have entirely different rates and modes of motion, as shown by the fact that one radiant energy will neutralize one condition and not another.

There are limitless rates and modes of motion between the poles. They can be differentiated by means of radiant colors but not by galvanometers or magnets.



In the diagram above the letters T and C stand for tuberculosis and carcinoma respectively and they are the plus end of the line. S and G stand for syphilis and gonorrhea and they are at the minus end of the line. The energy from tuberculosis and carcinoma are both dissipated by negative energy, but the energy from syphilis and gonorrhea are both dissipated by positive energy.

T graphically represents the rate and mode of motion of tuberculosis. That rate and mode of motion is dissipated by the rate and mode of motion of dark-room ruby radiant energy.

C graphically represents the rate and mode of motion of carcinoma and this energy is dissipated by the rate and mode of motion of radiant energy represented by non-actinic orange. This cancer color will not dissipate the energy from tuberculosis.

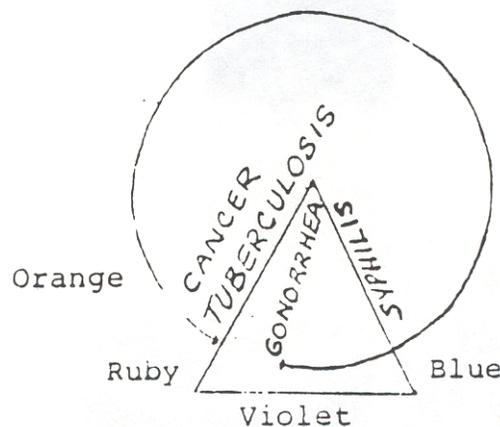
S graphically shows the rate and mode of motion of syphilis and that energy is dissipated by the radiant energy from a certain blue radiation which is complementary to the dark-room ruby or cyan blue.

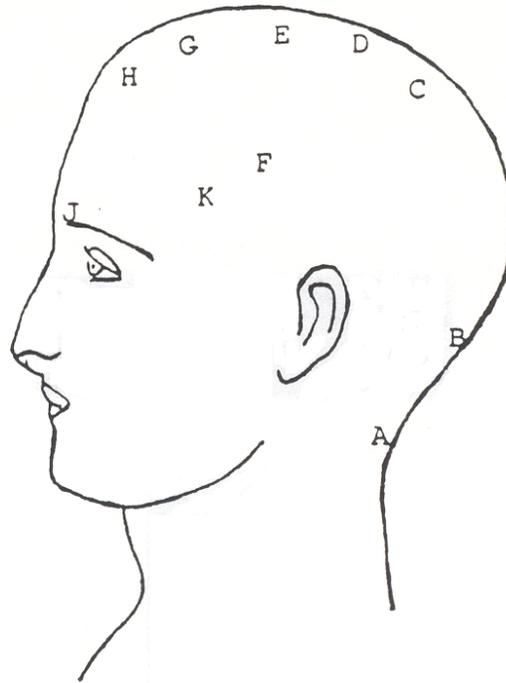
G represents the rate and mode of motion for gonorrheal infection and that energy is dissipated by the rate and mode of motion of a color represented by a combination of dark-room ruby and cyan blue – purple.

The dotted line at S graphically represents the minus or negative pole of the magnet, while T represents the plus or positive end of the magnet. Now if this line were turned into a circle, G would come between the positive and the negative end, and therefore would contain the energies of both the positive and negative poles. This is shown in the diagram below.

It is actually proved by the fact that the energy from a gonorrheal lesion is dissipated by the negative and positive ends of the magnet - “neutral” energy, or as some might say “iso-polar”, but both terms are wrong technically. So instead of the term polarity in Bio-Dynamo-Chromatic work use the terms “a rate and mode of motion dissipated by” such and such a color or combination of colors.

This dissipation of energy can also be understood when one considers how sound, which is a rate and mode of motion, can be interfered with by another rate and mode of motion thus producing silence.





Higher Colors of the Brain

Animal Energies

- A – Amativeness: dark red
- B – Sexual Love: red

Higher Energies

- C – Self-esteem, Pride, Power: purple
- D – Firmness: blue

Moral & Spiritual Powers

- E – Religion, Veneration: yellow
- F – Higher love: red
- G – Benevolence: green

Mental Powers

- H – Reason: blue
- J – Perception: darker blue
- K – Ideality: violet

- Eyes: blue
- Nose: green
- Lips: yellow
- Below lips: orange
- Chin: scarlet

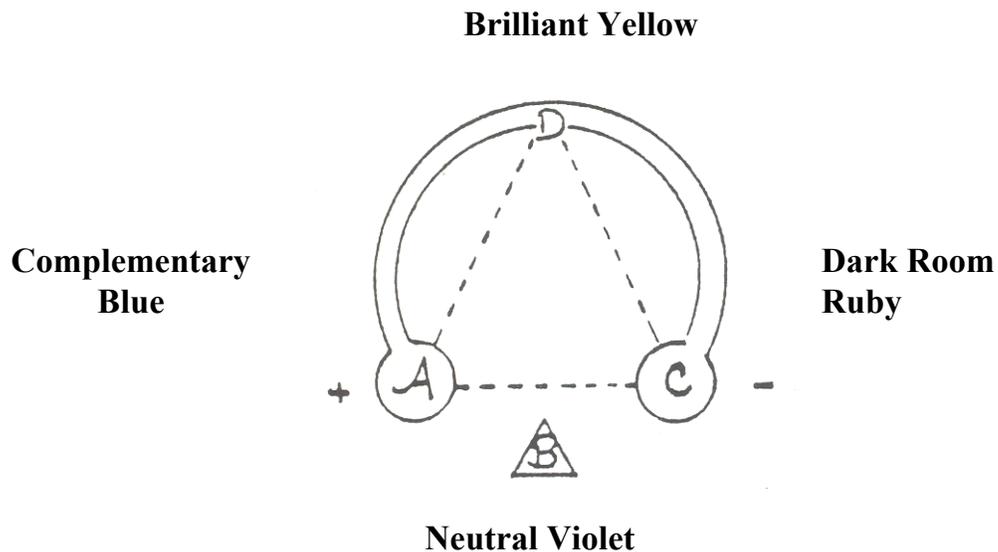
A METHOD USING DYED SILK AND LINEN SCREENS

Supplementary Lesson by Dr. G. White

The Chromatic Curve

The chromatic curve is a part of a circle which is emblematic of endlessness. The dotted triangle in the diagram is emblematically of progression from the base upward to the apex.

It will be observed that at the left of the complementary blue begins and that is the plus or positive color. At the right the dark-room ruby begins and that is the minus or negative color.



Chromatic Curve

Polarity of colors chromatically shown. A. – Complementary blue, a positive color. C. – Dark-room red, a negative color. B. – The combination of the two gives neutral violet which is both positive and negative. D. – Brilliant yellow at the apex of the triangle, tending toward infinity.

The radiation from these two terminals, plus and minus, make the “neutral” violet which is neither positive or negative but a combination of both. Therefore we have placed it lower down on the scale than either the blue or the ruby.

From the complementary blue or cyan blue upward we pass through greenish cyan blue, turquoise, bluish green, sap green, yellow green, and lemon yellow, until we reach the brilliant yellow at the apex of the triangle.

From the brilliant yellow we go down the scale through orange yellow, orange, orange red, etc.

In this figure we do not pay much attention to crimson, magenta, purple magenta, purple, purple violet or blue violet because they are chromatically speaking below the base of the line of the triangle and therefore belong in the space nearby where "neutral violet" is placed.

There are many more shades of red and yellow than are ordinarily depicted. Therefore the space between the complementary blue and the brilliant yellow is about the same as between the brilliant yellow and the dark-room ruby.

Brilliant yellow is at the apex of the triangle opposite the neutral violet. It is also at the highest part of the chromatic curve, equidistant from the complementary blue and the dark-room ruby. The brilliant yellow is graphically represented by the sign of infinity.

This scheme of colors is unlike many others, but it carries out the fundamental principle of the polarity of colors.

General Observations

Energy possessing only positive polarity is dissipated by radiant darkroom ruby light.

Energy possessing only negative polarity is dissipated by radiant cyan-blue light.

Energy possessing neutral or unstable polarity is dissipated by radiant neutral-violet light.

This seems to prove that dark-room ruby or non-actinic rays of light have a similar effect upon the sympathetic vagal reflex as negative energy, or as negative electricity. They must in some way be related.

It is well known that the rays of light toward the red end of the spectrum are stimulating. It is also well known that negative electricity is stimulating.

The fact that blue, or actinic rays, act on this reflex similar to positive energy, or positive electricity, seems to prove that they are in some way related.

It is well known that the colors toward the blue end of the spectrum are sedative in their action. It is also well known that positive electricity is sedative in its action.

There are many other reactions whereby we can prove that colors give off polar energy. A very remarkable one is that ruby light dissipates the effect of the magnetic meridian upon a healthy individual. Magnetic energy from the south-seeking or negative pole of magnet, if a certain technique is employed, will do likewise; while the positive end of the bar magnet will have no such effect. The fact that the energy from the magnetic meridian as it passes over the earth is positive in character seems to give us a reason for this very remarkable phenomenon.

Energy that can be dissipated by the negative end of a bar magnet can also be dissipated by radiant dark-room ruby light.

Energy that can be dissipated by the positive end of a bar magnet can also be dissipated by radiant cyan-blue light.

Energy that can be dissipated by both poles of a bar magnet can also be dissipated by radiant neutral-violet light.

The fact that some energies are complex seems to be the logical reason why various colors which will dissipate various complex energies are made by the combination of 2 or more colors.

Radiant Colors Designate the Disease

For ascertaining the character of the toxemia I use radiant colors.

The color that enables one to elicit the magnetic meridian vagal reflex indicates the nature of the disease.

A normal magnetic meridian vagal-reflex signifies that the vagal reflex can be obtained by means of the magnetic meridian without any radiant color.

An abnormal magnetic meridian vagal reflex signifies that no magnetic meridian vagal reflex can be elicited without some radiant color.

Colored Screens

The first color I used for Bio-Dynamo-Chromatic diagnosis was the ruby used for my photographic darkroom. Later I experimented with many other materials, finally investigating silks and linens. The greatest obstacle was to obtain the true colors, but I was able to interest some of the largest dye masters in the United States and got out silks with the true dyes I needed. These I tested with a special photospectrometer to see that the colors were correct.

It was very difficult to get the correct blue. But after a long series of experiments I found that by passing the light through two different fabrics of different shades I was able to get the blue complementary to the ruby, which is non-actinic.

The best color for non-actinic ruby or non-actinic orange was obtained in linen.

The next problem was the mounting of these silks and linens. I devised a screen with 4 apertures so arranged that the radiant colors can be mixed; that is, one aperture is screen with silk or linen of one color and another with another color. Thereby an effect is obtained similar to that produced by various tints and hues. These were mounted between two sheets of pressboard glued together.

The screens are so made that each one will give the amount of radiant color required for its particular use when it is a definite distance in front of a reflected light from a 60-watt tungsten lamp.

As the names of colors are entirely arbitrary, one dyer calling a certain color by one name and another calling it something else, I designate the screens by letters and numbers, indicating the color and the amount of its dilution with white.

A-4 indicates that the four apertures are of the A color. A-3 means that 3 of the apertures are of the A color and one of the white. A-2 means that 2 are of the A color and 2 are white. A-1 means that one is of the A color and 3 are white.

It is by these attenuated colors that I differentiate the various stages or activity of the disease being diagnosed. This is particularly useful in tuberculosis and cancer, though not of any special value in any other toxemias except in specific urethritis, where it differentiates between an acute and a chronic condition. The diluted colors also enable one to watch the improvement from the therapeutic measures.

The following list of screens which are the most advisable to use in the beginning shows what the colors are used for:

- A - combining non-actinic orange and non-actinic ruby will diagnose cancer and tuberculosis.
- B – non-actinic orange used for differentiating cancer from tuberculosis. It will differentiate cancer or sarcoma but not tuberculosis.
- C – the correct blue complementary to A of the proper radiation for diagnosing syphilis, auto-intoxication and malaria.
- D – the correct neutral-violet radiation for diagnosing specific urethritis.
- E – the correct green radiation for diagnosing liver intoxications, jaundice.
- F – a radiation of combined colors to differentiate malaria from syphilis.
- G – radiations from a combination of colors to diagnose influenza or grippe.
- H – a radiation of magenta which diagnoses deep-seated neurotic conditions, paranoia, etc.

How to Find the Activity of the Disease

As previously mentioned, the tint or attenuation of the diagnosing screen will show the severity of the disease. For example, if a patient has an A magnetic meridian vagal-reflex we do not positively know whether it is tuberculosis or cancer. If, however, there is no reflex to the B screen, we know that the case is tuberculosis. We then use the A-4 screen and that will give the reflex about the same as the A-screen.

We then try the A-3 screen and if that elicits the reflex we know the relation between the toxemia and the patient's resistance is about evenly balanced and that there is a good fighting chance for recovery. But if the patient has a reflex from the A-4 screen but not the A-3, I consider the prognosis very doubtful.

If the patient has an A-2 magnetic meridian vagal reflex, it is a fairly incipient case. If the patient has an A-1 reflex, it is a very incipient case and with proper treatment the patient should be well in a few months.

If the patient has a B-screen reflex, the attenuated A-screen will designate the severity of the cancerous condition the same as if it were tuberculosis.

If the person has a D-2 reflex, it indicates a chronic gonorrhoeal condition or that the resistance of the patient is far in advance of the toxemia.

Explanation of the Action of the Attenuated Screens

The radiation from the A-4 chromatic screen is an intense rate and mode of motion of its peculiar kind, and it will interfere with an equally intense rate and mode of motion of an opposite kind.

If this radiant color of the A-4 chromatic screen is attenuated, that is, diluted with white, the intensity of the particular radiation of the A-4 screen is lessened.

The more this particular color is diluted, the less will be its peculiar radiating power, and therefore the energy that it will dissipate or neutralize must consequently be just so much attenuated or weakened.

Any screen that elicits the magnetic meridian vagal reflex in a patient should be used intermittently for treating that patient. Remember that the intermittent light treatment using the screen that elicits the magnetic meridian vagal reflex is the Bio-Dynamo-Chrome treatment or therapy.

The darker the room is in which this treatment is carried on, the greater the effect of the intermittent color.

Checking Complications

The crescent was employed by the ancients as an emblem of augmentation of progress: the new moon grows. I have adopted the crescent as a symbol of one series of chromatic screens developed primarily for augmenting the magnetic meridian sympathetic-vagal reflex by checking or neutralizing complications of diseases.

My method of arriving at the proper radiation has been previously explained. I found that a person suffering with tuberculosis often had also auto-intoxication or syphilis or some other concomitant disease. For instance, I would be able to elicit an A magnetic meridian vagal reflex but not as pronounced as I liked. Then by employing many colors at one time I discovered a mixed radiation that would greatly augment the A reflex in the patient.

A great number of these combined colors have been made up into the Crescent screens, four of which are described:

- 1) Primary of plus colors. Tonsillitis. Tuberculosis with auto-intoxication, primarily from the biliary tract.
- 2) Secondary or minus color. Auto-intoxication with anemia.

- 3) Primary of plus colors combined. Tuberculosis with some forms of auto-intoxication.
- 4) Secondary or minus colors combined. Anemia with auto-intoxication. Portal and urinary tracts affected.

Radiant Colors – Their General Use

Radiant “red” as well as other colors of the negative end of the chromatic curve are indicated in conditions that have a particular tendency to produce anemia or reduce the hemoglobin index, for example, tuberculosis.

Radiant “blue” as well as other colors toward the positive end of the chromatic curve are indicated in conditions that have a selective action upon the spleen and spinal cord, for example, syphilis.

Radiant “violet” at the neutral part of the chromatic curve is indicated in conditions having a selective action upon the hepatic system, for example, gonorrhoea.

Radiant “green” which is toward the positive end of the chromatic curve, is indicated in conditions having a selective action upon the hepatic system, for example, jaundice.

The brilliant colors such as “orange”, “yellow” and “magenta” are indicated in conditions having a selective action upon the nervous system, for example, neuroses and mental derangements.

The combination of radiant “green” and radiant “blue” is indicated in conditions having a selective action upon both the liver and spleen, for example, malaria.

Radiant “red” and “green” combined have a selective action upon conditions producing a profound toxemia out of all proportion to the symptoms, for example, influenza and tonsillitis.

I could go on indefinitely enumerating many different combinations of colors which have selective actions upon the digestive tract, respiratory tract, etc.

When one becomes accustomed to the radiant colors used in Bio-Dynamo-Chromatic work they will feel or sense the color or combinations of colors that are indicated in treating the various conditions that come under their observation.

This classification is not empirical but on the contrary as made after the clinical findings had been formulated. I had no idea of this classification until I began to tabulate the various conditions and the indicated chromatic screen used for them.

SOME EFFECTS OF COLOR ON PLANTS AND ANIMALS

Supplementary Color Lesson

Many types of invisible radiation – infra-red, ultra-violet, x-ray, etc. – have been harnessed by science to perform definite functions. Surely it is reasonable to conclude that equal attention, given to evaluating and using the properties of the colors which constitute the visible spectrum, produce usable results.

Variations in the type of light ray striking the eye can affect muscular, mental, and nervous activity. For example, it has been demonstrated that colored light can increase normal muscular tension. Investigation showed that muscular tension rose slightly under blue light. Green light increased it a little more. Yellow light raised it to thirty units from a normal twenty-three. When a person is subjected to a given color, his psychological and physical condition may be affected.

It is gradually being recognized that the finer forces of nature accomplish more than the rough crude substances prescribed by physicians. The light cure is nature's own.

The source of all life, the sun, contains within it practically everything of which the earth is composed. It is thus not surprising to find that the colors which the spectroscope reveals are indicative of various metals and gases given off in the form of ethers varying in intensity and quality. Some of these colors are termed heat or thermal colors and others electric.

The trinity of colors, the red, yellow and blue, finds representation in the three great elements of hydrogen, carbon and oxygen which constitute so much of the world, much of the substance of the vegetable world, sugars, gums, starches and ethers, alcohol and many acids.

Colored glass hinders the passing through it of certain rays. When these are shut off, certain definite results are produced. A long time ago it was found that placing plants under colored glass gave some astonishing results. M. Camille Flammarion, the celebrated French astronomer, found that lettuce placed under red glass grew four times as quickly as that grown under ordinary sunlight, shooting up to a great height like a beanstalk. Under green glass the effect was not so striking but it grew taller than in direct sunlight. The effect under blue glass was insignificant.

Various plants subjected to different colored glass gave diverse results. Indian corn under white glass measured 25 inches; under red, 18 inches; under green 8 inches; under blue 6 inches. Beans flourished under white and red glass but perished under green and blue. (These reports are not very recent, but merit further study.)

If the vegetable kingdom is thus affected by colored glass it is natural to infer that the animal kingdom is likewise affected, and experiments have proved that it is.

Experiments made upon the animal showed remarkable variations in response to color. Finsen of Denmark placed some earthworms in a box covered with glass in different colors and found they all crowded under the red glass. Butterflies he found collected under the blue glass. The

earthworms require darkness and heat therefore sought the dark red rays. Butterflies love the sun which passes through the blue glass.

Bees, according to trials made by another experimenter, give more and better honey when brought up in blue light instead of white.

That light has an influence upon muscular force was discovered when it was found that Light flashed in front of the eyes greatly increases muscular strength but diminishes it if continued too long. Experiments along this line should be made with care, however, as the nervous stimulation caused might prove injurious to health.

The method of color healing is to create harmony in the nerves and all parts of the body and mind. Over-exposure to any one color can be remedied by using the opposite color. Color is perhaps best used as a part of other methods and not considered to be a cure-all although there are certainly instances where their performance has seemed rather wonderful.

Light is used today to speed up plant life, make eggs germinate faster, maintain the weight of animals, add vitamins to milk and beer, kill fungi, stimulate glands and circulation. Hair and nails grow faster under light.

Ultra violet is said to increase the flowering of plants; red and orange the aroma.

We know all life depends upon the sun. Plants bending toward the sun show the effects of light. Destructive sun rays also can kill animal and plant life. Invisible rays may affect all mankind more than we know.

Actinic rays are vital to all the processes of man. Life in light. Chemical rays, the blue and violet, affect the leaves of plants. Actinic glass transmits light of high visibility (as green), but reduces the intensity of both infra-red and ultra violet, and is often used to protect the eyes of industrial workers.

The proper lighting produces chlorophyll and growth, makes plants stand heat better. Yellow light, of small power, makes plants grow green leaves.

The red, orange and yellow heat rays produce heat through the power to create chemical reactions in the body. The more resistance they find, the more heat is created. Light orange prevents freezing in orchards; and when thrown on the thermometer it raises the temperature.

Red light increases the activity of amoebas. Refrangible rays encourage growth.

Dark heat rays do not penetrate as well as lighter ones and often not through glass. Red rays combined with yellow rays have the most penetrative power.

Human skin allows bright short waves to penetrate and does not reflect them.

Cold rays, blue green, make the iris of the eyes contract and also affects the rods and cones of the eye. Animals and children develop better in controlled light.

Sunburn is not a burn, as it develops hours after exposure. It is an irritation caused by penetration of ultra violet rays. Light burn under X-ray is the same. Negroes do not sunburn, and brunettes burn less than blondes. White animals also sunburn, spotted ones only on the white spots.

Tan is due to increased pigmentation caused by actinic rays, not heat. Blue and yellow rays penetrate as much as .80 inch, sometimes as much as 1.5 inches. Some light rays penetrate to 2.4 inches.

Light rays dilate the blood vessels, increase red blood cells, increase movement of white corpuscles, (leucocytes), destroy bacteria, increase active tissue cells, the gelatin substance (collagen) between tissues and in bones, increase activity of mucous membrane, dilate lymph space, assist tissue in battle against parasites, increase oxidizing power of blood.

Application of light rays in one spot can affect the entire blood stream through circulation and eliminations of toxins.

Incandescent lights and colors heal by stimulation, oxidation of toxins and vitalization, allowing nature to produce healing. Freund of Germany uses them for skin diseases, neuralgia, rheumatism, muscle soreness, swelling joints and muscles. Long repeated treatment plus proper diet produces wonders.

Any process, light or heat, that draws blood to the skin relieves congestion of liver, spleen, lungs, stomach, intestines, spinal cord. All vital organs have direct connection with the skin through the arteries, blood vessels and capillaries.

The Biochemical Basis of Color

Water has the property of accelerating all kinds of chemical reactions. Man and all organisms are preponderantly water. Living matter is peculiar in the speed with which hydrolytic, oxidative and reduction reactions occur in it. In addition to water, other agents called enzymes promote catalysis. These enzymes act only on substances having particular molecular forms.

Carbon atoms form the building stones of living matter because they have the power of combining with other elements to form the complex substances like proteins and carbohydrates; and also because they are especially "optically active", that is they rotate the plane of polarization of a beam of light passing through them, turning it left or right. Pasteur claimed that the power of building up optically active compounds is a unique prerogative of life. It would seem as if there must be some intimate relation between color production and optically active carbon compounds.

Living matter contains many substances insoluble in water. These are called lipins, (Greek, lipos, fats) amongst which are the essential substratus of living matter. Cholesterol, one of these, is an important lipin in the brain remarkable for its power of forming pigments and for its color effects.

These fats behave in a manner that can be duplicated by linseed oil, and there is a curious resemblance between linseed oil and proto-plasmic respiration. Linseed oil takes in oxygen and gives off carbon just as a nerve does. Ultra violet light accelerates this respiration in linseed oil just as it does in protoplasm. The reaction begins slowly and then speeds up. The intensity of the response is sometimes totally out of proportion to the intensity of the external stimulation.

Every theory of vision involves a theory of the chemical process on the retina and eventually implies a theory of nerve conduction.

Troland suggests that pulse frequency is responsible for the cortical process underlying brilliance of color. The hue may depend on the nerve arrangements tuned to a particular wave length, such as red.

Some sort of light is present in nerve conduction, just as every activity of protoplasm is accompanied by an electric current.

In a perfectly dark room a band of red light will be seen to have projecting from its sides reddish blue arcs. When the eyes are closed a true after image of this can be obtained. Nerve fibers when stimulated give off radiation; what one is really seeing are his own nerve currents.

Carbon dioxide is given off by the unexcited nerve and light may also be given off by the unexcited nerve. This light given off by the unexcited nerve is consciousness. If we imagine ourselves to be inside the molecules or atoms which are absorbing light, the color we would see would be the complementary of the color which someone outside the molecules would see as reflected light.

In this sense the internal universe of consciousness is the external universe turned outside in; and the objective universe is the internal world turned inside out.

Life is literally a process of combustion. Each nerve cell is a little wick with its own lamp of oil. Consciousness is a synthesis of many little glowings; it depends on cerebral oxidation.

The consciousness of color somehow reduplicates the physical conditions of color. The nerve cell is a generator as well as a transmitter. Both processes involve the breaking down and resynthesis of long chain carbon compounds. The kind of carbon compounds of which a cell is made is an expression of the way it has functioned in the past. This suggests a relation between color and the structure of the brain.

Ultra-violet light has a chemical and bactericidal action on the tissues of the body. It causes calcium phosphorus, iron and iodine fixation and is useful in the treatment of rickets. The chemical reaction of ultra violet light depends upon its vitamin reaction in the system and it is claimed that vitamins A,B,C,D and E depend upon ultra violet light. Bacterial toxins are broken down and there is an increase of hemoglobin and of the red and white cells in the body.

Ultra violet light normalizes all metabolism and glandular activity and accelerates the blood and lymph flow. It stimulates anti-body production. It also stimulates the sympathetic nervous system and is a sedative to pain. The author has had uniform success in the treatment of syphilitic ulcers with ultra violet.

Ultra violet treatment is very beneficial to people living in urban centers even if they are not sick, because these rays have a chemical and bacteriological effect essential to normal health and well-being.

Treatment with ultra-violet must be used with much caution, and worked out carefully so that the right dosage may be applied. The amount and the patient's make-up must be taken into consideration. Dark-skinned persons can absorb more without injury to the skin than can blonde persons, but the individual skin reaction must be observed.

At first only short light treatment should be given. Dr. Wood believes best results are obtained by irradiating the patient with the deep therapy lamp, causing a relaxation of the tissues and stimulating capillary circulation, by which the ultra-violet rays are more quickly and readily absorbed when given immediately afterwards.

Do not use ultra-violet without the advice of a physician as the radiation can prove dangerous.

COLOR PSYCHOLOGY

Supplementary Lesson on Color

Color acts as a great cosmic tuning fork which can produce harmony in the individual's life. Life responds to color, and every thought has its hue.

Through the intelligent use of color man can tune into the great cosmic plan and prevent those chemicalizations which produce inharmony in the body, or disease. The incentive to the study of color should be a desire to serve the world more intelligently.

Rudolph Steiner says, "This does not really belong to physics; physics is only concerned with light in space. But color – color can only be studied properly by taking into account the realm of soul".

All life expresses as vibration and the rate of vibration determines the form of manifestation. The vibrations registering as color can be measured on a machine, and another machine has been invented which measures the vibration of each thought.

The vibrations of thought and color have an analogy between them; each thought produces definite colors. These colors react upon the individual, influencing the personality and social relationships.

It is therefore evident that a knowledge of the laws of color psychology will be of great help in solving individual problems and in helping the individual to help others solve theirs. As we learn the language of color, its psychology and symbology, we become more responsive to its vibrations and influence.

Each individual has his soul color which is the record of his actions throughout life; each thought, emotion and motivation is written in the color. This soul color is not visible on the earth plane and does not appear in the solar spectrum. On the lower planes the soul color divides into the three aspects of man; will, wisdom and activity, the colors of which more nearly correspond to colors on the physical plane.

The color of the individual's activity is the one through which that person can best express himself to others. It carries the real inner self outward in its expression of God's plan for the individual. When surrounded in this color of activity outer influences will not be able to confuse or thwart the individual in his goal.

The second color is the individual's color of rest. The use of this color brings perfect relaxation and restoration for tired nerves and body.

The third color is the color of inspiration which helps the individual to reach his higher self. It could be called "the spirit's private telephone number." It is the color to use in meditation. As its vibrations penetrate the environment of the individual, he becomes aware of his real self and its glorious potentialities. If one is not able to visualize color during meditation he should use a robe of the color, a lamp-shade or a length of fabric carrying its vibration.

Every individual is the product of his color responses to the various circumstances through which he has passed during the eons of time has been an individualized soul. Color healing is a method of re-establishing the individual's color balance.

The balance is restored by placing the patient in his color of Rest, using spiritual, mental or physical means. If physical means is used, the treatment may be from 5 to 8 minutes. The color Activity then given from 3 to 5 minutes. The two colors are alternated for a half hour. The following day the Activity color is slowly increased until it is given equally with the Rest color. On succeeding days both are increased until, in 10 days time, the treatment lasts an hour. Then the treatment is closed with 10 minutes under the color Inspiration. In time the balance will be restored.

To find the color of Rest for the patient, place him successively under green, blue and violet and note under which one he is best able to relax. This will approximate his color of Rest.

The Activity color can be found by testing his reflexes under indigo, lemon yellow or violet. The color which stimulates the most response is the Activity color.

When the individual knows his color of Rest, Activity, and Inspiration, and his own Ray color, he can breathe in the Inspiration color in the early morning for the creative work of the day. This can be followed later by the color of Activity to enable him to carry out his plans energetically. The color of Rest is breathed in at the end of the day.

Spiritual color healing is more important than any other but treatment in this can be given only by developed healers able to see in the higher octaves. Unless the inner or spiritual eye has been opened they can seldom draw in the waves of cosmic color power and then send them out by a concentrated effort of will.

It is helpful in becoming color conscious to try visualizing color as often as possible. Visualize the color desired as it appears in a flower, see it clearly, petals, calyx, stamen, perceive its perfume; then try to realize the qualities it represents: love, compassion and so on.

When this visualization has been learned, the next step is to see the desired color as a jewel of sparkling radiance. Jewel colors represent more nearly the inner plane colors than any other object in the material world.

Color is the true language of the inner planes. When one is surrounded with his color of inspiration he rises at least momentarily above the boundaries of self-limitation; his dreams, that are glimpses of his part in God's plan, are no longer merely dreams but become reality, though glimpsed perhaps afar off.

Goethe said, "Color is the sum total of the experiences of light on its journey towards earth." In like manner the colors in an individual's aura express the summation of his experiences on his evolutionary journey, his responses to the events through which he has passed, as viewed at that moment.

There are seven shafts of white light descending to the ego's seven chakras. These chakras are spiritual centers which activate the endocrine glands in the physical body. When this white light is cut off for any reason the chakra cannot function and the gland is likewise unable to act normally. These glands, it is to be remembered, are the tireless alchemists in the body, transmuting the chemical elements, or colors, into the powers of mind and body.

In the perfected man the seven shafts of white light travel equally to the inner areas, but in the imperfect individual they stop where there is an obstacle in their path.

If, for instance, one permits his feelings to be hurt and broods over it, an intestinal kink can be caused. To relieve this kink and its resulting discomfort, an effort must be made to clean out such feeling. If there is bitterness or resentment, the liver will be affected and there may be gallstones.

When the white ray is blocked at the throat or power chakra, goiter and other throat ailments occur. Such blockage may be caused by feelings of helpless submissiveness, negativity, inability to meet life bravely.

When narcotics such as aspirin are used, the rhythm of the ego's response to the white light is interrupted and the aura colors are dimmed.

When the vehicles that radiate these vibration, the physical, emotional and lower mental bodies, are out of harmony with each other, there can be no free flow of life force, or God-life, to the individual.

The first task is to establish perfect alignment between these bodies. If the physical body wants one thing, the emotional another, and the mental something else, there can be no harmony. When the inharmony persists long enough, the bodies can no longer work together and death ensues.

Color is a method of attaining this harmony. Start thinking beautiful clear loving thoughts and these will awaken like emotions which in turn react on the physical body producing health, each broadcasting colors which will blend in beautiful harmonizing patterns.

Perfect color awareness will come in this quest for color knowledge. Color awareness is a great line of defense for all problems.

Chromotherapy may be said to be the science which uses different colors to change disease vibrations into health vibrations. These colors may be visible colors applied by colored rays of one kind or another, or they may be colors invisible to human sight applied by physical or mental means.

Visible light affects both physical and mental health. Biologically, apart from vision, color affects growth, the healing of wounds, lactation, muscular tension and many other bodily activities. Experiments have shown that colored dyes cause different wave lengths to be absorbed by the skin, variously affecting the organism.

The emotional and sensory reaction to color is accepted as an integral part of our modern culture and our language is full of such references. Moods are associated with colors; gray, blue and purple with tragedy; red, orange and yellow with comedy or gaiety. These, it should be noted are the outer world's responses to color less than the subtle inner response.

In psychotherapy it has been found that temperaments vary in their responsiveness to color. Color preference has a psychological basis: outwardly integrated people like warm colors; those who are inwardly integrated prefer the cool tones as they do not need the outer stimulation. Emotionally responsive people react freely to color. The emotionally inhibited individual is even shocked by color, for it intrudes into his inner life which he attempts to hide. The emotionally indifferent or rigid person is little affected by color and is unresponsive to its finer vibrations.

Since color affects people emotionally, it must affect all parts of man's being, including the physical body. That is why it can be applied to healing all parts of the body, harmonizing the vibratory rate in the physical emotional and mental bodies. Color healing aims to re-establish color balance and to release the tensions caused by color starvation that come from errors in thinking and feeling as well as from wrong living habits. Color healing brings about a renewal of all life forces in all parts of man's being.

The Irwin Trinity-Color System

The physical, mental and spiritual systems are affected differently by color. Not all systems agree, but according to the Beatrice Irwin findings the following colors influence the three systems:

<u>Physical</u>	<u>Mental</u>	<u>Spiritual</u>
Sedative: Lead gray Prune Terra cotta Moss green	Sedative: Olive green	Sedative: Moonlight blue
Recuperative: Golden brown Turquoise	Recuperative: Rose madder Fawn Royal blue Emerald green	Recuperative Orange Flame rose
Stimulant: Vermilion	Stimulant: Violet Chrome yellow	Stimulant: Eau de nil Mauve Citron Azure blue

SUPPLEMENTARY COLOR LESSON

ELECTRICAL AND THERMAL (PART I) AND COLOR COMPLEMENTS (PART II)

Colors Hot and Cold

All substances under full chemical action tend to attract or combine in harmonious union those elements whose colors form a chemical affinity with their own.

All substances while under chemical action repel and tend to stimulate contiguous substances which have the same grade of color.

There are various amounts of heat in color rays, noted by placing colored glass over a thermometer and recording the rise of the thermometer. The thermometer rose in the blue ray 1 degree, from 55 to 56 in 3 minutes. The thermometer rose in the green ray 4 degrees, from 54 to 58 in 3 minutes. The thermometer rose in the yellow ray 6 degrees, from 56 to 62 in 3 minutes. The thermometer rose in the red ray 16 degrees, from 56 to 72 in 2.5 minutes. The thermometer rose in the infra-red ray 18 degrees, from 61 to 79 in 2.5 minutes.

A similar experiment is as follows: Take four bulbs of 100 watts each, one of red, one of blue, one of yellow and one of green, placed in lamps side by side. Place a radiometer within one foot of the lighted globe and you will find that the red globe will speed up the movement of the radiometer tremendously. The yellow globe will speed it up about .75 of the rate of the red. The green will speed it up about $\frac{1}{2}$ the rate of the red. The blue will move it about $\frac{1}{4}$ as fast as the red. All of the globes being of the same wattage and operating in the same light circuit is proof that there is a difference in vibration in each color rate.

Chemical Affinitive Colors

The chemical affinities of different colors are as follows:

Infra-red (invisible thermal)	– blue green
Red	– blue
Red-orange	– indigo-blue
Orange	– indigo
Yellow-orange	– violet-indigo
Yellow	– violet
Yellow-green	– dark violet

Acids are substances in which electrical forces predominate. Alkalis are of a thermal nature, expansive and relaxing in character. It can be noted that medical laxatives are alkaline.

Properties of Colors

Color rays vary in their heating or cooling qualities, their effects on different body systems and their electrical, light or heating nature. Spectrum colors have the following properties:

Electrical	(Dark violet)	Animating	(yellow-green)
or	(to)	to	(yellow)
Cooling	(blue:)	Nerves	(yellow-orange)
Rays	(Culmination)		(orange)
	(of)		
	(Electricity)		
Cooling	(dark violet)	Exciting	(red-orange)
and	(violet)	to	(red)
Soothing	(violet-indigo)	Blood	(dark red or)
to	(indigo)		(reddish black)
Nerves &	(indigo-blue)		(infra red)
Blood	(blue)		
	(blue green)		
Thermal or	(Yellow-green)		
Warming	(to)		
Rays	(orange)		
	(Culmination)		
	(of Light)		
	(Red-orange)		
	(to)		
	(infra-red)		
	(Culmination)		
	(of heat)		

What we have termed electrical or cold colors were formerly called actinic or chemical colors, the absurdity of which will appear when we remember that the warm or thermal colors are exactly as chemical as the cold ones, for without the aid of these, the cold color forces could not act chemically, and vice versa.

In other words, substances whose innate forces are manifested in the form of blue, indigo and violet colors, require substances which are active in the red, orange and yellow potencies, before chemical affinity can take place freely. To be more exact, the red affinities more directly chemically with the blue, the orange with the indigo, the yellow with the violet.

Thermal which is coarser than the red and just below it in the solar spectrum is the region of greatest heat and is invisible.

The red, yellow and blue constitute the most distinctive and important colors. The red and yellow, combined equally, form an orange; when yellow predominates it is yellow-orange, when red, a red-orange. Red and blue form purple, which nearly resembles violet; the pure violet of sunlight is a more refined element than ordinary purple, but cannot be got in absolute purity by means of any glass, though the blue glass, especially mazarine, will transmit a large

amount of violet, as well as trans-violet, blue and some red. Red-purple is more rousing than the blue-purple but is softer than red.

While chemical affinity thus brings electrical and thermal substances together, chemical repulsion similarly causes colored elements to repel and stimulate each other. Thus a red light stimulates a red principle, like arterial blood; yellow light with some orange and red, stimulates the nerves, the interior elements of which are strong in these colors; blue cools the arterial, and intensifies the bluish venous blood.

We see then that chemical affinity helps balance extreme or one-sided conditions by bringing a contrasting color or substance; while chemical repulsion helps kindle into greater activity any part which is deficient in intensity.

Thus for the head, where the blood and nerves are predominant, we generally need blue or violet light as a balancing principle.

For the extremities, red is generally best.

For the thorax and stomach, purple is best.

For dormant liver and dormant bowels, yellow and orange.

For deficient menstruation, red over the womb; for too free menstruation, blue.

For a pale cold system the red is best, if nervousness is not too great.

For arterial, inflammable conditions, blue or indigo is required.

Complementary Colors

Each color causes a reaction on the retina of the eye, which tends to arouse the activity of its opposite or complementary color. One can test this by staring hard at any strong color for a moment in bright light, then closing the eyes or looking at a blank white sheet of paper, and watch the opposite color appear. Sometimes one will see the rim of this opposite color around objects, an effect of his own visual perception.

The general principle in color healing is to supply the color which the individual lacks, or to reduce a too abundant color which is throwing the body out of balance. The latter is accomplished by applying the opposite or complementary color.

Various colors affect the different systems in the body in different ways which it is also necessary for the practitioner to keep in mind.

For the nervous system:

Soothing:	violet and lavender
Invigorating:	grass green
Inspiring:	medium yellow and orange

For the circulatory system and organs:

Soothing:	clear dark blue
Invigorating	grass green
Stimulating:	bright red

A body part which is ailing is generally restored to normal by applying its normal color keeping in mind the above effects. The normal color of some of the body parts are:

Arteries: light red	Lungs: orange, red, some yellow
Bowels: yellow with greenish red	Medulla oblongata: dark red merging to bluish white at spine
Brain: reddish	
Feet: red, all warm colors	Nervous system: bluish white
Head: blue, all cool colors	Solar plexus: entire rainbow of colors
Heart: dark red	Stomach: yellow with some blue

The complementary colors have a special use when focused alternately and consecutively creating a vital rhythm or reciprocal therapeutic effect especially stimulating and healing in certain cases. A slight over-exposure, for instance, would have yellow applied to stimulate the nerves and metabolic action, followed by a very short time under the blue or violet ray; this would act like a slight tap on a pendulum that is a little out of adjustment in the spring. Or, in a feverish and nervous condition, the soothing blue would be applied followed by a short period under the yellow. By the same principle ruby can be followed by a brief period under the green and red, like yellow, by blue or green. This alternating exposure should, however, be used with much care as it can easily be overdone.

The complementary colors can on occasions be used simultaneously on different parts of the body. In a bilious condition blue could be used on the head while yellow is focused on the abdomen. Typhoid fever should have blue used on the head and purple over the stomach, unless there is diarrhea, which would require blue over the abdomen. It would require experienced medical judgment, however, to use the colors in this way.

According to the experiments of another practitioner, he indicates that in treatment, to diminish certain effects, instead of using the color of the part, the complementary color could be applied. These colors he gives as follows:

Bones	– Green
Circulatory System	– Blue
Heart and sympathetic System	– Orange
Glandular System	– Violet
Higher Brain Centers	– Yellow and Violet
Lungs and Cerebro-Spinal	– Yellow

More information would be needed before attempting the following, but here is another report:

Color can be used as an anesthetic. Dr. Kolar of Wichita, Kansas, used it in this way in manipulative surgery, thus: The patient looks through colored lenses for a time until he becomes insensible to pain, but does not lose consciousness. There are no after effects from this color anesthetic. The colored lenses make it possible for the consciousness to move from plane to plane readily without driving it out as is the case with drugs.

SPECIFIC TREATMENTS WHICH HAVE BEEN RECOMMENDED

Some older treatments of various diseases so as to explain the principles involved may prove dull reading, but a listing of treatments under the diseases will be helpful to the layman in applying the right colors for simpler ailments such as cold in the head, neuralgia, mild forms of rheumatism, sciatica and other ills for which a doctor is seldom consulted.

This listing according to disease will also enable the physician with his knowledge of physiology and pathology to select the right colors for the treatment of any disease even if not included here. All treatments are subject to further experimentation, and need to be updated with factual experience.

The colors generally to be used for excitable, nervous, passionate and choleric people are the soothing green, blue and sometimes violet. These colors usually are to be applied to the head, face and nape of the neck.

Lymphatic, inactive, cold and melancholic people need the stimulation or ruby, orange and yellow.

Ruby and red are also useful in treating consumptive and anemic people to promote circulation and the formation of blood. Orange sometimes has a beneficial rousing quality for them.

Sanguine, vital, flurried, full-blooded, red-haired individuals usually require blue or green; red being too heating for most of them.

Dark people of the Latin and Eastern antecedents with dark eyes and skin, black or dark hair frequently require their vital functions to be stimulated with red, as they are apt to suffer from poor circulation. They are excitable and passionate, however, in treatment and may also require the soothing color blue applied about the head.

Fair people of the Anglo-Saxon or Scandinavian coloring, with light hair, fair skin, gray, blue or hazel eyes, generally have good hearts and strong circulation but are frequently lethargic and pessimistic. Yellow therefore may be needed to stimulate them.

When treating a troubled condition, light may be applied to related areas as follows:

Brain	– scalp, face, back of neck, feet.
Spinal cord	– skin of the back, entire trunk and limbs.
Throat	– back of neck, spinal cord and throat.
Lungs	– inner surface of the thighs, front and back of chest, lower back, feet.
Heart	– part of chest over heart, feet and arms
Liver	– lower right chest
Spleen	– lower left chest

Specific Treatments Which Have Been Recommended, page 2

Intestine	– kidneys, rectum, bladder, ovaries, uterus.
Prostate	– lower back, groin, loins, hips, feet.
Kidneys	– especially affected from the lower part of the chest front (sternum).
Stomach	– lower spine (dorsal).
“Nervousness”	– over the stomach (epigastrium).
Intestines	– whole abdomen, especially the naval region.

In using color lights in therapy healing, it is generally accepted that for home use and ordinary practice, none of the invisible or deep infra-red rays should be used.

Colors to Use

The best colors to use on various parts of the body are as follows:

Head and brain, nerve-soothing colors such as blue, indigo and violet with an absence of warm colors.

Neck and thorax, cooling with some heat, such as the cobalt blue glass.

Hypochondrium, or central region of digestion, requires thermal colors such as red and yellow to stimulate the gastric juice, blood, muscles and nerves of the stomach and some blue or violet to stimulate the saliva and counteract the inflammatory effect of red.

The Umbilical region, yellow with a small strip of violet.

The hypogastrium and loins, a green glass has tonic effect, transmitting orange, yellow, green and blue rays, the first two animating the nerves and the last two cooling and tightening relaxed muscles.

Lower Limbs, warmest colors most desirable, orange or orange red.

Generally:

Red is indicated in tuberculosis, paralysis, exhaustion, anemia, and all debilitating conditions. It is injurious in inflammations, feverishness or excitability as it irritates and disturbs these states.

Pink is a mild stimulant and a nerve-wracked person, especially a business man generally rejoices in pink radiations.

Yellow and Orange: These colors, being nerve stimulants, are valuable in constipation, impaired digestion, and abnormal pelvic conditions in women.

A reddish orange color is valuable in cancer and all malignant growths.

Yellow is injurious to the over-excited system.

Green: This is a quieting color if not too dark, soothing to nerves and body. It should have no suggestion of yellow in it.

Blue, Violet or Purple: Blue and violet are nervines, astringents, refrigerants, and allay fever. They are soothing to the nerve and vascular systems and are indicated in sciatica, hemorrhage, cerebro-spinal conditions, neuralgia, rheumatism, and nervousness.

Violet, Indigo and blue, called electric colors, are soothing, cooling and antiseptic. Blue has a special action on the blood; violet on the nerves. Indigo, partaking of the nature of both blue and violet is soothing to both blood and nerves.

Neurosis, Cerebro-Spinal and Other Nerve Ailments

Blue is to be used on the head as a rule, unless the head or cervix feels cold, in which case red should be used.

Blue is to be used for all inflammatory conditions applied along the nerve tracks.

Neuralgia: Apply blue over the temples, face and ears or wherever heat and pain are felt.

Paralysis: Blue is to be applied to the head and yellow to the paralyzed part. Ruby is advised on the solar plexus and yellow on the spine.

Sciatica: Apply blue to the back of the leg where the pain is located, and a short exposure of yellow on the lumbar region of the spine. Follow this with blue on the same place on the spine.

Hysteria: Blue should be applied over the head, solar plexus and abdomen.

Convulsion: requires blue over the back of the head and spine.

Apoplexy: Apply blue over the forehead.

Neuritis: Blue is to be applied to the spine and locally. Violet may also be used.

Epilepsy: Blue over the head, spine and solar plexus.

Insomnia: violet applied over the face and head.

The physician who knows the functions of each segment of the spinal column can apply stimulating yellow or ruby, or soothing green or blue, to definite places in order to produce necessary reflex actions and responses which may be beneficial for the particular condition. Chromotherapy can be used as spondylotherapy by the physician who has the necessary knowledge and skill.

Heart and Circulation

Red is the best color to stimulate the action of the heart and blue to soothe or quiet it.

Palpitation: Apply a brief exposure of blue over the heart, with ruby over the solar plexus and yellow over the abdomen.

Goiter and innocent tumors: Apply red or yellow unless there is an inflamed condition. Then blue is advised.

Rheumatism: blue is to be used in the inflammatory stage. Yellow, red and purple stimulate the affected parts. Blue alleviates pain. Apply yellow to the spinal nerves; to the lower cervical and first dorsal if the trouble is in the arms and hands; to the other dorsal and lumbar vertebrae if the thighs, knees and ankles are affected. The colon and bowels should also be stimulated with yellow.

Rheumatoid arthritis: A short exposure with red or ruby and a full exposure with blue.

Synovitis: Yellow and red should be applied.

Respiratory Organs

Tuberculosis: Red and yellow are needed to stimulate the chest, or at times ruby. Stimulate the cervix with ruby. Violet destroys the bacillus of tuberculosis. If troubles with insomnia apply blue over the head.

Asthma: (Method 1) A short exposure of yellow and blue light alternately over the bronchi. (Method 2) Orange water may be used at frequent intervals when the attack is serious. If the system is emaciated used red and yellow glass alternately.

Hoarseness and relaxed throats: Alternate yellow light with a short exposure of blue and apply yellow to the cervix. Hoarseness also responds to blue water; as does the sore throat. For the latter apply a blue water compress.

Coughs: If dry, are best dealt with by indigo rays and water. Wet coughs yield to orange rays and water.

Pneumonia: It should be treated with indigo water.

Inflammation of the lungs, pleurisy, hemorrhages: Blue is to be used but the qualified physician alone should treat these illnesses.

Nasal Catarrh: treat with blue and a short exposure of yellow.

Diphtheria: Blue is to be used locally and over the solar plexus, and the cervix stimulated with yellow.

Whooping cough: Yellow and blue are to be used alternately, the yellow a full exposure and the blue a short one.

Digestive Organs and Alimentary Tract

For dyspepsia, heartburn, flatulence and stomach pain, a good purple glass will be found to answer, allowing the light to stream upon the hypocondrium. First thing in the morning or 3 hours after a meal orange-water, kept in an orange-color bottle, should be drunk. Foods which should be sparingly used include pastry, greens, cheese, pork and strong coffee. All foods should be perfectly masticated before being swallowed, and no liquid should be taken until after eating. In severe cases a cold-compress, using orange-water, will be of benefit.

Gastritis, nausea and indigestion: If there is a hot and cold inflamed condition apply blue. Ruby is always a good color for the stomach. Green can be apply for its calming action.

Sluggish liver: Use ruby and yellow. If there is inflammation use blue. In cases of biliousness, the liver will be benefited by doses of blue-water and purple rays. The water is to be taken several times if the complaint is obstinate.

Jaundice is best treated in the same way and a non-flesh diet eaten.

Diarrhea: Blue is to be applied over the abdomen.

Constipation: Yellow on the colon and abdomen will relieve the condition.

Kidney troubles: for nephritis allay the inflammation and irritation with blue. For dormant kidneys apply yellow and red on the lumbar region. The kidneys, if disordered by a cold, are best treated with blue light streaming on the affected part. If gravel be present, orange light and water should be used.

Inflammation of the bladder: Alternate applications of blue and yellow, the yellow to be given briefly.

Skin Diseases

Eczema: Treat with ruby or violet and blue, or blue alone.

Erysipelas: Use ruby and blue alternately, the blue exposure being longer.

Scabies, ringworm and other parasitic complaints: Violet superimposed with ruby will act as a parasiticide.

Wounds, scalds, burns: After being dressed they can be treated with blue.

Fevers

Blue is the most important color to use in feverish conditions.

Enteric or typhoid fever: Both head and abdomen are treated with blue. If there is constipation, use yellow over the intestines.

Smallpox: The arterial blood can be brought to the surface with red and yellow and the fever reduced by alternate use of blue. Red light will help to prevent pock marks.

Scarlet fever and measles: Yellow and red are to be used first in both of these diseases to stimulate the arterial blood. Afterwards use the blue.

Malarial and intermittent fever: Treat with blue during the feverish state and yellow during the chill. Purple can also be used during the chill. Blue is to be used on the head.

Yellow fever: Blue is the treatment on the head and yellow over the bowels for constipation.

Eye and Ear Ailments

Inflammation of the eyes: Blue treatment with ruby applied at the same time over the cervix and cerebellum.

Weak or Atrophied optic nerves: Stimulate with red. Blue and red superimposed can also be used beneficially. In doing this, a space of about an inch should be between the two sheets of glass.

Great care is to be exercised not to over-expose the eye. It is never to be exposed to direct sunlight or to strong artificial light, but only to diffused light. Several short treatments of half a minute of a minute are better than one longer one.

Ear: Deafness is best treated with yellow. Red stimulates the circulation in the ear. Blue will alleviate pain and inflammation.

ALPHABETICAL LISTING OF SPECIFIC TREATMENTS

For Reference Only

(These are old and need to be proven or updated)

Acute Anterior Poliomyelitis – Infantile Paralysis: Blue light body radiations for 10 minutes, front and back. Olive oil rubbed full length of spine before turning on the light. Daily treatment with careful attention to diet and bowel elimination.

Amenorrhea: Ten minutes with blue light over the pubis, 10 minutes over the sacrum with the blue light, and 10 minutes blue light introduced into the vagina with the aid of a vagina speculum. This treatment relieves but other treatment for the cause is advised.

Anemia: Red light on the torso with face upward 15 to 20 minutes and the same on the back. Follow with ultra violet.

Aphonia: Cobalt blue globe over the throat and chest for 15 minutes, then the same on the back of the neck. Oil the skin with olive oil.

Asthma, Bronchial: Red light 15 to 20 minutes on chest and back, first oiling them. Ultra violet is a splendid addition to the treatment. Two to 4 months the average time for complete relief.

Baldness: Try sunlight through blue glass.

Bladder: In cases of irritation, can be benefited by the use of blue-water, and blue color rays alternated with yellow over the lower spine. If there is involuntary discharge of water, use purple or green light, and abstain from liquids as much as possible. There is no need of drinking much liquid as the bulk of our foods is largely composed of water. Many people in excellent health do not consume a pint a day.

Boils and Carbuncles: Blue light for 30 minutes over the point of infection.

Bronchitis: Relief through the same treatment as for asthma.

Bursitis: Cobalt blue 30 minutes daily over the affected part after oiling.

Cancer: Blue light followed by ultra violet given daily is helpful in skin cancer and some breast cancers. If no response in 6 weeks, discontinue.

Cataract: Blue light over the affected eye, having the patient gaze into the light for 30 minutes.

Cervicitis and Endo-Cervicitis: Ray with blue light introduced into the vagina through a vaginal speculum for 15 minutes, then 30 minutes externally over the abdomen. Epsom salt douches 4 times a day, one ounce to 2 quarts of very hot water. Drink water freely.

Chicken Pox: Body radiation with blue light for 30 minutes back and front followed by ultra violet.

Chorea; St. Virus' Dance: Blue light front and back, 20 minutes on each side after oiling. Daily treatment for 24 to 36 days have brought wonderful results.

Alphabetical Listing of Specific Treatments, page 2

Constipation: Yellow light is helpful in most any stomach, bowel or liver trouble. Interrupted yellow light with deep therapy lamp placed over the abdomen, interrupted quickly. If the patient can be placed on a table raised at the foot end at an angle of 20 degrees it is helpful. Oil the abdomen with olive or almond oil. Colon flushing and dietary regime, or may also use yellow water.

Colitis: Same treatment as for constipation.

Coughs and Colds: Radiant cabinet sweating and ultra violet body radiation is helpful. Use red light over the chest and between the shoulders for 30 minutes.

Cystitis: Blue light over the bladder for 30 minutes daily. Have patient take a teaspoonful of Epsom salts in a pint of hot water on an empty stomach every morning.

Diabetes Mellitis: (1) Same as for constipation, with radiant light cabinet sweats. (or 2) Diabetes yields to yellow and red strips of glass alternately, unless irritation be present; then blue glass should be substituted for red. White light is also useful in this disease. Animal food should be reduced to a minimum.

Diarrhea: (1) Treat as for constipation or (2) use blue light and blue water.

Diphtheria: Blue light on throat for 30 minutes is an adjunct in treatment. Good results have been obtained with cobalt blue globe used inside throat, the patient lying on the back with mouth open.

Dropsy: Blue light is effective in relieving swellings.

Duodenal Ulcer: Blue light.

Dysmenorrhea: Same as for amenorrhoea with blue light.

Ear Affections: Blue light over affected area for 30 minutes.

Eczema: Blue light over affected area daily for 30 minutes; followed by ultra violet.

Endo and Myo Carditis: blue light over the heart area for 45 minutes.

Enuresis: This nervous affliction is treated over the bladder with blue light for 15 minutes and the same over the back.

Epilepsy: Yellow light for long periods over the abdomen, the same as for constipation. The author believes intestinal stasis is an exciting factor in most cases of epilepsy.

Fevers: Blue light benefits all infectious diseases for 30 minutes on front and back.

Fistula: External application of tepid blue water.

Gastralgia: Yellow light over abdomen and back; colon flushing.

Gastric Ulcer: Yellow light over gastric area for 45 minutes, followed by ultra violet. Bland diet, colon flushing, rest and quiet.

Gastritis: Same as for Gastralgia.

Glaucoma: Blue light over the eyes daily for 30 minutes with patient gazing into the light.

Alphabetical Listing of Specific Treatments, page 3

Gonorrhea: Blue light for acute and chronic cases for 60 minutes. In prostatic involvement place a metal dilator into the rectum and irradiate the dilator and surrounding parts with blue light. The usual course runs from 2 to 6 weeks.

In the female, treat same as for cervicitis. The usual course runs from 2 to 4 weeks.

Gonorrheal Arthritis: Cobalt blue over the affected area after rubbing olive oil on the tissues. Treat back and front followed by ultra violet. Sweating the patient in radiant light cabinet or Epsom salt bath is helpful.

Gout: (1) Blue light over sore toe and foot, or (2) orange water and glass.

Hay Fever: Blue light for 30 minutes over face; ultra violet in nostrils.

Headache, inflammation of the brain, nervousness, hysteria, palpitation, apoplexy, toothache, sunstroke, sciatica, neuralgia, tumors, hemorrhage, earache, itching of the skin, sore eyes, bubonic plague, vomiting, sleeplessness, erysipelas and most fevers are amenable to blue light.

High Blood Pressure: Blue light 30 minutes front and back daily.

Hepatitis: Yellow light close to gall bladder.

Icterus – Jaundice: the same as for hepatitis.

Iritis: The same as for glaucoma, blue light over the eyes for 30 minutes.

Laryngitis: The same treatment as for aphonia and diphtheria, cobalt blue.

Leucorrhea: same treatment as for cervicitis, except for frequent douches, once a day being sufficient.

Lumbago: Irradiate back with blue light while patient sits on a chair swaying body slowly from side to side. Keep patient moving about slowly so the muscles do not set and relief becomes more difficult. Rub with oil first. Ascertain the cause of the trouble which frequently is constipation and autointoxication.

Lupus: Blue light over the affected area for 45 minutes. Ultra violet also useful and constitutional treatment should be given.

Mastitis: Blue light over the breasts for 30 minutes and over 3rd, 4th and 5th dorsal for 30 minutes.

Mastoiditis: Same treatment as for ear affections, blue light for 30 minutes.

Mumps: Blue light over glands affected for 30 minutes daily until relieved.

Nephritis: Blue light over the kidneys in back for 45 minutes after oiling the area with olive oil.

Neuralgia: Blue light radiation over painful are and constitutional treatment for the cause.

Neurasthenia: Yellow light over abdomen and back for 30 minutes each side.

Neuritis: Blue light over painful are and constitutional treatment for the cause.

Orchitis: Blue light treatment over testicles for 45 minutes.

Paralysis can be relieved by yellow and white light over the spine, red glass over the pit of the stomach, and a strip of yellow below that.

Piles or Hemorrhoids: Focus blue light on metal dilator in rectum so a convective heat may be absorbed in the rectum. Do not stretch dilator at first but gradually until the tight sphincters are relieved. Twelve to 36 treatments are usually sufficient, or apply blue water externally. Walking as an exercise should help.

Phlebitis: Blue light for 30 minutes over affected area daily.

Pneumonia: Red light over chest for 30 minutes and between shoulders.

Potts Disease: Red light over the body front and back for 30 minutes. Localize over the affected area for another 10 minutes.

Prostatitis: Same as for gonorrhoea.

Ptomaine Poisoning: Blue light over affected area after rubbing skin with oil. Radiant light cabinet treatment helpful. If intestinal stasis and constipation are present use yellow light over bowels and give colon flushing.

Rheumatism if chronic responds to orange glass and orange water. If acute, use blue-green and white light or plain blue glass. (More will be tabulated on this later).

Scarlet Fever: Blue light for 45 minutes over back and kidney region daily.

Small Pox: Same as for chicken pox, blue light back and front for 30 minutes.

Spinal Meningitis: Same treatment as for infantile paralysis, blue light for 30 minutes front and back.

Syphilis: Body radiation with blue light followed by ultra violet. Sun baths also very helpful. Elimination treatment indicated. Check frequently with Wassermans to note any change in condition.

Tonsillitis: Same as for diphtheria. Treatment of tonsils with forefinger behind tonsils is helpful. Treat also as for constipation.

Toothache is helped by filling the mouth with blue water and retaining it for some time and also exposing the head to strong sunlight through blue glass.