

## LIGHT & COLOR HEALING

*Turn your face to the sun and all shadows fall behind you.*  
-- Maori Proverb

Light and color have been valued throughout history as sources of healing. Today the therapeutic applications of light and color are being investigated in hospitals and research centers worldwide. Results indicate that full spectrum, ultraviolet, colored, and laser light has therapeutic success for a range of conditions including chronic pain, depression, immune disorders, and cancer. When light enters the eye millions of light/color sensitive cells called photoreceptors convert the light into electrical impulses which travel to the brain and trigger chemical messengers called neurotransmitters to regulate the functions of the body. Dr. John Downey O.D. Ph.D., has found that many people who have a decreased level of photocurrent transmission can cause diminished brain function resulting in symptoms. Among these are learning disabilities, poor concentration, poor memory, mental foginess, poor physical coordination, sleep problems, poor self esteem, mood swings, seasonal affective disorder (sad), depression, fear and anxiety, hyperactivity, fatigue, headaches, light sensitivity, poor peripheral vision, night blindness, and eating disorders. Dr. Jacob Liberman O.D., Ph.D. in his book "Light Medicine For the Future" bridges the gap between scientific knowledge, health, and personal evolution. This book describes the body as a living photocell stimulated and regulated by light entering the eyes. The pineal gland, as the body's light meter, assists us to come into harmony and balance. Nobel Prize winner Albert Szert-Gyorgy, recognized how profoundly light and color affects us. He found that many enzymes and hormones when stimulated by selected colors of light undergo molecular changes and cause dynamic reactions within the body. In my own work I have found that when I test the client for the color light that will bring harmony, balance, and healing to them, it is usually the color to which they have an aversion, or the color that is lacking in their energy field. In the treatments that I offer, color is irradiated with focused beams of color light onto specific points in the twelve meridians of the body. Some other methods of introduction of color are through the seven chakras and aura. I use the eyes, the skin, the chakras or the aura or energy field. The client will be sent home with the color filters that they need and instructions on how to use them every day. Home therapy might include using colored silk, solarized water, stones or glass, food, clothes, flower essences, essential oils, and meditation with color.



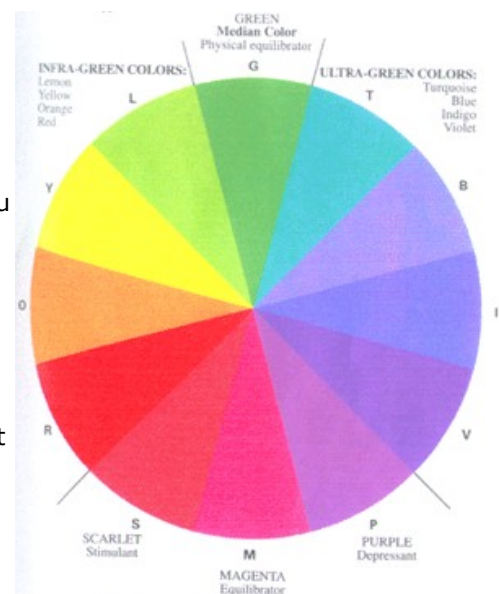
## LIGHT & COLOR TREATMENTS

### Fundamental Ray Reading

According to Alice Bailey and Master Djwal Khul in their book, *The Seven Rays of Life*, The seven rays are the creative forces and qualities of the Creator. Every human soul is on one of the rays. The soul through all of its incarnations will belong to the same ray. Knowing the qualities, characteristics, and energies of your ray help you to understand your purpose here and your piece of the Divine Plan. Your personality which consists of your mental, emotional, and physical bodies all belong to their own rays. The relationship between your soul and personality rays explains the conflicts and challenges in your life, and also the gifts and the blessings. I will teach you how to work with your soul ray, and how to use it in your life to evolve as a human being and learn more about who you are and your purpose here.

### 7 Rays Therapy

Each color quality and characteristic of the 7 rays is energetically irradiated through your body by sacred breath, colored lights, visualization, and sound. The client lies on a sound bed (see sound treatments) which will be gently played as the client is guided through a meditation to bathe the body aura with the rays of life. This treatment is designed to align the client with the light within



that is already in a frequency of peace, harmony and joy, and has been blocked from full expression. This brings deep peace and soul connection and dissolves energies not in harmony with your soul.

### **Colored Light Meridian Therapy**

Different colored lights are used on the acupoints of the body. These frequencies travel through the body's meridian channels to clear and deprogram, reprogram, and align your energies. These new energy patterns will later be duplicated in your cells and DNA. Sound can also be used on the acupoints with tuning forks in the correct note for any point. A series of 6 treatments is recommended.

### **Aromacology**

Current and past life release of calcified molecules of emotion and thoughts and the harmonizing of the quantum light body using aromacology and the psychology of light. Specially blended aromas developed by French medium and color therapist Patricia Janus unleash the hidden blocks that keep you from moving forward and reveal the potentials and qualities dormant within you, and open you to new files of consciousness.

### **Color Pedagoscope or Glasses**

This is a unique treatment developed by French homeopathic medical doctor and chi gong master Dr. Cam. The color pedagoscope is made of ten different plates with different colors corresponding to the Sefirot of Kabalistic tree of life. The colors used in the plates are made with flower pigments used in the Steiner schools. The colors are ordered according to the Sefirot, and the client will look at each plate for five to seven minutes in natural light. The treatment works as a channel to identify energetic blockages and disturbances in the body and in the subtle energy fields around the body. Through the eyes each color will work to feed the energy to the nervous system, the meridians, and the chakras from within the body and also to balance the right and left sides of the brain, and to calm the mind.

