



COLOUR, LIGHT, AND HEALING

By Jenny Littman

It was probably the combination of these three attractive elements – colour, which I love, light, without which there would be no life, and vibrational healing which I wanted to learn more about - that drew me towards training in Colour Light Therapy. It was described as a method similar to acupuncture, where a torch with a changeable colour glass tip applies a pinpoint of light rather than using needles.

But I was unprepared for the dramatic effect it had on my life. As soon as the colour light torch touched my skin, I felt emotion welling up in me, and some deeply buried emotional pain came to the surface. It appeared to come from a trauma experienced in pre-conscious times, as a new born baby, and memories surfaced which I would never have been able to access from more conventional therapies using the conscious mind. After a couple of sessions, I was free of a burden I had been carrying all my life. Colour light literally transformed my life.

Coming from a family full of GPs and engineers who I had no doubt would pooh-pooh such an apparently inexplicable event, I dug into the literature to understand why this might be possible with great interest.

In reading about the qualities of light I was fascinated to learn that everything within our known universe emits an electromagnetic vibration within the speed of light. These waves vary from immensely wide radio waves, which can be 10km apart, to minute cosmic waves which move in wavelengths about a billionth of a millimetre wide. The average human eye can only detect a small portion of these wavelengths – between 0.00038 and 0.00078 millimetres. This section is to us visible light, and we can detect ten million variations within it. When we read the whole range together, we see it as white light. But when some wavelengths are missing, we see it as a ‘colour’.

Victoria Finlay, a journalist whose book ‘Colour’ describes the creation of colours for the artist’s palette, describes colour in this way:

“The best way .. is to think not so much of something ‘being’ a colour, but of it ‘doing’ a colour. The atoms in a ripe tomato are busy shivering...in such a way that when white light falls on them they absorb most of the blue and yellow light and they reject the red – meaning paradoxically that a ‘red’ tomato is actually one that contains every wavelength **except red**. A week before, those atoms would have been doing a slightly different dance – absorbing the red light and rejecting the rest, to give the appearance of a green tomato instead”

Light can be seen to change almost every object it touches. And the colours, each vibrating on a slightly different wavelength, seem to represent a different ‘message’, information, or quality that the object absorbs or rejects.

Man as a Being of Light – how are we affected

We probably are all aware of how sunshine lifts our mood, and darkness switches on hormones that send us to sleep. The effect of sunlight on our skin in producing vitamins, and

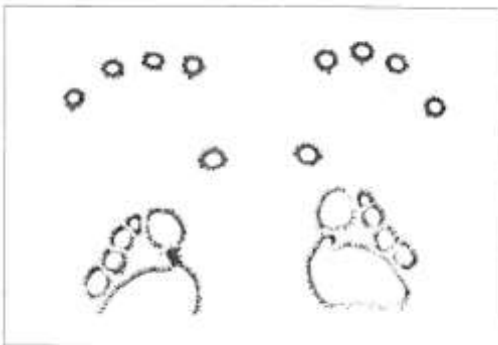
of light deprivation affecting our hormones has long been recognised. We also have perceptions on how different colours appeal to us at different times. Throughout history people have given attributes to colours, as a means for our brains to interpret the messages we receive. They are used in marketing, and in interiors, to create ambiance, to relax, soothe or stimulate us.

It was the genius of Peter Mandel, the founder of Colourpuncture in Germany, and his tireless experimentation with the effect of colour on humans that has helped us to understand and make use of this complex energetic and informational system that our cells instinctively respond to available for use in healing conditions from trauma to disease.



A Russian couple in the then Soviet Union in the 1920s had discovered that when placed within a strong magnetic field, it was possible to photograph the energy emissions from objects.

They for the first time took pictures of these mini-sparks emerging from the human body. Researchers there also found that light travels along energy meridians in the body and is taken into areas of the body exactly corresponding to the acupuncture points.



However it was Peter Mandel who systematically studied these emissions, examining over ten thousand photographs. He related types of emission patterns to certain types of human condition ('toxic', 'hormonal' or 'degenerative') and tested, again with a photograph, how the emissions altered after the relevant acupuncture points were treated with colour light.

Dr Neeresh Pagnamenta is a professor of pediatrics who discovered Mandel's theories, and despite initial scepticism, Mandel cured him of chronic back pain. Pagnamenta subsequently trained in colour light therapy, and specialised in the treatment of children. In his book 'Children in the Light' he writes:

"Mandel explains that when we apply a certain colour of light - that means a precise wavelength - to specific energetic receptors on the skin, the colour will send a precise packet of information and energy to the endocrine coordination organs in the brain. Additionally, there are other simultaneous effects as the whole body resonates with the colours. When the brain receives this information, it will be nourished and balanced by these frequencies. In turn, the brain will distribute this information to the whole body through the neurotransmitter systems and the endocrine hormones. In this way, colour re-establishes internal harmony and resolves physical disturbances."

The role of light in the body has been further demonstrated in the work of Dr Fritz-Albert Popp. This renowned German bio physicist has proven that living cells all emit a very faint light, which inside the body is called 'biophotons'. Popp calls this light 'the language of the cells' and says that it regulates all the bio physical processes of the body.

He proved these theories through a series of experiments. In one, cells were radiated with red light and gave back blue light - not red or its complementary colour green. In this case, blue is an answer rather than a reflection. This showed that there is intelligence at the cellular level. Incidentally, on the subject of tomatoes, he also demonstrated that organic tomatoes emit five times the biophotons of those grown with the use of fertilisers.



Kirlian pic organic living sprout



non-organic blanched sprout

Other scientists have demonstrated similar results. In the 1970s Soviet scientists carried out experiments with cells in adjacent sealed quartz glass jars. A virus was introduced to the cells in one jar and the cells in the other container immediately got sick as well – the message of sickness was transmitted even though the virus wasn't physically present in the second jar. The only way they could have communicated was through light. The conclusion is clear: cells communicate via light and they transmit biological information – messages of either sickness or health.

Goethe and subsequently Rudolph Steiner explored the effects of different colours – for example, red for stimulation and circulation, blue for calming and pain relief, yellow for fluidity and digestion. In colour light therapy, we apply to the related acupuncture point the colour that attunes to the natural frequency of a particular organ. When the cells receive the energy (light) and the information (colour) they are reminded to resonate in their natural frequency. Toxins are released – either physical or emotional - and thus the cells come back into balance. For example, the liver resonates with the colour yellow so in a liver detox treatment, acupuncture points for the liver are treated with yellow light, prompting a natural cleansing of the liver of toxicity.

So that is the theory. And does it work? It certainly did in my case, and I have witnessed transformations of others who took the training. Subsequently I have received many testimonials from clients, who tell me that their headache has disappeared, their menstrual pain eased, their stomach pain gone, their jetlag removed, they have been able to relax and reconnect to a deeper, calmer, stronger self, or that deep emotional traumas have surfaced and been gently released. Children tend to love colour light treatments and can receive them among other things to help with their learning abilities. Here are a few examples of typical cases treated by myself or colleagues:

Christine, 31, a personnel administrator suffered badly from jet lag. She booked in for a treatment following a long-haul flight back from the Far-East. She had a combination of three treatments designed for jet lag and was able to go to work as normal for the rest of the week with none of her usual problems – and her colleagues commented on how well she looked!

Jake, 10, suffered from a stress headache and could not sleep. A quick pain treatment brought instant relief, and he returned a few minutes later with his little brother who also had a headache and wanted the treatment!

Raphael, 2, was suffering from nightmares and disturbed nights. His parents were conscious that he had been an unplanned baby and they had experienced considerable stress during the pregnancy. Raphael received the PreNatal series for children, his nightmares came to an end, and he became a cheerful happy child. He loved the treatments and couldn't wait to get his shoes off when I arrived – the series is delivered by stroking lines on the feet. His parents also received colour light treatments, and discovered traumas from their own early and womb time histories which they were able to lift out of their energy patterns.

Rick was a 42 year old dad with anger management problems and insomnia. He had a session which deeply relaxed him, despite his disbelief that it would do any good. He connected in the session with memories about being left out of discussions about his premature baby and his own feelings about the events in the hospital not being considered. He was able to detox from the session, and discuss his feelings for the first time with his partner. He became markedly more cheerful and less aggressive.

June, an accounts assistant had a bad case of conjunctivitis and thought a trip to her GP would be needed. She received a Colour Light eye treatment (Creation Impulse) and a cellular detox treatment (Anti-Toxin Rescue Remedy) and woke up the next day with her eyes completely cleared – no prescription needed.

Baby Sophie, at only a few weeks old, was screaming and crying with colic. Her frazzled parents called upon a friend who had a Colour Light torch desperate for help. Twenty minutes after a simple 3-point colic treatment in green in and around Sophie's navel she was 'sleeping like a baby' and never had colic again.

John, 36, a musician and composer, suffered from insomnia. He came on a Colour Light Therapy introductory course for three days of learning and receiving treatments. He came back after the first day and told of his relief at being able to sleep all night for the first time in two years.

Henry, 49, a car hire administrator, had a large painful swelling on his gum near the back of his mouth. He was given a simple Retromolar Points treatment during which he expressed some anger and bitterness connected to relationships with women when he was younger. The next day the swelling and pain had completely gone and he was able to call his sister and have a long talk to resolve their past differences.

Treatment Series

As well as treatments for a range of issues from minor to major physical issues, colour light is wonderful for healing trauma. There are a number of specific series that usually take 9-10 sessions to treat:

- Prenatal Series – for clearing trauma from the womb-time & birth. Can resolve unconscious patterns which are holding you back from living your life fully. Very good for all children & babies, especially those with a difficult birth history, were unwanted pregnancies, or who have developmental difficulties (babies receive a very simple session of stroking the light on their feet, and usually need fewer sessions).
- Male/Female Balance Series – releases negative parental conditioning and leaves you with their positive aspects; good for relationships, for balancing masculine & feminine energies, confusion about sexuality
- Organ Function Circles – clears energy blockages in each organ of the body and releases the corresponding physical symptoms and negative emotions; good for clearing

‘unfinished business’ i.e. the ‘life lessons’ you needed to learn about each aspect of the emotions.

Quotes from people who have received colour light therapy:

"Colour Light therapy has profoundly changed my life and relationships"

‘Through colour light I released an early trauma which coloured my life from the start without my knowing it. Now it is gone, I feel so different’

"If every child could receive the Pre-natal Series, school would be a very different experience..."

If you would like to try a session for yourself, Jenny can be contacted on 01278 448271 or through the Taunton Energy Medicine Practise website, www.tauntonenergyhealing.co.uk

FREE TASTER SESSIONS on offer on Friday mornings in Central Taunton.

Sources :

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Colour Me Healing by Jack Allanach)

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