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THERAPY PROGRAMME

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# COLOUR HEALING MANUAL

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*The Complete Colour Therapy Programme*

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*To Lily Cornford*

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# THE HISTORY OF COLOUR THERAPY

Light is derived from the sun, whose warmth and light are essential to sustain all life forms. For this reason the sun and the gods ascribed to it have been worshipped by man throughout the ages. In ancient Egypt, the sun at its zenith was seen as the embodiment of the god Ra, whilst the rising sun was attributed to Horus and the setting sun to Osiris. The ancient Greeks related the sun to Apollo and to the eye of Zeus whilst on the other side of the world the Incas depicted it in human form with a radiant disc of gold for the face. The sun god of the Maya was Ahau Kin, who could appear in youthful or aged aspects, and between sunset and sunrise he was believed to journey through the underworld as the jaguar god. In Hinduism the sun is 'The Vivifier' and for Christians it symbolises God the Father, ruler and sustainer of the universe, radiating both light and love. Dante wrote:

There is no visible thing in all the world more worthy to serve as a symbol of God than the sun, which illuminates with visible light, first itself, then all the celestial and mundane bodies. (*Convivio* c.1304–1307)

In most traditions, the sun is known as the universal father and is connected to the right eye. The left eye and universal mother are ascribed to the moon. The sun is responsible for ordering people's lives through the rhythms of the seasons and of the day and night. Early man greatly benefited from the sun's healing rays because he spent most of his waking hours outside hunting and working. After sunset, he retired to the back of his cave to sleep until dawn. Unfortunately our modern way of life keeps us indoors for the majority of the day, depriving us of the natural sunlight which is so essential to health.

For many cultures, the solstices and equinoxes of the sun are of major importance. The equinoxes are the two points each year when days and nights are equal in length and the sun is at zero declination. In the northern hemisphere these occur in the spring, around 21 March, and in the autumn, around 22 September. In the southern hemisphere, the seasons are reversed. The solstices occur when the sun appears to 'stand still' at its highest or lowest

declination in the sky, producing the longest day and shortest night in the summer and the shortest day and longest night in the winter. At the summer solstice, around 21 June in the northern hemisphere, the sun appears at its highest declination in the sky because the Earth is at the lowest point in its orbit; at the winter solstice, around 22 December in the northern hemisphere, the sun appears at its lowest declination in the sky because the Earth is at the highest point in its orbit. The winter solstice is purported to be the 'door of the gods', symbolising the ascent and growing power of the sun. The summer solstice refers to the 'door of men' and is linked to the descent and waning power of the sun.

In many civilisations, light is associated with the manifestation of divinity and represents truth and direct knowledge, ultimately leading to a state of enlightenment, a state of wholeness. To ancient man, light was seen as sustaining life. Enlightenment was therefore synonymous with health which incorporated body, mind and spirit. In order to reach this state of wholeness, it was believed that these three aspects of their being had to become harmonious with each other. This concept is still upheld today by complementary therapists.

In ancient times, magic and ritual played a large part in healing. Magicians believed that they could achieve this state of enlightenment and bring it to those who were sick by 'bringing down the light', transferring and reflecting its power. This belief created a link between magic, religion and medicine.

## Early Uses of Light and Colour

According to material channelled by Frank Alper and published in his books on Atlantis, light and colour were used by the Atlanteans in healing (Alper, 1981). Alper speaks of circular temples around whose circumference were healing rooms. The roofs of these temples were made from interlocking crystals which refracted the sunlight, filling the temple with the spectral colours. The doors to the healing rooms were apparently designed to resonate to the required colour frequency, and these rooms were used for childbirth, healing relationships and to aid the transition from earthly life to spiritual life through death. The Atlanteans are also thought to have incorporated specific geometric patterns, formed with the aid of crystals, into their healing techniques. These, they believed, amplified the vibrational energy of the colours being used.

In ancient Egypt, every aspect of health or illness was associated with a deity. Ra, the sun god, held the highest place in the pantheon, while Isis was worshipped as a healing goddess with temples dedicated to her healing power. Among other supernatural healers were Hathor, mistress of heaven and protector of women in childbirth. The two most important healing divinities were Thoth and Imhotep. Thoth became a patron god both of physicians and

of scribes and the use of colour in healing was attributed to him. In Egyptian treatments, religious and magical gestures played a vital role. Incantations were used to drive out demons and supplications made to the gods to protect patients from harmful spirits. The healers used colour through herbs and plants, salves and dyes alongside coloured minerals and metals such as copper, carbon and antimony, which was also high in the paints used for beautifying women's eyes. Antimony was thought to have antiseptic properties which prevented eye disease.

Archaeologists have discovered that the Egyptians, like the Atlanteans, had individual healing rooms built into their lavishly decorated temples. These rooms were constructed in such a way that when the sun entered them, its rays were dissipated into the colours of the spectrum. Those coming for healing were 'colour diagnosed' and then put into the room which radiated the prescribed colour.

Magic, colour and healing were also linked in India. India is a country alive with colour. Hinduism is one of its oldest living religions, having evolved over a period of 4000 years and its ancient teachings have formed the foundations of traditional Indian Ayurvedic (knowledge of life) medicine. Hindus believe that all the gods they worship affect health and illness. The *Atharva-Veda*, which forms part of the *Vedas*, a collection of ancient hymns and prayers, contains a collection of spells and incantations to combat disease, injuries, fertility and insanity. Methods of diagnosis included magical as well as rational approaches. Treatment included the use of minerals and gemstones, which were believed to be a concentration of the seven cosmic rays. To this present day Ayurvedic medicine works with gemstones, relating onyx to ultraviolet light, cat's eye to infrared, ruby to red, pearl to orange, coral to yellow, emerald to green, topaz to blue, diamond to indigo and sapphire to violet. These gems were always examined through a prism to ascertain their true cosmic colour as it was believed that the manifested colour was not always the true essence of the stone.

Classical Chinese medicine was based primarily on works ascribed to three legendary emperors: Fu Hs, responsible for the composition of the yang and yin lines; She Nung, the Red Emperor, who compiled the first medical herbal; and Yi Hsiung, the Yellow Emperor, who compiled the great medical compendium, the *Nei Ching* (Canon of Medicine). According to this, there were five methods of treatment: cure the spirit, nourish the body, give medication, treat the whole body and use acupuncture and moxibustion. Colour was used in the form of herbs, minerals and salves.

At this present time colour has been reintroduced to this ancient art of healing in the form of 'colourpuncture'. This involves administering the correct colour, in the form of light, to the acupuncture points. This method

was founded and developed by scientist Peter Mandel (for further information visit [www.colourpuncture.com](http://www.colourpuncture.com)). He found that by focusing coloured light on acupuncture points on the skin powerful healing impulses were triggered in the physical and energy bodies.

Colour was used alongside sound in ancient Greece. The philosopher Pythagoras established a philosophical medical centre based on Orphic mysticism, which included a belief in reincarnation and asceticism. The Pythagoreans worked with the science of numbers and established scientific theories of sound and musical octaves which they used alongside colour in their healing methods. Colour and sound have a great affinity with each other. Both are vibrational energy and each spectral colour with its varying shades and hues can be intimately linked to a specific sound. Added to this, the Pythagoreans taught the importance of diet, exercise and meditation.

Another Greek physician, Hippocrates, born on the island of Cos and said to be the father of modern medicine, has had many stories written about him, some believed to be true and some false. The most widely known document associated with him is the Hippocratic Oath which contains both affirmations and prohibitions. He is believed to have worked alongside the Greek system which explained the mechanism of illness in terms of four basic humours or bodily fluids. These are blood (red), which is connected to the heart; yellow bile, associated with the spleen; black bile, arising in the brain; and white phlegm, deriving from the liver. When these were kept in equilibrium, harmony and health were established. It has also been suggested that Hippocrates was an alchemist and therefore employed both colour and magic in his healing techniques. These would have included the use of flowers, plasters, ointments and minerals.

Alongside the use of colour, treatment by sunlight (heliotherapy) was a common practice among the Greeks and Romans who, it has been suggested, were the first to write down both its theory and practice. Herodotus is purported to be the father of this treatment. The Greek city of Heliopolis was famous for its healing temples which were designed to refract sunlight into the spectral colours in similar ways to both the Atlantean and Egyptian temples.