Holistic Health

THE BRITISH HOLISTIC MEDICAL ASSOCIATION

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Holistic Medicine
new map, old territory

Multiple Sclerosis
mind and body options

Light, Colour and Intent
the findings of new physics

Detox
taking responsibility for health

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PHYSICIAN • HEAL • THYSELF

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Revelations revisited

This issue brings you the article by Patrick Pietroni on holistic medicine originally published in *Holistic Medicine* in 1984. As co-founder and prime mover, then Chairman, of the BHMA, Professor Pietroni outlined the developments in science that indicated the need for a truly holistic approach to healthcare and the ways in which this could be initiated. These still need re-iterating.

Over the years, the evidence has been mounting up for the solid scientific foundation of holistic principles: concepts of energy in biosystems are now based on demonstrated electron and quantum phenomena. The most stick-in-the-mud scientists are having to take notice, and even our 'commonsense' view of the world is being transformed. The articles by Kate Ginn and Manjir Samanta-Laughton give an idea of the immense potential in acknowledging these realities.

In clinical practice, those who would greatly benefit from an holistic approach are sufferers of Multiple Sclerosis. This problem calls for the breaking down of the Berlin Wall between health and social services, and for the need to explore physiological, psychological, spiritual and lifestyle factors - people are careful to avoid claims that they can CURE the disease, but lifetime alleviation of symptoms is what many MS sufferers would be happy with. The smorgasbord of non-pharmaceutical options have much anecdotal support - especially on diet and exercise. The danger is that the exploration of options can cost a lot of time and money to find out what works for each person: everyone is different. Drug companies are testing some compounds according to genetic variation amongst people; the concept of groupings of types of individual is one with a long provenance which seems to be coming back in from the cold.

As a proponent and practitioner of the Ayurvedic approach, Dr Milind Jani outlines how this 'mother of all medical systems' does indeed take an individualised approach. A sophisticated typology and treatment plan is given on the basis of a lengthy diagnosis; research from many fields is beginning to show just how valid this approach is.

Wendy Miller

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"You must eat your Greens dear!"

Kathleen Ginn

Do YOU believe that light and colour are effective tools for healing, and if so, then how do you explain the effectiveness of it to others? What is it about light and colour therapy that excites you? I have found myself doubting whether I am on the right track and why I trained as a colour practitioner, and then I remembered that Anthony Robbins says that the quality of a person's life is determined by the type of questions that person asks of life. So I have asked myself:-

- What is it about light and colour therapy that I believe is effective?
- Do I believe it is truly the medicine of the future or am I deluding myself?
- Is there a simple way of explaining it?

It is amazing what happens when you set about researching answers to your questions and how the excitement builds up as you find each puzzle piece and ultimately being able to see the larger picture. I have found that there is a treasure trove of information and knowledge, positively spilling out of the caskets of scientific laboratories. The Hungarians, Germans, Russians and yes even some places in the States have a tempting smorgasbord of information on the impact of light in areas such as biology, psychology, technology and the environment.

The interesting thing is, despite the fact that the House of Lords hasn't recognised light and colour therapy, the beauty and medical industry are introducing techniques and technology literally every day which utilizes light, snatching recognition from under the noses of those who have trained and worked steadily and steadfastly in the promotion and practice of light and colour therapy. There is going to be an explosion of interest and use of light for therapeutic and beauty in the next year as many different machines are released in the beauty industry.[1]

For me trying to explain the effectiveness of light through atoms, molecules, subtle anatomy or even what technology I know, tends to lose people. So I asked myself, what is the one aspect of life that anyone can relate to but which would give an effective explanation of light and colour therapy. And I came up with the answer of FOOD!

So in this article, I will focus on nutrition, but with a slight twist. I asked myself this question: is haemoglobin light sensitive and does it act like chlorophyll? My personal belief states that there is a paradoxical complementary relationship between the plant kingdom and human being, but that there exists a strong symbiotic relationship between haemoglobin and chlorophyll.

The starting point - all matter is light

Scientists like Albert Einstein, Thomas Bearden, and David Bohm[2] have all stated in someway that matter is 'frozen light'. In 1910, R Millikan[3] proved the existence of electrons whilst working at the University of Chicago and he said "matter itself has finally been proven to be electrical in origin." Einstein[3] won the Nobel Prize for his work on the photoelectric effect. Max Planck[3] showed the world of science that when electrons jump orbit light is emitted. Today quantum scientists have been able to demonstrate that light is both a wave motion in space and also a particle of light.

In the world of philosophy and religion, the mystics from around the world have talked about our world being made up from light and that we human beings are literally 'generators of light' through their subtle anatomy of the charkas, nadis and meridians. The masters of the Far East, whether Hindu or Chinese in origin, have stated that all matter was condensed light and that energy was all there is.

In the early part of the 20th Century scientists of the day 'believed' in ether. Space was considered a plenum as opposed to a vacuum and it was believed that ether was an all pervading, mass-less medium upon which light waves could travel. The technical name was luminiferous ether (see the hidden reference to light here in the word luminiferous) and today scientists are beginning to find more hardcore evidence of this medium. [see New Scientist 03 November 2001.] In the ancient Indian and Chinese cultures they referred to this all pervading and interconnecting energy as chi or prana. They believed that this force activated life and animated matter.

matter itself has finally been proven to be electrical in origin

So essentially this is the starting point - that all matter is made up of light energy.

Electrical biosystem

Human beings, along with the rest of the life on this planet, are dependent upon the sun's light giving nectar for health and vitality. Without the proper ability to utilise light it comes as no surprise therefore that when this connection is severed, ineffective cellular oxidation results, creating disorder and loss of life. Light deprivation has been used as a form of torture in years past.

In ancient Eastern texts there are the meridians and nadis all of which were seen to be electrical in nature and the system that transforms the sun's energy within the body.

Your body is formed from three states of matter - gases, liquids and solids. At the most basic level these three forms are atoms. These atomic particles are called elements and we know them in their common terms of oxygen, carbon, nitrogen etc. When two elements bond together they form molecules and we know these more commonly as proteins, carbohydrates, water, fats etc. The movement of free electrons creates electricity. The movement of electrons in a copper wire is known as voltage, whereas the movement of electrons within your body's cells is known as metabolism. Every second your body is constantly metabolising elements through the process of oxidation and there is constant electrical movement.[3]

Photo repair - the art of rejuvenation

Popp[4], Karu[5,6], and Samoilova[5,6] are just three individuals who have spent many years investigating the phenomenon called 'photo-repair'. Popp has shown that when a cell is blasted with UV light so that ninety-nine percent of the cell (including its DNA) is destroyed, that the damage can be repaired in a day by illuminating the cell with the same wavelength of UV light but at a much weaker intensity. Tiina Karu[6] and her colleagues in Russia have found that cellular metabolism can be adjusted through illumination resulting in rejuvenation. Dr Kira Samoilova[5] works in St Petersburg and has been testing the cleaning of blood with light and has found it to be successful in destroying viruses, cancer and other chronic ailments.

The Laser Technology Research Centre in Russia has carried out a lot of research on the impact of light on biology. Their research has shown consistently that only short periods of light irradiation created lasting changes both in DNA and RNA synthesis; it altered cellular metabolism "causing synthetic cell processes to dominate catabolic ones." Tiina Karu[6] has found that oxygen deprived tissue exhibits high levels of acidity, and is in an inhibited state. This tissue responded well to light treatment but healthy tissue didn't seem to respond at all. Her research has shown that, with illumination, cellular oxidation once more becomes effective, which ultimately creates a balanced pH environment within the cell which leads to cellular vitality.

Fritz-Albert Popp[4], a theoretical biophysicist, spent many years investigating the interaction of electromagnetic radiation on biological systems. He played with light a great deal and discovered that when a lethal carcinogen was illuminated with ultraviolet light it absorbed the light and then re-emitted it at a completely different frequency. His research has led him to establish that substances which are carcinogenic ('toxic') absorb light and change frequency, whilst the ultraviolet light passes through healthy cells unaltered.

the cells within our body use light as a means of communication

So interestingly both Popp and Karu found toxic cells absorbed light whereas those in good health did not appear to.

It has been found that people who live in extreme climates suffer from light deprivation which is linked to depression and infertility. It has also been observed that the less light our body receives the more it craves substances such as fast foods and alcohol. Now you know why pubs have dim lighting! Dr Ott[3] stated "My studies indicate that light is a nutrient, similar to all other nutrients we take in through food, we need the full-spectrum range of natural light...." Dr Ott referred to body light deprivation as 'malillumination syndrome'.

Nature has provided us with an amazing vehicle that is naturally self-healing every day through illumination and photo-repair.

Nutrition

"There is only one good, knowledge, and one evil, ignorance", stated Socrates, and "A wiseman should consider that health is the greatest of human blessings", stated Hippocrates.

At the most basic physical tangible level, nutrition is the tool and fuel which activates our cellular healing force. Nature, and in particular the plant kingdom, supplies vitamins, minerals, enzymes, amino acids, whole foods and phyto-chemicals all of which are designed for use in the regeneration of our physical vehicle alongside photo-repair.

Numerous studies relating to nutrition have demonstrated the importance of foodstuffs in the maintenance of good health. However, in my research I have come to the conclusion that you could be partaking of the best nutrition in the world, but if your body is unable to utilize oxygen effectively, it diminishes the absorption of light thereby affecting metabolism and photo-repair. And from this we experience ageing and ill health.

Matter - synthesiser of light

Ever since Einstein came up with the theories of quantum mechanics and relativity, scientists around the world have been searching for the quantum energy field. In their search the quantum calculations have shown that our entire universe lives in a sea of light that is in constant motion [see New Scientist 03 November 2001].

Popp[4] wondered whether the light stored in the body might hold the key to health and illness. He believes that ill health results when there is a breakdown in light communication within the body; this conclusion was drawn from the biophoton emissions measured during his numerous experiments. Tiina Karu's[6] work supports this and provides proof that light communication stimulates biological transformation.

Storage of light and photic information

Through the work of Bernhard Ruth,[3] an experimental physicist, a particular machine was designed and constructed to measure light emissions from the human body. It used a photomultiplier to count each photon of light emitted.

Popp and Ruth's experiments with seedlings showed that the photons in living systems were more coherent than anything they had ever seen. Popp began to wonder about light in nature generally and looked to plants as an example. Light energy is stored within plants and used during photosynthesis, and he thought 'When we eat plant foods, it must be that we take up the photons and store them'. But where do we store the photon energy in the body?

Through plenty more studies Popp was able to demonstrate that one of the most essential sources of biophoton light emissions was from the DNA and he likened it to being the master tuning fork of the body. Other scientists, such as Oren and Therman[6] postulate that bilirubin and haemoglobin are light sensitive and "may be counterparts to phytochrome and chlorophyll". Others have been investigating how the light sensitive constituents of blood carry photic information around the body, eg: when blue light is applied behind the knees it affects human circadian rythmns.

So to summarise (and to take a breather), scientists have been able to demonstrate that:

(a) the cells within our body store light energy - although there is a difference of opinion as to where it is stored

(b) the cells within our body use light as a means of communication

(c) the cells within our body naturally carry out photo-repair daily

(d) cells which become diseased block and transmute light frequencies

(e) damaged cells illuminated with certain light frequencies rejuvenate whilst healthy cells show no reaction.

Plants and humans - synthesisers of light

Now let's consider the importance and role of the plant kingdom for overall health in humans.

Plants

Plants are abundant on the planet and the majority of them are green. Take a look around you, green is nature's most dominant and favourite colour. Many plants nourish, heal and soothe and are the most abundant source of food on the planet. All living creatures from the single celled amoeba to the largest whale in the ocean derive their sustenance and life energy from chlorophyll enriched cells.

The green colouring in plants is attributable to the magic molecule of chlorophyll, which is manufactured in 'complex chemical factories' within the cells of plants. Chlorophyll, of which there are several types, ranging from red to blue-violet, belong to a group of biologically vital substances found in the body called porphyrins. Haemoglobin, myoglobin and cytochrome are all members of the porphyrin group.[7]

Chlorophyll has several functions but one of its main characteristics is that it is photo-sensitive and harnesses light from the sun 93 million miles away. Effectively chlorophyll, through a series of complex chemical processes, converts the sun's light into chemical energy which is then put to work by the plant to create a dazzling array of usable molecules, eg. the water drawn from the soil and carbon dioxide drawn from the air converts into readily accessible simple sugars, carbohydrates, proteins and a waste product of oxygen. This process is known as photosynthesis. Chlorophyll also stores light energy in the plant so that it can continue respiration during the night time hours when it then switches to expiring carbon dioxide. Plants are therefore light and carbon dioxide dependent and would die without these vital ingredients. Chlorophyll strongly absorbs the red and blue spectrum of the light from the sun.[8,9]

It is the breathing and disintegration of cellular matter from the animal kingdom that creates the carbon dioxide that plants need and which is an essential ingredient in the process of photosynthesis and the expiration of oxygen into the atmosphere. Whilst green foods are full of vitamins, minerals, antioxidants, complete proteins, essential amino acids, soluble and insoluble fibres and digestive enzymes, without their production of oxygen from water and carbon dioxide we, together with the rest of life, wouldn't be living on planet earth as we know it.

Humans

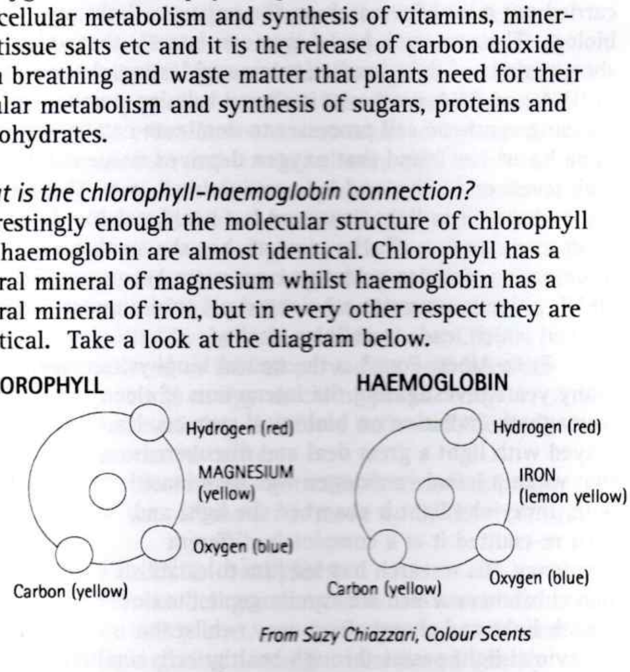
Human beings are the most complex organisms wandering around on planet earth. The eight different biological systems work in tandem daily to detoxify, nourish and rejuvenate the body. However, the actual life force of the cells is primarily dependent upon oxygen, for without oxygen all our cells would not be able to carry out their metabolic functions effectively and would therefore die. And we all know that if we can't breathe we will die! The cells within your body are oxygen hungry and dependent, whereas the cells in plants are carbon dioxide hungry and dependent.

The part of the body that transports oxygen to all the cells and eliminates the waste product of carbon dioxide from the body is the blood. It is the red blood corpuscle that carries out this function and which contains the molecule called haemoglobin (remember part of the porphyrin group).

Plants and humans need each other. It is the release of oxygen and chlorophyll in plant matter that is vital for our cellular metabolism and synthesis of vitamins, minerals, tissue salts etc and it is the release of carbon dioxide from breathing and waste matter that plants need for their cellular metabolism and synthesis of sugars, proteins and carbohydrates.

What is the chlorophyll-haemoglobin connection?

Interestingly enough the molecular structure of chlorophyll and haemoglobin are almost identical. Chlorophyll has a central mineral of magnesium whilst haemoglobin has a central mineral of iron, but in every other respect they are identical. Take a look at the diagram below.



From Suzy Chiazzari, Colour Scents

The animal kingdom is totally dependent on plants for nutrition. All mammals/animals eat vegetables which contain chlorophyll, either directly or indirectly, and use it to build up red blood cells. Our bodies needs to create iron and to do this it transforms the magnesium element in chlorophyll into iron by adding two atoms of oxygen from the air we breathe.

The first to propose that chlorophyll and haemoglobin had an identical nature, was a scientist by the name of Verdel.[7] The central core of iron in haemoglobin is surrounded by a protein called globin, whereas chlorophyll has a central core of magnesium surrounded by globin. It is believed that haemoglobin and chlorophyll are interchangeable in the oxygen transport process, and that this is due to the globin, but this is not yet conclusive.

Chlorophyll stimulates the production of haemoglobin and its ability to regenerate blood has been noted over the years and as far back as 1855 by Verdel. There seems to be scientific evidence and anecdotal reports that states chlorophyll stimulates the production of haemoglobin. A study carried out by Hammel-Dupont and Bessman[7] in 1970 and reported in Biochemical Medicine, suggested that the chlorophyll molecule facilitated the reproduction of the globin portion of haemoglobin and it was this globin molecule that picked up the iron molecule creating haemoglobin. This resulted in a higher concentration of oxygen circulating throughout the body, and consequently more oxygen for use as metabolic energy and more effective removal of carbon dioxide from the body.[7,8]

The reason this is significant is because oxygen is required for every cell to breathe and for the conversion of glucose into basic energy molecules of ATP8. The more oxygen a cell gets on a regular basis, the more efficiently it can perform its role. When cells are chronically starved of oxygen they cannot convert glucose, collect vital nutrients, expel waste products efficiently and this results in a sluggish and weak system which is vulnerable to invading viruses, bacteria, parasites, fungi, poisons etc. *Biochemistry* (3rd ed.) by Lubert Stryker[7] describes the critical importance of oxygen for life processes and that the considered ideal for blood is having a 98 percent oxygen content.

And here's the great humorous twist to the tale ... modern medicine has a wonderful tool box which helps to monitor and evaluate a person's state of health. To be able to measure the level of oxygen in the blood there is a particular gadget called an Oximeter, which employs a mini-cuff that is wrapped around the index finger and uses light waves and sensors to measure the blood's oxygen capacity. (Yes you read it right ... light waves!)

Haemoglobin - man's entrapper, synthesizer, communicator and storer of light?

So, if chlorophyll is known to harness and store light for photosynthesis is it not possible that we should be entertaining the fact that haemoglobin has a similar function within the human body?

Chlorophyll and haemoglobin belong to the same biologically vital group of substances known as porphyrins, which are known to be light sensitive. The porphyrin ring in chlorophyll is structured with four nitrogens forming a square, inside which lies an atom of magnesium. In haemoglobin the porphyrin ring encapsulates an atom of iron. Porphyrins have an important role in energy creation both in plants and animals.[8]

Part of this theory forms the basis of what is known as PDT (photodynamic therapy),[8] which was pioneered by Thomas Dougherty, a research chemist at the Roswell Park Memorial Institute in Buffalo, New York. PDT utilises the porphyrins in haemoglobin in order to treat cancerous cells along with a photosensitive chemical, known as Photofrin. The porphyrins are extracted from haemoglobin and bombarded with specific light frequencies in the red end of the spectrum (630 nm) causing it to vibrate in resonance. When reintroduced the vibration kickstarts the cancerous cells back into their normal ox-phos pathway, removing the inefficient glycolysis as the means of ATP synthesis. It is considered that the resonating porphyrins are lethal to the half-dead out-of-control cancer cells, but have been found to have no effect on normal health tissue of the body (sound familiar?).

The way forward?

In the future it will be interesting to see whether or not it is found that haemoglobin also synthesizes light like chlorophyll, and we can only keep searching and looking for the answers. But PDT already recognizes that the porphyrin part of the haemoglobin molecule is light sensitive and is developing ways of utilizing it for rejuvenation of malilluminated cells. For me and my theory, I believe chlorophyll and haemoglobin are certainly one of the keys to explaining the effectiveness of light/photo and colour therapy at a cellular level. So to summarise:

- Chlorophyll and haemoglobin belong to the group of vital light sensitive cells known as porphyrins.
- Chlorophyll has a central core of magnesium whereas haemoglobin has a central core of iron otherwise the molecules are identical.
- Chlorophyll stimulates the production of globin which creates more haemoglobin molecules.
- Chlorophyll is carbon dioxide dependent, whereas haemoglobin is oxygen dependent.
- The more haemoglobin molecules there are in the body the more oxygen is available for proper cell functioning.

Extra questions to ponder on:

- If chlorophyll harnesses and stores light, is it not possible haemoglobin may too, given their porphyrin, atomic and spectroscopic similarities?
- If haemoglobin does harness light in the same manner as its sister molecule of chlorophyll, then surely it stands to reason that the more haemoglobin there is within the body the more light is harnessed and stored within the body?Therefore the more light stored within the body the easier it is for the body to carry out cellular metabolism, photo-repair, co-ordination, and communication.

In conclusion

In conclusion I believe that the effectiveness of light and colour therapy can be attributed to:

(1) Knowledge and understanding that all matter is 'frozen light'.
(2) Knowledge and understanding of photo-repair.
(3) Knowledge and understanding that toxic cells absorb light and change its frequency whereas healthy cells allow light to pass through and don't change its frequency.
(4) Knowledge and understanding of the interconnected relationship between human beings and plants.
(5) Knowledge and understanding of the relationship between chlorophyll and haemoglobin.
(6) Continuing research showing how the body's cells store light energy the same as a plant.
(7) Continuing research showing how the body's natural ability for healing is supported by utilising the very same building blocks of light frequencies that created the original structure.

The challenge - super green foods

I challenge each of you to increase your daily intake of super green foods and to monitor your sensitivity to light, the level of your health and well being. Perhaps there is some substance, nutrition and food for thought when we were told "You must eat your greens dear!"

[Bibliography overleaf.] This article first appeared in Colourama 3:4 published by the International Association of Colour (IAC). The IAC is a non-profit-making professional association established in 1984 to serve colour and light therapy practitioners and inform the public on all aspects of colour therapy. IAC supplies a free Colour Therapy Information Pack with a list of affiliated Colour Training Centres and the IAC Register of qualified Colour Therapy Practitioners. Full details are on the website: www.internationalassociationofcolour.com, or contact the International Association of Colour, 46 Cottenham Road, Histon, Cambridge, CB4 9ES. Tel: 01223 563403. Email: iac@cix.co.uk

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5 Primrose Cooper, *The Healing Power of Light*, Piatkus. ISBN 0-7499-2069-6
6 Ray Gottlieb OD PhD and Larry Wallace OD FCSO. *Syntonic Phototherapy.*
7 Estitta Bushkin and Gary Bushkin. *All About Green Food Supplements.* Avery Publishing Group. ISBN 0-89529-963-1
8 Roger Coghill. *The Healing Energies of Light.* Gaia Books Limited. ISBN 1-85675-185-6
8 Harry Oldfield and Roger Coghill. *The Dark Side of the Brain.* Element. ISBN 1-85230-025-6
9 Suzy Chiazzari. *Colour Scents.* The C W Daniel Company Ltd. ISBN 0-85207-316-X

Extra Recommended Reading

Gabriel Cousens, MD. *Spiritual Nutrition and The Rainbow Diet.* Cassandra Press. ISBN 0-96158752-0
Zolar. *Zolar's Magick of Color.* Simon & Schuster. ISBN 0-671-76854-9
Alex Jones. *Seven Mansions of Color.* DeVorss Publications ISBN 0-87516- 500-1
Reuben Amber. *Color Therapy.* Aurora Press. ISBN 0-943358-04-3
Charles Klotsche. *Color Medicine.* Light Technology Publishing ISBN 0-29385-27-6
Dr Penny Stanway. *Life Light.* Kyle Cathie Limited. ISBN 1-85626-409-2
James F Balch MD and Phyllis A Balch CNC. *Prescription for Nutritional Healing.* Avery Publishing Group. ISBN 0-89529-727-2
William H Lee, R.Ph, PhD. *The Book of Raw Fruit and Vegetable Juices and Drinks.* Keats Publishing Inc. ISBN 0-87983-306-8
Caroline Wheater. *Juicing for Health.* Thorsons. ISBN 0-7225-2839-6
Gillian McKeith. *Living Food for Health.* Piatkus. ISBN 0-7499-2074-2
Cherie Calbom and Maureen Keane. *Juicing for Life.* Avery Publishing Group. ISBN 0-89529-512-1

Colour Healing

Eileen Cadman

Most of us tend to take colour for granted, little realising its extreme importance in our lives. Colour is energy, and different colours relate to different levels of vibration. For instance, it can be shown that colour can affect muscular tension and emotional reactions.

(From The Maitreya School of Healing Publicity leaflet)

We all know that colour can have psychological effects. The effort put into colour schemes for interior decorating is just one common example of the importance of colour in daily living. We also know from our everyday experience of admiring the colours of nature - a luscious lilac bush or a bluebell wood in spring - that colour can lift the spirits, and can also, in other circumstances, depress them. Colour is light, a form of radiation, part of the electromagnetic spectrum, and like other non-visible parts of that spectrum, it can affect us in various subtle and profound ways.

Colour has been used to produce physical as well as mental effects throughout recorded history. In the nineteenth century it was used by Dr E.D. Babbitt[1] in the USA to ease physical symptoms by directing coloured lights at different parts of the body. The German poet and scientist Goethe developed theories of colour, and Rudolf Steiner, another enlightened teacher and healer, predicted that colour healing would become important in the future. The Maitreya School of Healing has taken this approach further and developed *Mental Colour Therapy*, a form of energy medicine.[2] This process dispenses with any physical use of colour, and instead relies on the therapistís ability to visualise it.

Energy follows thought Joseph Leech one of the founders of the Maitreya School of Healing, used to say, quoting some ancient wisdom from esoteric teachings. Thought is one of the many levels of energy that make up the human form, which we believe can penetrate and effect changes in the more substantial energy forms. The therapistís task is to choose which colours are the right ones for a particular disease. She or he creates colour, which then flows as an independent force into the patient. This flow is not a direct interaction but is explained through a phenomenon well known to physical science, that of 'resonance'. We all know that when a moistened finger tip strokes the rim of a wine glass containing liquid the emitted sound causes an adjacent wine glass with an identical amount of liquid to vibrate. This is resonance. In the same way if a colour (which has a vibrational frequency) held by the therapist matches the vibrational frequency of the disharmony in the patient, the disharmony will react. The new vibrational energy effects a change in the patient's own energy systems. This enables healing to take place at a deep level at the source of the problem rather than just dealing with the surface symptoms. Mental Colour Therapy uses the Indian (Hindu) model of energy, based on the seven energy centres (chakras), now familiar in the West through the growth of disciplines such as yoga.

What is mental colour therapy?

Mental colour therapy uses the vibrations of the different colours of flowers from various points along the visible light spectrum. For example, the yellow of the daffodil has an invigorating effect, like a tonic or strong sunlight. Violet is considered a particularly potent spiritual colour, giving strength and courage; in terms of the colour spectrum, it vibrates faster than yellow. Spring green, in the middle of the spectrum, has a cleansing and balancing effect.

The therapist is trained to visualise the colours, and to project the appropriate colour-thought onto the patientís body in a process similar to meditation. This can be done while the patient is present, but can also be done at a distance (known as absent healing). Over time, this produces a subtle but definite change by causing the body particles at the atomic level to move faster or slowe; purple causes them to move faster. There are many subtle hues and shades in