

COLOUR HEALING

By Athene Williams

Ever since Dr Edwin Babbitt brought out his famous book, 'The Principles of Light and Colour' in 1978, the effect of colour upon the human condition has been debated, studied and analysed in many fields of human endeavour, colour healing or chromotherapy to give it its correct name, is slowly becoming accepted in the more stalwart bastions of orthodoxy, and those practising in this field are being allowed the freedom of many hospitals and institutions.

Purely practical observations have established that there is a definite link between colours, shapes and sounds, all of which produce an effect upon human consciousness: and it was not simply the obvious bloodstains which prompted the medical profession to abandon the stark white of the operating theatre for the gentler shade of green now in common use!

If you look around your friends you will notice that they tend to favour certain colours. I have a dear friend who always dresses in shades of brown, fawn, beige, burnt orange etc., and who finds the blue range irritant to say the least. I believe that our auras have definite individual colours and that we choose those colours, albeit unconsciously, which harmonize with them or which represent traits in our character which we need to compensate for, or emphasize as the case may be.

A friend of mine was working for a firm which employed a psychologist who devised a colour test to decide the suitability of applicants for executive positions. The routine was straightforward and simply consisted of a list of colours which had to be selected in order of preference. This told him all he needed to know about their characters and abilities. My friend arranged to get me a 'reading' and I filled in the necessary form. I suppose when one is a fully qualified psychologist in the employment of some affluent business concern one doesn't need to think about possible hard times ahead, but it did strike me that if the said gent were to place an advert in PREDICTION he could vie with the top psychics!

Chromotherapy – Colour, as a combatant against disease and ill-health, is by no means limited to the world of psychism any more than it is purely a phenomenon of the present age. There are many organizations and private practitioners within the framework of orthodox medicine and psychiatry as well as the fringe medicines who employ colour techniques in the healing and psychological treatment of patients.

It was not so long ago that I attended a meeting where the speaker was covering the joint subject of radionics and chromotherapy and to demonstrate a point, he projected a light through a red colour slide at the audience, assuring them that it would soon make them feel warm (the day was slightly chilly). But the results were not as he expected for numerous people, including myself, complained of headaches and were relieved to seek the fresh air of the gardens when he had concluded! Which all goes to prove something. At which point I shall take the plunge into the field of psychic colour healing, where I hope to illustrate, how the obvious may not necessarily be so.

I commenced my original training as a healer in 1957, although prior to then I had been involved in general psychic and occult practices. The teacher who trained me also instructed me in the art of training others, which I did for some years and the first lesson he taught me was colour healing.

The Aura – Like most good teachers he did not believe in his pupils running before they could walk, so I was first taught about the human aura and its colours, and how these could indicate the state of the patient's health. If, for example, the aura was broken in a particular place the healer must immediately repair the breach, or some cosmic undesirable could enter at that point.

People who had sustained serious accidents often had spots in their auras where the breach had failed to close and, in due course, further trouble ensued at that point. So we were instructed how to think in colour in order to construct the ray necessary to effect the healing required, or close the gap and seal the aura.

But, you may ask, can a thought from a healer's mind assume this or that colour simply because he or she thinks it? Does the power emitted from a healer take on the frequency of, say, blue, just because the healer's mind has decided that it should?

Evidence seems to support the fact that it does, and recent discoveries from the field of science have established that different colours are emitted by healers according to the disease upon which they are working. Perhaps they simply think of warmth, and pink or red rays issue forth, or perhaps they have been trained to invoke the ray of Mars which will produce the same effect. It would appear that the Law of Synchrony is borne out, and that the mind is capable of converting picture, thought, symbol, sensation, etc. into whatever it may represent at any other frequency or level.

The Power of Thought – But to return to my early colour healing. We did not touch our patients or use any form of physical contact, neither did we work with spirit or any other intermediaries, but simply the power of thought, using the mind as a transformer for cosmic energies in much the same way that a radio signal sent out from a large station is received by sets in varying locations. Perhaps one set is crackly and inefficient, unlike another which has extra-sensitive equipment capable of relaying the signals with volume and clarity.

So, having learned to channel the cosmic forces required to effect the healing process, I was then taught how to think these rays into certain colours. The first colour I learned to use was white. As this colour embraces all others, this may seem questionable to some, but later my instructor explained to me that some colours were not always safe in the hands (or mind) of the inexperienced beginner who could do more harm than good if he misapplied them. White embodies the whole spectrum, so there was no over-concentration at any point. When the aura was broken or fragmented, one always 'thought white' and closed it up rather like a doctor or nurse uses a bandage to protect an open wound.

Next on my colour list, came blue, the cleansing colour. I learned to use it as an antiseptic ray before sealing the aura. We found that it worked wonders on open wounds, and used to 'seal' all our cuts, scratches and bruises with it and found that they then healed much faster than normal.

Coral came next, for warming and relieving pain in joints in particular. Then lilac, which we were taught was a 'building' ray for use when tissue had been damaged. Red was a difficult ray to place as it had strong burning qualities and we were advised only to use it in certain circumstances.

It was about this time that somebody asked why we hadn't used green, which was surely one of nature's most obvious healing colours. But our teacher was quick to explain to use that although green was relaxing it was also negating and neutralizing, and in nature it was usually presented alongside other colours such as blue sky, pink or yellow flowers etc.

Later we learned to use green for calming people, but only those who need to be sedated because of over stress, overwork or shock, and never those who were neurotic or just plain lazy! Logical when you think about it.

We also learned to use the rays of silver and gold and, having mastered the angle, colours we were taught to blend them, firstly by a process of disciplined thought and then automatically, by working directly with archetypal forces. We did not employ all the primary colours in their pure state, for we were advised that in many instances a subtle blend was more effective, as with the lilac ray. Here we have the energizing and warming pink ray blending with cleansing blue, to form a building ray, most effective for stimulating the regrowth of damaged tissue.

I must also emphasize here that many healers working in the field of chromotherapy do adhere strictly to the primary spectrum and do achieve result by using the basic red, orange, yellow, green, blue indigo and violet as applied to the seven chakras, seven notes of music etc.

Egyptian archetypes – For many years I worked as I had been taught, but now I practise purely as an occultist and do not specialize in healing. If I do have cause to use colour healing I work with the Egyptian archetypes, as I follow that system of magic. So I will list the colours I learned with a few of their uses (space would not permit me to include them all) and for those interested I will insert the Egyptian names associated with each ray.

WHITE: A general energizer. At the etheric level good for psychic build up. Occult archetype – Osiris.

RED: A burning ray. Will dispose of poisoned tissue or severe ulcers, but we did not use it much. Occult archetype – Set.

BLUE: The cleanser or antiseptic ray. It is also the ray of purity. Many occultists have strong blue head auras. Occult archetype - Isis.

APRICOT or CORAL: We preferred this ray for energizing and warming. A variation is the pink ray, which we found helpful in arthritic conditions. Occult archetype – Hathor.

GREEN: The relaxing and negating ray, which neutralizes most effectively. Cools the blood, etc. WE found this good for kidney complaints (Jade-Nephrite green, Nephritis, etc.) Occult archetype – Nephthys the revealer.

LILAC or AMETHYST: The building ray. Excellent for rebuilding damaged tissue, also for cases where warmth and cleansing combined are called for, as with shock, following severe wounding. Occult archetype –Thoth (Mercury).

SILVER: The ray of the mind, Ideal for treatment of mental sickness and psychological troubles generally. It comes under the ruler-ship of Anubis, patron of psychiatrists; lord of anaesthetics, guardian of the lower astral and protector of the spirit while it is out of the body.

GOLD; Excellent for the eyes. I have used this ray with considerable success in several cases. No doubt Golden Eye ointment has some basis in colour fact? This is also a protective ray, and to think oneself bathed in golden light before going to sleep is an excellent protection against bad dreams and things that go bump in the night! Occult archetype – Horus/Apollo.

The point with colour healing, as with all kinds of psychic or psychological healing, is that one should never overdo the treatment. Too much power can do more harm than good, like the gentleman with his red slide who failed to keep us warm, but gave us headaches instead! And it does well to remember that all diseases are not caused by the lack of something, implying that whatever is presumed missing needs replacing, but often by an excess, which means that a neutralizing or drawing off is necessary before a healthy balance can be restored.

But then, of course, either a lack of ,or an excess of anything usually has a primary cause and it is the job of the healer to attend to that, and not to simply concentrate on the effect. Many a patient suffering from some psychosomatic condition, such as a stomach ulcer, used to look perplexed when we concentrated our healing in the region of their head. We had to explain to them that it was their mind which caused the condition, and we needed to attend to that in order to effect a cure for the ulcer.

Of course we can all employ colour as a preventative medicine by living with harmonious shades, dressing to suit our true selves and feasting our eyes upon the rich and verdant hues which nature has provided for us beyond the confines of our drab cities. But I'd better stop there, or I shall start to sound like an advert for the public transport system's cheap day returns!

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