

# ***COLOUR THERAPY***

## **LESSON TWO**

### **THE HISTORY OF COLOUR**

Colour healing is as old as mankind itself. Early cultures were aware of how the colours in nature affected them. They spent their entire life amongst nature, absorbing and breathing its living colours. To these people colours were an integral and important part of their lives. They realised that the colours of their environment also provided them with their health and vitality. Lights and colours also connected them to nature and to the heavenly bodies and rhythms of the universe. It was only when people moved indoors, out of the natural daylight, that many of his ailments appeared. People began to realise that the colours of the food they ate affected their well-being and could also be used for protection and to encourage good fortune.

By the time the legendary Atlantian and Lemurian civilisations developed, healing skills had advanced. It is thought that they had a powerful knowledge of Colour Healing. The Atlantians are believed to have developed a system of healing using colour and crystals that was so advanced that, according to some stories, people could live very long lives indeed. It is said by some, that their ability to use genetic engineering enabled their bodies to regenerate organs and limbs. There are many legends about Atlantis and most are probably highly exaggerated, however there is probably a spark of truth, enough to give us food for thought at any rate. It is thought that all their knowledge was not lost, but that some of it survived and was passed on to the Egyptians

The ancient Egyptians knew of the power and influence of colour. In many of their great temples, notably Heliopolis, they built healing halls of colour. A person who needed healing would go to the temple and was placed in a colour healing room. These rooms were constructed so that the sunlight entering them was refracted into a spectrum of colours. Each room was tuned to a certain colour frequency.

The importance of colour and shape has been found in many cultures, from the Mayans to the Native Americans. Manuscripts from these early times show that in India, China and Egypt, the healer priests had a complete system of colour science, based on the law of correspondence between the sevenfold nature of man and the sevenfold division of the solar spectrum. Hebrew and Christian law also abounds with colour symbolism. Blue is the colour of Lord Jehovah. The Virgin Mary is cloaked in royal blue. The Holy Grail was green. Some Christian priests wear purple to show high spirituality.

## ***COLOUR THERAPY***

The halos surrounding christian saints in old paintings show that the church once recognised of the auric emanations from these spiritually developed souls. Buddha's colour was yellow or gold. To a Mohammedan, the colour of all colours is green.

Buddhist tradition used Mandalas and colours for meditation and the ancient Greeks also practised healing using colour and music. Hippocrates the father of modern Western medicine used Colour and knew of the importance of healing the body, mind and spirit. Unfortunately, his followers homed in on the physical aspects of his practice and left out the more subtle forms of medicine he used. Western medicine then developed along this scientific approach, focussing on healing the physical body alone.

At the beginning of the nineteenth century, Johann Wolfgang von Goethe wrote his comprehensive book on the theory of Colour, which paved the way for the work of many modern esoteric teachers and philosophers interested in colour.

It was not until the late 1800's that the first modern book on colour therapeutics was written, entitled Blue and Red light by Dr. S. Pancoast, and the following year 1878, Dr. Edwin Babbitt published his monumental work The Principles of Light and Colour describing the effects of the different colours of the spectrum and their use as healing agents. He produced one of the first modern colour lamps which transmitted rays from the sun. Dr. D.P. Ghadiali a Hindu scientist in 1933 wrote a masterwork on colour therapy. He worked and taught in the USA, developing many types of colour lamps. He maintained that the aim of the science of colour healing is to combat disease by restoring the normal balance of colour energies within the body.

So, we are really on re-discovering the healing power of colour and putting it into a modern context.

### **THE SCIENCE OF LIGHT**

Colour is the purest healing force in the universe. Colour, is contained in the energy from the emanations directed to earth by the sun. Pure white sunlight contains everything necessary to maintain life on earth.

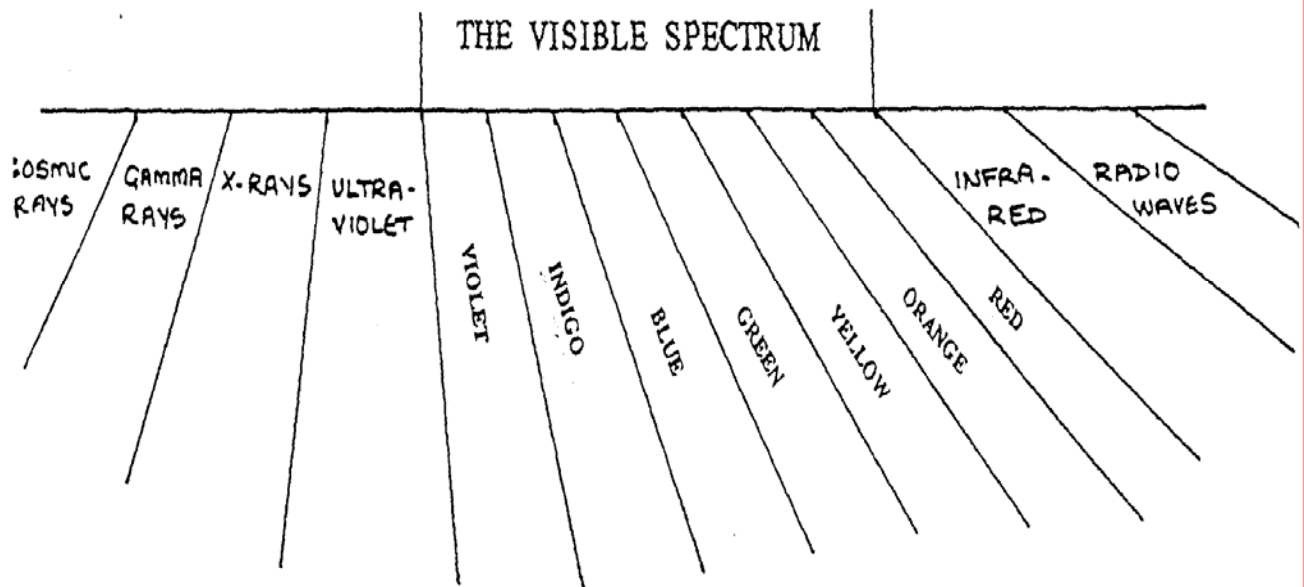
Colour energy comes to earth in the form of electro-magnetic vibrations contained in white light. We can only see about 40% of the electro-magnetic spectrum that are the seven colours of the rainbow, red, orange, yellow, green, blue, indigo and violet. Each colour has a different vibratory length known as its wavelength. Red is the longest wavelength and has the slowest vibration, while violet has the shortest wavelength and has the highest vibration.

# COLOUR THERAPY

Each colour has its own intrinsic qualities and action upon us, and affects our entire being.

Modern Western medicine makes use of the invisible vibrations of the electro-magnetic spectrum, but Colour Therapists are only interested in using the visible colours for healing. (These do not have burning qualities like the infra-red and ultra-violet part of the spectrum).

*Diagram: The electro-magnetic spectrum*



It is only when this life-giving white light containing all the colour vibrations flows through us connecting us to the universal life force, that we are alive and in perfect health. When this light energy becomes blocked, disharmony is caused between the body, soul and mind, and a state of disease follows.

Colour penetrates our entire being and this is because every rock, plant, animal and human is in fact a mass of moving particles of atoms and molecules emitting their own radiations of light, heat and colours. Because these vibrations are constantly interacting with one another, we are both emitting and receiving colour vibrations at every moment of our life. Every cell is light sensitive and light affects the growth and behaviour of our cells.

There are many ways this light energy can become blocked. We usually cause energy blockages ourselves by our bad diet, lifestyle, by negative thoughts and by suppressing our emotions. There are external problems too, like sound and air pollution, and the stress caused by modern life.

# COLOUR THERAPY

## THE VISIBLE SPECTRUM

White light can be broken down into three primary colours. This means that when these three pure true colours are superimposed, they will make white light. The colours relating to light obey the rules of the *Physics of Light*. There are two different sets of primary colours, Additive & Subtractive. Additive primary colours are used when we are dealing with mixing **emitted light** such as in Colour Therapy Lamps. Subtractive primary colours are used when we are dealing with **reflected light** such as when advising a client on colour schemes for the home or for clothing. The Additive primary colours are **Red, Blue, and Green**.

In esoteric teachings, at the time of the original creation, the creative force was differentiated into darkness and light. Neither of which could maintain life on earth. It was only with the creation of the Trinity of colour that a perfect harmony was created.

These primary colours also correspond to the three basic elements of *hydrogen (red), Carbon (blue) and Oxygen (green)*. **Blue** is feminine, *Yin*, passive and cool in nature, while **Red** is masculine, *Yang*, positive and warm in nature. **Green** is neutral and holds the balance between these two polarities.

From the three additive primary colours of light evolved three secondary colours. By mixing

<b>GREEN + BLUE</b>	<b>=CYAN</b>
<b>RED + GREEN</b>	<b>=YELLOW</b>
<b>RED + BLUE</b>	<b>=MAGENTA</b>

These colours are very important in Colour therapy, when we are giving treatments using coloured lights. Other treatments and ways of using colour rely on the colours of the *Chemistry of Light*. These are the colours we see in pigments or paints. The three subtractive primary colours of pigments are **Cyan, Yellow and Magenta**.

When we mix these primaries together three secondary colours appear.

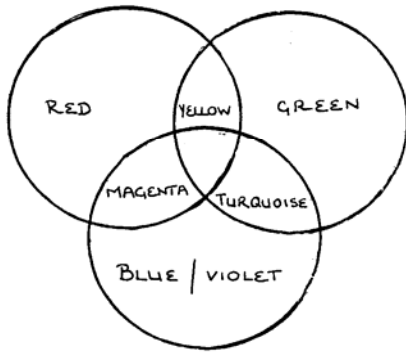
<b>CYAN + MAGENTA</b>	<b>=</b>	<b>BLUE</b>
<b>CYAN + YELLOW</b>	<b>=</b>	<b>GREEN</b>
<b>YELLOW + MAGENTA</b>	<b>=</b>	<b>RED</b>

# COLOUR THERAPY

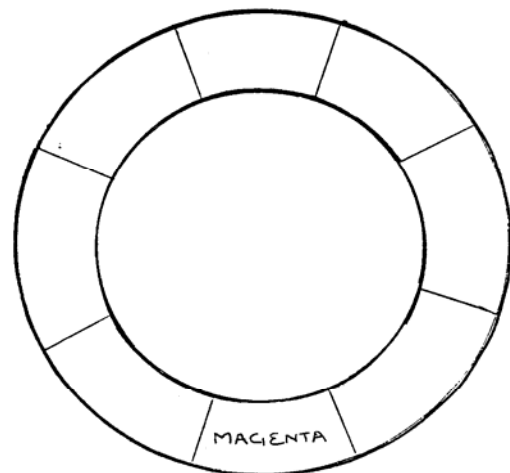
THE SCHOOL OF NATURAL HEALTH SCIENCES

## TASK

Colour in the colours on the sheets below. This will help you understand and remember the different primary and secondary colours. Use this coloured sheet as a reference at any time. If you do not have cyan or magenta crayons, you can substitute **red** as an approximation to **magenta**, and **blue** as an approximation to **cyan**.

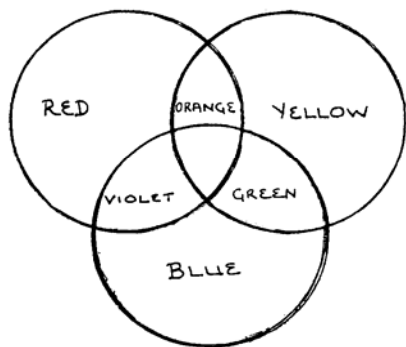


**PRIMARIES OF LIGHT**



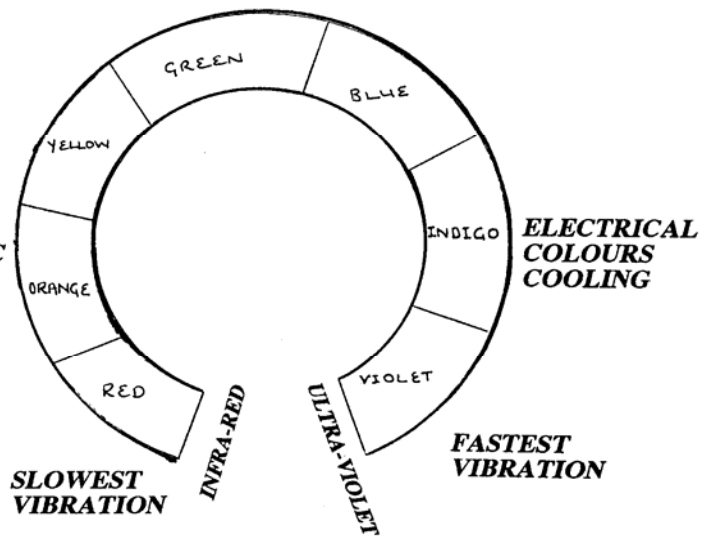
**NO DENSITY  
SO IT CANNOT  
BE SEEN**

**MIDDLE OF SPECTRUM  
NEITHER WARM NOR COLD**



**PRIMARIES OF PIGMENTS**

**MAGNETIC  
COLOURS  
WARMING**



**SLOWEST  
VIBRATION**

**INFRA-RED**

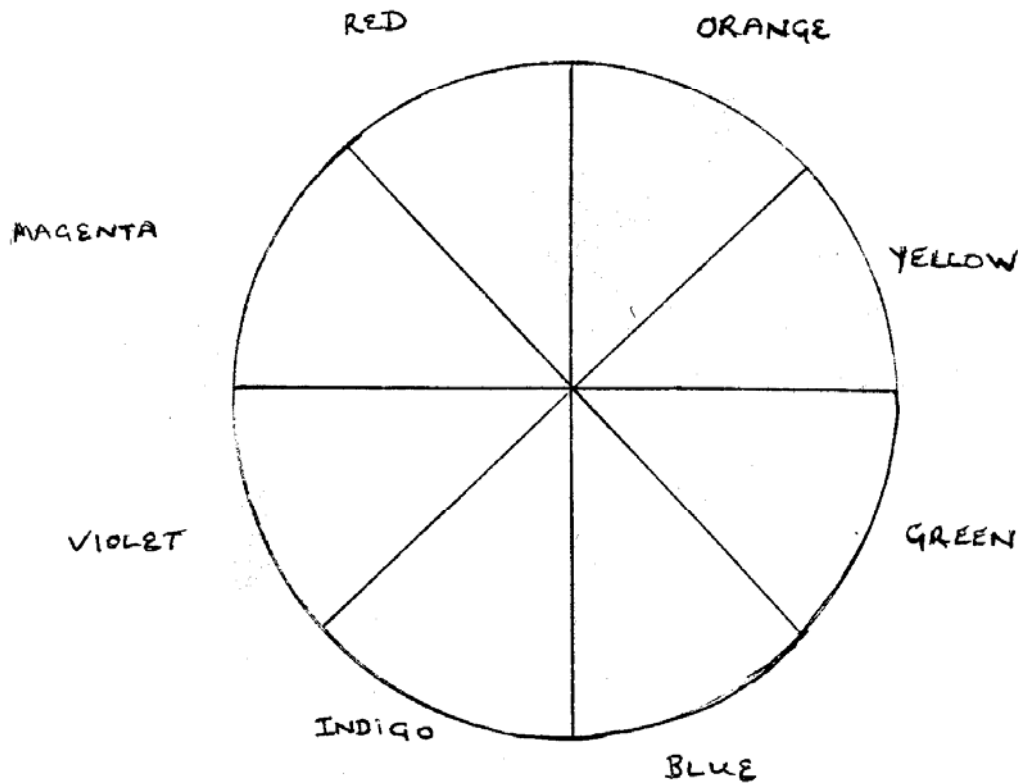
**ULTRA-VIOLET**

**FASTEST  
VIBRATION**

**ELECTRICAL  
COLOURS  
COOLING**

# COLOUR THERAPY

## COMPLIMENTARY COLOURS



You will see that **Red** is the slowest vibration, while **Violet** is the fastest vibration. **Red, Orange and Yellow** are magnetic colours and have warming properties.

**Green** falls in the middle of the spectrum and is neither hot nor cool.

**Blue, Indigo and Violet** are electrical colours and are cooling by nature.

You will see that by combining the infra-red and the ultra-violet vibrations **Magenta** is formed. True **Magenta** cannot be seen, but it is often called and used as the eighth colour of the spectrum.

## COLOUR THERAPY

The eye can discern thousands of different colours, and as we heighten our sensitivity are able to see new colours. We know that there are millions of other colours that we cannot see. People who meditate report to have seen exquisite colours far more beautiful than any we can see in the external world.

**Values, Tints and Shades & Tones:** The lightness or darkness of a colour is called its **value**. You can find the values of a colour by making its tints and shades. **Tints** are light values that are made by mixing a colour with white. For example, pink is a tint of red, and light blue is a tint of blue. So Pale colours are pure hues to which white has been added and are known as tints.

**Shades** are dark values that are made by mixing a colour with black. Maroon is a shade of red, and navy is a shade of blue. So dark colours are pure hues to which black has been added and are known as Shades. **Tones** are made by adding grey.

**Hue, Saturation and Luminance:** The strength or impact of a colour depends upon three factors: its **hue, saturation, and luminance**. We call the pure clear colours of the spectrum, the pure hues. **Hue** is the basic colour that distinguishes one colour from another - blue from red for example. **Saturation** is the purity of hue. A saturated blue, for example, is composed only of pure blue colour. Hues can become desaturated by the addition of either black (shadow) or white (light). Adding light makes the colour more pale, producing a tint. Adding black, by covering the colour with a shadow, gives a shade. The **luminance** of a colour is the characteristic we describe when we say a colour is light or dark. A bright colour seems to reflect more light than a dark one.

By manipulating values, hues, tints, shades, tones, saturation and luminance an almost limitless number of colours can be produced. For instance Peach is a light yellowish pink to light orange colour tint.

## COLOUR THERAPY

**Complementary Colours:** Every colour vibration affects its opposite and complimentary energy. This phenomena obeys the law of duality and opposites in the universe. You will see from the colour wheel which colours attract each other.

	<b><u>Colour</u></b>  <i>Red</i> <i>Orange</i> <i>Yellow</i> <i>Green</i> <i>Blue</i> <i>Indigo</i> <i>Violet</i>	<b><u>Complementary Colour</u></b>  <i>Blue</i> <i>Indigo</i> <i>Violet</i> <i>Magenta</i> <i>Red</i> <i>Orange</i> <i>Yellow</i>
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Complimentary colours are the colours "opposite" each other on the colour wheel. Although "opposite" each other, they are used together in colour therapy to give balance.



**QUESTIONS ON LESSON TWO**

**Please answer the following questions using no more than 75 words for each.  
Incorporate the questions within your answers  
(e.g. the number of days in the year is 365)**

1. What association did early people have with colour?
2. Name three ancient civilisations that used colour healing.
3. What colours were symbolically used to represent:  
i The Virgin Mary ; ii The Buddha; iii The prophet Mohammed;
4. What did Dr. D.P. Ghadiali hope to teach through his work with sunray lamps?
5. What do you know about the electro-magnetic spectrum?
6. Which has the longer wavelength, orange or blue?
7. What are the three additive primary colours and what are the three subtractive ones?
8. What subtractive secondary colours are formed from mixing Yellow and Cyan, Magenta and Yellow, Magenta and Cyan
9. Are these colours a tint or a shade and from what additive primary colours are they derived? (e.g. Pink is a tint derived from Red)  
i Lavender; ii Wine; iii Emerald; iv Peach
10. Why can we not see true magenta?

**Return your answers to either  
[selfstudy@naturalhealthcourses.com](mailto:selfstudy@naturalhealthcourses.com)**

**or**

**[tutored@naturalhealthcourses.com](mailto:tutored@naturalhealthcourses.com)**

**whichever applies.**

**Do not send any attachments, just type your answers  
into the body of the email. Please complete the subject line  
of every email thus:**

**Full Name – Colour Therapy (Tutored or Self Study) - Lesson 2**

**Leave at least one blank line between each answer.**

**Don't forget to keep a copy for your own records**

**Recommended Reading:**

**[http://www.naturalhealthcourses.com/Recommended\\_Reading.htm](http://www.naturalhealthcourses.com/Recommended_Reading.htm)**