

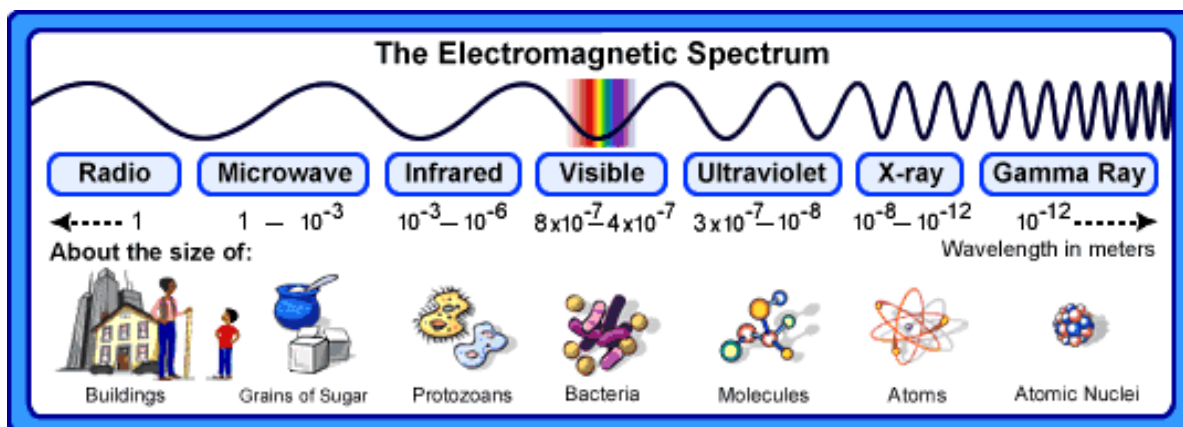
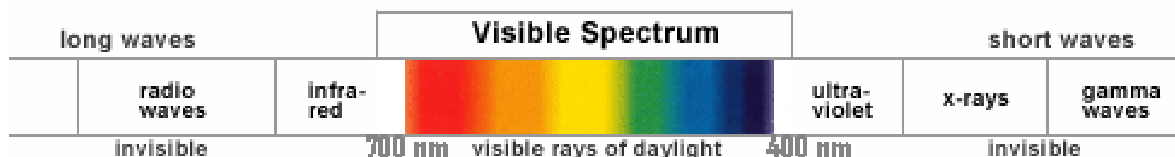
LIGHT MEDICINE BACK TO GENESIS?

The history of mankind using light and colour to help heal the body is nothing really new under our sun. We have just become far more sophisticated in how we use this medium as our understanding of its properties has grown.

History records that Egyptian physicians had a particular way of harnessing the sun's rays to help their patients heal faster. At the temple of Heliopolis, patients were treated in rooms specifically designed to break up the rays of the sun into different colours, specific ailments dictating the colour of the room the patients would need to lie in. The ancient practice of Ayurveda from India taught that the seven rainbow colours corresponded to seven colour vortexes or chakras situated at various body points. These in turn reflected a special relationship to all the major organs and so also, the mental and emotional state of the patient. The ancient Chinese Taoists recorded their belief that perfect health and perfect enlightenment was achievable when accessing the 'golden light' within. Even Socrates prescribed light therapy for depression: when he observed what he termed 'winter melancholy' in his patients, he suggested they take a holiday to the coast to soak up the sun. Socrates was known for many things – the world's first travel agent was probably not one of them!

But let's step back a bit and ask *what exactly is light?* Possibly the simplest definition of light that meets most people's understanding is "**visually perceived, radiant, electro-magnetic energy**". As can be seen by this diagram,— *visible* light really makes up only a tiny part of the electromagnetic spectrum, a broad range of radiant *energy* that includes radio waves and infra-red rays on the one hand, and ultraviolet, X-rays, **micro waves** and gamma waves on the other. The light (and colours) that we see reside in a tiny portion of the electromagnetic spectrum – between 400 to 700 nanometres. At the limits of these two points the frequencies change in intensity which our eyes cannot perceive. Visible light is simply the range of electromagnetic radiation which human eyes are sensitive to.

Light itself is made up of incredibly small (tiny) mass-less particles or 'quanta' called photons. Photons are basically tiny bits of stuff that fly through the air in straight lines at incredible speeds. Any light that you see is made up of a whole bunch (gazillions actually) of these photons moving through space as electromagnetic waves.



Unified Field Equations say everything in our reality is made of waveforms that are *harmonically* related: sound – light – colour - which in turn, are ultimately equivalent to pure energy. **Within our own bodies we could say that the greater the degree of harmony and synchronicity between the bio-resonance of organs, heart rhythms, breathing patterns and brain waves, the higher the degree of sympathetic association with the Universal Life Force resulting in a greater degree of vibrant health and wellness.** Einstein showed us that all matter is energy. Nothing is still – everything in the universe is vibrating or oscillating at some level. Sound and light are different kinds of oscillations.

Sound also has the ability to create chaos from order (think of an opera singer breaking a glass when her voice reaches the same frequency of the glass). However, sound also has the ability to create order from chaos

It was Ernst Chladni, musician and physicist who in 1787, laid the foundations for the Science of Cymatics (Sound) when he found a way to make sound waves visible. Cymatics maintains that *sound is a slower vibration of light*. With the help of a violin bow which he played perpendicularly across the edge of flat plates covered with sand, he produced patterns and shapes today known as Chladni figures. Chladni demonstrated that sound actually does affect physical matter and that it has the potential for creating geometric patterns. His work was repeated and enhanced in 1967 by Swiss researcher Hans Jenny, who published a book, *The Structure and Dynamics of Waves and Vibrations*. Jenny invented a tonoscope which makes the human voice visible by creating the actual physical image of the vowel, the tone or the note of a song. Not only could you hear the sound - you could see the pretty picture as well.

Jenny noted many resemblances between the shapes and patterns we see around us in physical reality and the shapes and patterns he generated in his investigations. He was convinced that *biological evolution was a result of vibrations, and that their nature determined the ultimate outcome*. He further speculated that every cell had its own frequency which was how cells know how to develop into a liver or a kidney – succeeding cells if in harmony with the original will duplicate the original vibration. *Jenny felt that the key to understanding how we can heal the body with the help of tones lies in our understanding of how different frequencies influence different genes, different cells and different structures in the body. Perhaps sound is another medium of healing someone who has gone ‘out of tune’.*

It seems that all naturally occurring structures and shapes - from the subatomic electron to the individual atomic elements, from microscopic forms to planets, stars and galaxies, are ultimately created from *intelligently organised bundles of waveforms possessing precise geometric structure and symmetry, formed and sustained by sound pervading the Universal medium*.



Did Genesis have it right all along ... “And God *said* (sound), let there be *light*”

And who (or what) generates *these* huge ‘sound forms’ (the genuine ones of course!). The crop circle debate could be the subject of another article!

History is littered with many light pioneers: Isaac Newton, English philosopher and mathematician, proved in 1672 that white light is made up of seven spectral colours when he projected a sharply focused beam through a prism. From the 19th century, research in modern-day light therapy began to gain momentum. 1878 saw Dr. Edwin D. Babbitt publish his book *Principles of Light and Colour* wherein he wrote about his work in chroma-therapy (healing with coloured lights), suggesting it as a valid treatment for all sorts of health issues, including burns.

In 1920, a naturalized American from India, Dr. Dinshah P. Ghadiali (1873-1966), pioneered the “Spectro-Chrome Lamp”, a form of light therapy in which colour filters were placed over a light source to irradiate specific areas of the body. Ghadiali believed that the body is surrounded by an electro-chemical ‘emanation’ (today we call it the electro-magnetic field or auric field) which interacted both with the cells of the body and the environment around it. He also felt that this field could be strengthened using coloured light which in turn, would feed back to the cells of the body to stimulate regeneration and healing. At the time, however, Ghadiali was ridiculed by his peers and the medical authorities of the day, and actually spent a lot of time in the courtroom defending his product!

Time has shown however what a pioneering genius this man really was (in fact, the research conducted for this article brought up lots of modern-day nay-sayers to light therapies as well, who forget that jaundiced newborns are placed under blue lights in modern day hospitals! Need we even mention low intensity lasers, [lasik eye surgery](#) etc.)

We also know that a lack of sunlight during the northern winter actually causes depression in some people--a condition known as seasonal affective disorder (SAD!). Dr. Norman Rosenthal, Chief Section Head of Environmental Science of the National Institute of Health, published his groundbreaking report on Seasonal

Affective Disorder and light therapy in 1984. Daily exposure to full-spectrum light from a special light box has since been shown to improve SAD sufferers as it suppresses melatonin (a hormone that promotes sleep) and increases serotonin (a mood-elevating brain chemical).

Further research by Dr's Alfred Lewy and Robert Sack, also of the N.I.H., discovered that SAD could even be induced via an out-of-sync circadian rhythm (our body clock). If our body clock is behind-the-times, we receive confused signals as to when to wake up, or when to go to bed, and this also affects our mood and hormones. Using specific light frequencies at specific times of the day, the researchers found that the circadian rhythms could be corrected and brought back into balance, with the brain's control centre, aka the Suprachiasmatic Nucleus, reacting to the light. Subsequent to this, it has been further noted that light in the range of 447-484 nm (nanometers) is the optimal range for balancing circadian rhythms and suppressing melatonin. The Journal of Neuroscience (George C. Brainard, John P. Hanifin, Jeffrey Greeson, Brenda Byrne, Gena Glickman, Edward Gerner, Mark D. Rollag), wrote that '*light is the primary stimulus for regulating circadian rhythms, seasonal cycles, and neuro-endocrine responses in many species, including humans*'. (www.apollohealth.com) One might even say hue-mans!

One way that light and colour (as refracted light energy) enters the body is through the retina, which is made up of light sensitive photoreceptors that converts light energy into electrical and chemical signals which in turn is processed by our brain. These light impulses then travel to the light sensitive hypothalamus (a small portion of the midbrain responsible for the regulation of our autonomic nervous system, and endocrine or hormonal system). The hypothalamus converts these light signals into neuro-chemical messages which influences all the major systems in the body, including that of the immune system. The same impulses also affect the limbic system (a primary emotional and learning centre) and perhaps this is why emotions are also light-sensitive.

The second way that light enters the body through the skin. Dr. Orm Bergold (M.D.) has stated that "*human photoreceptor molecules are not limited conveniently to the retina...but rather are ubiquitous, being found in virtually every tissue*". This means that the skin also converts light vibrations into electro-chemical impulses.

So now even if you've never thought of colour as a specific energy before, you probably do know about colour's capacity to stimulate (red), calm (blues and lilacs), and reassure (soft pinks and pastels) the senses.

Optometrist Harry Spitler developed a device that focused varying colours of light into the eye to stimulate healing within the brain and autonomic nervous system. Jacob Liberman, another optometrist (also light therapist and author of "*Light: Medicine of the Future*") also used a device to shine colour into the eyes of his clients with the intention to invoke specific subconscious states of mind as a means to promote improved vision. He said, "*Light has a way of bringing up to the surface old, unresolved, unexpressed emotional trauma, which I feel are the roots of the weed we call disease.*" One wonders whether many eye problems are symptoms of something in our lives we are not willing to look at perhaps.

Another researcher, Russian S.V. Krakov, proved through a series of experiments how red light stimulated the adrenal glands, raised the blood pressure and the pulse rate, and how blue light had a calming effect on the CNS.

Swiss psychologist, Dr. Max Lüscher, introduced his now famous Lüscher Color Test in 1947, a form of colour therapy that is still used by many psychologists today. His test consists of choosing 43 colours from a total of 73 possibilities. By observing the colours a patient either chose or rejected, gave a good indication to the therapist of the psychological state of that patient.



In more recent times the advent of Aura-Soma®, a very similar system of mental, emotional and spiritual evaluation, has brought an even deeper level of understanding of the language of colour and light, in that it combines colour interpretation and counseling with the application of coloured oils (infused with herbs, flower and gem essences, and light) to the body, thereby assisting clients to achieve balance in their lives. As a tool for teaching a deeper understanding of the self, Aura-Soma continues to grow through the continued efforts of ASIACT, the Aura-Soma International Academy of Colour Technologies, based in the United Kingdom.

German naturopath, Dr. Peter Mandel, developed Esoteric Colorpuncture Therapy (ECT), which focuses coloured light on specific acupuncture points, reflex points and 'body grids' to treat a variety of minor health problems. Dr Mandel, in line with the thinking at ASIACT, believes that light and colour is one of the best ways to support personal growth and unfoldment and that coloured light systematically applied to acu-points will facilitate the exchange of information between the conscious, subconscious, non-conscious (automatic body responses) and super-conscious states of being. Russian researchers at the Institute of Clinical and Experimental Medicine have subsequently demonstrated that acupuncture points on the skin are very sensitive to light, and that light vibrations can be transmitted along specific energy lines which amazingly enough, mimic the path of the traditional acupuncture meridians. The flow of 'chi' or 'ki' (energy) through our meridians is very much influenced by light. Dr Mandel went on to theorize that "*Light is life....light is present in the communication between the cells in the body and disease occurs when this communication is broken, when the cells can no longer speak the same language. Giving light has a resonance effect, bringing the cells into the same language again, and healing the body*". Our cells use light to carry out daily photo-repair tasks. Cells that have become diseased are like a faulty telephone exchange – transmitting garbled communications which the brain cannot decipher and so the immune system does not always get the message that it needs to sort out a particular problem. Further research at the Necker Hospital in Paris and Universities in Korea have also been able to demonstrate the existence of the 'electric body' by also verifying the existence of acupuncture points and mapping the meridians, thus lending weight to the Eastern methodology of strengthening the body through the stimulation or sedation of these energy pathways.

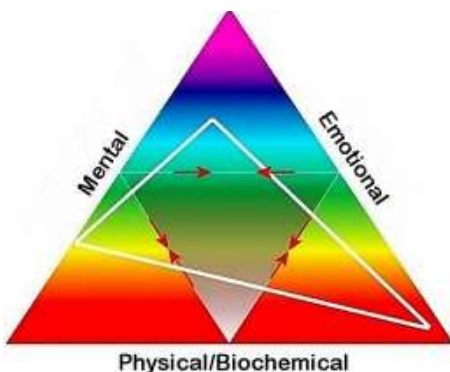
Now for me, this is where things get really interesting. During the 1970's, German biophysicist and Nobel Prize nominee Dr. Fritz Albert Popp, proved conclusively that all the *cells in the body actually store, emit and communicate via small packets of coherent light energy known as 'biophoton emissions'*. It's like having our own internal, fibre-optic communication network! This is how all organic life is able to communicate. Humans are very much like plants in the way that our body is able to store light – and it is this light that is used to transmit information between cells. Scientists have discovered that a basic building block for blood, the 'heme' molecule, is almost identical to the 'chlorophyll' molecule in plants; and both molecules react in exactly the same way to light. (www.columbia.edu)

"We know today that man is essentially a being of light. And the modern science of photobiology ... is presently proving this. In terms of healing ... the implications are immense. We now know, for example, that ... light can initiate, or arrest, cascade-like reactions in the cells, and that genetic cellular damage can be virtually repaired, within hours, by faint beams of light. We are still on the threshold of fully understanding the complex relationship between light and life, but we can now say, emphatically that the function of our entire metabolism is dependent on light."

Dr. Fritz Albert Popp, Biophysicist

Dr. Ghadiali can rest peacefully now knowing that his early theories in this regard have been vindicated. With our new knowledge in quantum physics we are moving away from the old idea of the mechanistic universe of Newton, into a completely new understanding of how the universe *really* functions. All beings on this planet need to take note, because this new understanding affects us all in a very profound way.

Every human body has its own electro-magnetic field which both affects and is affected by, the energy that surrounds us. (Read *'The Field'* by Lynn McTaggart for fascinating pioneer research into the nature of the universe). Even our thoughts are packets of light energy that carry specific frequencies; negative frequencies causing harm to the physical body and positive frequencies generating health and wellbeing. However, damaged cells illuminated with certain light frequencies have the potential to be rejuvenated.



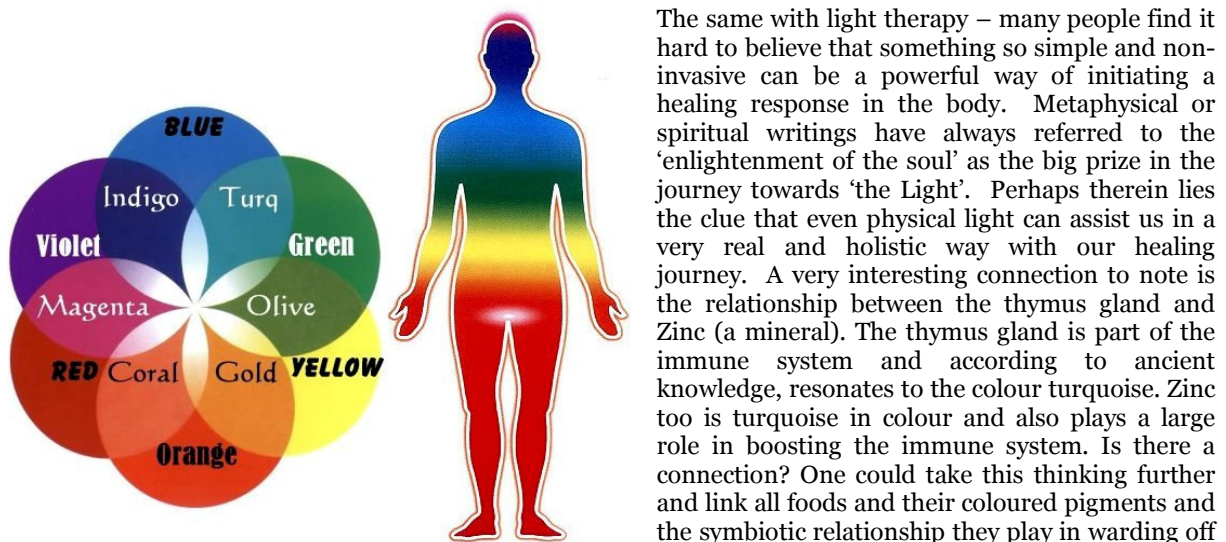
Whereas allopathic medicine adjusts the physical chemistry of the body, complementary healing adjusts causative, negative energy patterns that starts it all in the first place, and this enables the body to embark on the path of self healing.

It was Dr. Valerie Hunt, a UCLA physiologist and professor emeritus, who recently demonstrated how the body's energetic emissions display frequency deviations *before* actual physical conditions in the tissues are detected. This supports what complementary therapists have believed and known for years i.e. what you *think*, affects how you *feel*, which in turn, ultimately affects your *biochemistry*. Thoughts and emotions have waveform

and frequency signatures associated with them also and effect the normal vibration of healthy cells. It has been shown that the waveform of emotion has a direct effect on the DNA of cells. As our thoughts and emotions tend toward higher frequencies - i.e towards a state of pure, unconditional love - there are positive effects on our health.

If we view our health as an equilateral triangle, wherever the 'force' impacts will ultimately affect the other two sides. This is a metaphor for saying that disease begins first as an energetic imbalance that if detected in time, can be corrected through inter alia, lifestyle changes, improvements in diet, dealing with the negative mental and emotional residue of unresolved issues and traumas in our lives, and so on. *Hence the value of a preventative maintenance programme in terms of regular visits to your complementary practitioner to sort out your issues.* More often than not, it is not so much what happens to us that causes us stress, but what we *feel* about what happens in our lives. If we can change what we feel about certain things and find the lesson or the positive message, we will go a long way towards enjoying a long and healthy life.

Even today, for many people, the idea that repressed, suppressed and stored negative emotions in the subconscious mind is what triggers the onset of illness in the first place, is a hard one to swallow because it implies that we are ultimately the one responsible for the fact that we have the illness or the symptom (which is really the 'message') in the first place. This additionally also implies that ultimately we are the only one responsible for our healing as well. Yet more and more research into the nature of the universe is backing this very concept.



The same with light therapy – many people find it hard to believe that something so simple and non-invasive can be a powerful way of initiating a healing response in the body. Metaphysical or spiritual writings have always referred to the 'enlightenment of the soul' as the big prize in the journey towards 'the Light'. Perhaps therein lies the clue that even physical light can assist us in a very real and holistic way with our healing journey. A very interesting connection to note is the relationship between the thymus gland and Zinc (a mineral). The thymus gland is part of the immune system and according to ancient knowledge, resonates to the colour turquoise. Zinc too is turquoise in colour and also plays a large role in boosting the immune system. Is there a connection? One could take this thinking further and link all foods and their coloured pigments and the symbiotic relationship they play in warding off certain types of illness e.g. the natural dye from

tomatoes do help to ward off prostate cancer. The prostate gland is situated in the part of the body traditionally associated with the colour red. In other cases, it has been found that certain foods positively affect the 'complementary' part of the body also e.g. aside from the benefits to the colon, the golden yellow colour of corn helps to prevent macular degeneration after the age of 65. The eyes fall under the area of the body traditionally related to the colour 'indigo'. Gold is the complementary or opposite colour of indigo. There is also a symbiotic relationship between chlorophyll (green) and haemoglobin (red).

In closing, it is not advisable to use light therapy *instead of* conventional care for serious ailments at this stage – the science is still very much in its infancy. The whole point of *complementary* services (spelt with an 'e', not an 'i' – it is not 'free'!) is that it *should* be used *in conjunction with* or *in addition to* allopathic care especially at the stage of serious illness. However, Light medicine is I feel, on the brink of some really important and powerful discoveries. Dr. David Bohm, a renowned physicist, speaks of an all-encompassing background or 'field' out of which all life and consciousness unfolds, a 'field' of light vibrations. Bohm reminds us that we, like all material forms, are made up of light and that "*light is energy and it is also information - content, form and structure. It is the potential for everything.*" Luke Skywalker was right all along, the 'Force' truly is with us!

SUGGESTED FURTHER READING

1. Allanbach, Jack. *Color Me Healing*, Element Press, England. 1998
2. Amber, Rueben B. *Color Therapy*, Aurora Press, Sante Fe, NM, 1991.
3. Bergold, Dr. Orm, M.D. *The Effect of Light and Colour on Human Physiology*, Raum & Seit, Vol. 1. No. 4, 1989.

4. Bohm, David, *The Implicate Order and the Super-implicate Order*, in Weber, R. (ed.), *Dialogues with Scientists and Sages: The Search for Unity*, London and New York, Routledge and Keagan, 1986
5. Breiling, Brian, Ed. *Light Years Ahead; The Illustrated Guide to Full Spectrum and Colored Light in Mindbody Healing*, Celestial Arts Publishing, Berkeley, CA, 1996
6. Dinshaw, Darius. *Let There Be Light*, Dinshaw Health Society, Magala, NJ, 1985
7. Liberman, Jacob. *Light: Medicine of the Future*, Bear & Co. Publishing, Sante Fe, NM
8. Mandel, Peter. *Esogetics: The Sense and Nottaetiae of Sickness and Pain*, Energetik Verlag, Sulzbach/Taunus, Germany, 1993
9. Croke, Manohar C.C.P. *Light Is Life: Using Light & Color to Heal the Body, Mind, and Spirit*

Shayne Niehaus is a registered, Specialised Kinesiologist practicing from Panorama, Cape Town. Her specific field of interest is Bio-Energetic Restoration, a non-invasive, holistic approach to health and wellbeing which incorporates Aura-Soma Colour Therapy, Biochemical Tissue Salts, Biopton Light Therapy, Flower Essences and other energy techniques into a specialised treatment protocol. Contact her on 021-9304162/1138 or www.ki-solutions.co.za. E-mail: info@ki-solutions.co.za.

Early Light Therapy <http://www.borderlands.com/lighttherapy.htm>

ELECTROTHERAPEUTICS IN CHRONIC MALADIES

Kellogg, John Harvey, 1852-1943.

Brother of the Kellogg of cornflakes fame, John Kellogg was the first to promote the medical use of a battery of Edison electric lamps as a form of light therapy in 1891.

LIGHT THERAPEUTICS; A PRACTICAL MANUAL OF PHOTOTHERAPY FOR THE STUDENT AND THE PRACTITIONER, WITH SPECIAL REFERENCE TO THE INCANDESCENT ELECTRIC-LIGHT BATH
by J.H. Kellogg. Battle Creek, Mich., Good Health Publishing Co., 1910.

PRINCIPLES OF LIGHT AND COLOR

Edwin D. Babbitt.

Including Among other Things: Harmonic Laws of the Universe: Light, Nature, Harmonic Colors In Architecture, Insufficiency of the Present theories of Light and Force: Chemical and Therapeutical Properties of Color, Shadow is an Entity, New Worlds of Light and Color; The Etherio-Atomic Philosophy of Force: Nature of Atomic Spirals, Ethereal Forces, Grades of Ether; Transverse, Converse & Paraverse Layers of Atoms; Positive & Negative Electricity; The Sun Forming Process; Chromo-Therapeutics: The Healing Power of Color, Disastrous Effects of Lack of Sunlight, Practical Instruments for Color Healing; Chromo Culture of Vegetable Life; Higher Grades of lights and Forces: Odic Light, Magnetism; Beauty of the Fine Forces; Finer vision. This is the complete edition of 1878, including all four full color plates and hundreds of illustrations. #B0064, 576pp, spirals ... \$75.00

RED & BLUE LIGHT

S. Pancoast, M.D., 1877.

An incredible book "devoted to The True Science of Light, describing light and its rays as medicine showing that light is the original and sole source of all the physical and vital forces of nature; and that light is nature's own and only remedy for disease; and explaining how to apply the red and blue rays in curing the sick and feeble." #B0209, 313pp, staples ... \$29.95

SPECTRO-CHROME HOME GUIDE

Dinshah P. Ghadiali .

Includes: Fundamental Principles, Spectro-Chrome Area Chart, Tonation, Dinshah Attuned Color Waves, How To Produce The Twelve Spectro-Chrome Attuned Color Waves, Dinshah Combination System, How Spectro-Chrome Acts, Spectral Divisions, Spectro- Chrome Affinity Waves, Spectro-Chrome Technique Or Method Of Using. #B0306, 155pp, staples ... \$17.95

HEALING TRIANGLE OF LIGHT

Dinshah Ghadiali

Penned by the originator of Spectro-Chrome Metry, Dinshah Ghadiali, it is no mystery that the goal of the book was to establish that the labors of the author were progressive and independent of earlier works by others. There can be no doubt that Dinshah's methods were inspired by Principles of Light and Color by Edwin D. Babbitt, but the system of healing developed by Dinshah incorporates the use of attuned color waves matched to their proper oscillatory frequencies. Dinshah's complete healing system is laid out from the foundation to the gables in a sincere effort to make it understood that it is the unique work of the originator of Spectro-Chrome. #B0423, 171pp, staples ... \$19.95

THREE GREAT AQUARIAN AGE HEALERS

Riley Hansard Crabb.

In this talk on Psychic Surgery, Dr. Crabb examines the work of Dr. Wm. Lang, who died in 1938. Here Dr. Lang explains just how a spirit doctor works. In the second section Dr. Crabb analyzes Color Therapy developed by Drs. Pancoast and White, explaining Cabalistic principles on which color therapy is established: Balance and Rhythm! Technical drawings for the construction of a simple, duo-rhythm color projector suggested and used by Dr. White in the 1920's. #Boo83, 62pp, staples ... \$10.95

LIGHT TREATMENTS FOR NONSEASONAL DEPRESSION: SPEED, EFFICACY, AND COMBINED TREATMENT

Kripke DF. *Journal of Affective Disorders* 1998;49:109–117.

The author's objective was to reassess the benefits of using bright light for treating major nonseasonal depressive disorders. Clinical trials of light treatment for nonseasonal major depressive disorders were compared with selective trials of light treatment for winter depression and with antidepressant clinical drug trials. In the study group, light treatment of nonseasonal depression produced net benefits from 12% to 35%, often within one week of starting the treatment. The results led to the conclusion that the value of light therapy appears to be that it produces antidepressant benefits faster than do psychopharmacologic treatments. The author recommends combining bright light therapy with standard nonseasonal depression therapies, as both treatments were found to be synergistic. <http://www.cpa-apc.org/Publications/Archives/Bulletin/1998/Aug/neuropsych.htm>