





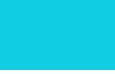








## Color Therapy

**Table of colors and corresponding gems and effects taken from "Let There Be Light" by Darius Dinshah.**

COLOR	GEM	EFFECTS	USE FOR
<b>Scarlet</b> 	Ruby	General systemic stimulant. Raises blood pressure. Helps with childbirth at the time of delivery. Aphrodisiac.	A kidney and adrenal stimulant. Increases the functional activity of the arteries. An emotional stimulant which builds sexual powers and stimulates the reproductive system.
<b>Red</b> 	Garnet Red Coral Blood Stone	Builds bone & blood. Energizes the five senses. Builds the blood. Causes excretion of toxins through the skin.	Burns from x-rays and UV rays. Paralysis, Constipation, Anemia, Digestion Problems, Breathing Problems. Stimulates brain wave activity. Increases heart rate. Excites sexual glands.
<b>Orange</b> 	FireOpal Sun Stone Carnelian	Supports nerves, lungs; helps cramps; helps build bone	Digestive problems, rickets, cramps, muscle spasms, congestion, osteoporosis
<b>Yellow</b> 	Citrine Yellow Quartz	Improves immune system. Stimulates the motor nervous system and energizes the muscles. Stimulates the lymphatic system. Cathartic.	Allergies, Osteoporosis, Joint pain, Diabetes, Liver Problems, Parasites. Energizes, relieves depression, improves memory, stimulates appetite and helps in digestive problems.
<b>Lemon</b> 	Amber Citrine Lemon Quartz	Tones digestion, increases nutrition, dissolves blood clots, and promotes coughing to expel mucus and fluids from the lungs and air passages.	Brain stimulant, Bone building, thymus stimulant, digestion stimulant.
<b>Green</b> 	Jade Emerald Peridot Malachite	Improves circulation. Destroys micro-organisms, germs, bacteria, and stimulates the rebuilding of muscles and tissues.	Use for Stomach infections, Ulcers, Malaria, heart problems, typhoid, piles, depression, anxiety, nervousness.
<b>Turquoise</b> 	Turquoise	Supports good Nutrition, Rebuilds burned skin.	Use for normal fevers. Fire and chemical burns.
<b>Blue</b> 	Lapis Blue Topaz Sodalite	Relieves itching, reduces fevers.	Use for hair fall, fevers, sore throats, mouth ulcers, bleeding gums.
<b>Indigo</b> 	Sapphire Azurite Iolite	Tones cell walls, stops bleeding.	Use for chest and lung problems, sinusitis, immunity problems, skin problems. Works well for abscesses and pain.
<b>Violet</b> 	Amethyst	Supports Spleen, the ruler of the immune system. Decreases activity of the nervous system.	Use for headaches, eye and ear problems.
<b>Purple</b> 	Amethyst Fluorite	Balances Heart and Lung blood pressure.	Use for high fevers and high blood pressure.

Magenta 	Gel Lithium Silica	Balances emotions, energy.	Good for heart and blood circulation.
Pink 	Rose Quartz	Quickly soothes muscles, skin, too much creates irritability and tension.	Use for Insomnia, Uterus Problems, Blood Pressure.

**Directions for color-charging water, wearing gemstones and visualizing color in your aura.**

In an interview in 1999 Darius Dinshah said, I don't know everything about energy healing; the world is still so full of surprises. One that comes to mind was instead of shining color on the body, I used an intermediary substance (water.) I always thought that color-charging water was a "weak cousin" compared to applying color directly to the body. But I found out, to my surprise, that drinking color charged water can have an incredible effect (in this instance, stopping a cold overnight, with an additional color treatment.)

Color charge water by wrapping colored cellophane around the glass container you use for sun-charged water. Make sure there are no areas not covered by cellophane. You can buy sheets of various colored cellophane at art supply stores. If you can't find the color you require, mix sheets to get it (e. g., yellow and green to get lemon, blue and green to get turquoise, blue and violet to get indigo, violet and red to get magenta). You can also produce color-charged water by placing the corresponding crystals in the water while it's being charged by the sun. I did this using garnet, red coral and bloodstone and was able to increase the hemoglobin content and red blood cell count in my blood after a couple of months. A person with anemia could do this or use a red cellophane filter.

Drinking filtered sun-charged water is one easy method of color therapy. You can also wear clothes and jewelry of the color that you require for healing. Be sure the gemstone is touching your body. Thus a pendant is better than a ring. Another easy method of color therapy is visualization. You can visualize your aura filled with the color that you require for balance and healing. W. J. Colville, in *The Human Aura and the Significance of Color*, wrote, "The occult method of practicing chromotherapy is to close the external eyes and make a distinct mental picture of a belt or ring of color around the entire person. Make your auric effluence objective on the plane of mental vision. See yourself enveloped in the sheen of light which must be pictured forth to you... Go to sleep... while dwelling upon that vision..., and you will soon find that... you have gained repose and reached a state of equilibrium." You can also visualize the color permeating the affected organ or part of the body. When you visualize various colors while saying prayers of the same ray, you are practicing color therapy on yourselves and the people and situations that are the focus of your prayers.

If you have a serious condition that requires treatment from a professional color therapist, you can find one by going to: <http://www.internationalholistictherapiesdirectories.com/colortherapyinternational.htm>

