

*SuperCharge Your  
Psychic SuperPower*

# *Colorology*

***The Study of the  
Science of Color***

***Why It Affects You  
and How To  
Use It  
Practically***

*with over 80 illustrations*

***Caryl Dennis***

# *Colorology: The Science of Color*

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472 Main Street  
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Telephone: 727-441-2270  
Web site: [www.rainbowsunlimited.com](http://www.rainbowsunlimited.com)  
Email: [caryl@rainbowsunlimited.com](mailto:caryl@rainbowsunlimited.com)

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Many Thanks

All is in Perfect Order

## *Introduction*

I wrote *Colorology: The Study of the Science of Color* in 1990. It has become something of a classic in the field, remaining in print for over 13 years, and – obviously – still available in e-book format. It was based on information I began receiving intuitively in 1987, then verified through much reading and research – a process bursting with synchronicities and astonishments (detailed in my 1997 book *The Millennium Children: Tales of the Shift*). Nothing I have learned in the ensuing years has caused me to change any of the core Colorology information that I received in that Year of the Harmonic Convergence.

1987 was not, however, the first “paranormal” year in my life. Between the ages of ten and sixteen I lived, with my parents and six siblings, in an unnervingly haunted house. While I'd had some strange “dreams” as a child (as well as a near death experience), my psychic perception really blew open when we moved into that beautiful old colonial mansion in Clearwater, Florida. Right away, I began seeing shadowy figures moving around in my bedroom at night. As I huddled terrified in my bed, a dark shadowy figure would gradually move closer and closer, until I couldn't stand it any more, and I would start screaming. Of course, by the time my parents got to my room and switched on the light, the intruder had always disappeared.

As I progressed through puberty, the activity intensified (which, I eventually learned, is not uncommon): doors inexplicably opened and closed, lights turned on and off by themselves, and we heard all sorts of noises in the walls and halls. But no one except me reported actually seeing anything – at least, not until my three youngest siblings learned to talk. We heard some stories then!

My mother, a fundamentalist Christian at the time, believed that when you are dead, you are asleep in the grave awaiting the Rapture, so ghosts simply cannot exist. She dismissed my experiences out of hand, which of course did nothing to discourage the ongoing paranormal activity. Finally though, she herself suffered



and undeniable encounter with our home's non-physical inhabitants. Not long afterward, we moved!

My psychic abilities subsequently abated (due, I suppose, to the lack of stimulus), enabling me to finish high school and otherwise get on with that life we call normal. Shortly after graduation, I went to Europe to visit my sister and her husband who were stationed in Germany with the military. During a solo weekend excursion to Paris, I experienced another “psychic super-power”: during a tour of the Palace of Versailles, as our knowledgeable and eloquent guide vividly described its history -- focusing particularly on the 1789 revolution -- I looked down into the court yard, and “saw” people dressed in attire of the day, chanting and yelling (yes, I “heard” them too). Never before had I experienced such a vision; I was covered from head to toe in goose bumps. It all *felt* eerily similar to my previous ghostly encounters, but that was no help in understanding what I was perceiving, or why.

But life went on, and I soon was back in Florida, gainfully employed as an executive secretary. One day in 1968, while pounding away on my old, manual typewriter, I experienced yet another “super power” for the first time – the phenomenon that now goes by the name *remote viewing*. I clearly “saw” something like a TV in front of me, with another, square machine beside it. I announced to the other girls in the office: “One day there will be a TV-like thing in front of us and we will type letters in it and hit a button and the letter will come out of another machine on your desk.” They all looked at me like I was insane. No one in that office, and few people anywhere else, I imagine, had yet envisioned the personal computer!

That incident was something of a tipping point; a powerful curiosity about psychic and other “non-physical” phenomena gripped me. Over the years, that desire to know has motivated a dozen research projects, resulting in books, websites, CD's – I don't know what-all (that exploration and my ongoing psychic experiences are detailed in *The Millennium Children*). I have by no means found all the answers I seek – in fact, the older I get, “the less I know I know” – but the journey continues.

I first encountered the science of color in 1980, when, after graduating from cosmetology school, I was hired at a new, upscale salon on Clearwater Beach. One day the nail tech showed me a new book she said was all the rage -- *Color Me Beautiful*. I was captivated from the first page. Some of you Boomers and X'er's

may remember the color analysis craze; we couldn't go shopping without our color swatch books!

A few months later, I opened my own salon and boutique based around the “color analysis” theme. I created a private label cosmetic company and I sold clothes – all divided into the warm and cool colors. I routinely did color analyses for my clients in order to help them create a “total look” based on the principles of complimentary and antagonistic colors – for example: peach, yellow-based, warm lipstick and blush look better on redheads and those with more yellow undertones to their skin, whereas blue-based, cool colors look better on blondes and brunettes. For what it's worth, I learned there are a lot more “cools” than “warms” in Florida!

In the course of doing all that “color analysis” I noted with interest my clients’ emotional and physical *reactions* to certain colors. Orange, for instance, elicited negative reactions more frequently than other colors; that intrigued me. I also learned about *chakras*, of which I had previously been unaware. I started to look at color in deeper, more complex ways.

Fast forward to 1987, when at the age of 37, I found myself at the lowest point in my life, physically, emotionally, mentally and spiritually – truly a “dark night of the soul”. I needed HELP! I plowed through all the self-help books I could get my hands on, attended workshops and support groups, even underwent private therapy, but none of it was enough to empower me to escape the pit into which I had fallen.

Times weren't *entirely* bad, though: I had managed to score an apartment on the eighth floor of a high-rise building on Clearwater Beach, overlooking the Gulf of Mexico. (I have always been very good at manifesting magical places to live.) I went for long, solitary walks on the soft white sand, asking (begging) the Universe for answers, for a hand up. “If there is anyone out there, PLEASE, I need help,” I remember screaming one day. Quite suddenly and to my great surprise, I heard a voice in my head. Although I asked repeatedly, it would not identify itself, but it did answer any other question I put to it, assuring me that I was not alone and that “they” would help me. The voice soon began “downloading” information about color – introducing me to technical and scientific concepts (the *electromagnetic spectrum*, for example) of which I'd previously known little or nothing. I wrote down the information, then went to the library and, much to my surprise, found it repeated practically word for word in various scientific and metaphysical works. I also discovered that when I wished to verify a particular

piece of information, if I just stood in the library and silently asked for help, almost invariably some synchronicity, “coincidence” or anomaly would attract or otherwise connect me to the appropriate book. Once I knew that the information I was receiving could be confirmed in “the real world,” I began enthusiastically implementing it. The results were nigh on to magical, ranging from physical (ridding myself of a lifelong constipation problem) to the non-physical (my psychic abilities expanded rapidly). It was also the beginning of a new career!

As I traveled the country over the next couple of years, sharing the color information and products that I developed, people often remarked that I explained complicated scientific and metaphysical concepts in a very simple, down to earth, practical fashion, and that I “really should write a book.” Eventually, while it was *never* my intention in life to become an author, I took that advice. ***Colorology: The Science of Color*** was the result.

I truly believe that everyone is born with “hardwired” psychic ability (call it “gut instinct”, a mother's intuition, hunches, whatever you like). That ability, like most, atrophies if it isn't exercised. Since our society (at least publicly) discourages intuition in favor of intellectual development, most of us don't really believe in and never learn how to use this powerful mental/emotional/spiritual toolset. Granted, not everyone is a Mozart, but just about everyone can increase and sharpen whatever abilities they have. Focusing *attention* and *desire* (intent) on doing so is the first requirement; consistent application of an effective practice is the path. Incorporating Colorology and meditation into my life played a huge role in the enhancement of my intuitive skills. My mission now is to share that practice with as many people as possible.

Everybody's psychic, but it's much more difficult to get clear, unbiased answers about our own challenges and lifepath because – well, most of us, feeling the need for control, filter whatever input we may get. That's why I am so passionate about providing people with opportunities to *exercise*, and thereby develop, their abilities. Validation/confirmation is *vital* for acquiring confidence in ESP, whatever the process.

Whether you are a “newbie” or a seasoned psychic/metaphysician, this book, my ***Discover & Share Your Psychic Superpower*** retreats, as well as my on-line courses, will, along with your dedication to the process, ***supercharge*** your psychic ability, and perhaps even lead you to a new career!



Caryl Dennis  
2017

**Disclaimer:** *Serious (life-threatening) medical problems or pathological mental states require the attention of qualified health professionals.*

## *Acknowledgements*

I eventually identified the mysterious “voice”: I now believe it was (is) my twin sister in spirit, whom I named “Karyl”, pronounced Kuh-RILL (see **The Millennium Children** and **VanishingTwins.net** for details). She has remained with me, inspiring and helping me to do the work I/we agreed to do in this incarnation. I am forever grateful for her presence in my life, along with that of my husband, partner and co-author, Parker Whitman.

## *Some “Colorful” History*

Every civilization has recognized the powers of the sun and of color. Examples of the use of gems, crystals, herbs, flower essences and various forms of color healing, as well as work with the aura, can be found throughout ancient history.

Sir Isaac Newton (1643-1726) was the first European to refract the white light from the sun into the seven colors of the Rainbow: red, orange, yellow, green, blue, indigo and violet. Some two centuries later, in 1878, Edwin D. Babbitt, M. D., published *The Principles of Light and Color* and won worldwide fame; his work was translated into many languages. Babbitt believed strongly in Color Elixirs (solarized water), made by setting colored bottles filled with water in the sun.

Dinshah Ghadiali (1873-1966), inventor, researcher, composer, musician, actor, linguist, naturopathic physician, engineer, hypnotist, psychic, pilot, lawyer, surgeon, chiropractor, physicist, marriage counselor and Yogi, read Babbitt's book in 1897 and was sufficiently impressed to use color therapy on a young woman who was dying from severe mucous colitis. Astonished at his success, he spent the next 23 years developing his "Spectro-chrome" machine. In 1920, he proclaimed to the world the perfection of his "attuned color wave healing science", which he called "Spectro-Chrome Therapy". It combined Babbitt's basic principles with Hindu-Yoga vegetarian food science (*Ayurveda*) and breath knowledge. Dinshah, as he preferred to be called (people had trouble pronouncing his last name), set up his Spectro-Chrome Institute in New York in 1920, opening branches in Philadelphia and New Jersey in 1924. Many respected physicians and hospitals successfully employed Dinshah's theories and machines in their practice between 1920 and 1947.



In 1931, the federal government charged Dinshah with grand larceny for allegedly making false claims about the powers of the Spectro-Chrome machines. He successfully defended himself with a dazzling array of expert witnesses and case histories. But in 1947, when he was over 70 years old (he fathered his last child at 73!), a criminal suit was brought against him, and although he again

produced many witnesses and case histories, a fire at the Spectro-Chrome Institute had destroyed most of his records, and he was unable to successfully defend himself. He was found guilty, and federal agents invaded hospitals and the private homes of hundreds of satisfied owners and users of Dinshah's color machines, confiscating and subsequently destroying them. The court also decreed that his books be destroyed; well-publicized, public book-burnings ensued. Dinshah was fined and put on probation.



Over several decades, Dinshah taught 100 graduating classes of Spectro-Chrome Practitioners and succeeded in distributing over 11,000 projectors. A statement he made in 1958 sums up his life: "I have been persecuted all my life for merely serving suffering humanity, but I shall continue to serve as long as there is breath in my body." Indeed, Dinshah continued working with color for the remainder of his life.

At present, U. S. Food and Drug Administration regulations still prevent his family from selling Spectro-Chrome Color projectors - they're classified as medical devices - but the Dinshah Health Society in Malaga, New Jersey continues to promote his healing systems. To quote his son, Darius, "We're still alive, well and kicking!"

One of Dinshah's graduates was a feisty woman named Kate W. Baldwin. Dr. Baldwin was Senior Surgeon for 23 years at Philadelphia Woman's Hospital. For the last three years of her life, she used Spectro-chrome methods in the hospital. She presented a paper on Eye, Ear, Nose and Throat Diseases at the Medical Society of the State of Pennsylvania on October 12, 1926. It was printed in the Atlantic Medical Journal of April 1927. In it she stated, "...after nearly thirty-seven years of active hospital and private practice in medicine and surgery, I can produce quicker and more accurate results with colors than with any or all other methods combined - and with less strain on the patient." This highly skilled surgeon and M. D. once said, "I would close my office tonight never to reopen, if I could not use Spectro-Chrome." She was eventually pressed to resign by hospital officials because of her views; however, she was offered hospital space to continue with Spectro-Chrome therapy, and continued her practice from her private office, as well. Dr. Baldwin also got her brother interested in Color Healing. L. Grant Baldwin, M. D., Fellow of the American College of Surgeons and of the American

Medical Association, a well-known medical and gynecological authority, employed several of the Spectro-Chrome machines at his office in New York.

What an outrage that the powerful lobbying and financial efforts of the American Medical Association could influence the courts to deprive the American public of a proven form of non-invasive healing! Color Healing often replaced prescription drugs and surgery, which are, obviously, major sources of income for the medical industry. It's still used, however, in Australia's "socialized" medical care system; it's also widely employed in Germany, France and Brazil. Since Dinshah's time, other daring color researchers, including three of his children, have persevered, quietly attempting to share the knowledge of the power of Color Healing. The medical profession did retain one aspect of color therapy, which is still used today - they shine blue lights on jaundiced babies.

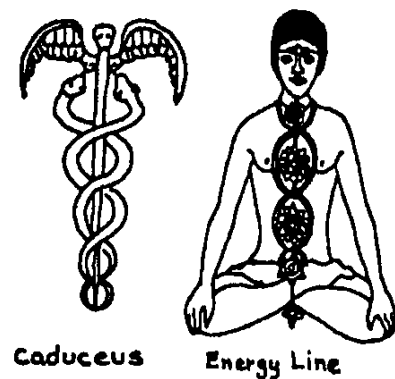
Although the physical benefits of color were suppressed in the US, the psychological effects have been acknowledged, at least to some degree. In 1950, Faber Birren published *Color Psychology and Color Therapy* to "fairly" good reviews in the "medical press." It offers a historical overview and delineates Birren's research into color's psychological effects. Oddly, at times he seems to mock the idea of any physical benefits of color, while promoting the emotional benefits. Possibly that was his way of distancing himself from Dinshah. At any rate, back in 1934 he had opened an office as a color consultant, applying his knowledge to the commercial applications of color, and its effects on safety and efficiency in the workplace. He worked for such notables as Marshall Field & Company, the Caterpillar Tractor Company, Dupont and General Electric. The U. S. armed forces (Army and Navy) also employed his methods and techniques.

In 1969, Dr. Maxwell Luscher, a German psychologist, published *The Luscher Color Test* in the United States. The test consists of eight colored cards that the patient chooses in order of preference. By using the information in Luscher's book, a very accurate psychological diagnosis can be made. The test was widely used by psychological professionals in the United States for a while, before going "out of fashion".

The public ridicule and legal prosecution of color healing in the late 40's and 50's drove research underground, resulting in fear and ignorance among the general public. However, more recent technological advances have made it possible to prove much of what was thought to be superstition back then. People today, lacking the old fears or negative belief systems and possessed of new scientific and



metaphysical insight, are rediscovering that color has a powerful and obvious effect on living organisms. Accordingly, Colorology has regained much of its former popularity. While it is still illegal in the United States to charge money for shining colored lights on a person for healing purposes, the law is seldom enforced. However, the American Medical Association remains a very powerful political and public force. In order for new research to be considered "valid" within the general medical profession, it must be published in the peer-reviewed medical journals. But if you aren't a member of the established medical profession, these journals won't publish your work. The field of cancer research offers a good example: many "alternative" treatments have been developed that are kept effectively out of the "slash, burn and poison" treatment mainstream because their discoverers don't have "proper" credentials. Their work is therefore not published and is marginalized, especially if it poses any sort of threat to the patented, controlled and expensive "disease maintenance" establishment – as does, for instance, a relatively inexpensive and non-patentable herbal remedy. After all, if you were benefiting handsomely from a multi-billion dollar industry, would you help to publicize a way of eliminating it?



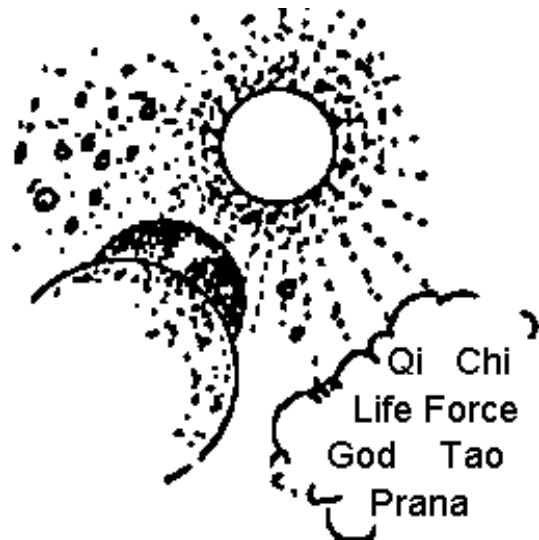
Interestingly, the Caduceus – the symbol of the AMA – represents the body's seven major energy centers and lines of energy – which Western allopathic medicine completely ignores!

The current state of healthcare in this country makes it obvious that the time for the American public to wake up and demand changes in the system has long since arrived. We have the right and obligation to make choices as to the type of healthcare we receive, to hear about all options, and to have them available. Granted, there are charlatans out there, but this only reinforces the need to empower ourselves with the knowledge required to take responsibility for our bodies and our lives. Fear, ignorance, greed, and the need for control are powerful barriers that have blocked, and continue to impede, the implementation of simple, inexpensive and non-invasive methods of healing.

# *Why Color Affects Us*

## *What is Color?*

Energy, White Light, the Primal Force, - call it what you will - comes to our planet from the Sun and, to a lesser degree, the Universe. Human beings in every culture have been trying to understand and use it since the beginning of time. It's been called many names: Qi, Chi, Prana, Nirvana, Kensho, Satori, Brahma, Moksha, Samadhi, Tao, Spiritual Source, Allah, The Gods, Holy Spirit, Christ Consciousness, God, The One, Vitality, Life Force, Energy, Father/Mother, Peak Experience, Supreme Synthesis, Omega and Pure Consciousness.



Physicists and philosophers theorize that at some "point" in Infinity, White Light Energy (Spirit) somehow "expressed" itself as "The Big Bang" or "Original Thought", an unimaginably gigantic explosion that blasted holographic "specks" of Spirit out into space in a funnel-like spiral from Original Source. Each "speck" is unique, ranging in dimension from entirely invisible to the size of a universe, each vibrating at its own unique frequency and spiraling in its own unique pattern. Some vibrate so fast they don't manifest as physical matter, but rather as various levels of consciousness. And each speck, being at the same time a reflection and an integral part of the whole (a hologram), is making its way back to union with the White Light Source, touching all levels of experience during the "journey". *All* phenomena are holographic manifestations of Spirit, the Unknowable Source.

"White Light" energy can behave like a wave, like radio or TV frequencies, or, when it's vibrating within the visible light frequency range, a particle, manifesting physical matter such as metal, wood or our bodies. If we look at

physical matter under sufficiently powerful magnification, we see that it's in constant motion. The nature of everything, particle or wave, visible or invisible, is *vibrational frequency*.

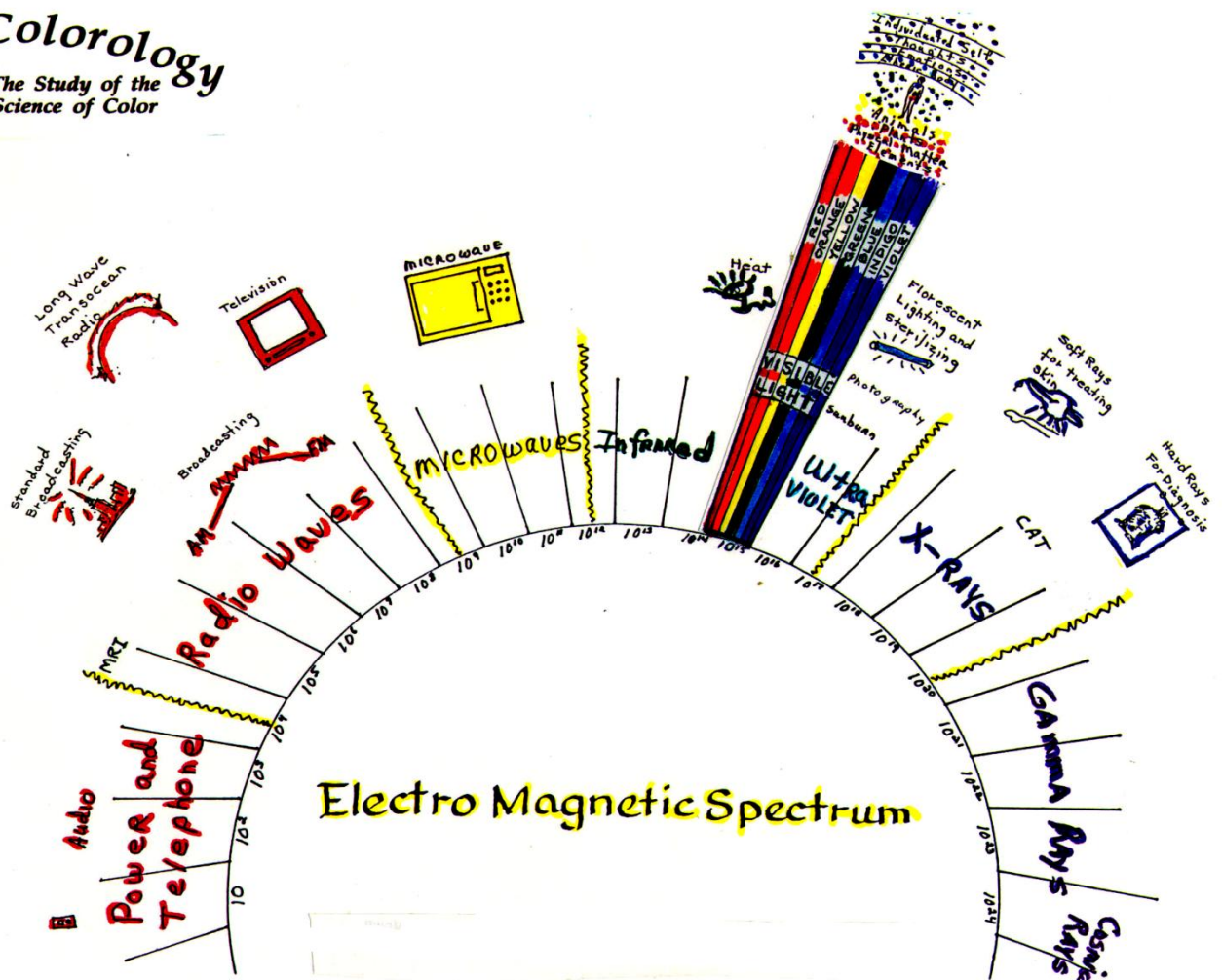
We can also see simply by observing nature that these vibrational patterns are *spirallic*. The rings of a tree trunk, a conch shell, the growth pattern of a flower, our fingerprints, a hurricane or tornado, the galaxy in which our solar system (itself a spiral) exists, and, perhaps most dramatic of all, the double-helix spiral of DNA found in every cell of every living thing on Earth, are but a few examples of the spirallic nature of the Universe.



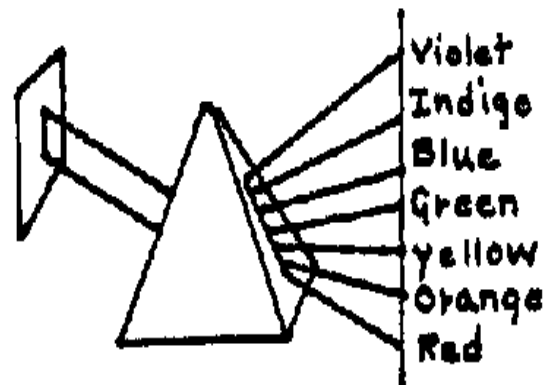
Scientists have classified some of the many frequencies of "energy" that come to us from the sun and the Universe into the so-called "electromagnetic spectrum", which may be regarded as one "octave" of the energy with which the Universe is made. At one end of this chart we find the slower, "longer" waves, such as electrical power (AC or DC), ultrasound and radio waves. Moving through TV waves, microwaves, infrared, fluorescent and incandescent lighting, ultraviolet light, CAT scans and X-rays, we progress to the shortest, fastest-vibrating frequencies, like cosmic rays. Again, these are all discrete frequencies of the primal White Light that humanity's physical science has identified and (usually) put to some practical use. Other, higher or lower frequencies, still outside the range of scientific understanding, haven't been classified or charted. Thought, for example, travels at infinite speed (hence telepathy), and is a form of energy that we, at this point, simply don't understand.

# Colorology

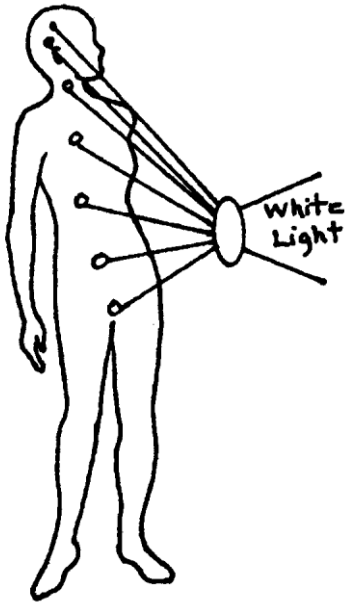
The Study of the Science of Color



We know that sunlight (visible light), when refracted through the crystalline structure of a glass prism, will divide into the seven colors of the rainbow: violet, indigo, blue, green, yellow, orange and red. We also know that when light is refracted through moisture in the atmosphere, a rainbow is created in the sky.



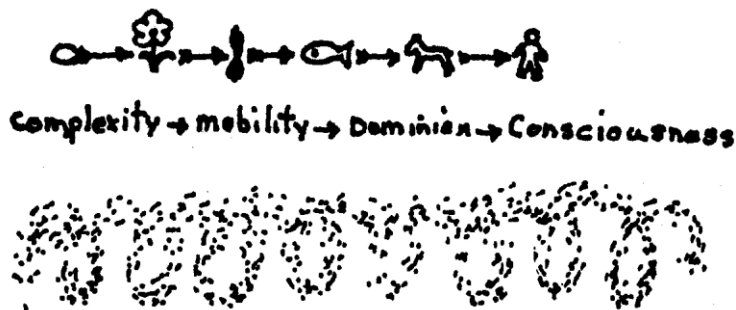
Visible light being a part of the electro-magnetic spectrum, each color and hue has a particular vibrational frequency. Red is the longest and slowest, violet the shortest and fastest.



The eyes, obviously, are the organs with which we "see" light; but our bodies are about 75% water, and when light contacts any area of the body, it refracts through the crystalline structure of the body's cells into the seven colors (frequencies) of the rainbow, thus affecting us physically and emotionally.

**Everything in the physical, material world (the world we can see, including our physical bodies) is vibrating — spiraling — within the frequency range of one of the seven colors of the rainbow.**

Everything and everyone has its own unique signature frequency, hence its individual form. A rock vibrates more slowly than a flower, a worm vibrates more slowly than a fish, and your dog vibrates more slowly than you!



## *Seeing “The Field”*

Kirlian Photography, or Electrophotography, a lensless method of photographing an object with no light source, was discovered by a man named Kirlian and his wife. It enables us to take pictures of some of the normally



invisible energy surrounding living organisms. Kirlian photography reveals that living things emit a glow, corona or "aura", which is affected by physical and/or emotional conditions. Accordingly, it has proved useful as a diagnostic tool.

Perhaps the most exciting and interesting discovery made using Kirlian Photography is the "Phantom Leaf Effect". When the corner of a freshly picked leaf is cut off and the leaf placed on the film, an outline of the whole leaf appears on the film. This phenomenon also exists in humans; it's well known that someone who loses an appendage may continue to feel sensations as if it were still attached – the "Phantom Limb Effect". These phenomena demonstrate the existence of the energy matrix or grid from which both leaf and human are created; in the case of humans, it's called the etheric body (the word "etheric" is derived from the word "ether", which means "of finer substance, upper regions of space"). Quantum physicists have also recognized this "field potential", calling it, appropriately enough, the quantum field.

In the Eastern world, where the cultural focus was traditionally more on spiritual rather than technological development, many people could see auras without the benefit of technology. Look at the many depictions of Buddha, Hindu deities, and of Jesus; you'll notice that their heads are often surrounded by a halo of light. We all have the ability to see auras, if we have the desire and are willing to practice.

In an excited or nervous state, the aura is close to the body and broken; when we're relaxed or in a meditative state, it's full and bright. We know that when we're relaxed we can think more clearly, and generally feel better physically. In fact, Kirlian researchers have found that one can change the size of one's aura simply by thinking "thin" or thinking "fat" or "thick"!

The mere placing of hands on another can affect the aura. Known in the Bible as "the laying on of hands", this most basic of healing modalities is now called "Therapeutic Touch" by its practitioners and becoming accepted in hospitals and hospices in 2017. We can and do, consciously or unconsciously, "share energy" with one another. That's why it feels so good to give and receive hugs. Handshakes are another way we transmit this energy. A weary child climbs into its parent's lap, deriving an energy "transfusion" from the connection. When you take responsibility for this power and consciously use it, you can become a very powerful healer.

## *Playing “The Field”*

Most of us have experienced – or at least know someone who has exhibited – one or more "extraordinary" abilities, such as telepathy (nonverbal communication with another), clairvoyance (seeing beyond the normal range of vision), or precognition (knowledge of a future event). Do you remember seeing colors or lights around people when you were a child? You're remembering the natural ability to see auras, with which many, perhaps all, of us are born. Lack of cultural reinforcement allows this ability to atrophy, as with many other "psychic powers".

I once met a woman, a college professor, who had *synesthesia*, the merging of two or more senses, i.e. *tasting* music, *smelling* letters of the alphabet, *hearing* colors. Approximately one in 300,000 people are born with this ability. Some can see color pouring out of people's mouths when they speak. This woman participated in a careful study of her ability to see color around people. Simply by observing volunteers in a room monitored by a color video camera, she was able to diagnose their physical and emotional ailments from the colors she saw around them on TV. A medical doctor then interviewed each volunteers to check her observations. Her "hit" rate was approximately ninety-five percent!

"Spontaneous remission", mysterious and unexpected recovery from life-threatening ailments, is another example of how our bodies interact with the *field potential*, that energy grid from which manifests all that is. I met a man in New Mexico who claimed that he'd cured himself of "terminal" cancer using colored lights, solarized water and proper diet. Change the vibration, change the reality!

In a 1988 *Omni* magazine survey, 42% of the respondents said they had experienced some sort of contact with someone who was no longer living. Today it is estimated that 75% of grieving spouses have some sort of contact with their deceased loved one. The physical body "recycles", but the vibrational field from which it manifests cannot be destroyed – disrupted, maybe; disturbed, yes, even dispersed – but not destroyed. And there are many ways of perceiving that field.

## *How Color Affects Us*

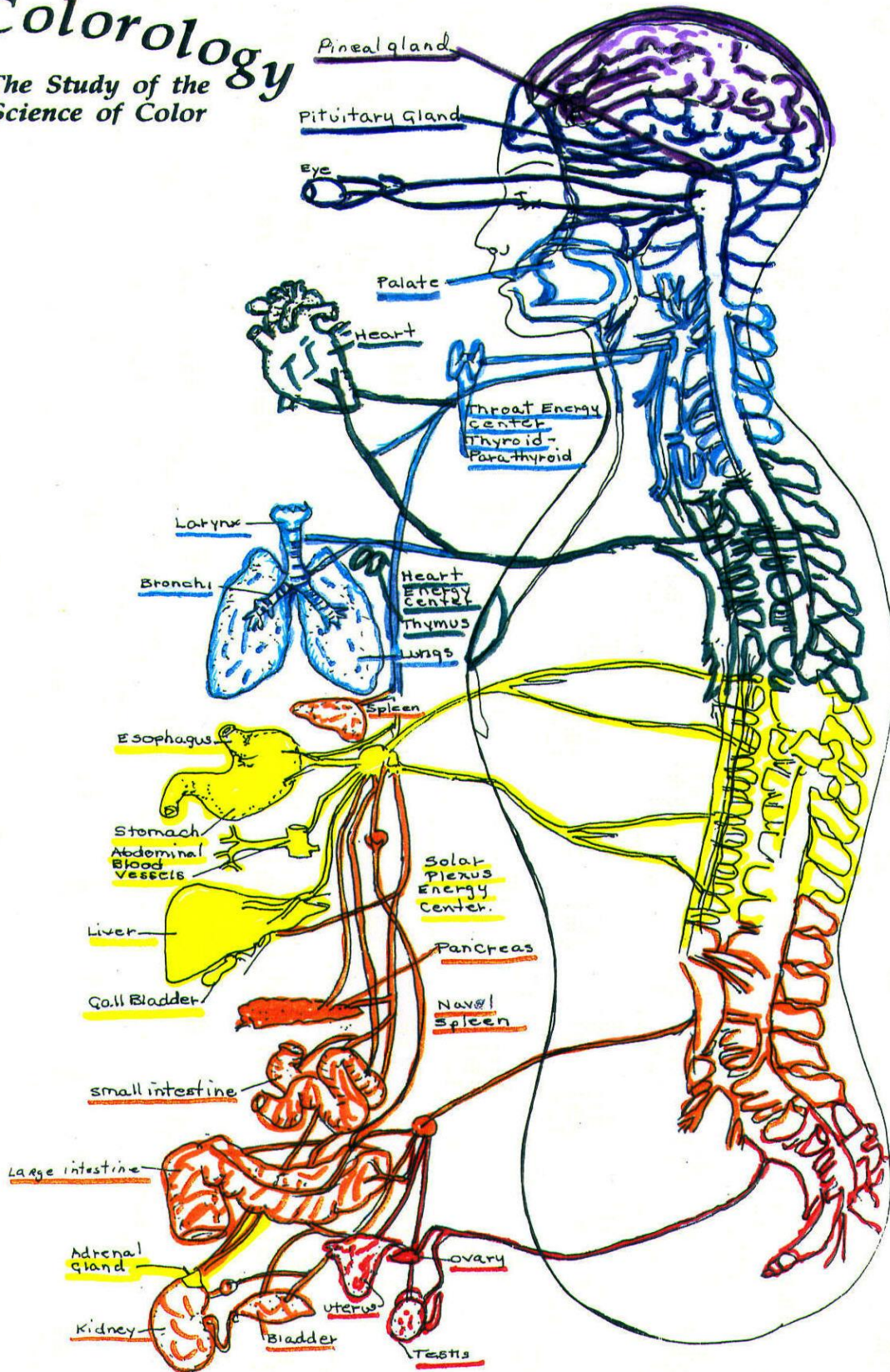
As we have seen, the physical body "emerges" from White Light Energy, which contains the frequencies of all the seven colors of the rainbow. More exactly, at specific frequencies within the visible spectrum, light manifests as particles, which combine to create the physical body, including the endocrine glands and the organ systems to which they relate. The endocrine glands secrete hormones, which help to balance the organ systems. Light also affects areas of the brain that vibrate at similar frequencies, thus helping to create specific emotional and mental responses.

Light refracts — divides into specific color frequencies — when it strikes the physical body, and is drawn through the nervous system to the area in the body that vibrates within a similar frequency range. The lower portion of the torso vibrates to the color red, blending into orange over the abdomen. The upper stomach area vibrates to the color yellow and the heart area to the color green. The neck and thyroid gland vibrate to the color blue, and the forehead and pituitary gland vibrate to the color indigo. The top of the head and pineal gland vibrate with the shortest, fastest color frequency, violet.

When light enters the body through the eyes, retinal (eye) tissue conducts it from the eyes to the pineal gland, located in the center of the head. Vibrating faster than any other part of body, the pineal gland prompts the brain to process impressions and create mental pictures.

# Colorology

The Study of the Science of Color





Because light enters the body through a variety of ways, as we've discussed, blind and colorblind people are affected by color, just as sighted people are. Nature has given us the ability to over-develop another sense when one is limited in some way.

Here's a story that illustrates this point: I was at an expo, when a woman came up to my table and said, "So you think color has an affect on you, do you?" I assured her that I did and she started laughing. She told me a story about when she was attending interior decorating school in New York, many years previously. Her teacher was redecorating Helen Keller's home. Keller's assistant told her one day to be sure that she included the color yellow in the décor. Knowing of Keller's handicap, she had not considered color at all in her plan, only texture. The assistant assured her that Keller could tell the difference, so the teacher took her class on a field trip to visit Keller, bringing along some spools of different-colored thread. Keller was able to accurately identify the color of every one, simply by holding it.

## ***Taking Responsibility***

Do you know where your spleen is and what it does for you? Too many people know too little about their bodies and how they function. We abuse these miraculous "meat machines" with insufficient exercise, unbalanced diets, drugs (prescription and recreational), tobacco, alcohol and stress, then feel victimized when we get sick and tired!

We then seek medical help, secure in the mistaken belief that "the doctor can fix it." However well-meaning and well-trained they may be, though, most doctors — especially ones involved in "managed care" insurance plans — are at the mercy of a harrowing schedule and an unforgiving bureaucracy of one kind or another. When you finally get an appointment, the doctor rushes in, spends maybe five minutes with you, looks over your chart and prescribes powerful chemicals that may cause "side" effects worse than your original ailment! Current industrial medical practice rarely allots time for consideration of the total being — body, mind *and* spirit.

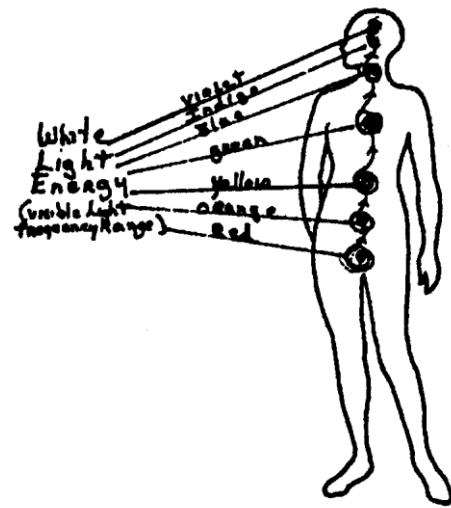


There's a good reason it's called "the *practice* of medicine" – in my research, I've seen over and over again that the medical profession is not always as certain of the intricacies of how our bodies operate as they would like us to believe. We must take more responsibility for our bodies, their healing and maintenance, by understanding how they work.

Here is my intuitive insight, supported by the research I've done:

## *How We're Made*

Spirit assembles a physical organism, within the evolutionary Spiral of Life, from the elements of the earth. For this organism to think, remember and in general possess a unique "Mind" requires what Deepak Chopra calls a "driver" — higher consciousness (or a higher vibratory rate) than the physical body contains merely in its elements. As cells divide within the growing organism, consciousness manifests as photons, or flashes of light, and as sound. This light, by the way, can now be seen with high-powered microscopes.



Consciousness may therefore be seen as a kind of interaction between matter and light (that is, among *frequencies*), and is sometimes described as the Individuated Spiral, the Higher Self, or one's Spirit Guide – a unique "speck" of White Light, vibrating (spiraling) within the larger spiral of Universal Consciousness. Because consciousness vibrates at a higher frequency than the organism's physical structure, it has domain and control over the body. The body, in other words, is a manifestation of consciousness on the physical plane.

Within the Individuated Spiral resides the memory of its unique journey through the Spiral of Life. The vibratory rates



of your parents' chromosomes provide the basic genetic materials that contribute to your first cell. Your Individuated Spiral chooses the genetic makeup (parents) that will provide the specific bodily frequencies it requires. It then projects a "speck" of itself into the DNA when the first cell splits, endowing it with its entire memory. This memory is stored in holographic form in your DNA, and generates the Etheric Body, the frequency pattern created by the Individuated Spiral to assist in the formation of the physical body. It vibrates a little faster than the physical body, in an "etheric" region or "octave" slightly "above" us in the Spiral of Life.

To review: In the first cell created by the joining of the egg and sperm, your first DNA was created. When that first cell split and the light flashed, your physical organism was endowed with its individuated consciousness, or signature frequency, including the memory of its evolutionary spiral, which is stored in holographic form in your DNA, which was itself formed by the combining of chromosomes from each of your parents.

Chromosomes contain the genetic material deoxyribonucleic acid (DNA). The DNA's "double helix", two identical strands of molecules spiraling around each other, is found in the nucleus (center) of every cell, and contains the "coded" instructions to create your entire body. Scientists have largely deciphered this "code" (with some huge exceptions), bringing forth almost daily dramatic new understanding of the "mechanics" of life; however, much still remains to be done. DNA is, any researcher will tell you, incredibly complex.

You might think of your DNA as a long piece of videotape containing the complete memory of your *individuated* self's evolutionary spiral, as well as the genetic history of the entire species – your body's instruction manual. Everything that your Individuated Spiral – your Soul, if you like – has ever done, felt, tasted, touched, smelled, heard and even thought is recorded on that videotape.

When a new cell or protein is required, the DNA splits in half at the proper place in the "tape", like a zipper, to expose the necessary instructions. Messenger RNA (similar to DNA but comprised of only one strand) enters the nucleus and copies the exposed part of the "tape", then connects with a ribosome (kind of a "factory") in the cytoplasm (the part of the cell surrounding the nucleus). Another chemical called transfer RNA then goes about collecting the required amino acids (ingredients) on its built-in hook, to be matched up with the messenger RNA.

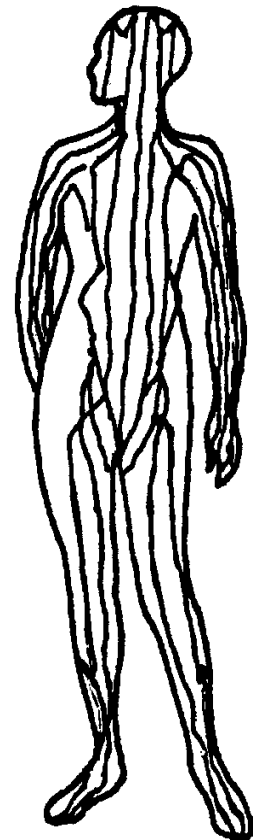
The strand of messenger RNA feeds through the ribosome like a tape past the playback head of a tape recorder (spirals within spirals, tapes within tapes!). As it feeds through, the ribosome knits together the amino acids hooked on the end of the transfer RNA, binding them in a long chain corresponding to the sequence encoded on the messenger RNA. In this way, a protein is made precisely according to the instructions in the DNA molecule.

You might ask, "If all the instructions for all the different kinds of cells in my body are in every cell, how does the cell know what its exact instructions for reproduction are?" A good question, and one that has stumped researchers since DNA was first discovered. I think the answer could lie with the Etheric Body, or energy matrix, that we discussed earlier.

To understand how this might work, let's go back to the egg and sperm for a moment. From the time the egg is released from the ovary and fertilized, it takes about thirty hours for the egg to split for the first time, and approximately one week to travel down the fallopian tube and implant itself into the uterus. Scientists doing experiments on chicks (the ones that hatch from chicken eggs!) have found evidence of acupuncture meridians, or "microtubules", as Western scientists call them, approximately fifteen hours after conception. [Previously, our technology was unable to detect these "meridians", because they vibrate at a speed faster than our instruments were able to detect (a higher octave).]

Scientific evidence is in fact mounting that what the Chinese refer to as acupuncture meridians are in fact part of the energy matrix, or standing-wave pattern, along and through which the physical body manifests, just as the Chinese have believed for centuries. This all points to why cells "know" how to reproduce themselves – they're following an invisible energetic plan, or blueprint. Rupert Sheldrake coined the terms "morphic field" and "morphic resonance" referring to the nature of this originating and guiding "blueprint". The physicist David Bohm called it the *implicate* order, from which emerges physical reality, the *explicate* order.

In the Chinese system of acupuncture, there are twelve pairs of meridians that are connected to specific organ systems within the physical body. Within



these meridians flows what they call "Chi" (Life Force, White Light Consciousness), with its characteristic Yin/Yang, (positive/negative, male/female, antagonistic/complementary) qualities. This energy enters the body through the acupuncture points and flows to each organ system. The Chinese believe when this energy is blocked or otherwise unbalanced, physical, mental, and/or emotional dysfunction can result.



Western scientific research has substantiated much of Chinese medicine. Evidence of microtubules has been found within the nucleus of every cell in the body. The fluid they contain has high concentrations of DNA, RNA, amino acids, hormones and adrenaline, which suggests a close connection with the endocrine glands. The microtubules are, in addition, independent of the vascular, lymph and blood networks.

In experiments using frogs, the microtubules leading to the liver were severed, resulting in serious degeneration of the organ within just three days. This supports the theory that "dis-ease" often begins in the Etheric Body, then progresses to the physical body, manifesting where the flow of energy is unbalanced.

Acupuncture points, or acupoints (they're actually little spirals!), which are located all over the body, with terminal points located primarily on the hands, feet and head, are believed to be conduits through which Chi flows into the body. A marked difference in electrical resistance has been observed at these points. Energy follows the path of least resistance. As I've already pointed out, our bodies consist of 70-90% water (researchers can't seem to agree – the average seems to be 75%), and water is known to be an excellent conductor of electrical energy.

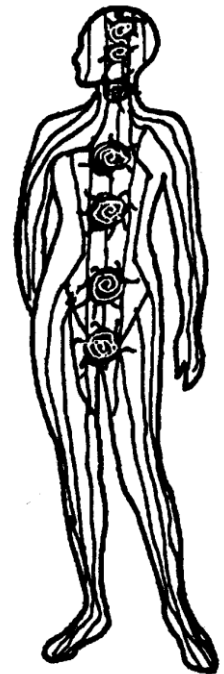
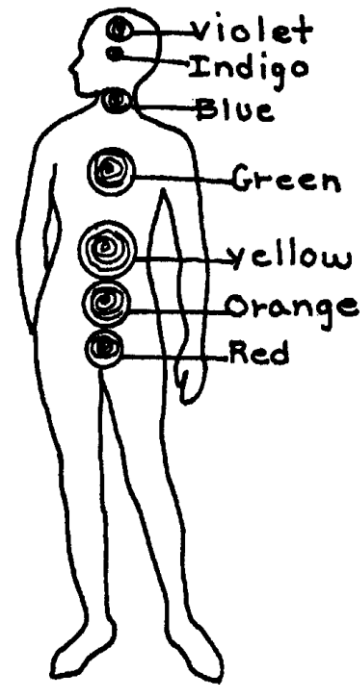
Kirlian Photography has revealed that changes in the brightness of the acupoints may precede the onset of physical illness by hours, days and even weeks. The acupuncture meridians are not the only link between our physical body and our higher vibrational (energetic) systems, or Higher Self. Again, we can look to ancient Eastern knowledge, wherein we find extensive discussion of chakras. Chakra means "wheel of energy" in Sanskrit (the ancient language of India).

There are two additional pathways of energy that flow through your body, one coming from the earth through the bottom of your feet, another from higher octaves above through the top of your head and flows down through the body. These lines cross back and forth over the spine (in a spiralic pattern, of course). Each time they cross they cause the energy in that area to spin, creating the chakras.

These seven special energy centers are also paths through which the vitalizing, nourishing Life Force (Chi, White Light) circulates into and out of the physical body. They act as "transformers", stepping down the higher vibrating energy so that the body can use it, and also, when necessary, as conduits for emitting excess energy.

The chakras are located over the seven major endocrine glands, which regulate the seven bodily systems, i.e., reproduction, elimination, digestion, circulation, respiration, the autonomic nervous system, and right/left brain synchronization. When endocrine glands are secreting too much or too little of the hormone(s) they produce, the excess or lack creates physical, emotional, and/or mental imbalances.

The chakras connect with the body through channels called *nadis*, tiny ducts of energy interwoven within our nervous system and thus closely connected with the spine and brain. All these connections among the chakras, endocrine glands and nerves help to create the dynamic balance required for the body to maintain the state we experience as good health.



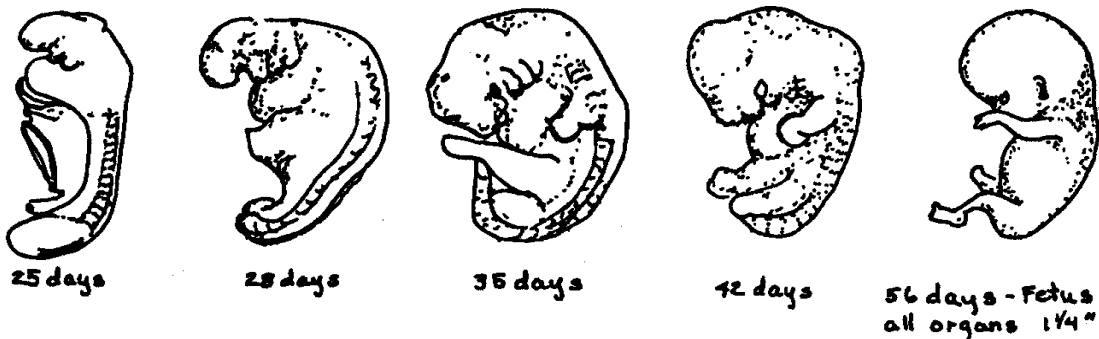


Western researchers have also found empirical evidence of the existence of chakras. Observations made with sensitive electrical devices indicate that energy emitted from the area of the chakras is of a higher frequency than that which ordinarily radiates from the body. The scientific evidence is mounting to prove what the Eastern world has known for centuries.

Now, let's get back to the developing embryo. At 23 days, it shows signs of developing a spinal column and nervous system. At 28 days, it's the size of a grain of rice and there are signs of the eyes, ears and heart. We begin as one cell and gain more and more complexity, mobility, domain and consciousness, as the cells divide and multiply. At one point we even have light hair all over our bodies. The species of each developing embryo is determined at conception by the particular combination of chromosomes and consciousness of its parents.

The fetus develops in the womb by absorbing, along with physical nutrients from the mother's blood, White Light Energy in the frequencies of each of the seven colors of the rainbow through the top of its head, the bottom of its feet, each of its seven major chakras, and all of its body's "acupoints". Because "like attracts like" on all levels of Consciousness, this energy travels through the complex physical body to the area that vibrates at the same or similar frequency.

After 56 days of development, when all of the major organs have formed, the embryo is now referred to as a fetus, and it is approximately one and a quarter inches long. For the rest of its time in the womb, it will continue to develop according to the "dictates" of its Etheric Body until, after nine months, an individuated human being is ready to make the transition to the outside world. Because life outside the womb, with its myriad stimuli, requires a much more sophisticated level of awareness, when the new baby takes its first breath it receives a blast of Prana from the Individuated Spiral – in other words, the physical being takes on more of the Individuated (Higher) Self in order to cope with 3-D existence ("And God breathed life into Adam"). At this point, the Consciousness (rate of vibration) of the new being rises dramatically, and it acquires the "Godlike" creative ability – as well as the free will to choose what to create – of its Maker. The Individuated Spiral has expressed another facet of Itself.



Within the DNA of every cell of the developing body, like a hologram, is the total Consciousness of the Individuated Self, or Driver. Consciousness "inhabits" physical bodies in order to raise the vibratory frequency of the Individuated Spiral through the experience of situations that offer "lessons", or opportunities to grow. The relatively "dense" frequencies found on planet Earth make possible the learning experiences available here.

The newborn being is very conscious; however, the density and immature state of the physical body inhibit its expression. It must learn, slowly and painstakingly, how to "operate" its limbs, speech apparatus and brain. As the months go by, the new being forgets its cosmic heritage through a process called *Involution*. In this way it can learn and grow within its current life situation without all its previous experience and knowledge "getting in the way".

By about the age of seven, we've usually lost most of the memory of our origin. This knowledge remains locked, however, in the DNA in every cell of the body, and can be accessed at will. Proof of this can be found in an interesting, if rather cruel, study that involved training a rat to run a maze, then removing, bit by bit, its brain, in an attempt to ascertain in what part of the brain memory is stored. The researchers ultimately removed all but a very tiny portion of its brain, yet the rat still remembered how to run the maze. Its muscle response was diminished, but it could still remember, indicating that memory can be stored somewhere in the body other than the brain. As another example, some massage therapists claim they clairvoyantly "see", while doing massage work, pictures of past events involving their clients. Are they "receiving" these messages by picking up stored memories in the clients' muscle tissue?

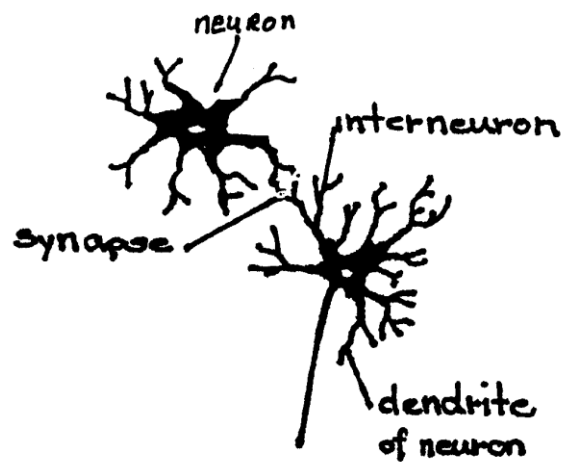
One last observation on the subject of childbirth: Back in the '80's I had the opportunity to be at the hospital when a good friend had her baby. When the newborn child was about ten minutes old, I was watching him in the nursery. It absolutely broke my heart. He was lying, stark naked and alone, in a cubicle with bright lights glaring down on him. I imagine how terrifying that must have been for him. Just a few minutes ago he had been warm and cozy, floating around in the dark, hearing his Mommy's heart beat. Then, after a traumatic journey through the birth canal, he was cold, under bright lights and all alone. It seemed so cruel; subsequent research has revealed to me that it was, rather, just plain ignorant. The hospital was at least progressive enough to allow the babies to be with their mothers as much as the mothers desired, once they recovered somewhat from the

birth experience. I'm sure the hospitals have dozens of reasons for doing all the things they do, but it seems like it could all be done in a much gentler, kinder way. I understand some hospitals are still doing surgery (circumcision) on babies without anesthetic. What a crime! Now that so much research has proven the impact on adult psychology of prenatal, infant and childhood experiences, isn't it high time to move such "New Age" notions as underwater and gentle child birthing, infant massage, early self-esteem training and the like into the "mainstream"? (Note – I am delighted to report this practice has stopped in many modern hospitals, at least in the US, in 2017.)

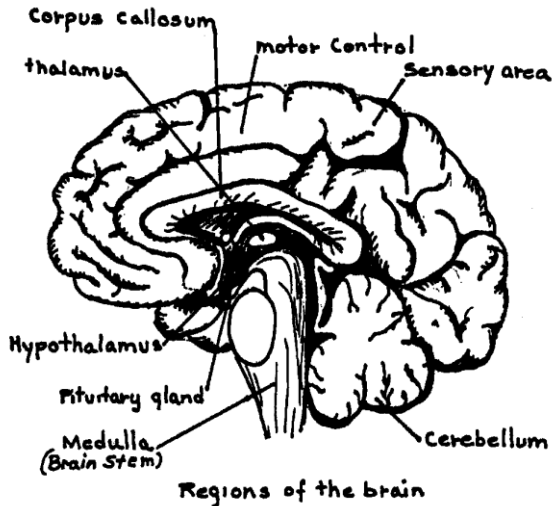
As I mentioned earlier, it's interesting that the medical profession does use Color Therapy in the hospital nursery. They shine blue lights on jaundiced babies, to counteract the yellow in their skin.

## *How Mind Works*

The brain and central nervous systems are composed of cells called "neurons". They're different from the other cells – they don't reproduce themselves. Every second, hundreds of nerve impulses arrive in the brain with information from the body's sense receptors; equal numbers depart the brain, carrying instructions to various muscles and organs. In a remarkable mixture of electricity and chemistry, nerve impulses pass from neuron to neuron all around the body, creating an intricate web of signals. Yet no two neurons actually touch – there's a small gap between them. The electrochemical nature of the nerve impulse enables it to leap across the gap, in so doing creating a synapse or spark (a flash of Light!) and a sound. Advances in technology have enabled scientists to record and measure both.



You were born with 10-100 billion brain neurons – more, according to science, than you'll ever need, since we allegedly use only about 10% of the brain's potential. This mass of neurons appears to function rather like an intricate filing system.

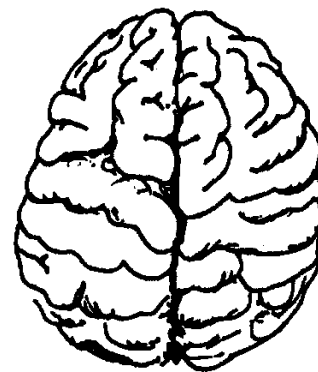


The layout of your brain echoes its evolution or development. It has evolved mostly by developing up and out from the top of your spinal column, called the brain stem. As it develops, its functions become more and more sophisticated. Each sensory input (experience) generates a finger-like dendrite, which connects via a synapse to another neuron. Each neuron is capable of developing an indefinite number of dendrites. The brain itself doesn't actually grow – rather, the number

of connections among the neurons within it increases. Every incoming stimulus (experience) sets off an internal search through the "file" (area of the brain) where memories of similar stimuli are stored. For example, every time you looked for your mother's breast for nourishment, it got a little easier, because more and more dendrites were created. As you developed, you learned to move your arms and legs, creating more dendrites in the area of your brain associated with that activity.

Researchers have found that it's vital that this development proceed in an orderly, progressive manner. One study involving "learning disabled" individuals revealed that many of them had used a baby "walker" as infants, thus missing out on the brain stimulation obtained from crawling – a natural and necessary stage of development, it would appear. Amazing results in correcting these "disabilities" are being obtained, even with adults, by using various exercises that stimulate the "learning to walk by first learning to crawl" portion of the brain.

Analysis  
Linear  
Logical  
Language  
Writing



Imagination  
Intuition  
Creativity  
color  
Place  
shapes  
Art  
Music

Have you heard the old saying, "Use it or lose it"? Like many clichés, this one has a very sound basis in fact. Do you remember how, each time you rode your bicycle, you got better and better at it? And every time you took on those infernal long division problems, they got a little easier to do? It's because more and more dendrites are created with each repetition of a thought or activity. It works the other way too: stop roller skating or playing tennis for a few years and you'll have to practically start over, because some of the neural connections have dissolved. You don't use 'em – you lose 'em! (This may be how babies forget their past lives. A baby's physical abilities are so limited that it can't put the memories to practical use, so the connections drop away. But, as previously mentioned, though the information may be forgotten, it isn't lost. It's all recorded on your DNA "videotape", still a part of your Spiral of Life.)

The more input a particular "brain file" receives, the larger the portion of brain that's used for that particular activity – thus the more conscious and unconscious attention it receives. This is why the saying "Where thought goes, energy flows" is literally true. Thoughts create synapses (Light or energy) and your consciousness flows to the area where the dendrites are being created. This is also how belief systems are created. Every time you saw, heard or felt a similar input, the larger its file became, and the more you "believed" that particular structure of thought – regardless of how "true" or appropriate for you that structure might be.



The good news is that you can take conscious control and responsibility for your "filing system", and alter it as you see fit! Two tools for doing this are positive affirmations and visualization. Both are very efficient methods of directing your thoughts and thus directing your energy. With these processes, you can literally take control of your mind and create the belief systems and realities you choose. Remember, though, that fear, worry and complaining are negative affirmations, just as powerful as positive ones. To effect real change, it's necessary to replace negative mental and emotional habits with positive ones. It's like losing weight; what you *don't* eat is as important as what you do eat.

World-class athletes have used visualization very effectively; Olympic teams use it. (Some trainers believe the practicing "done in your head" is more important than the physical practice; certainly, both are vital to top performance.)



It has also been found to be very effective in cancer treatment. I met a nurse from New York who works in the children's cancer ward of a large teaching hospital. She teaches the children to imagine they have little "pac men" running around inside them gobbling up the cancer cells. She has noticed a dramatic difference in the recovery rate of the children who are willing to participate in the activity. Become as a child and worlds of possibilities open up!

“Treasure Mapping”, a terrific “manifestation” technique, uses visual affirmations; its effectiveness depends on how often you look at the map and how much energy you give it. Both visualization and affirmations are, basically, simple methods of focusing your thoughts, energy and consciousness – "thoughts are things and must manifest." An experiment involving three groups of plants proved the accuracy of this concept. They were all given the same physical nourishment. One group, however, was given lots of love, attention and verbal encouragement; expressions of hate and anger were directed at one group; one group was totally ignored. The group given love and attention flourished dramatically; the group that was ignored did less well; the "hated" group withered.

Thought, too, is energy, vibrating at its own unique (and very high) frequency. Some people who see auras can actually see "thought forms" in a person's energy field. This same energy – thought – projected from your Individuated Self, created your physical body. Your Conscious Ego projects its energy to create belief systems and, literally, your reality, how you experience existence.

So-called "reality" is, in fact, a picture you create in your mind. That's why ten people can watch the same event and experience it differently – unless all ten egos are embedded in a very powerful consensus reality. We can and do, literally, create everything in our lives, mentally and physically. I can hear you saying, "Well, I certainly didn't create that ugly divorce, or that automobile accident or getting fired from my job." Well, I'm here to tell you that in the cosmic sense, you – the Big, Powerful You – did. That puny, “helpless victim” you is just another belief system. Growing is a process of taking responsibility for your life. A giant step toward taking responsibility is knowing who you really are, or, more accurately, what "You" really *is*. The Big You always *grows* from any experience, whether it seems positive or negative at the moment. It's all energy – the difference lies in how we put it to use. That's how it works here in “Earth School.”



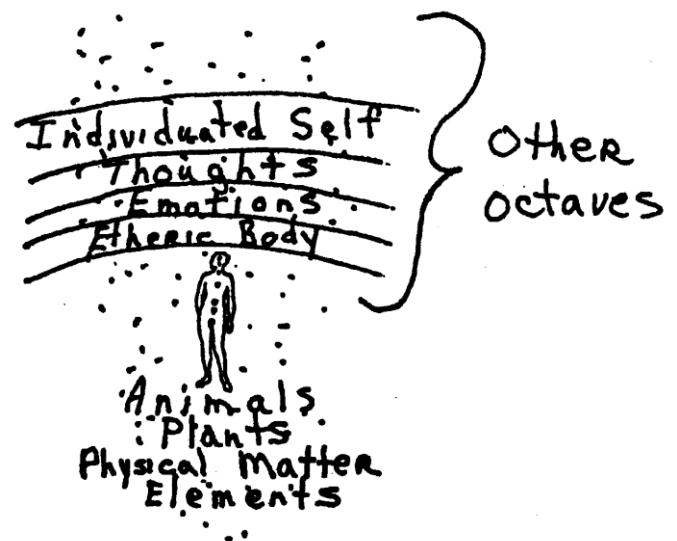
## Emotions

White Light energy or frequencies also travel to the brain, stimulating emotional and mental responses. Parts of the brain in fact resonate to the frequencies at which the endocrine glands vibrate. Pioneers like Dr. Richard Gerber, Dr. Bernie Siegel, and Dr. Deepak Chopra have shared with the world their experience and observation of the obvious connection between emotions and physical health. They call it "the Body-Mind Connection". They've found, when interviewing a cancer patient or terminally ill person, that more often than not that person has experienced a deep loss within the previous 12 to 18 months.

Louise Hay has done some remarkable work with AIDS (Acquired Immune Deficiency Syndrome) patients, affecting the course and severity of their illness by helping them change their belief systems. AIDS is an energy deficiency or blockage in the heart center (fourth chakra), the location of the thymus gland (which governs the immune system), as well as the center for Unconditional Love. Many AIDS patients are homosexual; in our society, homosexuality has somewhat of a stigma attached to it. These people, therefore, must often deal with rejection by co-workers, acquaintances, friends and even family; their hearts literally hurt. Energy gets "stuck" in the heart center, obstructing the flow of the essential Life Force energy to the thymus gland, which regulates the immune system. To the extent that changing belief systems opens up that energy flow, the underlying imbalance allowing AIDS to develop is alleviated.

It is, I repeat, all about energy. Emotional energy vibrates in an octave of the Spiral of Life slightly "higher" or "faster" than the energy from which your physical body is composed.

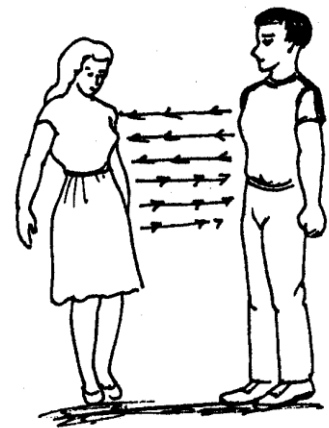
Some doctors are finding that some people's bodies know how to cure "incurable" diseases. Actually, we all have the ability to do this; we just haven't been given the tools to put that ability to work.



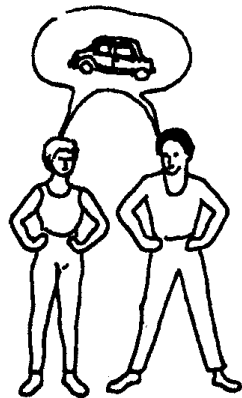
Research on people who have "beaten the odds" and outlived their prognosis (death sentence) is uncovering some interesting common denominators. These people almost always made drastic changes in the basic circumstances of their life (Red energy). They often eliminated from their lives jobs, relationships, and other situations that were creating stress (Orange energy). Many of them also took the time to study their dis-ease and understand what was happening to their bodies (Yellow). They then took responsibility for their physical care, taking an active part in the decisions about their treatment (Green). They often change their beliefs concerning their dis-ease by getting into support groups and talking about their problems and feelings (Blue). Usually, they begin taking better care of their bodies physically and emotionally, tuning in to the needs for rest, food, fresh air and emotional support (Indigo). Almost all of them got in touch with their "Spiritual Source", whatever that meant to them; also many of them used the techniques of visualization and affirmation we've discussed (Violet). In short, they balanced! – feeding energy to all of their energy centers, they were able to bring their Spiral of Life back into the state of dynamic balance it's always seeking. Put another way, when they thought (created energy) about all the different aspects of their being, they brought in the energy needed in order to restore a state of healthy balance.

## *Relationships*

Have you ever noticed that we seem to have a "magnetic" attraction to people who are very different from us? This is because, on the dualistic plane of three-dimensional existence, opposites attract. Each physical body has a unique frequency, affected by the particular balance of our seven energy centers. As we discussed, this balance helps to create our unique perspective on and experience of the world. When one of our energy centers (aspects) is lacking balance, it will seek out that vibratory rate "externally", in an instinctive attempt to balance. We find mates who project



the vibratory frequency or color that we lack, in order to balance. So we're drawn to them, literally like a magnet, because the energy we're talking about here is electromagnetic in nature. When we connect with the person who best matches our energy (color) needs, and whose needs we match, we say we're "IN LOVE". Actually we're "IN ENERGY BALANCE"! Each of the Life Color properties (see "What's Your Color?" below) point out the emotional and mental perspectives of those who are vibrating at that frequency. It's easy to see how annoying it would be for a person coming mostly from the red center perspective (get up and go, let's do it Now) to be with someone coming from the violet (I need to contemplate this awhile). In other words, while "opposites attract" on the physical, "primal" level, ultimately we need deep compatibility ("like attracts like") to create an enduring relationship.



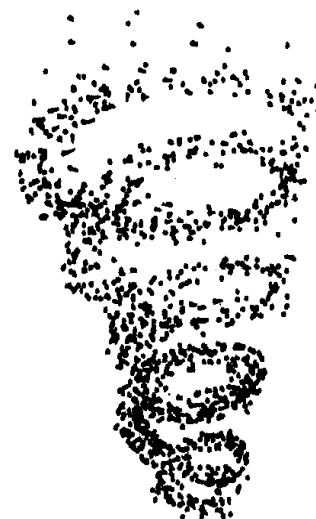
Not only, then, do relationships offer us a means to grow emotionally, mentally and spiritually; they present an opportunity to balance our physical energy, as well. Ultimately, of course, you're not on this planet to be with another person; you're here to "go to school" – to master the art of living in 3-D, raise your consciousness, attain "enlightenment", and to be of service. A relationship can be a useful tool in the process, while at the same time bringing joy into your life, but if it brings you more heartache than bliss, more hassles than growth, then it's time to move on. The constant stress of coping with an inappropriate relationship will only create *dis-ease*.

## *What's Your Color?*

Some people who can see auras say that each individual has a specific color that stays with him all his life. This predominant Life Color or "Ray", as it's been called, is that "signature" frequency we discussed earlier. As we'll see, it explains a lot about why you are who you are, offering insight into every aspect of living, but especially into the issues and challenges you face in this lifetime.

I've frequently seen a vision of what I was told is "the Spiral of Life"; it looks like a swirling fog or mist and is composed of specks of energy or light, each of which is a living entity, a being – us! Think of it as a spiral within the great Spiral of Being that we discussed above. Each being in the Spiral of Life vibrates at its own special, signature frequency – as unique to each as fingerprints are to humans. This is how we manifest physically as individuals. Beginning the journey through "3-D" reality in the red frequency range, we move "up" through the seven colors as –through many lifetimes – we "raise" our frequency, which takes the form of gradual self-mastery, culminating in "Cosmic Consciousness" (full union with Spirit). During that journey, we master Life's lessons, overcoming various challenges and developing our abilities.

DNA, the "blueprint" for the physical body, is present in every cell. According to current knowledge, two-thirds comes from the mother and one-third from the father, spiraling together to create the incredibly complex instructions from which each unique physical body develops. As Spirit, we choose parents whose particular DNA combination will create the frequency, or Life Color, required to best facilitate the round-trip back to Spirit. As explained earlier, the "soul" (our spiritual essence) retains what we might call "DNA memory" of all its "previous" experience; these memories are usually stored in the so-called "subconscious mind", although it's possible to access them consciously. You may,



Spiral of Life

therefore, see many aspects of yourself in the Life Colors that come before your current manifestation – the "lower" vibrations through which you have already passed.

The energy fields we call bodies constantly seek a state of dynamic balance within their particular Life Color vibration. Mood changes, various emotional states, illness and health are some of the ways we experience this constant play of energy seeking balance.

Although the fundamental Life Color remains the same throughout any one lifetime, we also move through all the colors in each lifetime. Such is the holographic nature of the Universe – spirals within spirals within spirals, each reflecting the Whole.

The phases of an individual lifetime are as follows: We are "red" in infancy, as we get used to being in the physical body and learn to use the senses. In orange, we go beyond our own bodies to the social stage, to see who else is in our world. Yellow is when we develop our intellectual capacity – going to school. During the green stage, we learn about love and matters of the heart. Blue is the creative stage, when we figure out how we're going to support ourselves and master communication skills. The indigo phase usually occurs in mid-life, when we realize the answers are not "out there" and begin looking within. Violet is the stage of spiritual maturity, in which we see that we are part of a much larger "something".

Don't confuse the Life Color with your "favorite" color. Your favorite color represents physical and emotional issues with which you've chosen to work at this moment in your life. Colors you *dislike* represent those issues with which you're *not* currently willing to deal; you're likely to face challenges, or imbalances, in either or both areas. These "tastes" change throughout your life, as you work through the issues they represent. Read the characteristics of your favorite and least favorite colors to gain some insight into what life lessons you're presently learning – or ignoring.

By the way, it's important to know your mate's (or prospective mate's) Life Color, too. The best choice of mate is someone of the same Life Color. The second best choice is someone whose Life Color is immediately adjacent to yours, for example, yellow and green, or blue and indigo.

It is also helpful to know your children's life color so that you can better understand how to help them accomplish their life goals.



## *Determining Your Life Color*

Dowsing is the easiest way I've found to determine the Life Color; however, some clairvoyants are able to "see" it psychically, or by looking at an individual's aura. It's important to understand, though, that aura colors change regularly and don't necessarily reveal the Life Color.

The Life Color Dowsing Chart is provided below for your convenience. Hold your pendulum over the center of the chart and ask, "What is my Life Color?" Wait for it to respond by pointing to one of the colors.

Another technique involves holding the pendulum over a person's hand. Clearly state the intent (to determine the Life Color) and the person's name. Begin with the color red, asking, "Is (name)'s Life Color red?" and then wait for the response. Go through the spectrum, asking the same question about each color until you get a "yes" response. You may also hold the pendulum over a photo of the individual in question, or just picture him or her in your mind and dowse the Life Color. Kinesiology or muscle testing is another method of dowsing that can be used to determine one's Life Color.

To find someone's Life Color without using a pendulum, simply read the descriptions of each Life Color (found in the descriptions of each color below) and see which color's attributes apply most to that individual.

Keep in mind that when dowsing, *clarity* and strength of *intent* are the key factors. In this process, the intent to discover the Life Color, which remains constant throughout your life and determines your core being, must be clearly understood, conceptualized and stated. Remember, we're not talking about your favorite color, which relates only to the specific issues you're working on right now or your current aura color.

You can also use the Life Color Dowsing Chart to ask other color-related questions, for instance, "What emotional/physical/spiritual issue is it for my highest and best good to focus on right now?" "What color would be most beneficial to wear today?" "What color would be most helpful in my meditation?" Then read the description of the color that comes up for insight.

After you have determined your Life Color, read the appropriate description and spend some time meditating on the information. See if it doesn't resonate in your heart.



Touch Here

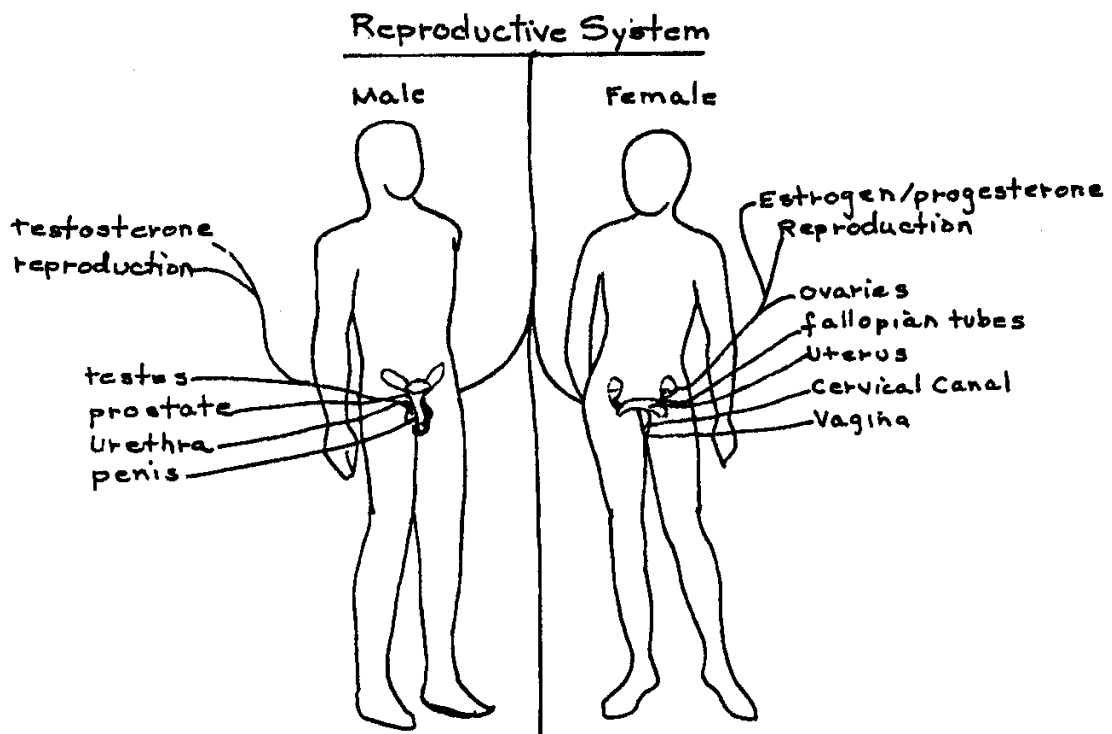
What's Your Life Color?

Touch Here

# The Colors

Now that we've established a firm foundation, and before we explore the many practical ways to intentionally use color to improve your life, let's look closely at the characteristics of each of the seven colors of the Rainbow:

## Red



**Root Chakra**                      **Plexus:** Coccygeal                      **Location:** Base of spine

**Characteristics:** Stimulating, warming, alkaline, Yang, magnetic, non-electric, negative

**Complimentary Color:** Green

**Musical Note:** Middle C

**Fragrance:** Sandalwood

**Gemstones:** Ruby, coral, garnet, jasper

**Elements:** Barium, bismuth, cadmium, copper, nitrogen, iron, krypton, neon, oxygen, potassium, rubidium, titanium, zinc

**Taste:** Pungent (sharp)

**Foods:** Red-skinned fruits and vegetables (cherries, red currants, red plums, strawberries, radishes, red cabbage, beets, red peppers, tomatoes, watermelon)

**Current:** Earth – Responsible for solidifying life force into atoms of flesh

**Endocrine Glands:** Female: Ovaries      Male: Testes

**Hormones:** Female: Estrogen and progesterone      Male: Testosterone

**System:** Reproductive

Female: Ovaries, fallopian tubes, uterus, cervical canal, vagina

Male: Testes, prostate, urethra, penis

**Dis-ease:** Infertility, menstrual problems, impotence, sexual dysfunction, anemia, blood disorders, fatigue, low energy

**Effects:** Raises blood pressure and heart rate, warms, stimulates, expands, activates, gets energy moving

**Note:** Red is extremely stimulating and should be used with particular caution around children, elderly, physically or emotionally ill, drug or alcohol addicted, and red-headed people.

**Visual Effects:** Makes things look longer, thicker and heavier. Tend to lose track of time, to eat more and longer. Increases blood pressure, pulse rate, respiration. Makes plants grow faster. Contraindicated for hyperactive children or the mentally ill. Great for exercise room or children's outdoor equipment. Positive effects: exciting, stimulating, loving, sensuous, powerful, human, warm. Negative effects: aggressive, disturbing, vulgar, bawdy, bloody, defiant, competitive.

**Notes:** Red cars get more tickets than any other color car. There are three reasons why: The color irritates the police; a red car sticks out like a sore thumb; and the person who would deliberately buy a red car is probably energetic and aggressive, and therefore driving too fast and deserves the ticket!

Red is excellent to have around if you're trying to lose weight. It speeds up the metabolism and burns up calories. It is not a good color for factory equipment or any place where careful, precision work is being done.

**Red Life Color:** Reds are the people with whom you would want to be stranded on a desert island, because of their strong survival instincts, "take-charge" attitude, high energy, practicality and physical strength. Reds are the life of the party, warm, charming, fun-loving, extroverted, spontaneous and full of vitality. Sports are often a big part of their lives. They're extremely sensual, virile and passionate, and they love experiencing all of the senses to the maximum; they're touchers and quintessential lovers. They have an intense need for activity, gratification and approval. They're risk takers. The lessons a Red must learn involve being grounded and mastering the base instincts of three-dimensional reality – to enjoy sex without being obsessed by it, for example – and to see farther ahead than the next sensual gratification.

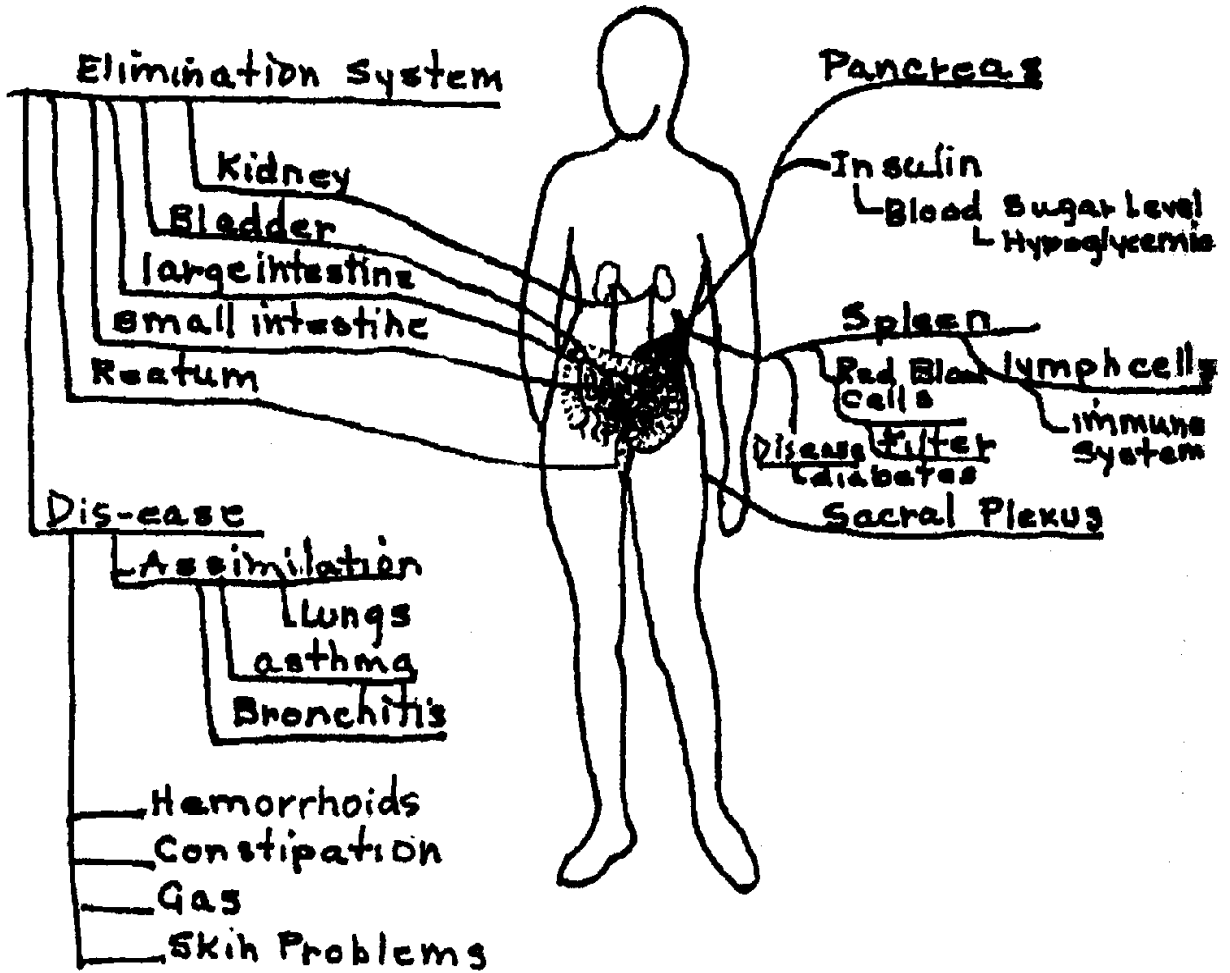


When they're out of balance, watch out! Extreme anger, a tendency to violence, cruelty, vulgarity, physical abuse of themselves or others, over-impulsiveness, defensiveness, depression, fear, hatefulness, obsessiveness, domination, defiance and selfishness can result. Suicide, rape or murder can be in the thoughts of a very out of balance Red. They have a strong need to be in control in the best of circumstances, and have a difficult time absorbing disapproval or criticism. Drugs and alcohol can sometimes become a problem for Reds.

The most sensitive parts of the body for Reds are the reproductive glands – testes for the male and ovaries for the female. The reproductive system is their weakest. Being out of balance may result in infertility, menstrual problems, impotence, sexual dysfunction, anemia, blood disorders, fatigue and low energy.

Reds are best suited for work that offers lots of physical activity, variety and excitement. Construction work, professional sports, physical labor, housekeeping, dancing or food service are all good career choices. Their biggest challenges are to control their sexual urges and other "base" instincts, and to avoid "flying off the handle". They have a tendency to be impatient and impetuous, wanting it all NOW! Some phrases that provide insight into the Red nature: "Seeing red" (to get angry), "red-blooded man", "she's red-hot", "red light district".

# Orange



**Spleen Chakra**

**Plexus:** Sacral

**Location:** Abdomen

**Characteristics:** Stimulating, warming, alkaline, Yang, magnetic, non-electric, positive, expanding

**Complimentary Color:** Blue

**Musical Note:** D

**Fragrance:** Orange

**Gemstones:** Topaz, amber, carnelian, pearl

**Elements:** Aluminum, antimony, arsenic, boron, calcium, copper, carbon, hydrogen, iron, manganese, nickel, rubidium

**Foods:** Most orange-skinned fruits and vegetables (peaches, oranges, tangerines, cantaloupe, mangoes, persimmons, apricots, pumpkins, carrots, yams)

**Taste:** Astringent

**Current:** Water – Structures and sustains atoms of the watery circulatory substance in the body

**Endocrine Glands:**

Spleen – Blood formation, storage & filtration; creation of lymph cells, which are part of immune system

Pancreas – Creation of insulin, which controls blood sugar level; metabolization of carbohydrates and fats

**Hormones:** Insulin and pancreatic juices

**System:** Elimination and assimilation – Kidneys, large intestine, small intestine, bladder, rectum.

**Dis-ease:** Hypoglycemia, diabetes, blood disorders, constipation, diarrhea, hemorrhoids, gas, indigestion, kidney stones, skin problems

**Time Perspective:** Prepare now for the future. Past is not important relative to future.

**Visual Effects:** Makes a room appear smaller, informal, less expensive. Combination of orange/blue relates to strength (detergent packaging). Good for "sale" signs. Increases appetite. Good for kitchen and family room. Good for bathroom, stimulates elimination system.

Positive effects: friendly, jovial, sociable.

Negative effects: intrusive, gaudy, blustering, cheap.

**Orange Life Color:** Oranges are the social leaders and humanitarians in our society. Their optimism, enthusiasm, resourcefulness, self-sufficiency, self-confidence and practicality encourage people to trust and follow them. They're very people-oriented, have a good sense of humor, are cheerful, gregarious and everybody's friend. They have a great love of family and friends, which extends to their community and all of humanity. Respect and a good reputation are very important to them. Social interaction and being a part of the "family of man" are the main focuses in an Orange lifetime. They have a great need for social contact and acceptance, as distinct from the sensory (skin) contact sought by Reds.

Emotional interaction is very important, as well.

When they're out of balance, they withdraw into a shell. Suspicion, insecurity, selfish pride, cruelty, insensitivity, manipulation, superficiality and/or inferiority complexes can result. They may be racially prejudiced, pompous, arrogant, snobbish and engage in "social climbing". The phrase "keeping up with the Joneses" refers to an out-of-balance Orange! They can develop unreasonable fears of being "left out"; being in nature can help to return them to balance.

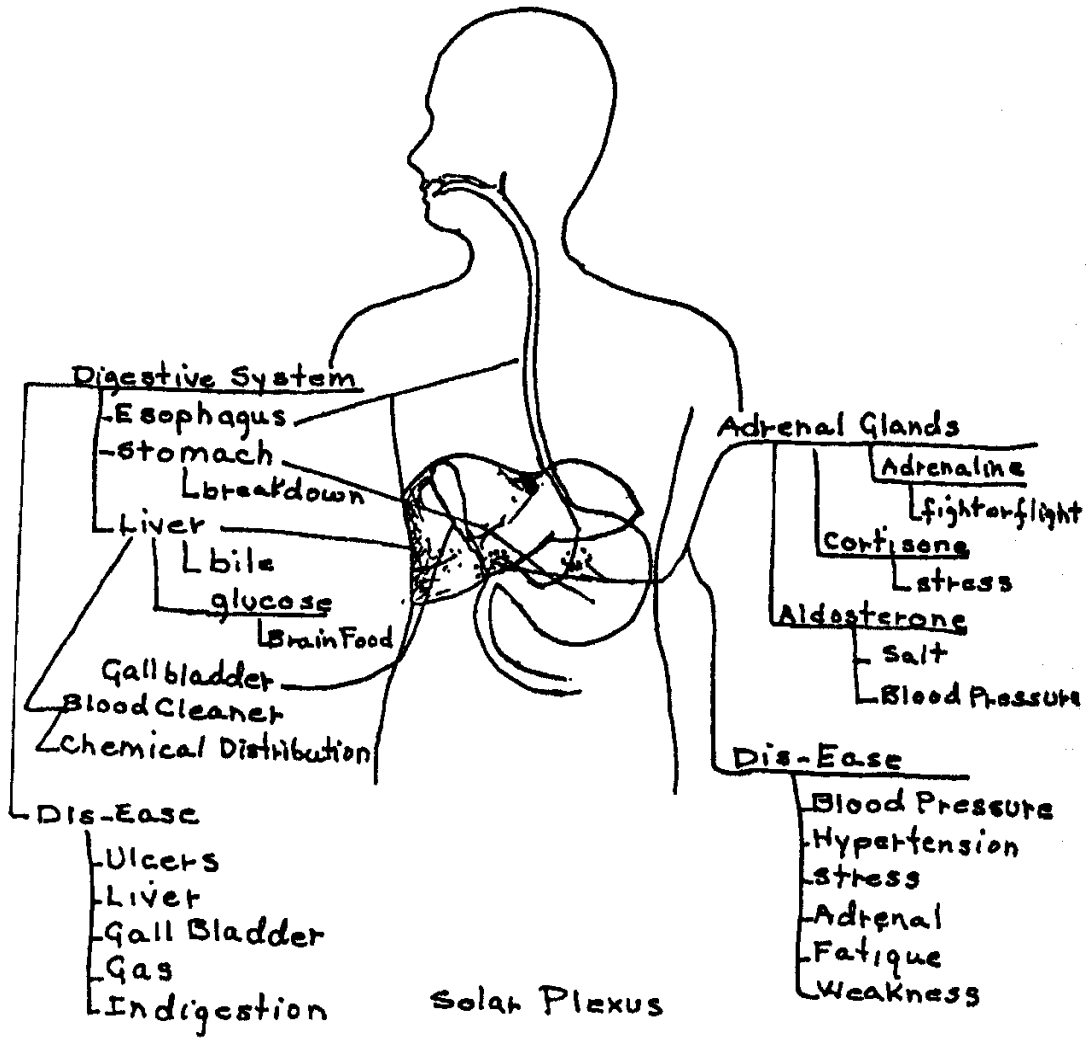
The pancreas and spleen are their most sensitive endocrine glands, and the elimination system is their weakest. Kidneys, large and small intestines, bladder and rectum can give them problems when they are out of balance; they may be afflicted with constipation, diarrhea, hemorrhoids, gas, indigestion, kidney stones, blood disorders, hypoglycemia, diabetes, skin problems, lung problems, asthma and bronchitis.

Orange people are best suited for careers with some “redeeming social value” – in other words, people-oriented. They make great social workers, diplomats, politicians, hostesses, tour guides, organizers, personnel directors, receptionists, flight attendants or public relations consultants.

Relationship issues with their mates, families, co-workers and humanity in general are their biggest challenges, as they have come in on the Orange vibration to learn to become a part of the family of man, and to understand the "herd instinct".



# Yellow



**Solar Plexus Chakra**      **Plexus:** Solar      **Location:** Navel area

**Characteristics:** Stimulating, warming, alkaline, Yang, magnetic, non-electric, expanding

**Complimentary Color:** Violet

**Musical Note:** E

**Gemstones:** Citrine, gold, coral

**Elements:** Iridium, magnesium, molybdenum, platinum, rhenium, citrium, germanium, gold, iodine, iron, silver, sulfur, phosphorus

**Foods:** Most yellow-skinned fruits and vegetables (corn, yellow peppers, parsnips, bananas, squash, lemons, pineapples, grapefruit, honeydew melon)

**Taste:** Bitter

**Current:** Fire – Maintains electronic and astral heat in the body

**Endocrine Gland:** Adrenals

**Hormones:** Adrenaline – Fight or flight; Cortisone – Stress; Aldosterone – Salt and blood pressure; DHEA/Cortisol

**System:** Digestive [Esophagus; Stomach – breaks down food; Liver – blood cleaner, chemical distribution, produces bile for fat emulsification and glucose (brain food); Gall bladder – stores bile]

**Dis-ease:** Ulcers, liver, gall bladder, gas, indigestion, high blood pressure, hypertension, stress, fatigue, weakness, jaundice, vomiting, constipation, diarrhea, low energy, diabetes

**Note:** Fear and stress response is initiated from this center; activates hypothalamus, adrenaline releases, pupils dilate, hair stands on end, chest expands, heart dilates, blood pressure rises, muscles contract, skin pales, blood vessels contract, liver releases glucose, bladder empties. This response causes the body to over-work and wear itself out unnecessarily. This can create a variety of dis-eases within many different systems.

**Time Perspective:** Linear. Past, present and future, one after another, logically

**Visual Effects:** Room appears smaller, "happy". Good for kitchen, hallways, laundry, places of learning (stimulates brain neurons). Yellow cars less likely to be hit. On or near exterior, to draw attention to home for sale. Not good for makeup area. Most difficult to focus on.

Positive effects: sunny, cheerful, optimistic, radiant.

Negative effects: glaring, egocentric, overbearing, annoying. Good for "For Sale" signs – catches attention.

**Note:** Yellow stimulates brain neurons. Use it whenever you need to recall information

**Yellow Life Color:** Yellows are the great intellects, inventors, philosophers, scientists, engineers or computer wizards. They have an unquenchable thirst for knowledge, information and understanding. If I needed information, I would seek out a Yellow. If they didn't already know, they would know exactly where and how to obtain the information in the most efficient manner, as they are very busy people. Yellows are here to learn about the intellect and how the mind works. They do that by furthering their education, analyzing and questioning everything. They need to know all the details! They also love and need the stimulation of change. They're happy, eloquent, expressive and most of all logical, linear thinkers, always wanting to know how, when, where and why.

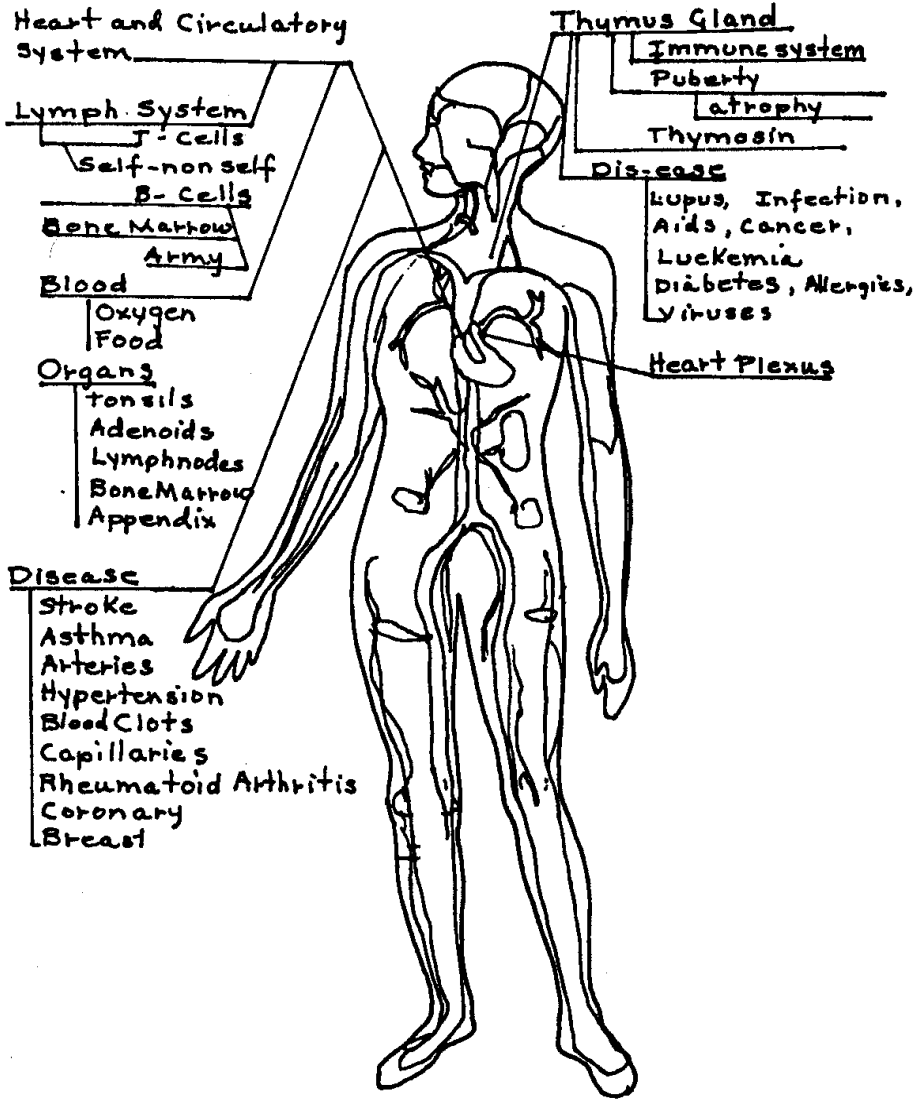
Personal power issues are the challenges of Yellows – learning to take control of their lives and express their individuality. They'll often find themselves in situations in which someone else seems to have control over them. Their deep desire is to live in an orderly world, express their unique sense of themselves, be recognized intellectually and to understand everything!

When they're out of balance, Yellows may become fearful ("he has a yellow streak"), egotistical, picky, cynical, lazy, judgmental, domineering, mentally and verbally aggressive, stubborn, contradictory or dogmatic. They may become prone to self-pity, victim consciousness and despondency. When their personal power issues are triggered, they may do drastic things to express their individuality and assert their freedom. Their strong sense of individuality can cause separation from others and leave them with feelings of isolation and loneliness. Their egos can easily get out of control, as they struggle to define identity.

Yellow's digestive system – including the esophagus, stomach, liver and gall bladder – and the adrenal glands are the weakest areas. Yellows tend to suffer from ulcers, diabetes, jaundice, indigestion, gas and gall bladder problems. Low energy, fatigue, weakness, high or low blood pressure, and stress-related ailments can result from adrenal imbalance.

In professional life, Yellows must have challenge, exposure to innovative ideas, logical thinking, change and freedom. Teacher, market analyst, mathematician, engineer, psychiatrist, inventor, computer programmer, technical writer, meeting planner, scientist or researcher could all be rewarding career choices for a Yellow.

# Green



**Heart Chakra**

**Plexus:** Heart

**Location:** Chest area

**Characteristics:** Calming, neutral, cooling, soothing, positive.

**Complimentary Color:** Red

**Musical Note:** F

**Fragrance:** Lime, grass

**Gemstones:** Emerald, malachite, aqua, peridot, turquoise

**Elements:** aluminum, barium, carbon, chlorine, cobalt, chromium, copper, nickel, nitrogen, platinum, sodium, radium, titanium

**Foods:** Most green fruits and vegetables, (green grapes, green apples, mint, green olives, lettuce, celery, spinach, parsley, green beans, broccoli, etc.)

**Taste:** All tastes

**Current:** Air – Enables oxygen, air elements to combine with body cells

**Endocrine Gland:** Thymus – Immune system

**Hormone:** Thymosin, thymic growth factors

**System:** Circulatory and Immune (lymph); Circulatory – Oxygen and food distribution, heart, blood system; Immune – Disease fighting, T-cells determine self from non-self cells, B-cells fight to destroy non-self cells; thymus, tonsils, adenoids, lymph nodes, bone marrow, peyers patches, appendix

**Dis-ease:** Immune deficiency diseases - AIDS, cancer, lupus, allergies, viral infections, leukemia; diabetes, hypertension, blood clots, stroke, asthma, hardening of the arteries, rheumatoid arthritis, heart disease



**Time Perspective:** Past, present, future – not necessarily in that order. Depends on fulfillment of need for security and balance.

**Visual Effects:** Good around food. Feels tended and secure. Good for transient people (house guests, hotels). Not good for soliciting money. Not good for bankers. Good for doctors (reduces eye strain). Makes room seem larger. Positive effects: Tranquil, quiet, consoling, comfortable, natural. Good for almost any room in the house. Negative effects: Commonplace, tiresome.

**Note:** Green is sometimes called the "color of healing" because it's in the middle of the spectrum and balances. It represents growth and regeneration. Green is the balance between the lower vibrating physical energy and the higher spiritual energies. Use green whenever you're not sure what color to use.

**Green Life Color:** Greens are the healers, nurturers, gardeners and lovers of the world. They represent balance, the middle of the Spiral of Life. Because of that they find themselves in the middle of things a lot – the ultimate peacemaker! The struggle to find balance in everything often wears them out. They're known for their brotherly love, compassion, open-heartedness, hopefulness, responsiveness, generosity and helpfulness.

Their special gift is clairsentience, which means they may have a "gut feeling" about someone, or have a "feeling" something is wrong: their extrasensory perception comes via emotions.

Greens are often nurses, healers, and doctors, or otherwise involved in the healthcare profession, because they have a natural ability to heal. They often find they have "healing hands", or that their calm demeanor heals simply by its presence. Or, their love for nature may lead them to careers in the outdoors, such as forestry. Then there's that "Green thumb"; they seem to be able to grow just about anything. Green's patience, perseverance and nurturing nature have a lot to do with that ability.

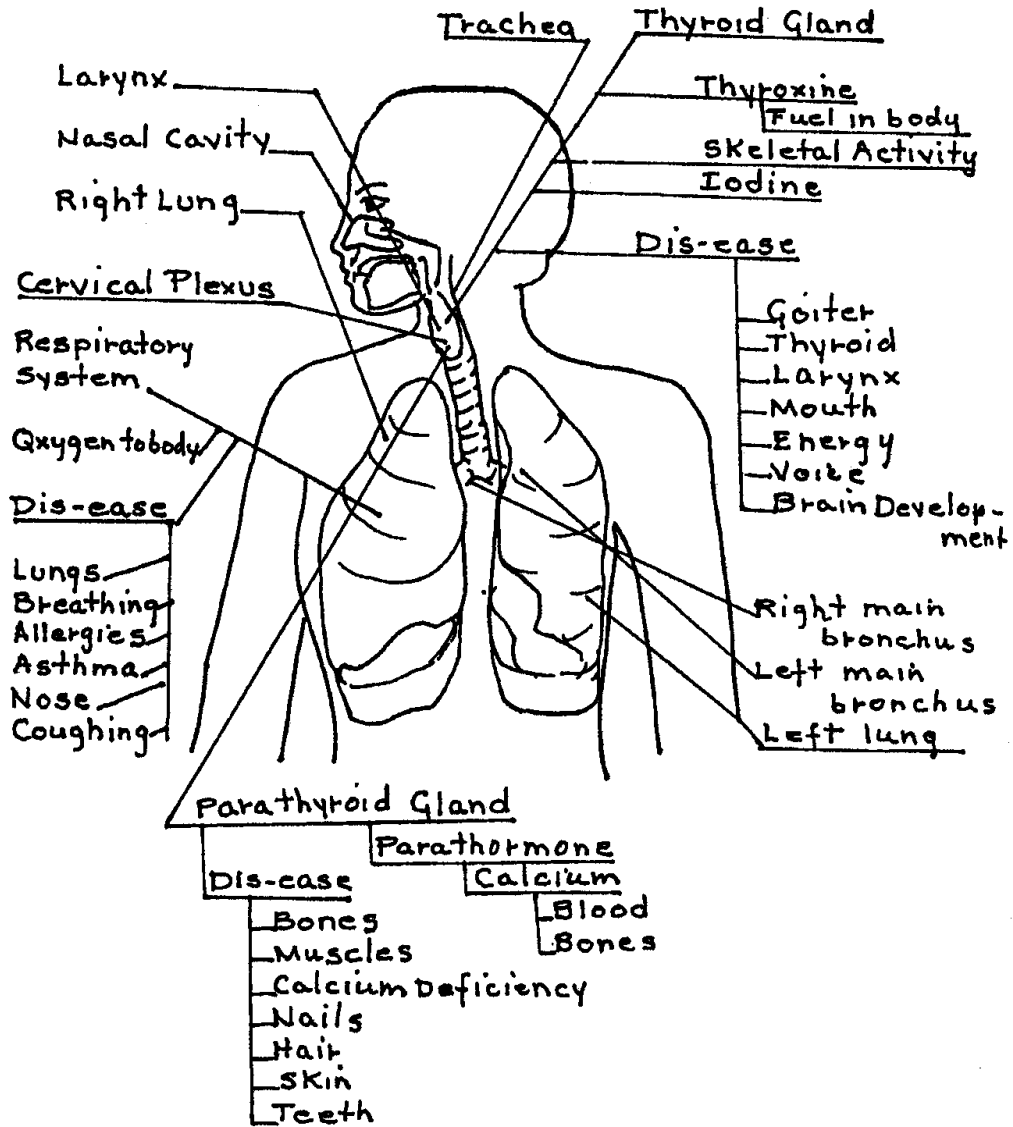
They can have issues involving security, which will manifest as locking doors, taking self-defense classes and/or stashing money – they have an overarching need to feel safe. They're not the type to skydive or take other unnecessary physical – or emotional – risks.

Jealousy ("the green-eyed monster"), greed, envy and possessiveness are the most severe results of their being out of balance. When they don't get the confirmation and acknowledgement they feel they deserve, insecurity kicks in. They may try to dominate, overprotect, and even smother their loved ones. As they struggle to feel safe, their selfishness, lustfulness, distrust and fear of loss only push loved ones farther away. Being barefoot in green nature and being aware of their senses and psychic "feelings" will help to bring them into balance.

Tonsils, adenoids, lymph nodes, bone marrow, appendix and circulatory system are the weakest points for Greens, with unbalance possibly manifesting as heart disease, breathing difficulties, hypertension, stroke, blood clots, asthma, blood diseases, tonsillitis, hardening of the arteries, rheumatoid arthritis and breast problems. The thymus gland is the endocrine gland most affected when Greens are out of balance; this can lead to immune deficiency disorders such as AIDS, cancer, lupus, allergies, leukemia, and viral or bacterial infections.

Green's basic lessons are to learn to love without attachment, and to express that love freely. They're challenged to conquer possessiveness and master doubt, mistrust, fear and insecurity.

# Blue



**Throat Chakra**

**Plexus:** Cervical

**Location:** Throat

**Characteristics:** Calming, cooling, soothing, Yin, acidic, non-magnetic, electric, contracting

**Complimentary Color:** Orange

**Musical Note:** G

**Fragrance:** Blueberry

**Gemstones:** Moonstone, sapphire, lapis, aquamarine

**Elements:** Aluminum, barium, cadmium, cobalt, copper, lead, manganese, nickel, oxygen, tin, titanium, zinc

**Foods:** Blue-skinned fruits (blueberries, bilberries, plums), potatoes, asparagus, fish, veal

**Taste:** Sweet

**Current:** Ether – Maintains the etheric background in the body for transmission of sounds and electrons

**Endocrine Gland:** Thyroid – Regulates metabolism of oxygen and iodine;  
Parathyroid – Maintains calcium level in blood stream

**Hormone:** Thyroxine – Controls rate of chemical reactions in the cells;  
Parathromone – Blood calcium levels

**System:** Respiratory – Mouth, vocal cords, trachea, thyroid, parathyroids, lungs, larynx, right and left bronchus, nasal cavity, vagus nerve

**Dis-ease:** Calcium deficiencies in bones, muscles, nails, hair, skin, teeth; goiter, thyroid, laryngitis, brain development problems, low energy, allergies, asthma, nasal, coughing, sore throats

**Time Perspective:** Past. In order for present or future to be understood, it must be compared to the past.

**Visual Effects:** Room appears larger. Not good around food (unless dieting). Calms cardiac units. Lengthens passage of time. Good in creative places, bedroom, emergency rooms.

Positive effects: Calming, cooling, serene, fantasy, creative, trustworthiness, responsibility.

Negative effect: Melancholy

**Note:** Blue is particularly good for stress reduction

**Blue Life Color:** From the blue band of the spiral come many great artists and creative people. Blues have a strong need to express the creative genius within, whether it is in music (sing the Blues!), art or writing. They love to talk and may often be found on the telephone expressing their inspired insights to anyone who will listen. The phrase "true blue" refers to Blue's devotion, loyalty and understanding in relationships. Spiritual and moral principles are of the utmost importance to them; they will stand for what they know is right against any opposition.

Their special gift is clairaudience, which means they can hear beyond the normal range. They might find that they hear voices that give them psychic information about another person, and their strong desire to communicate will compel them to share the information with that person. One of their challenges is learning to always ask if the person wants to hear the insight before they blurt it out, even though they may be acting fully in the spirit of love and assistance. Blues often become professional psychics in order to have an outlet for their gift.

Blue's usually peaceful nature can have a calming and soothing effect on the people around them; peace is what Blues strive for in all aspects of their lives. They may well find themselves saying, "I'm just looking for some peace and quiet." They also tend to be conservative, i.e. not given to taking risks.

Free will is an important issue for Blues. Their drive to recognize and communicate the needs and feelings of the "inner self" manifests as a desire to be fully responsible for their actions and to find their own truth. They do not like to be told what to do.

When they get out of balance, Blues withdraw into themselves, leading others to perceive them as cold, timid, restless, rigid and slow to respond. They may have difficulty communicating, especially feelings, tending toward self-pity, passivity, and depression. At worst they may become ultra-conservative, authoritarian, self-righteous, fearful, aggressive and reactive to the point of violence. Looking at the blue sky and listening for psychic input will help to bring them into balance.

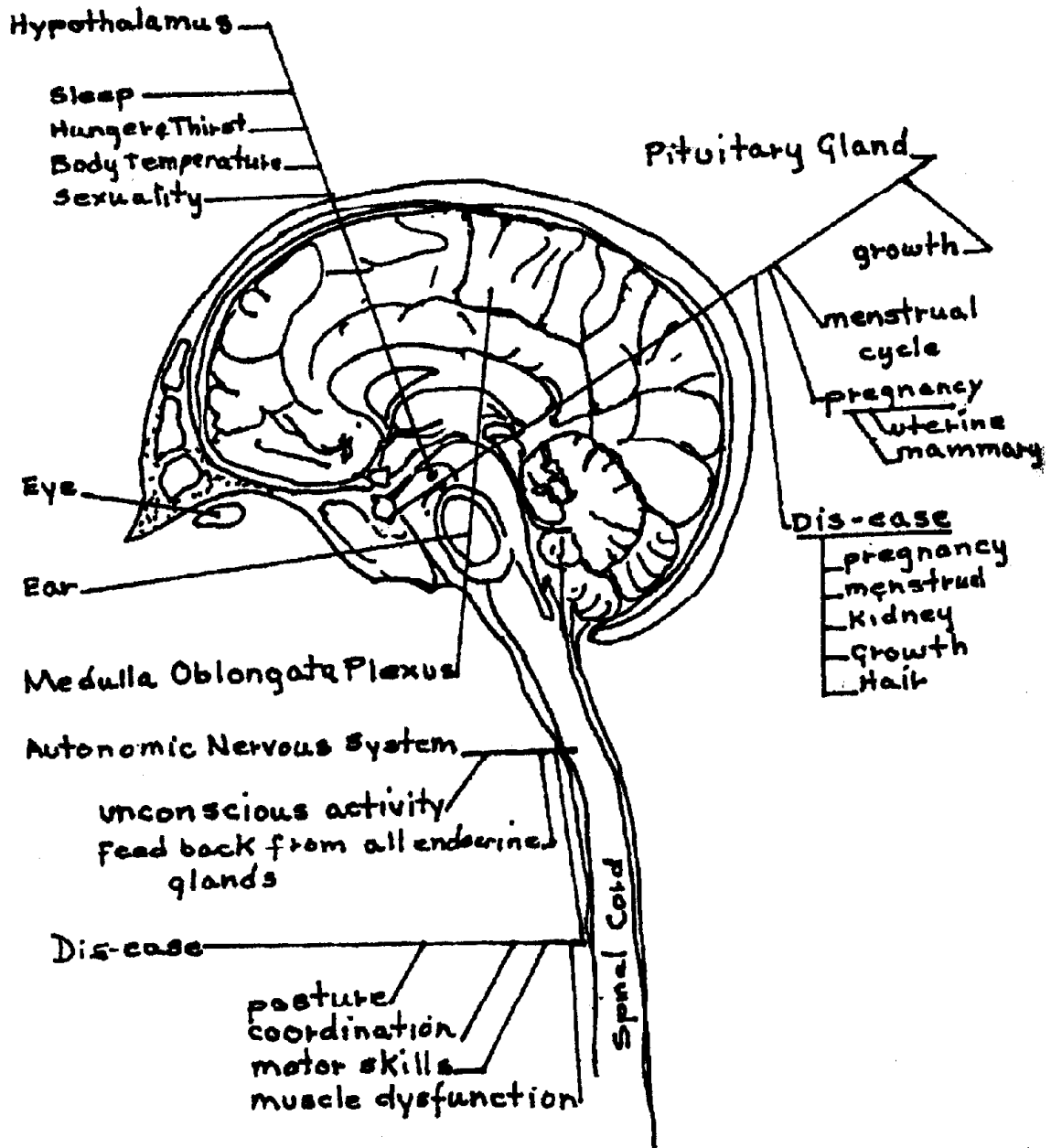
Blues tend to live in the past, repeating old stories. They never forget! One of their basic lessons is to learn to live in the moment.

They're very concept oriented and love neat, explainable packages. They need to know how, when, where and why before they can enjoy any experience, whether it's going to the mall, learning a new skill or even reading a book – they like to study the table of contents before they begin reading, in order to grasp the book's overall concept. They should also take care to ask all the pertinent questions before beginning any new undertaking.

Blues make wonderful historians, teachers, public speakers, religious leaders, librarians, missionaries or professional psychics. Their basic lessons are to attain inner peace, to seek truth and confirmation from within rather than from others, and to let go of the past and live spontaneously in the present.



# Indigo



**Plexus:** Medulla Oblongata    **Location:** Forehead

**Characteristics:** Calming, cooling, soothing, Yin, acidic, non-magnetic, electric, positive, contracting

**Complimentary Color:** Yellow or orange

**Musical Note:** A

**Fragrance:** Plum

**Gemstones:** Azurite, soldalite, sapphire

**Elements:** Bismuth, bromide, chromium, copper, iron, lead, potassium, strontium, titanium

**Foods:** Both blue and violet foods

**Taste:** Sour

**Current:** Super-ether – Used for the transmission of thoughts and life force

**Endocrine Gland:** Pituitary – Growth; Hypothalamus – “Switching station” for brain to dispatch stimuli to proper area, regulate sleep, hunger, thirst, body temperature, sexuality

**Hormone:** Human Growth Hormone (HGH); Master gland, regulates growth, menstrual cycle, pregnancy (mammary and uterine), water in kidney, follicle stimulation.

**System:** Autonomic nervous system – Unconscious activity, receives feedback from all endocrine glands. Pituitary gland, hypothalamus, eyes, ears, spinal column

**Dis-ease:** Poor motor skills, coordination and posture, muscle dysfunction, infertility, menstrual problems, kidney failure, growth problems, hair loss, disorders of the eyes and ears, mental disorders

**Emotional Dis-ease:** Materialism, preoccupation with senses, forgetfulness, inefficiency, “spaced-out”, preoccupation with future, introversion, arrogance, deceit, fear of demands of the present, doubt, aggression, impatience, evasiveness, impracticality, inability to be punctual, insensitivity, condescension, fear of future, lack of discipline, inability to “live in the now”.

**Mental Expression:** Intuitive type – Ability to see "within". Introspection and meditation important. Inward focus. Does not like things too clearly defined. Love of truth.

**Basic Lessons:** To feel at one with the universe, to have a conflict-free relationship, to be out front of human developments, to make real the vision of the future, to manifest, to refine the intuitive senses.

**Time Perspective:** Future. Drive to perceive what is not yet present in time and space.

**Visual Effects:** Room appears larger, good for bedroom, meditation area, churches, where emotional tranquility is needed.

Positive effect - Calm, comfortable, secure, serene.

Negative effect - Depressing, cold, lonely, melancholy.

**Indigo Life Color:** The word "intuitive" best describes an Indigo. People of this Life Color are considered wise by most, because of their keen insight and deep understanding. They're very logical, discriminating, abstract thinkers. Their creativity, optimism, joyfulness, loving nature and love of beauty in all aspects of life endear them to many. They love to surround themselves with beautiful things, as they have a strong aesthetic sense. They do not, however, identify reality with the senses; rather, they grasp it intuitively and through thought.

Their special gift is clairvoyance; they can often see into the future, receiving their psychic information through pictures or visions. Dreams are very

important to them and are often prophetic. As a child, an Indigo may have a dream that comes true, which scares him so badly he shuts down his clairvoyant abilities. Indigos who are in their power have the ability to see a situation all the way through to its conclusion, which can be very helpful in daily life. They often use their clairvoyant abilities professionally, because they have a need to communicate the information they receive. They would rather be meditating than anything else.

Indigos have truth issues, so they may attract people who lie to them, enabling them to learn their lessons quickly. Their innately trusting nature often has difficulty distinguishing truth from falsehood, even with their keen psychic ability. Lies infuriate them and, if they prevaricate, they always get caught, even if they only tell a "little white lie".

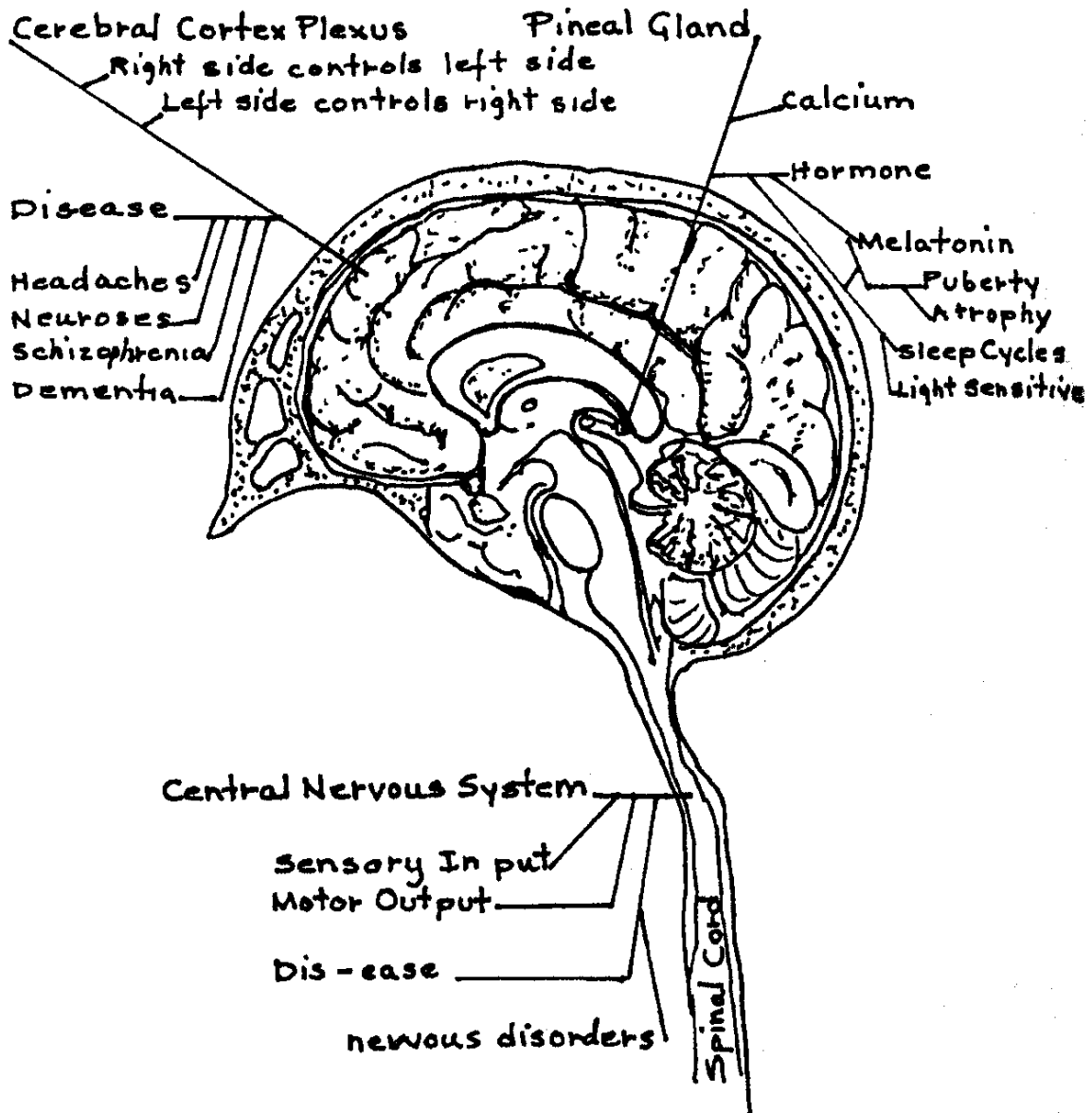
When they get out of balance, they may find themselves "spacey", forgetful, impractical, inefficient and clumsy. Materialism, impatience, preoccupation with the senses, arrogance, deceit, insensitivity, evasiveness, aggression, a lack of self-discipline, and a tendency to belittle others are other results of imbalance. Because they're clairvoyant, they tend to become preoccupied with the future, and can get caught up in fear of the future they sometimes see. Looking at the blue sky and seeking psychic input will help to bring them into balance.

They have a tendency to be late, sometimes unintentionally (they simply forget the appointment), and - when out of balance - sometimes deliberately, as a means of manipulating other people.

The eyes, ears, pituitary gland, hypothalamus, lower part of the brain and autonomic nervous system are Indigo's weak areas. The hypothalamus regulates sleep, hunger, thirst, body temperature and sexuality; Indigos tend to extremes in those areas. They may also have ear and eye problems. The pituitary gland is known as the master gland in the body and regulates growth, pregnancy and the menstrual cycle, so problems in those areas are common, as well. The autonomic nervous system regulates the unconscious activity of the body and has to do with posture, coordination, motor skills and muscle function.

Indigo's goals are to feel at one with the Universe, to refine the intuitive senses, and be a part of creating a beautiful future for mankind. Their best careers are those that enable them to be their own boss and make their own rules as much as possible: psychic prophet, advisor, actor, parapsychologist, or entrepreneur, for example.

# Violet



**Crown Chakra Plexus:** Cerebral Cortex **Location:** Top middle of head

**Characteristics:** Calming, cooling, soothing, Yin, acidic, non-magnetic, electric, neutral, contracting

**Complimentary Color:** Yellow

**Musical Note:** B

**Fragrance:** Violet, lavender

**Gemstones:** Sapphire, amethyst

**Elements:** Aluminum, arsenic, barium, calcium, cobalt, iron, manganese, nitrogen, rubidium, silver, strontium, titanium, bromine, europium, gadolinium, terbium

**Foods:** Blackberries, purple grapes, beet tops, purple broccoli, eggplant

**Current:** Cosmic – Allows life current to maintain the thousand functions of the body

**Endocrine Gland:** Pineal (light sensitive)

**Hormone:** Melatonin

**System:** Central Nervous System – Sensory input, motor output. Right/left brain synchronization, cerebral cortex, spinal column

**Dis-ease:** Nervous disorders, headaches, neuroses, dementia, schizophrenia, mental disorders

**Time Perspective:** Eternal Now. Includes past, present and future. Living in the moment. Can create time distortion.



**Visual Effects:** Room appears larger.

Positive effect - Regal, exclusive, dignified, esthetic.

Negative effect - Conceited, esoteric, pompous

**Note:** Violet is particularly good for headaches.

**Violet Life Color:** Spirituality is the most important thing in the life of balanced and aware Violets. They are gentle, sensitive, emotional, charming and love the finer things in life, finding vulgarity or baseness of any kind extremely offensive. Violets are romantic, individualistic and dignified. In fact, they're often accused of being "Pollyannas" because they have a tendency to see only the spiritual, positive aspects of people or situations. They tend to view the world as a movie created in the mind, rather than the tangible and immutable reality others experience.

They may have gifts of clairvoyance, clairaudience and clairsentience, as well as the ability to heal; however, they usually choose to focus on only one or two of these gifts during each life experience. One of Violet's special gifts is creative imagination; they're very good at visualization and manifestation. They can use affirmations, treasure mapping and other techniques to get anything they want very quickly.

Focus is one of their most difficult challenges. Their minds are continually creating; they hear, see, feel and know things from other realms or dimensions, which may make it difficult for them to focus their attention on any one thing for too long, and hinder efficient functioning in the mundane 3-D world (like balancing the checkbook!) They would much rather be meditating, developing their psychic gifts or helping someone.

An excellent focusing tool, especially for a Violet, is "treasure mapping". The more specific (that is, focused) your intent, the better. Vague, general concepts such as "Peace on Earth" or "A Spiritual Revolution" aren't within the scope of one person's manifestation powers; far better to work on specific things that you want in your life, like a balanced checkbook or a truly compassionate heart!

Violet souls have passed through all the other Life Colors, experiencing all their issues and learning all their lessons. They're the "old souls" of the Universe and have much to give and share. They're likely to feel that they're here on Earth on a "mission" of some sort; discovering that "mission" can become all consuming.

While not egotistic, they are strongly self-(or "inner") directed. They may seek only to be of service to others in their life work, knowing that service to others is truly the greatest service to self. They're more likely to follow intuition than logic.

When they get out of balance, they tend — like Indigos — to be confused, spacey, forgetful, inefficient and clumsy. They can become preoccupied with the senses, materialistic, intolerant, obsessive, consciously manipulative and critical. They may tend to have a negative self-image, doubting their gifts and purpose for living. Martyrdom and self-denial can result. Some use their psychic abilities to do harm, waging psychological warfare and consciously manipulating others. They're so powerful that this type of misuse of their powers comes back on them with a vengeance. Because they live in two worlds, when they get out of balance, mental problems often arise. At worst, they can become introverted and go even deeper into the other realms, caught up in illusions and distorted dream realities, sometimes resulting in schizophrenia or other mental disorders. The phrase "genius is one step from insanity" can apply to a Violet. Drugs and alcohol can be problems for Violets, as they'll use them as an attempt to escape. Being barefoot in the grass, looking up at the sky, and meditation will bring them back into balance faster than anything else. They need that grounding connection to the planet.

The pineal gland, brain and central nervous system are their weakest areas. The pineal gland is a tiny endocrine gland located in the center of the head. It's light sensitive and connects you to the outside world, letting the body know when to go to sleep or when to awaken. It's the body's connection to the moon and tide cycles, as well. Violets also have a tendency to be very light sensitive, particularly to fluorescent lights and bright sunlight. Seasonal Affective Stress Disorder (SADS) can be an extreme problem for Violets. Full spectrum lighting is highly recommended.

All their senses tend to be extremely sensitive – sight, hearing, touch, taste and smell. The pineal gland vibrates faster than any other part of the body and is like a tuner or receiver for Spirit; that's why understanding their spirituality is so important to Violets. Because the pineal gland regulates sleep cycles and puberty, Violets may have problems in those areas when out of balance. They may also have headaches, neuroses and/or a variety of mental disorders (as already mentioned). The central nervous system regulates sensory input and motor output; imbalance can create clumsiness, nervous disorders and difficulties with the senses.

Violets are multi-talented and may well change jobs, and even careers, frequently. Working a regular nine-to-five job may be very difficult for them, because they require a lot of freedom to express their creativity and imagination. While they can occasionally work for someone else if asked, they are happiest self-employed, with no rules or regulations. Some suitable professions for Violets are professional psychic, spiritual leader, writer, artist, musician, designer, architect or minister.

A Violet's goals are eternal communion with the Universe, spiritual understanding and disciplined manifestation.

# *White*

Contains all the colors of the Rainbow (in terms of radiance, not pigmentation)

Keeps other energy out, your energy in

**Note:** Good to wear when encountering negative situations

**Positive Emotional Qualities:** Cleansing, protection, innocence, safety, purity, chastity, new and positive beginning, uncluttered, sincerity, fairness, modesty

**Emotional Dis-ease:** Bleakness, coldness, lack of emotion, sterility, perfectionism, standoffishness, detachment, boredom

**Visual Effects:** Tends to rush people. White walls can disturb some people because it reflects back their own vibrational colors which may not be so harmonious. White is OK around food. Precision improved in bookkeeping, watch making, but leads to squinting. Makes things appear lighter.

Positive effects: Innocent, hopeful, spiritual, sophisticated, formal. Negative effects: Sterile, glaring, unemotional, bleak.

**Professional Expression:** Impersonal, leads to truth and understanding, unemotional. Doctor, scientist, judge, psychiatrist, nurse or medical specialist.

# *Black*

Absence of color (as in absence of light)

Absorbs energy

**Note:** Not good to wear in negative situations or around negative people (absorbs their energy)

**Positive Emotional Qualities:** Dignified, sophisticated, refined, authoritative, private, poised, discreet

**Emotional Dis-ease:** Obsessed, morbid, pessimistic, poverty-conscious, sorrowful, tends to delve into negative side, depressed, takes unnecessary risks, intense dissatisfaction with almost everything in life, power seeking

**Visual Effects:** Makes things appear to be heavier.

Positive effects: Sophisticated, refined.

Negative effects: Deathly, ominous, empty, fatal. Color of mourning.

# *Pink*

Combination of white (all the colors) and red; creates a loving vibration

**Gemstone:** Rose Quartz

**Physical Response:** Pink encourages the brain to secrete a chemical that inhibits the production of epinephrine, which is involved in the anger response.

**Emotional Response:** Need for love from self and others. Sensitive, loving, compassionate, romantic, affectionate.

**Visual Effects:** Stimulates perceiver to over-estimate personal services and treatment.

Positive effects: Dainty, sweet, gentle, tender.

Negative effects: Effeminate, saccharine, too cute.

**Professional Expression:** Nurse, cosmetologist, beauty or fashion industry, cosmetics

**Note:** Researchers Baker and Miller did experiments with the color known as Baker/Miller pink (a bright, "bubble-gum" pink). They found it would calm a violent person in a few seconds. Prisons and mental institutions began using it and found that it does indeed calm violent, aggressive behavior very quickly; however, if the individual is left in that environment for more than about 30 minutes, he becomes even more violent than he was before! This makes sense because pink is a combination of white and red. At first, the white has a calming effect, but after 30 minutes, the red starts to predominate and causes the reverse response.

Baker/Miller pink can be very effectively used in prison holding cells, the waiting room of the principal's office in schools and places where quick calming is needed, but in which the agitated individual will not remain for long.



# *Gray*

Combination of black and white.

Creates confusion

**Physical Response:** Suppresses immune system. Not good around children, elderly, physically or emotionally ill, drug or alcohol addicted.

**Positive Emotional Qualities:** Diligent, responsible, hard-working, guided by reason rather than emotion, self-controlled

**Emotional Dis-ease:** Overly cautious, emotionless, avoids participation and commitment, withholds feelings, loner, uninvolved, unwilling to participate, dull, boring

**Visual Effects:**

Positive effects: Secure, peaceful, protective, safe, successful, prestigious.

Negative effects: Dreary, tedious, passive, negative, colorless, vague, unstimulating. Good for hard labor, concentration. Should not be in hospitals.

## *Brown, Beige and Tan*

**Positive Emotional Qualities:** Practical, earthy, consistent, responsible, sensuous, dependable, reliable, secure, safe, shrewd, rational, sensible

**Emotional Dis-ease:** Stubborn, homebody, introverted, ruthless, critical, rootless, self-indulgent, slow-thinking, paranoid, unreasonable, cruel, insensitive

**Visual Effects:** OK around food, appears warm, very little eye fatigue, lower class association.

Positive effects: Dependable, steady, reliable, tended, secure.

Negative effects: Clumsy, boring

# *How To Use Color Practically*

## *Some Basics*

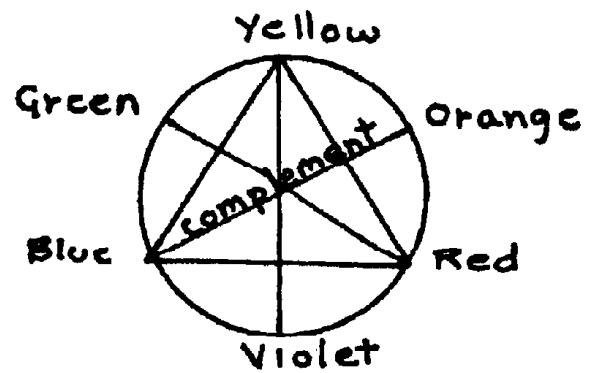
Some time ago, a friend gave me a copy of a 200-page document published in 1956, a compilation of the works of twenty-one well known Colorologists, physicians and researchers of the time. Many of them relate case histories and examples of dramatic cures using color, as well as their recommendations on the best methods of employment. This document, as well as many of the others I've studied, contains sometimes-contradictory information as to which color will heal which disease. Everyone seems to be using the same tools and techniques; however, they seem to get positive results using different colors for the same disease. This has proved to be a stumbling block for many interested, potential color researchers, and of course allows skeptics to dismiss color therapy out of hand as a manifestation of "the placebo effect".

A general consensus does exist, however, that the warm colors (red, orange and yellow) stimulate, warm, expand and activate; and the cool colors (blue, indigo and violet) calm, soothe, contract and cool. Green is in the middle of the spectrum and balances. Also, the use of all the colors of the rainbow is often recommended for balancing. My research indicates that the discrepancies are probably due to the fact that everyone's body vibrates at its own unique frequency, and therefore may respond somewhat differently to a given stimulus. In addition, the body's systems are interconnected, interrelated, and interdependent; it's not difficult to see how more than one color could have beneficial effects on the same organ or system. And finally, our bodies have an innate ability to balance. I believe the body can adjust the vibrational rate of a given color to the specific rate it needs to attain balance, as long as that energy is within the appropriate warm or cool range. In other words, the body can heal itself if given the opportunity and appropriate vibrational stimulus.

Some Colorologists use only three colors, one warm (red), one cool (blue) and green to balance. Although each color has specific qualities and creates a specific energy, this can be an effective and simple way of utilizing the science, if you're not willing to take the time to learn about and use all the colors.

When I originally created the [Body, Mind & Spirit HEALING RAINBOW](#), much of the intuitive information I received concerned the necessity of initially stimulating all of the chakras — energy centers — beginning with red at the base of the spine, up to violet at the crown of the head, then returning to the specific area that's out of balance to work with the color(s) involved. I'm convinced, by the information and research coming from other Colorologists, from scientists, physicians, psychologists, and philosophers, as well as my "intuitive" source, that this process is central to effective Color Healing.

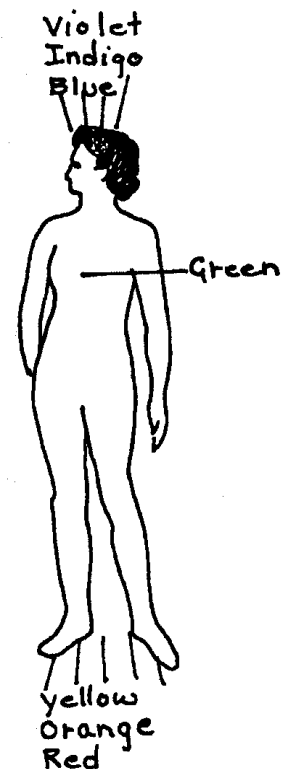
Common sense is usually very effective in choosing the proper color to use. If a particular organ system requires stimulation and/or activation, use that system's color or, perhaps, a "hot" color; if the need is to calm and suppress energy, use the complimentary or opposite color. For example, projecting red to a person having a heart attack would not be helpful, as the heart rate is already racing. Blue would be calming, perhaps accompanied or followed by green. Constipation indicates a lack of free flowing energy to the orange center. More orange would help to get the energy moving. Diarrhea, conversely, indicates excessive energy movement and the complimentary color, blue, would suppress it.



Duration of exposure may be determined intuitively. Basic guidelines: Cool colors 10-20 minutes and warm colors 5-10 minutes.

Many people also recommend beginning and ending treatments with a visualization of White Light starting in the heart, then radiating outward.

The warm colors are earth energy, and can be visualized as coming up from the feet. The cool colors are Spiritual energy and can be brought in through the top of the head. Green, representing balance, should come directly into the heart center. It is advisable, as I have already indicated, to start with the red energy, as it vibrates the slowest; this allows a smooth and natural increase as you work your way up the body to violet, which moves the fastest.

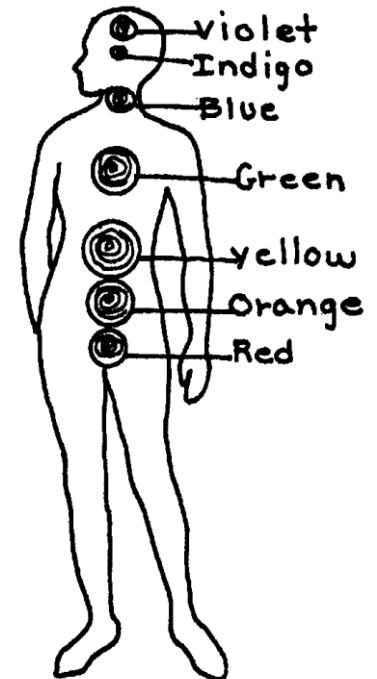


One of the great allies of color healing is the body's innate ability to balance. Color is energy; the body will adjust the frequency of incoming color frequencies as necessary, within the limits I've cited, incorporating only what it needs. It's almost impossible to do any lasting damage to the body with color. A slight, temporary upset stomach or headache are the worst "side effects" of which I've heard.

## *Chakra Spinning*

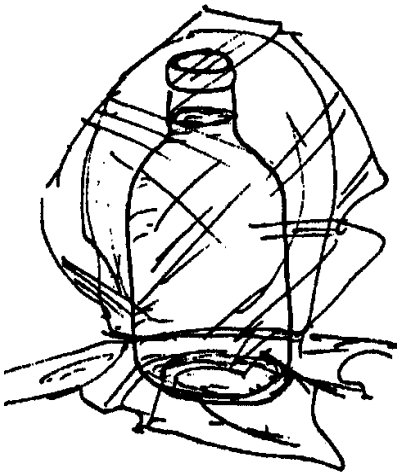
Chakra spinning is a powerful way of balancing the physical, emotional, mental and spiritual bodies. In 1987, Karyl (my fifth-dimensional twin sister) provided me with the script for the Rainbow Meditation audiotape, which has proven to be a most valuable tool for getting the energy centers moving and keeping them balanced. You can, however, spin your chakras using a simple visualization technique, as follows:

Begin by taking a few long, slow, deep breaths. Imagine a cone of energy, red in color, spiraling into the energy center at the base of the spine (the "root" chakra). Feel the color saturating the chakra and its related organs (in this case, the reproductive organs). Then move on to the second chakra, in the middle of the abdomen, and repeat the process, this time using the color orange. Move up through all the seven colors at a leisurely pace; don't move on until you really "feel the glow" in the area on which you're focusing. When you complete the process with all seven chakras, take a few more long, slow deep breaths; feel the balance and energy in your body. While chakra spinning is most effective when done slowly, you'll still derive benefit from a "quickie" if you're pressed for time. In any case, always start at the root chakra and work your way up to the crown.



If you get frustrated or "stuck" during the processes that follow, stop and spin your chakras to bring yourself back into balance. Chakra spinning is a wonderful way to both end and start the day!

## *Solarized Water*



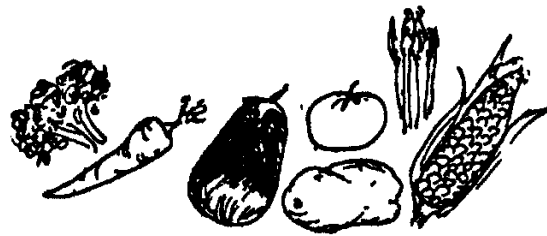
Solarized water is one of the most powerful forms of color healing.

Fill a clear glass bottle (colored bottles work, if you can find them and they don't contain lead) with distilled or purified water. Cover the bottle with some colored cellophane and place it in direct, morning sunlight (energy is the highest then) for at least two hours. You can leave it longer, if you like, but most sources recommend no less than two hours. The combination of the sun's energy and the color of the bottle changes the hydrogen molecules of the water to the frequency of the color of cellophane you put over it.

Once it's ready, sip the water throughout the day. Solarized water is a powerful vibrational medicine, so don't guzzle a whole glass at once. And don't refrigerate it. It'll stay charged for about a week. It's a good idea to keep it in the sun on a windowsill, if possible. Some people leave their bottles of solarized water outdoors in the sun all the time. Do *not* use a metal cap on the bottle while solarizing, but it's okay to cap the bottle for storage, if you don't leave it out in the sun.

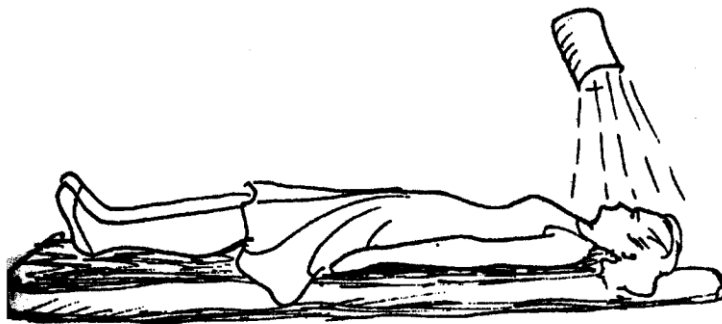


## *Diet*



Each food vibrates within the frequency range of one of the seven colors of the rainbow. You can increase your intake of foods of the color that's out of balance, or decrease intake in the case of an overstimulated center.

## *Lights*



Colored lights have been for ages one of the most popular forms of color healing. A variety of light sources can be used: theatrical lighting "cans", slide or video projectors, household lighting or Spectro-Chrome machines (if you can get your hands on one). Some recommend using a 300-Watt, full-spectrum bulb; others say 60 watts will do. Full-spectrum is desirable for optimum effect, of course. I've found slide projectors to be very effective. (With the advent of video cameras and PowerPoint projectors, slide projectors have slid into general disuse; you can often get one cheap at a flea market or garage sale.)

When using lights, it's important to cover them with "stage gels" rather than cellophanes. Colored stage gels are made of a durable, heat resistant plastic material and are available, along with frames to put them in and lighting to use them with (if you want to go to the expense), at professional stage lighting companies. The gels may also be used to make slides to use in the slide projector!

Another option is to place a colored scarf over a lampshade. At the very least, it will change the mood in a room.

It's by far most effective to project the color onto bare skin, within the time guidelines I gave above. When in doubt, underexpose. As with everything in life, use moderation and common sense; listen to your intuition – and your body.

Do *not* place scarves, gels or cellophanes directly on a light source, as doing so could start a fire!

## *Gemstones*

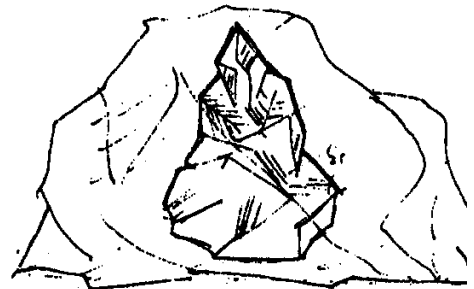
Every gemstone is energy, like everything else, vibrating within the frequency range of one of the seven colors of the Rainbow. Choose one of the desired colors and wear it on a necklace or carry it in your pocket.

You can hold a gem of each frequency in your hands together and ask a question (What stone do I need today? What's the main blockage in my relationship? What do I need to know about the situation with \_\_\_\_\_?). Then, without peeking, select a stone and review the information about that color. In most cases, some helpful "light" will be shed on the question.

Gemstones can also be placed over the energy centers during meditation or healing as an energy booster.

Gem elixirs can be made by soaking a gem in a small amount of water for 7 days (recommended time varies with different practitioners). Remove the gem, mix a few drops of the elixir with water and drink.

Clear quartz crystals contain all the colors of the Rainbow and can be "programmed" to magnify the energy of colors. Cover a clear quartz crystal with a colored cellophane and put it in the sun for a couple of hours. This will program,



or solarize, the crystal to the vibration of the color you put over it. Then carry the crystal with you or place it on the body to receive the benefits.

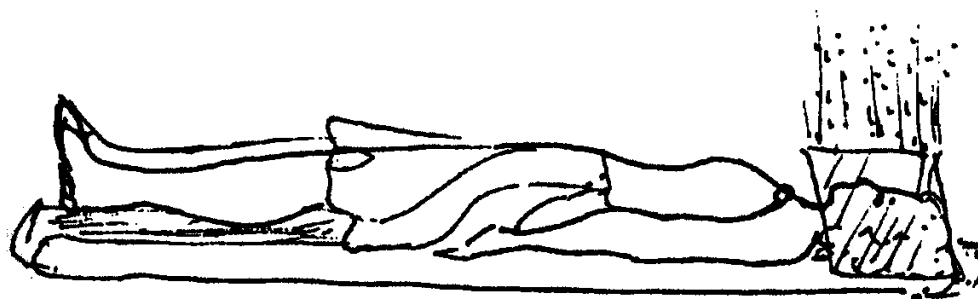
## *Stained Glass*

It's no coincidence that there are stained glass windows in churches. Churches are (or should be) places of healing. When worshipers sit in the colors streaming from the stained glass, they receive the healing vibrations.

You can replicate this effect very simply. Cellophanes or panes of colored glass can be placed in a window that admits direct sunlight. Sit or lie in the colored rays as the sun shines through. Again, getting the light on bare skin is most beneficial.



## *Sunlight*



You can also place a colored cellophane or colored pane of glass over the dis-eased area of your body (uncovered) and lie in direct sunlight to receive the vibrations. Of course, just being in the sunshine feeds and balances all the energy

centers, because sunlight contains all the colors of the Rainbow. Obviously, moderation is the key here; don't get sunburned!

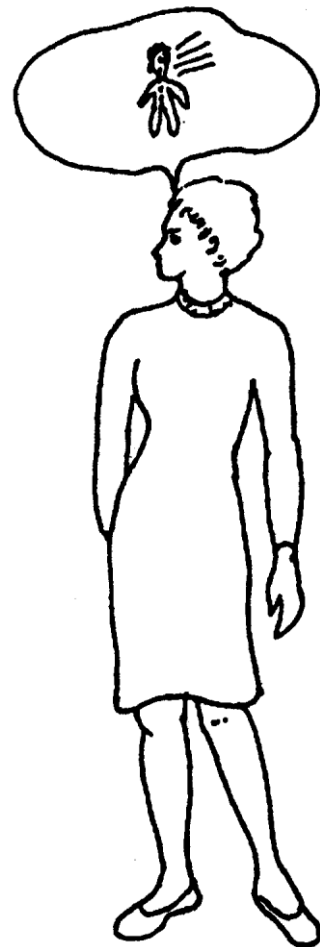
## *Visualization*

One of the most convenient – and quickest – forms of Color Healing is visualization. You don't need any tools or even any light source – just your creative imagination. This method – the “Chakra spinning” described earlier – will also enhance all other forms of Color Healing.

The best times to do this exercise are before getting up in the morning and just before going to sleep at night. Again, starting at the base of the spine, imagine red energy vibrating and stimulating your reproductive organs. Take a moment to think of the qualities of the color red. In this manner, move up the spine through all the colors. Finish by imagining white light emanating from your heart area and expanding slowly outward, filling your body, the space around you, the room you're in, and so on.

If you have identified a particular dis-ease, go back and stimulate that center a little more before you use the white light. I use this exercise as a treatment for insomnia; I find that it relaxes me quickly and I usually go right to sleep. Use it whenever balance, calming and/or pain relief are needed.

Whenever Color Healing is required, you can flash the image of that color to yourself or to someone in need. If the other person is physically present, visualize the appropriate color coming out of your hands while doing "laying on of hands" healing. Incidentally, when projecting energy to another, use your right hand to "send" and the left to "receive". One of the basic tenets of Esoteric Healing is that energy enters the body from the left and exits to the right.



## *Color Breathing*

Every cell of your body requires oxygen to survive. Color breathing (Oxygen Therapy) can be used, along with visualizations, to enhance any of the other methods of Color Healing. Simply inhale deeply, while imagining the desired color pouring into your body. Hold the breath, focusing on the color and giving it more energy. As you exhale, imagine the color saturating and relaxing the dis-eased area of the body.

## *Clothing*

Color Analysis is a system of determining the colors in which you look best. When I operated a beauty salon and boutique, I did a lot of color analysis, and soon recognized it was about more than the correct lipstick shade. The colors are selected according to the predominating 'undertone' color of the skin, hair and eyes, which is determined by the melanin (pigment) of the body.

As with anything, some people can go to extremes with this sort of thing, but overall, I found that if you stay generally within the warm or cool spectrum, as determined by the analysis, you'll look your best. Basically, redheads and auburn-haired people look better in the warm colors, and blonds and brunettes look better in cool colors. It's a matter of blending your natural color tones with your clothing and makeup.

One of the best things color analysis offered the world was teaching women that orange and peach, yellow-based lipstick and blush go together and rose and blue-based lipstick and blush go together. For years women have been mixing rose and peach lipstick or blush, or vice versa and never knew why their makeup just didn't look right. This coordination can be carried through to your clothing too.

If you aren't sure if a color is blue-based or yellow-based, hold it up to something you are sure about and see if it blends or if it makes your eyes flinch. When you're wearing the colors that best blend with your skin tones you'll look

better, and thus feel better. People will compliment you more, too. It's just a matter of being in balance.

Because your clothes are energy, and their color magnifies that particular vibratory frequency, you can use clothing for Color Healing, as well. We don't all look good in bright red or yellow, but you can always use it in your underclothes or around the house.

Have you ever chosen an outfit to wear the following day, and when you got up that morning looked at it and said, "I can't possibly wear that today!"? That's your intuition talking to you. Listen! Wear what "feels" good that day. You can stand in front of your closet in the morning and ask, "What color do I need today?" Run your hand across the clothes and choose what "feels" good.

The color of your night clothes (if you wear any) and bedding are extremely important. When you're sleeping you're most vulnerable, so wear something white or calming, cooling and relaxing. (Unless you're trying to inspire your mate, in which case, red will of course get the energy going.)



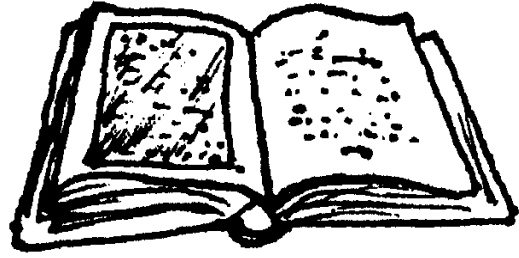
## *Education*

Over the last quarter of a century, some excellent research has led to the implementation of some powerful uses for color in education.

During a study done in the 1980's on a group of "learning disabled" adults and children, one of the participants mentioned that when a particular color was near his book, he could read better. From that clue, the researchers embarked on



an exhaustive study of the effects of color on reading ability. They concluded that reading disabilities are a dysfunction of the eyes involving heightened sensitivity to one color relative to another, and found that simply by placing transparent colored



overlays over printed material, learning disabilities and even dyslexia could be eased or eliminated. This led to the development of eye testing methods that enabled them to prescribe glasses with colored lenses that corrected the problem.

I have interviewed two of the researchers. One is a teacher, who, when working with a group of young children, was troubled by one boy who was particularly disruptive and had a very difficult time concentrating on or completing his work. One day she asked the boy to choose his favorite from a box of colored cloth squares. The next time the boy was having trouble concentrating, she walked by and placed the colored cloth he had chosen on his desk. In a very short time he completed his work, brought it to her desk and said proudly, "I'm finished!" She said the look of surprise and pride on his face was something she would never forget. From then on, each day he would go up and get the cloth and put it on his desk; his performance improved dramatically.

Both of these researchers told me they found that almost everyone with a reading or learning disability could be helped by using color overlays.

I tested this theory on myself. I had never been able to read for any length of time without my eyes watering and burning; I would also get very tired, and even fall asleep. I forced myself to read, but never really enjoyed it. After learning about overlays, I got a batch of stage lighting gels of various colors and placed them over my books. What a difference! My eyestrain was greatly reduced, and I could read for much longer. I also noticed it wasn't always the same color that best relieved the eyestrain.

I met a man from Michigan who was using color in his *Superlearning* classes. (*Superlearning* is a form of wholistic education that involves both body and mind, in harmony. I gleaned several practical ways of enhancing the learning process from the book of that name; mind mapping is one of them.) He found that, because yellow stimulates brain neurons, information was stored, retained and recalled better if read through a yellow overlay. He cautioned, however, that

yellow can be irritating to the eyes, so it should be used for short periods of time, perhaps 20-30 minutes, with brief rests in between.

Barbara Meister Vitale, in her book *Unicorns are Real*, describes various methods of employing color in teaching to the right brain. Having the children write each letter of a new word in a different color helps them to better remember the word. (Writing similar words – flight, light, sight –in similar colors also aids in memorization) She suggests using green (go) on the first letter and red (stop) for the last letter. She also discovered, as did the teacher mentioned above, that allowing the children to choose a piece of colored paper or fabric to place on their desk while doing their schoolwork improved their performance. She found, as did I, that the same color did not work best every day. That’s why coloring the lenses of your glasses isn't such a good idea – you get an overdose of that color. Choosing anew each day is recommended.



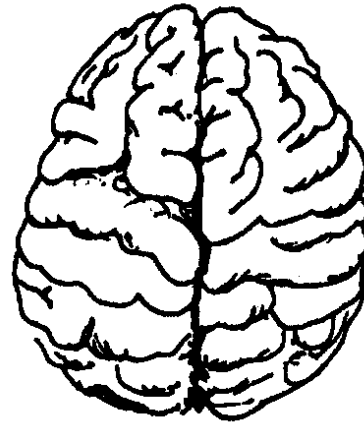
Ms. Vitale also recommends using Rainbows whenever possible, because children love them (who doesn't?). I met a teacher from Colorado who each year placed a rainbow made from construction paper on the front wall of her classroom. Each year her students were noticeably better behaved and excelled academically, relative to the other classes. The principal wanted to know what she was doing different; he guessed it might have to do with the rainbow, and forbade her to display the rainbow during the next school year. Lo and behold, her students' behavior and academic performance were the same as the other classes. She was permitted to return the rainbow to her wall the following year.

Many studies have shown that "mentally challenged" people learn much faster in a yellow room than in any other color. They need the added mental stimulation offered by yellow. While it's not desirable to paint an entire schoolroom yellow, as that much yellow will eventually over-stimulate and become very irritating to the people occupying the room, one yellow wall would be very effective.

Finger paints have also been found to be very helpful in the learning process. When vocabulary words or math problems are written in finger paint, it combines several senses and incorporates both sides of the brain in the process. Finger paints are one of the best gifts you can give a child.

Both the use of color and *Superlearning* techniques could – and should – play a more prominent role in our educational system. Both have been used very successfully in other countries. Our public school system teaches primarily to the left-brain; unfortunately, children today tend to be more right-brained. Teaching techniques using creativity, art and color would be much more effective for them. Public education in the U. S. must be overhauled in order to overcome rampant illiteracy and dropout problems. Color could make a significant contribution.

Analysis  
Linear  
Logical  
Language  
Writing

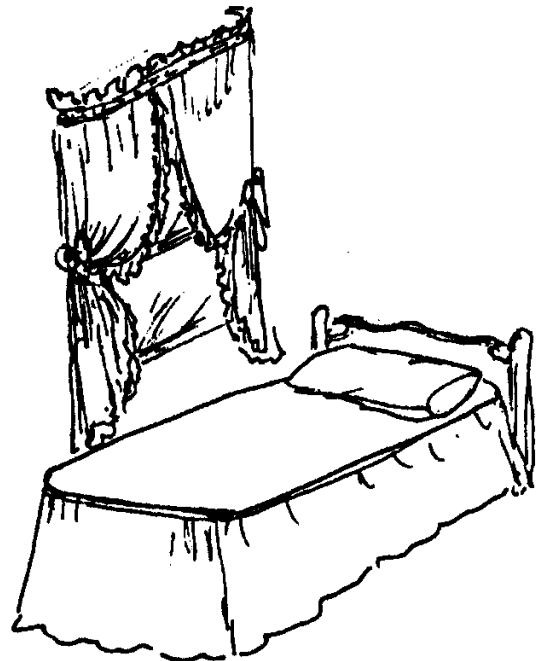


Imagination  
Intuition  
Creativity  
color  
Place  
shapes  
Art  
Music

## *Décor*

The colors in your living environment significantly affect you – physically, mentally and emotionally.

It's usually best to allow the person or people who will spend the most time in a given area to choose the colors used there. This is especially true of children's rooms (Obviously, parental discretion is advised – if the child insists on a black room, professional psychological help may be in order!). As I've said before, great care should be taken in decorating the surroundings around children, the elderly, physically or emotionally ill people, and substance abusers,

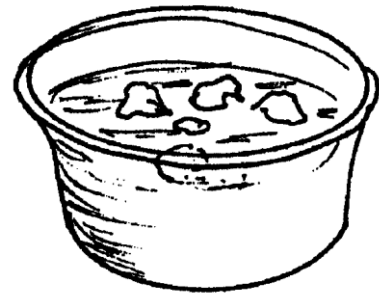


active or recovering. I highly recommend Rainbows or some other form of balanced, full spectrum color and lighting for these groups especially. AVOID GRAY!

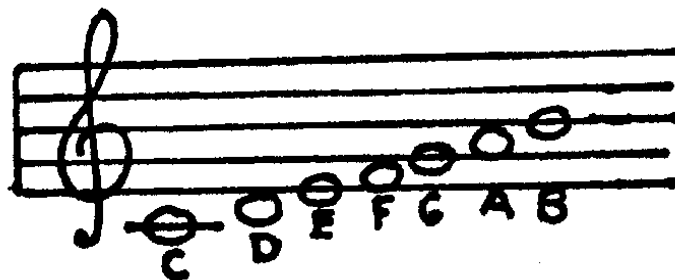
Color is very effectively used commercially. The professionals who design the interior of commercial establishments know what they're doing, most of the time. Pay attention the next time you are in a store; observe how color is used to draw you into and around the place. Notice how you feel as you look at the decor. Refer to the sections on each color for greater insight.

### *Flower Essences*

Every flower has a signature frequency lying somewhere along the visible light spectrum, and can therefore be used as another natural method of vibrational healing. Prepare elixirs by soaking flower petals in distilled or purified water in direct sunlight. Ingest the resulting liquid or use it in compresses externally.



### *Music*



Another magical thing about our Universe is that there are seven basic notes on the musical scale, each vibrating at the same frequency as one of the seven colors of the Rainbow. Many cultures have found ways to use music for healing or raising one's vibration – sometimes in conjunction with color or other modalities, sometimes alone.

In my Rainbow Meditation, the appropriate musical note sounds as each color is described. The listener is invited to sound the notes aloud. If you really "sing out", you'll actually feel the related energy centers vibrate. Sometimes referred to as "toning", this is a very effective way of stimulating the energy in your body. Hard rock, heavy metal, and hip-hop also stimulate your system, of course – but in a negative way. They create the same type of response as fear and stress: heart rate increases, adrenaline is released, and the entire system is "overworked". The next time you're exposed to that type of music, observe your body's reaction. One can become addicted to harmful vibrations as well as to harmful substances! A wisely selected and deployed visual and aural environment, on the other hand, can be very healing and elevating. Again, remember that the creators of commercial environments are aware of this. What is "elevator music" *really* doing to us?



# Body, Mind & Spirit

## HEALING RAINBOW

*Be Still...  
Calm...  
Relaxed...  
Peaceful...  
Light and  
Love.*

*I forgive myself and everyone else with the strength and power within me.  
I enjoy the prosperity of the Universe with enthusiasm and courage.  
I joyously and fearlessly do unto others as I would have them do unto me.  
I am tranquil, balanced and in harmony with the healing life energy within.  
I am patient, content, loyal and understanding to myself and everyone else.  
I always recognize and trust my creativity and intuition.  
I love and accept myself just the way I am.*

*...Many Thanks*

*...All is in Perfect Order.*

*...and So It Is.*

While I was first intuitively "receiving" the technical information about color and energy, I kept hearing, over and over, about the importance of balance, of using all the colors of the Rainbow. That's why the *Body, Mind & Spirit HEALING RAINBOW* was created: to provide a balancing, visual healing tool.

The body's constant seeking for dynamic balance assures that when you look at the full color spectrum, your body brings into itself the colors it needs in order to balance the energy centers or endocrine glands, which in turn keeps all systems – the entire organism – functioning properly. Small children, the elderly, the mentally deficient, people who are sick, substance abusers – all are especially affected by color; it's therefore vital to expose these folks, as much as possible and in a balanced manner, to the entire color spectrum – which is just what the *HEALING RAINBOW* does.

Since I created it in 1987, I've seen dramatic evidence of the *RAINBOW*'s power as a visual healing tool. I've heard reports that women use it during natural childbirth, centering on the positive affirmations, concentrating on the colors. Of course, the body's innate ability to balance assures distribution of the color energy to the proper center. And, because they're still connected to it, the baby also receives the energy, helping it to balance. After delivery, the *HEALING RAINBOW* can be displayed in the nursery, above or next to the crib, so that the child can continue to bring color into its body. The baby also attempts to focus on the words, thus assisting with their vision development. Looking at the colors also helps to develop their color perception.

My sister Terri at one time worked with Alzheimer's patients. She gave one of them a *RAINBOW* poster; the woman "lit up" every time she saw it, and was able to remember how to read the words.

The affirmations dovetail with the Alcoholics Anonymous principles, making the *RAINBOW* an excellent tool for anyone recovering from drug or alcohol addiction. Wouldn't it be wonderful if they were hanging in every hospital and treatment center room?

A principle of a high school called one day to order a quantity of posters. She had been experimenting with it by placing one in her waiting room where the disruptive kids had to wait before seeing her. She noticed a remarkable difference in their attitude after staring at the poster for a while.



One man told me that when his wife was dying they would look at the poster together and say the affirmations and they would both feel better. Others have used it in the dying process as well.

## ***Directions For Use***

Display the poster in your bedroom, where you can see it from your bed. Look at it just before you go to sleep and just as you wake up, when you are in that slightly altered state. Allow the color to flow into your body. If possible, also have one available in your workplace. Whenever you get upset or feel ill, take a moment, look at the Rainbow, take a deep breath and allow the colors to flow into your body. Read the affirmations to center your thoughts on what is really important. It only takes a few moments, and is a great "pick-me-up".

Begin with the words in the cloud, co-coordinating your breathing with the words: inhale BE STILL, exhale CALM, inhale RELAXED, exhale PEACEFUL, inhale LIGHT, exhale LOVE. As you breathe, allow the babble of the conscious mind to gradually subside, and feel yourself relax and become still.

## ***Be Still***

Psalms 46:10 says, "Be still and know I am God." According to the Hindu Vedas, the spoken words "I AM", or "AUM" in Hindi, set up a vibrational frequency in the body and mind, which aligns the individual with his Higher Self and thus the God source. The word "GOD" in any language has the highest vibrational frequency of any word in the language. When you say aloud, "I AM GOD", the sound vibration literally aligns the energy in the body to a higher attunement. It sets up a vibrational frequency in the head and the body that allows you to tap into this inner resource. This phrase can also be used very effectively whenever you are afraid or in need of protection. It neutralizes negative energy.

## ***Calm, Relaxed, Peaceful***

Meditation is a method of silencing the "internal monologue", the ceaseless chatter of the conscious mind, and thus opening to Spirit. All spiritual traditions advocate some form of meditation; simply focusing on the breath, repeating a phrase (mantra) over and over, staring fixedly at a candle flame or at any particular point in your surroundings. The *RAINBOW* makes a fine meditation tool.

## ***Light***

Everything in our universe is made White Light, containing all the seven colors of the Rainbow. You are not your body, brain, emotions or ego – you are a Divine Spark of this Light and Energy. It is everybody and everything.

## ***Love***

Love is the catalyst to enlightenment. Learning Unconditional Love and genuine compassion is a primary lesson, here in the Earth School. You can't really love someone else until you love yourself. We're truly all One; to be truly healthy, we must love and respect ourselves and all forms of life.

## ***The Rainbow***

We begin with the color red (remember, red is the slowest and longest vibration on the spectrum), and work up through each color, increasing the rate of vibration as we approach violet (the fastest and shortest vibration). This permits the body to adjust and properly utilize the energy.

## *Red*

*I forgive myself and everyone else with the strength and power within me*

Forgiveness is the key to self-love. Know that whatever you've done in your life, it was the best you could do at the time. If you were a perfect being, you wouldn't be here in the first place! Holding on to guilt, hate and/or regret creates negative energy in the body, which act to block the free flow of energy, leading eventually to physical, emotional and mental dis-ease. Allowing forgiveness to flow through you on a powerful Red current will help to break up these fields and get the energy going again. There are no mistakes, only challenges and opportunities to grow. And don't hold on to anger! That's blocked, negative Red energy; breathe in I AM – breathe out AT PEACE, or, if you must, go for a ride in your car, turn the radio up, and scream; fall down on your bed and pound a pillow; find some harmless way to release the excess energy. Remember that there are no mistakes, only challenges and opportunities to grow. DON'T TAKE IT PERSONALLY!

## *Orange*

*I enjoy the prosperity of the Universe with enthusiasm and courage*

Do what you love to do and the money will follow. If you don't love what you're doing – stop doing it! If when you get up every morning you dread going to work, you carry that negative energy around with you. Is it really worth it to make yourself sick doing work you dislike? Find a way to make a living doing what you really love to do – something you'd do for free because you enjoy it so much. Do it enthusiastically, be the best you can be at it. Remember that energy follows

thought; and remember that whatever happens, you can make it a blessing and an opportunity for growth, if you have the courage and integrity to do so.

## *Yellow*

*I joyously and fearlessly do unto others as I would have them do unto me*

Remember the Golden Rule from your childhood? Here it is again. "What goes around comes around." "As you sow, so shall you reap". It's the law of Cause & Effect; for every action there's a reaction.

Being true to yourself, following your "bliss", is NOT a license to deliberately harm others. If you do something nasty, it'll come back at you sooner or later. Remember that there are as many Realities on this planet as there are people to imagine them; enjoy and honor others' vision as well as your own. Free will is a tricky blessing; it means you must have the courage to take responsibility for your life and your actions!

## *Green*

*I am tranquil, balanced and in harmony with the healing life energy within*

By becoming Still, Calm, Relaxed, Peaceful; and by opening to Light & Love, we become capable of receiving the messages our body are sending to our minds. They tell us what they need, if we'll only listen. Cravings for certain colors or foods are requests for more of a certain energy frequency. Discernment is required, of course, to differentiate between addictive cravings and actual vibrational requirements; hence the need to be still and go within. Caffeine, drugs,

cigarettes, alcohol, preservatives, chemicals, extremely hot or cold beverages all create imbalances in the body, requiring it to tap into its energy reserves to correct the imbalance, thus leaving you with less energy to manifest the things you really want in your life.

## *Blue*

*I am patient, content, loyal and understanding to myself and everyone else*

"Judge not, lest ye be judged": You're welcome to your opinion, but when you become emotionally involved – that's judgment! We don't know what lessons another person has chosen to learn, and it's really none of our business anyway. We often create expectations concerning how another should behave, based on our own belief systems. Well, expectations can get you into a lot of trouble. "Allow" is the key word here. "Shoulding" on another person is never appropriate. Unconditional love just doesn't leave room for it!

To paraphrase a remark Dick Sutphen made at a seminar I attended: "If you're angry at another person, it's because you need either approval or control; neither is your right or business." I think that sums it up pretty well.

## *Indigo*

*I always recognize and trust my creativity and intuition*

Be Still – listen – all the answers are within you. They may come as inclinations, hunches, visions, voices, dreams, cravings, a word from another person, a passage in a book or even on a billboard or bumper sticker, but they'll show up if you're looking for them. "Ask and ye shall receive" – it's part of the Order of the Universe. Formulate a question, or imagine something you want to

manifest, and Be Still, watch and listen for your answer. The more specific you are, the more specific the Universe will be in recycling your energy back to you. Remember, it's all energy; you create your existence with your thoughts.

The meditative state allows us to access the River of Mind and see where and how it's flowing. When we "go with the flow", living tends to feel effortless, "right". The trick is to hear and heed that "still small voice within". Practice listening, especially to the silence in the wilderness, if you can get there, or deep in the night; you'll be amazed at what you hear. And even if you're not very good at listening, Spirit has other ways, sometimes rather unpleasant, of getting your attention. Try to be alert to them.

## *Violet*

### *I love and accept myself just the way I am*

And so we come full circle: Learn to love yourself unconditionally, because until you do, you can't learn to love another person. If there is something about yourself you don't love, change it or forgive it. You can change only yourself – no one else.

Your challenge, here in Earth School, is to be the best "You" possible. Put a day or a weekend aside for yourself: List all of your positive qualities and gloat over them, take the time to pamper yourself – sleep till noon, go to a spa, buy yourself a gift, meditate, use the *HEALING RAINBOW* at least twice a day, and by all means get in touch with your intuition! Learn to love, appreciate and accept yourself, if you don't already: it's the quickest way to fix what's wrong in your world. Claim your personal power, then use it to create the life you want.

## *Many Thanks*

We have so many reasons to be thankful; if you don't think so, sit down and make a list. Put it up on the wall and refer to it when you're feeling abused. You'll

be amazed at how your attitude will change. The bigger your "gratitude attitude", the more reasons you'll find to be grateful! That's how the law of cause and effect works.

### *All is in Perfect Order*

There are no accidents, because we create our existence with our thoughts. All is in perfect order – you just have to step back a little way to see it! The "Big You" has that view; connect with it and expand your life!

*And So It Is!*



# Summary

I truly hope that *Colorology* has inspired in you a desire to begin using color in your daily life.

Did the information sound “familiar” in some way?

Did you resonate with it?

Did you have “flashes” of how you used color in another lifetime or dimension?

If what you think or believe differs from my information in any way, please follow your inner guidance. I have shared *my* truth. Please don't get bogged down in the details; just get started *applying the principles*. Warm colors stimulate, activate and warm; cool colors calm, soothe and cool. That's how it works, at least in this dimension!

Over the years I have been researching, teaching and using Colorology, it has become quite apparent to me that understanding color is key to understanding how we connect to the Universe, and a practical method of opening our psychic senses, while creating more *balance* in our lives physically, emotionally, mentally and spiritually. It worked for me and for many of my students, clients and readers. Applying Colorology, meditating, and connecting with one's Guides and Helpers (giving them permission and asking) can be the magic formula, IF – and this is the big “if” -- it is applied with focused *Attention*, clear *Intention*, and diligent *Practice*:

**Attention** – Obviously metaphysical subjects have gotten your attention or you wouldn't be reading this book. This is the research phase, as you begin to question mainstream reality, what you have been taught about the world and your place in it. Read, listen to audio interviews with people in metaphysics, attend workshops, watch Youtube videos, join meetups and other groups, and/or find a spiritual center or church – whatever expands your *knowledge*.

**Intent** – Deliberately set your intention to use what you're learning in your daily life. Make a plan of action and fix your will on executing it. Be sure you have whatever tools you want/need to get the job done, and then “JUST DO IT!”

**Practice** – Exercise your psychic ability in as many ways and as often as you are able. There are loads of exercises on my website for you to explore, alone, with a partner, or in groups. I have found the group format to be especially helpful, because you can get immediate and extensive feedback on your accuracy.

Now that you have discovered (re-discovered?) the basics of how energy and color work, and are hopefully motivated to integrate it into your life, may I invite you to ***Discover Your Psychic Superpower?***

Knowing your *Life Color* is a great start, as doing so helps to define which of the psychic senses you can best develop in this lifetime, and which talents you may have already mastered.

I am now offering ***Discover Your Psychic Superpower Weekend Retreats*** during which, in the company of like-minded, spiritually-awake people, you will:

Learn more about, and immerse yourself in, your psychic senses.

Enjoy a peaceful, beautiful environment.

Enjoy healthy food and good company.

Allow YOUR ***Superpower*** to naturally open up and grow!

If, after attending a ***Discover Your Psychic Superpower Retreat*** you would like to explore the possibility of using your ***Superpower*** professionally (that is to say, in *service to others*), I am also offering ***Share Your Psychic Superpower Retreats***, in which I will share tips from my thirty years of experience offering psychic readings professionally. You'll learn the ins and outs of the business, marketing and ethics, have an opportunity to brainstorm with your peers, get your questions answered and much more.

Participants in my ***Retreats*** will also have follow-up opportunities to “exercise” by participating in monthly, on-line, webinar-style ***SuperPower Workouts***. We will do free ***Group Psychic Readings***, in which we all read for one person in the group, and get her immediate feedback) – all without leaving home! Also, monthly ***Metaphysical Meetups*** in Pinellas County, Florida will feature in-person opportunities to interact with your peers and practice your skills. And to top it all off, a private/closed Facebook page, ***Psychic Superpower Connection***, will offer developing psychics a place to share their experiences and ideas, ask questions, and participate in on-line exercises.

And of course, if you desire one-on-one Psychic Counseling or Coaching session with me for any reason, I'm available to help you in that way, via phone, Skype or in person.

So the path is there, and it's clearly mapped! Blessings on your journey of discovery. I'm here for you, if you have any questions or comments.

*Namaste* (the Divine in me recognizes the Divine in you),

Caryl

2017

## *About the Author*

Caryl Dennis, author of the nationally acclaimed book, *Colorology: The Science of Color*, has been a Colorologist since 1987, when she began receiving telepathic communication concerning the physics of color and cosmology. Her desire to discover who was communicating with her led her to research the UFO phenomenon.

In 1991, she compiled *The UFO Reference Book* (no longer available), a cross-referenced database of approximately 1,000 anomalous events occurring throughout history, including government and medical coverups, as well as UFO-related occurrences.

While engaged in research involving extraterrestrial contactees who became geniuses, she came upon the *Vanishing Twin Phenomenon* (1 in 8 pregnancies begin as twins –seventy-five percent of the women pregnant with twins only deliver one baby). Her research revealed that many of the contactees were twins, were supposed to be twins, or had twins in their family. Through this research, Caryl discovered that she herself had a twin sister in utero who did not survive. That discovery enabled Caryl to establish extra-dimensional telepathic contact with her “missing” twin, whose name is Karyl (pronounce Kuh-rill). Karyl informed Caryl that her ever-expanding psychic ability is one result of the stimulation of the pineal gland that occurs in the process of that contact.

In January of 1997, Caryl, with her partner Parker Whitman, published *The Millennium Children: Tales of the Shift*, which tells of her research into the growing number of children (subsequently referred to as Indigo or Star Children by others) who are born retaining pre-birth memories and/or displaying marked psychic abilities, as well as the ability to see beyond the visible light spectrum (frequently, their other senses are highly developed, as well), and who often report contact with extra-terrestrial or extra-dimensional entities. Their IQs are usually in the genius range, and they display a variety of inventive and creative talents. *The Millennium Children* offers possible reasons for this consciousness “shift”, as well as the most extensive exploration of the *Vanishing Twin Phenomenon* in print at the time it was written. It is available on my website [www.VanishingTwins.net](http://www.VanishingTwins.net)

*Tools for the Shift* is a workbook created by Caryl and Parker offering various practical techniques and tools to help you cope with a “shift” in your life whether it’s a divorce, change in careers, a move or whatever change you may be facing.

Caryl has been a guest on numerous radio and television talk shows including *Coast to Coast AM* (with Art Bell and Ian Punnett), and *The Jeff Rense Program*, presented hundreds of lectures, published many articles, interviewed hundreds of twinless twins and Millennium Children and done multitudes of Life Readings. She also acts as the moderator of a Yahoo e-group for Vanishing Twins with over 500 members from around the world.

As the primary care giver for her father in 2002 while he was dying of cancer, and then helping her mother organize her new life, Caryl realized just how little she knew about end-of-life issues, and how catastrophic that ignorance can be for anyone, considering we *all* have expiration dates! She launched yet another research project, resulting in the CD and DVD ***Transition Planning: Complete End-of-Life Education & Resources***.

The most frequently-asked question during Caryl's psychic consultations is "When am I going to find my soul mate?" Recognizing the widespread need for assistance in affairs of the heart in this cybernetic age, Caryl developed a webpage entitled ***21st Century Matchmaking: Latest Techniques & Technology for Finding Your Soul Mate***.

Caryl is convinced that *Everybody's Psychic*, providing free, simple psychic development exercises on her website. In 2017 she began offering ***Discover*** and ***Share Your Psychic SuperPower Retreats***. She also provides opportunities to exercise your *Psychic SuperPowers* via Facebook, webinars and meetups.

Caryl has been offering Psychic Readings professionally since 1990.

Caryl and her husband Parker now live in Safety Harbor, FL. Caryl offers Psychic Counseling in person in Downtown Safety Harbor, FL; at shows, parties and expos; and by phone or Skype.