

You Are a System of Light Rev. Terri Heiman

You are a system of light, as are all beings. The frequency of your light depends upon your consciousness. When you shift the level of your consciousness, you shift the frequency of your light. - Gary Zukav

What is it we see when we look at the colors of a sunrise? Is it just the sun rising or is it the Universe's way of adding healing light through vibration into our lives? What is it about the vibrancy of a sunset that sets our emotions alive? Could it be the fiery, passionate energy of crimson and magenta mixing into an indigo sky spreading creativity, desire and free will into our intuitive center as we enter the dream world of night?

Light, measured by its wavelength and frequency is a vibration. Vibration is energy. We and every living thing are energy. Many wavelengths and vibrations are all around us. We don't always see these vibrations but if one awakens to their consciousness they will feel the energy that is most apt to enliven the body and promote health and wellness. Reiki is one of the energies that we don't all see but when aware, we feel. Color is an energy that we see but don't all feel until the awareness is uncovered.

What is color? How does one describe it? Color creates atmosphere. Color appeals to the senses. Color evokes emotions and feelings. One can be too blue, diagnosed by flushed red cheeks, or green with envy. Color is in our food, and carries nutritional value and vitamins. Color evokes sensations and pleasure, like a hot red dress! It is valued in art and cherished in nature. It is carried in light and full of intelligent energy.

In looking at the spectrum of electromagnetic energy, the higher the wavelength, the lower the frequency and vice versa. Cosmic rays are on one end of the scale, which have properties beyond this dimension, properties that we have only now begun to tap into and examine. Next are gamma rays which have the smallest wavelengths and the most energy of any other wave in the electromagnetic spectrum. These rays can kill living cells, a fact which medicine uses to its advantage; for example, using gamma-rays to kill cancerous cells. As the vibration slows down, the wavelengths increase, and we move into X-Rays at about 1nm. Our sunlight breaks down into Ultraviolet rays and the visible light spectrum. There are three types of Ultraviolet rays: UVC, UVB, and UVA; UVA is the "good" ultraviolet ray that we need. It measures about 380nm. From there we move into Visible Light which is broken into Color - this is the range that most people refer to as white light or rainbow light. Next is infrared light, then microwave, radio waves, TV, cell phones and so on.

Because we are made of light, when we add light into the system, we change the system, the system being ourselves. - Dr. Sam Pesner, O.D., F.C.S.O.

In a living organism, each individual cell has a specific function to perform, which generates and radiates a specific energy, often termed the "aura". The logic behind

color therapy is that when a particular organ or system is out of balance its auric energy either increases or decreases; by applying the appropriate color on the affected area or the entire body, health and wellness can be restored. 1[1]

It is important to emphasize that our whole existence on Earth, which is a 95 percent extension of her organic/mineral composition, is colorized by the impact of light shining on an object and reflecting back manifested light. 2[2] No matter whether it is the color of food, the paint on a wall, the color of your shirt, flowers, trees, or birds, all have an effect on our body. It is not simply a matter of what we see or what our favorite color is; color and light are much more. Light is energy, and energy effects everything we do, say, think, and feel.

History

Color therapy has been around for ages, and dates back to the rishis in India, as well as the seers of the early Egyptians, although it probably wasn't termed "therapy" back then. Prisms were used to bounce color on the body with conscious awareness, and sun baths were quite common for wellness.

Color therapy came into a more modern form through the efforts of several researchers. Notable among them were General Augustus Pleasanton, and two physicians, Seth Pancoast and Edwin D. Babbitt. General Augustus Pleasanton used blue light to stimulate the glands, the nervous system, and the organs. Dr. Seth Pancoast used red and blue light to stimulate and/or relax the autonomic nervous system. 3[3]

It was in the 1800's that Dr. Edwin Babbitt, M.D. stated, "Any process, light or heat, that draws blood to the skin, relieves congestion of the liver, spleen, lungs, stomach, intestines, and spinal cord. All vital organs have direct connection with the skin through the blood vessels. Application of light rays in one spot can affect the entire bloodstream through circulation and elimination of toxins." 4[4] He created a Chromodisc that placed light on the body and explained solar elixirs. His book, *The Principles of Light and Color*, was widely received by people in the healing field, yet violently opposed by the medical community.

In the 1920s, Dinshah Ghadiali, a scholar from India, developed a program he called Spectro-Chrome, based on three premises: the body's ability to react to light; colors' relationship to physiological function; and color tonation aiding bodily function. His work was labeled "quackery" and subsequently banned in the late 1940's by the Food and Drug Administration. His work was destroyed except for his personal library, restrictions issued on his teachings, and his instruments were not allowed across state lines. Luckily, due to the efforts of his sons, Ghadiali's work is now resurfacing through their non-profit health organization for color therapy, established upon his death (www.dinshahhealth.org).

1[1] Dinshah. Let There Be Light. Dinshah Health Society, Darius Dinshah, Pres.

2[2] Bien, Julian. Golden Light. Spectrahue Light and Sound. Toronto, Canada. 2004.

3[3] Lights Years Ahead. Berkeley, California. Celestial Arts. 1996.

4[4] Babbitt, Edwin D., The Principles of Light and Color. 1878.

It is from these scholars and many other teachers that different light therapies exist today, such as the work of Dr. Harry Riley Spitler in the Syntonics Optometric therapy, Dr. John Dowling and the Lumatron Ocular Light Therapy, Peter Mandel's Colorpuncture, and Julian Bien's Color Harmonics. Although protocols for each therapy may vary, the theories and properties of color are constant; each teaches the importance of adding light to the body to maintain health, wellness, and consciousness. As Dr. Jacob Liberman says, light therapy is the "medicine of the future".

Color Harmonics is a term coined by Julian Bien of Toronto, Canada, and is based on the Art and Science of using Color Light to stimulate one's innate ability to self-heal and evolve spiritually 5[5]; a parallel to Reiki in the ability for the body to self heal through energy vibration. The energy medicine of crystals also allows the body to resonate with higher vibrations to move, hold, and magnify energy for healing. These practices all open the soul and guide the spirit to a freer existence working on all levels of the body: physical, emotional, mental, and spiritual.

Through Reiki we have the ability to charge crystal and color vibrations, and through light we have the ability to project color back into the crystals. All three energies combine and create a magnified vibration to promote self healing and consciousness. To feel and know the light is to be the light.

Julian Bien explains in her book, *Golden Light*, that a natural system of lights exists within our bodies. Within the DNA of each cell, light is generated, amplified, and broadcast as a way to communicate with other cells. Cells begin "speaking" to each other when light is applied to the body to communicate on a healing level. Light can reduce pain caused by certain types of imbalances and can also reduce the impact of physical and emotional stresses. Light can also be directed to clear and refresh the body, emotional patterning, or simply open the mind to new horizons. It reminds us of our original health and helps us recover it. Light replenishes the body's natural energy and gently restores the balance in all cells. Each color is associated with a different effect and serves a different purpose.

Color and light has been documented to help jet lag, Seasonal Affective Disorder, and eating disorders. Light therapy is used for skin lesions and disorders for which the FDA is now recognizing and approving. Red and infrared laser LEDs, also known as cold lasers, are being used by chiropractors, especially in sports medicine.

With Reiki, we observe many of these theories as well. When we apply our hands to any given point on the body, the energy moves to where it is needed, the cells begin to communicate, and healing takes place. Reiki knows where to go and what to do to bring the body back into balance. Just as Reiki works with all the energetic systems of the body so, too, does color. Knowing and understanding the properties of colors and how they relate to each other, one's consciousness and ability to access this modality is awakened. The magnificence of combining Reiki, Color, and Crystals is a vibration complete. It's a vibration that encourages love, bliss, and health as well as wellness, peace, and happiness. It is beautiful to see and wonderful to feel.

5[5] Bien, Julian. *Golden Light*. Spectrahue Light and Sound. Toronto, Canada. 2004

When teaching the properties of color, first we look at how they affect our energy system. Red, orange, and yellow are considered hot colors. Our body heats up with these frequencies. Our energy is raised and our vital life force is charged. Blue, indigo, and violet rays are cool colors. Our energy is calmed and relaxed with these frequencies. Green is a balance color; it harmonizes our system, pulling us out of chaos. It opens the heart and allows our feelings and emotions to flow in resonance with the vibration of mother earth. It's no wonder the sky is alive with the red, orange, and yellow of the sun in the morning, and the blues and indigos of the moon at night, with the green of the earth all around us.

Red, the color of the first chakra, our root chakra, is the symbol of love, anger, and life; its penetration power, which is the highest of all colors, generates enthusiasm and arouses passion and has a cheerful, yet grounding effect. Too much red can stimulate anger and aggression, for it stimulates the posterior hypothalamus and the sympathetic nervous system. It is recommended for the treatment of impeded circulation, strained muscles, and heart issues.

Orange, the color of the second chakra, our sacral chakra, symbolizes joy and happiness and helps raise the spirit; hence it is recommended for cases involving depression and fear. It promotes a healthy appetite and increases the sex drive, and is used for hormonal cleansing. It's a bright, warm source of encouragement and creativity in all aspects of life.

Yellow, the color of our third chakra, our solar chakra, is a clear, purifying color, which stimulates clarity of intellect, focus, and attention. It can help with learning disabilities, and is often the first color used in treating depression and Seasonal Affective Disorder. It is used for toxin processing and elimination, and works to strengthen and clear endocrine functions.

Green, the color of our fourth chakra, the heart chakra, is the color of balance. It has a neutralizing affect on our emotions, allowing our heart to open in both love and forgiveness. It is also a color for new life and new growth. It encourages cell growth, and works to mediate both the sympathetic and parasympathetic systems.

Sky blue, the color of the fifth chakra, the throat chakra, is a cool, yet powerful color that can break down emotional barriers and facilitate spiritual growth. It can be used for mental relaxation and tackling embedded psychological issues. It is often used for hyperactive children. Blue tones the skin and is a pain reliever. It stimulates the anterior hypothalamus and the parasympathetic system, and also helps regulate imbalances in the lung and large intestines.

Indigo blue, the color of the sixth Chakra, the third eye, is a peaceful and cool color. It has a calming, sedative effect and is helpful in treating sleep disorders, headaches, and pain. It also regulates elastic tissues and helps in all kinds of cramps. It has also been known to have a cleansing effect on most skin eruptions and may be applied to combat bacterial infections.

Violet, the color of our seventh chakra, the crown chakra, is a cold color. It has the shortest waveband and the highest amplitude in the visible color spectrum. It can help in mental and nervous disorders and may be used as a powerful tranquilizer. It is also known as a spleen stimulant and a means of cleansing the body of toxins. Violet is the color for neutralizing emotional wounds, as it helps to remove trauma memory. It is also widely used for spiritual awakening, and increases the effects of meditation. Violet can promote awareness and consciousness, as it opens one up to the vibration of divine guidance.

So why combine color and Reiki into a treatment? By combining both vibrations of energy, the body is treated to multi levels of healing. While in the energy of Reiki, the colors become much more vibrant and are taken in through the both the eyes and the aura. The light body is activated and all levels of the aura awaken to these vibrations. Just listening and feeling those around me gush with delight in seeing these colors confirms the love of the body, mind, and spirit for combining these modalities. The energy shifts immediately, and could only mean that the body is more attuned to the energy. It is much the same when we combine Reiki and crystals. The power and aliveness of the crystals awaken when Reiki is added; their ability to magnify and hold vibrations is much greater and directed out for all to behold.

When combining these modalities in a treatment, first, through Reiki, I apply the principles which are the foundation of my work. Through Reiki principles I am guided to let go, ask for guidance from my teachers, be grateful, and honor all life. This allows for the energy to become present and open. Next, I move through Reiki protocols and symbols as I begin to run energy on the client. As I move through the body with Reiki, I am able to scan and intuit the condition of my client. From here, I am guided to apply color to fill in where the body is depleted.

Although Reiki can move out and rebalance energy, color adds in other important elements such as vitamins and minerals, and increases the functions of many organs and glands, as previously mentioned. Color works with the emotional and mental aspects of the body, and can be used in conjunction with the emotional/mental Reiki symbol, SHK, for a more amplified emotional and mood enhanced healing.

As Reiki moves the energy of a trauma, color comes in to remove the *memory* of the trauma and releases energetic patterns through energy vibration. Light releases frozen energy within the aura, and by guiding it through Reiki it is released from the body's auric field. It's as if I attract, through the Reiki in my hands, a magnetic course for the color to follow. I can feel and see the colors moving into and out of the body. As the energy of the body and aura are alive and charged with Reiki, color is then magnetized and follows the direction in which I apply it.

In Julian Bein's work, her students use two lumalights, one in each hand. These are like two mini flashlights (www.spectrahue.com). When working with these instruments, I use one in my right hand, while allowing my left hand to become charged with Reiki, gently and lovingly guiding energy out of the body. As Dr. David Hawkins teaches in his

book, Power vs. Force, [6] the energy of the higher vibration allows the energy of the lower vibration to rise, and that which is not part of this energy falls out; therefore, out of the body and energy field with Reiki's force as a guide.

When working with burn victims, Reiki can help relax and rebalance the energy, but by adding blue into the aura the trauma of getting burned is released through this vibration. Burn victims have too much red in their aura and benefit from adding back in this cool and sedative light.

There are several ways one can bring color into a treatment. First, one can use color from a light source and simply turn it on. Second, one can utilize a color wand such as a lumalight or other penlight. Finally, one can use the third eye to intuit the color vibration.

One of my students recently described how she worked on her mother through color intuition and Reiki. As she was running Reiki, she sensed that her mother needed a cooling and calming blue applied to her 2nd chakra. As she put her hands on this area, she intuitively sent and saw the color move into the area. She felt a deeper, more relaxing calm in her mother as she continued to work on her.

Reiki is the guiding force that begins my work, and color comes in to supplement the effort by adding a whole other dimension of healing. Reiki energy can be quite subtle to newcomers and not always felt right away, whereas color that activates the senses creates pleasure and reassurance through this intelligence. The two combine to form a complimentary therapy.

Creating a Color Room

There are many ways to create a color room in which to practice Reiki. The lighting industry has grown tremendously in the last several years, and there are many resources available. The new LED technology (light emitting diodes) has opened innovative paths in lighting as well. LEDs emit a single frequency of light, are cool, and energy efficient. Some LED products offer single color chips and some offer programs that rotate through the full spectrum of the rainbow in chakra order.

Some newer Christmas lights that offer LED bulbs are a fun and resourceful way to start a room. Hanging a few strings of blue offer a soothing and peaceful vibration for healing, or add green strands for a nice, balancing, and heart opening effect. Amber lights are also available (golden yellow), and offer a supportive and effective color for working. Of course, many different color strands can be used and turned on or off as needed. Multicolor strands are also a good choice, as the body will absorb what is needed.

My first light work experiences began with LED strands. The LEDs are cool enough to leave on all the time and there were several nights in a row when I would fall asleep running Reiki on myself. I would briefly wake up and see blue light waves moving through the house, coming from my healing room, and reaching into my bedroom. I

[6] Hawkins, David R., MD., Ph.D. Power vs. Force. Hay House, Inc. 1995.

recall feeling happy, rested, and at peace in this beautiful vibration. I also remember receiving many compliments on my skin tone at this time. My next awakening came when I was running Reiki on myself everyday by constantly sitting in blue lights, and began to wonder why I was becoming depressed. That's when I remembered the saying *too blue*. The lesson of balance followed; it's important not to underestimate the power of light.

Stanley Burroughs, in his book, Age of Enlightenment [7], recommends projecting light through color gels. These gels can be purchased at theatrical lighting and photography stores. Another practical approach is to look for nightlights with color, as well as light bulbs in different shades that screw into regular sockets.

There are more advanced systems available as well. The Lumalight 2100 Illuminator is a system from Spectrahue that projects color from mineral-based, crystalline color lenses onto the body and aura. The beauty of this system is in the lenses and the way the light reflects out into the room and is received into the body. Sitting under these lights and running Reiki magnifies the energy and expands the healing vibration. As Reiki fills the body and aura with new energy, color comes behind amplifying the effects for even greater healing.

The more attuned one is to color the more deeply one resonates with the vibration. Attunement to color involves aligning with each color vibration so that the body as well as the layers of the aura come together and raise the vibration. This way, the physical body feels the color first, and then the other layers of the body begin to integrate these feelings. The body, on all levels, aligns with the different vibrations of each color. Once one is attuned to the spectral colors, he or she may wish to work with spiritual colors such as crimson, scarlet, UV, and IR. These colors work even further off the body and connect with the higher chakras. This is similar to the way we attune to different crystals; our body takes in the crystal and then attunes to the properties of that particular crystal.

Following are a few examples of treatments I offer based on experience and the belief that all disease is an imbalance in the energy system. By adding or taking away color, light, and/or energy one's aura becomes strengthened. Holes in the aura that occur due to stress, illness, and fear are filled; hence, healing and wellness occurs.

When working with cancer patients, I begin with Reiki under the projection of ultra violet and blue rays. Right away, Reiki brings in the spiritual element of healing and awakens energy. Ultraviolet helps remove illness and disease at the cell level, and removes blockages of energy that have attached to the aura. It helps to purify the body. The violet frequency allows the spirit and crown chakra to open, bringing in divine guidance. Indigo helps activate the third eye as well as the pineal gland, thus opening the way to get to the energetic root of the illness. I integrate these colors throughout the course of chemo therapy, and these frequencies, being cool colors, help slow the body down and allow the client to rest. While the client is bathing in the light, I continue running Reiki.

[7] Burroughs, Stanley. Age of Enlightenment. Burroughs Books. 1976.

Once the chemo treatment is completed, I switch to green vibrations. Green promotes new and healthy growth at the cell level. At this stage in therapy, this is important for the body, for chemo destroys not only the bad cells but many good cells too. I continue adding green into my treatments up until the time I see hair regrowth, which is my indication that the cells are responding. From here I begin to add all the colors of the rainbow. Color is smart, and the body too, for it will take in exactly what it needs, much like the way it takes in Reiki.

With clients that are stressed, I bathe them in indigo, run energy, allow them to rest, and then slowly bring up the warmer colors of red or orange to awaken them and ground their energy.

With depression, I utilize red, orange, and yellow. This helps jolt the body out of its depressed state, lifting both the spirit and energy. Reiki helps move out the old energy, and the color follows behind to fill in the holes of the aura with new and fresh vibrations.

Working with color through quartz and crystals requires a light source with both color and a crystal. One of the sources for this comes out of Ithaca, New York. Michael, as he is known, uses reclaimed pieces of wood in which he drills out a hole to place a light source. Once this is in place, he adds the crystals on top. These pieces are magnificent. Large or small, the crystals love being on the wood, and they love the light. Their *kid* energy comes alive too, and then through Reiki their energy is magnified out even further and greater. These are wonderful to include in Reiki circles and group meditations. They act as focal points in the circle and immediately draw newcomers and children alike into the space.

Once we understand these basic principles of light and energy, we can begin to purposefully bring in colors to enhance our everyday life. In your morning meditation and Reiki sessions with yourself, align with the vibration of the sunrise. Send Reiki out to the red in the sky and feel the energy magnified as it returns back to you. Bring it into the first chakra as you also run energy on this area of the body. You will feel the heat of both your hands and this vibration. Do the same with the orange light that arises in the sky. Magnify it with Reiki and allow this color of energy to return to you in your second chakra. Feel the creative heat in the sacral area come alive. Feel the passion for your new day ignite your desires and dreams. Awake the solar plexus with this combination of color and Reiki. Bring confidence and power into your day. You will find that as you activate the colors with Reiki (charge them and send them energy) you resonate with these vibrations at a much deeper level. A field of forsythias in early spring will never be the same again! The yellows and greens will awaken your soul and open your heart to all that is.

As we use energetic forces such as light, Reiki, and crystals for healing the vibrational fields of ourselves and others, our planet will shift to a higher vibration. It is already happening. This resonance is and will create greater harmony within the energetic wealth of our planet, Mother Earth, and the Universe, for greater health and wellness at a time when it is much needed.