

# **Combining Full Spectrum Light with Color and Sound for Holistic Treatment**

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### **Introduction**

The visible spectrum of light is seen as a rainbow of seven major colors and five blended colors associated with energy centers of the body, the chakras, each with its own unique vibrational frequency. Colors are able to balance their corresponding chakras, as they can restore missing energy, or unblock blocked energy and remedy an imbalance or disease in an area of the body associated with the chakra. When full spectrum light and colors are applied, the etheric body is affected, and benefits pass through the etheric body to the physical body.

Different methods apply light and color directly to distressed or diseased areas of the body, as in Dr. Dinshah P. Ghadiali's 49<sup>th</sup> Vibrational Technique, or through the eyes, as in Jacob Liberman's "Syntonics" (Liberman, 1991). Dinshah's technique also applies a color's corresponding musical note. (Klotsche, 1992). Liberman finds this new medicine of using light and color heals the etheric and physical body simultaneously, effectively reaching emotional, mental, spiritual and physical levels, in a truly holistic healing.

### **Methods**

In my study in this course, Light and Color Therapy, I combined several techniques into two practices for a person to do alone. I used full spectrum light as a therapeutic modality, along with "Syntonics" (Liberman, 1991), absorbing light through the eyes. One month later, I added the principles and methods described in Dinshah's 49<sup>th</sup> Vibrational Technique by Charles Klotsche, particularly those combining color therapy with sound, called Cymatics (Klotsche, 1992). I combined principles from different modalities to extract the most benefit possible, in a short time, without the precision or instrumentation used in patient-centered therapy.

My first method was to install a Verilux full spectrum LED floor lamp in my home. I kept it on from morning until bedtime, starting in July, 2021, using it without eyewear for at least an hour a day. My plan was to use color with sound, during exposure to full spectrum light, after I had a month or so to determine the health effects of full spectrum light.

My second method was to use the 49<sup>th</sup> Vibrational Technique at home, with accompanying musical notes for each color. I wanted to find out whether I could shorten a normal treatment of one hour and still derive benefits from the treatment. My hypothesis was that, in combining full spectrum light with an application of the 49<sup>th</sup> Vibrational Technique (even though it was a shortened version of the treatment as described by Klotsche), I could derive some tangible benefit that correlated with the color and note applied.

I created color slides with Power Point and Photoshop. I also found an online open-source piano keyboard, so that I could compose notes and some variations on the notes, recorded for each Power Point slide. Without being able to duplicate the exact color frequency used in the 49<sup>th</sup> Vibrational Technique, I noted the Photoshop color number for each color I used. Additionally, as I was unable to match the vibrational frequencies cited in Klotsche's book, page 91 (Klotsche, 1992), I used the electronic piano format, and created a series of notes that varied by octave and even included some harmonics and chords in the specific key.

My first color meditation was Yellow, Photoshop color number fff00, musical note A-sharp (also the same note as B-flat). I set the full spectrum floor lamp light at full intensity slightly behind my head to the left, removed my glasses and looked at the yellow slide for five minutes. I clicked the button which started the continuous A-sharp and B-flat tones, during the entire time. The effects of both methods are below.

### Results and Significance

After my first full day using the full spectrum lamp, I felt physically stronger. My head and neck cramps stopped. I felt like I was absorbing my mineral supplements, as I have not had a muscle cramp since. It has only been a little over a month, and I feel younger and more clear-headed. Emotionally, I feel more even, without mood changes, as if I have had an intravenous dose of vitamins.

I meditated, without my glasses, on the Yellow Power Point slide on a Saturday at @ 3 PM, after a late breakfast, and at a time when I am normally a little sleepy. During meditation, I listened to the musical notes, which kept me focused. I had the full spectrum floor lamp shining on me the entire time. About an hour after my five minute meditation, I noticed something. My mind was hyper-focused.

Yellow is described by both Klotsche and Liberman as a stimulant. Joy Gardner describes Yellow as the color of the Third Chakra, the solar plexus, the power center of the body.

“Opening” the third chakra, with its corresponding color yellow, expands a sense of personal fulfillment (Gardner, 2006). During the 49<sup>th</sup> Vibrational Technique, it takes at least an hour for the physical body to absorb the effects of “tonation”, Dinshah’s term for applying a color to the body. (Klotsche, 1992). I did not apply color directly to my body, but only through my eyes, as per Liberman’s Syntonics technique (Liberman, 1991). Exactly one hour later, I started feeling effects. Yellow stimulated my mind, body and emotions, specifically, my intellect and self-confidence. I got into a long, energetic discussion with my husband. The effect on me correlated exactly with the described benefits of Yellow for the associated chakra, Solar Plexus.

### **Conclusion**

Incorporating the 49<sup>th</sup> Vibrational Technique into a self-directed format, I found that only five minutes of meditating on a block of color under a full spectrum LED lamp, while listening to the musical note associated with that color, resulted in an energizing effect, after one hour. I never expected this small period of time to create such tangible benefits. If I were in acute distress, I would need to see a practitioner and have a full course of treatment. But, in the meantime, I would be confident in crafting and adjusting different available methods to fit any short-term situation in my own holistic practice, or in my own life.

**References**

Gardner, J. (2006) *Vibrational Healing through the Chakras*. Crossing Press.

Klotsche, C. (1992) *Color Medicine*. Light Technology Publishing.

Liberman, J. (1991) *Light: Medicine of the Future*. Bear & Company.