

Ambika Wauters

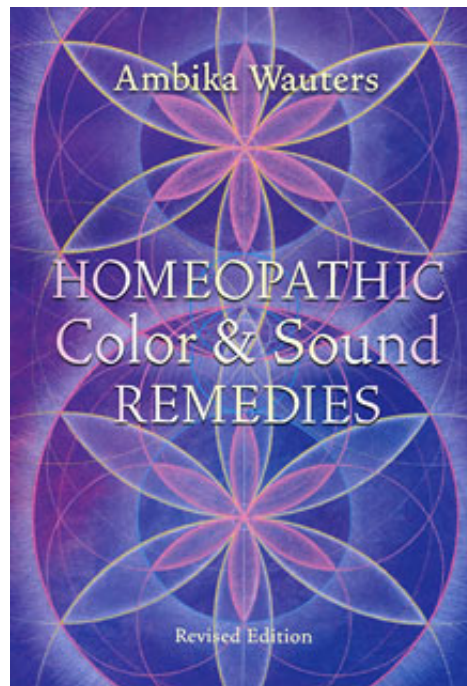
Homeopathic Color and Sound Remedies

Reading excerpt

[Homeopathic Color and Sound Remedies](#)

of [Ambika Wauters](#)

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Color and Sound in the Human Energy System

Color captured the imagination of Sir Isaac Newton, one of the greatest scientific minds in history. He explored color, endeavoring to learn what it is, and his conclusions about the nature of light and its components, which we call the visible spectrum, are still honored by the scientific community today.

We owe our understanding of the fundamental properties of light to Newton, but color was understood and used in healing for thousands of years before his discoveries. We know the early Egyptians used crystals to focus color onto parts of the body for healing purposes, balancing mind, body, and spirit. They also loved sunlight and knew of its healing properties. They worshipped the sun and created healing chambers where light was directed, like today's lasers, onto the body. They understood color's physical and emotional properties, even developing some color pigments that we can no longer replicate; they also respected its esoteric

aspects. Color had symbolic meaning for them, as is seen in their ancient tomb drawings.

Many peoples have also used sound as a healing agent. Tibetans have used singing bowls to heal the chakras for unknown numbers of generations. Metal alloys were blended and forged to create singing bowls (bowls that produce a warm tone when struck or stroked with a soft mallet) with perfect pitch. They knew that the proper mixture of certain metals would directly affect the chakras and open the field for healing.

Today, we are again using color and sound to reawaken our deepest potential for healing, as well as for personal growth and self-development. Color and sound can expand our consciousness, heal our wounds, and help us develop new ways of looking for solutions. They are gentle, effective, and provide us with a wonderful tool for balancing our systems.

We now have an advanced technology that allows us to break down color into energy; lasers and crystal spectography are techniques that enable us to use color more directly. We are developing the wisdom to know how to use light and sound as medicine in both allopathic and homeopathic forms that are kind to the body and loving and supportive to our being. New advances in the use of light and sound go directly into our energetic field. This book is dedicated to explaining the power of homeopathic color and sound and how they can be used for healing the human energy system.

COLOR, LIFE, AND THE ELECTROMAGNETIC SCALE

Color is fundamental to life. Its vibrations are necessary for physical growth and healthy development. When people are deprived of light and color, they do not grow, either mentally or physically.

Color exists in the form of oscillating light waves, which, when viewed through the light spectrum, are broken down into components of white light. When we look at the energy emanations that come from cosmic rays as they enter the earth's atmosphere, we see that white light is only a small portion of a greater energy.

Modern scientists use the electromagnetic scale to measure the cosmic forces as they penetrate our earth's atmosphere. At one end of the electromagnetic scale, there are gamma rays, which may be found in the nether regions of the cosmos. These rays oscillate at a particular speed and vibrate at a fixed rate. The vibrations slow down as the rays enter the earth's atmosphere, and the gamma rays are transformed into X-rays, with their own fixed patterns of movement and vibration. As this energy slows down even more, it is transformed into ultraviolet light. In the next step of deceleration, the energy becomes white light, which further breaks down into the colors of the spectrum. As these waves of energy slow down even more, they turn into infrared waves, then microwave, radar, FM radio, television, short wave, and finally AM radio waves. The electromagnetic spectrum consists of wavelengths ranging from light to radio (sound) waves.

Sound also exists in waves and is measured by its rate of frequency and its level of vibration. We know there are sounds so low- or high-pitched that the human ear cannot register them. However, animals can register many of these sounds. When people

are exposed to these extreme sounds, they can suffer from serious conditions. We want to eliminate overstimulation from both high or low sound and light frequencies.

MEASURING ENERGY WAVES WITH THE ELECTROMAGNETIC SCALE

The electromagnetic scale is measured in meters. Some electromagnetic waves, such as radio waves, are hundreds of meters long. Others, such as visible light rays, are much shorter, about 0.0000005 meter in length. An energy wave is like a rope that is continually oscillating up and down, creating peaks and troughs, and the energy vibrations are perpendicular to the direction of their propagation. Energy wavelengths reflect the distance a wave travels in one cycle of vibration, between two crests of a trough. A vibration's frequency is the number of waves that pass a point in one second. The energy, or brightness, of a wave of light is proportional to the amplitude from the crest of one trough to a zero, or center, line. White light is a mixture of many wavelengths.

As we work with the vibratory frequency and oscillation of energy waves, it is apparent that various remedial substances fall within the same vibrations as specific colors and sounds. For instance, antimony crude and *Berberis vulgaris* are a mineral and a plant remedy, but both substances fall into the field of yellow vibrations and both resonate with the musical note E. The symptoms these plant and mineral remedies address share a psychological and physiological pattern, both with the color remedy of yellow and the musical note E. Every substance we have on earth falls into a ray of the spectrum. We can identify its ray

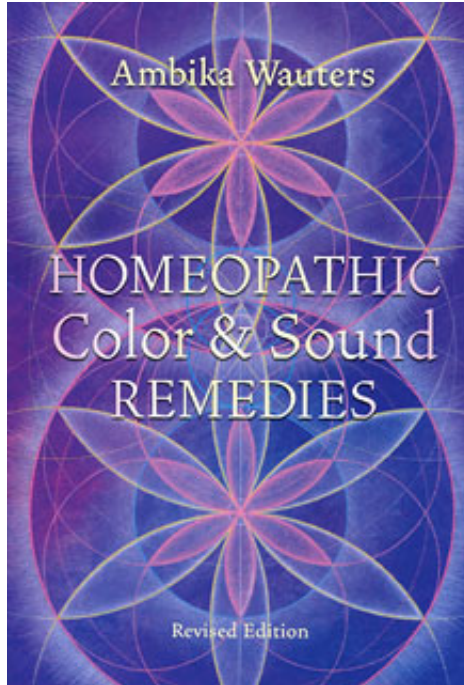
by seeing what color the plant or mineral is, but also by what symptoms the substance addresses. For example, a remedy that works on the adrenal cortex of the kidneys will be in the orange or orange-yellow ray of light.

A mineral remedy will have a deeper and longer-lasting effect than a plant remedy, which will, in turn, last longer than a color or musical sound remedy. However, color and sound remedies help bring harmony to the mind, body, and spirit—a person's energetic economy—by virtue of their similar vibratory frequencies. How colors and sounds resonate in our body at specific frequencies is discussed in the section on chakras in chapter 3.

All medicines fit into the light-emitting energy range of the electromagnetic scale. Homeopathic color remedies, which are made from natural substances, reflect one or another color of the visible light spectrum. They also resonate with the sound remedies. All substances, or remedies, are part of the continuum of light, sound, energy, and vibration. Knowledge about this scale helps us understand the healing properties of our medicines.

CASES OF USING COLOR AND SOUND TO HEAL ENERGY

As you study the qualities that relate to each color and sound, you will begin to understand which remedies each patient needs for their healing. For example, you may see a person who appears "out of it." They hover in the realms of the cosmic forces and are not fully incarnate. This person lives in the color violet and the note of high C. They lack the red of life energy and the vibration of middle C, which is grounded. They can show pale shades of



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