

# Ambika Wauters

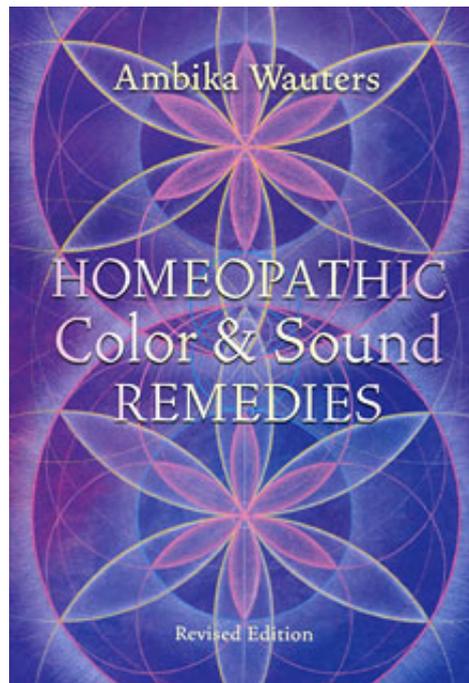
## Homeopathic Color and Sound Remedies

Reading excerpt

[Homeopathic Color and Sound Remedies](#)

of [Ambika Wauters](#)

Publisher: Crossing Press



<http://www.narayana-verlag.com/b11027>

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### *Yellow*

Yellow is a primary color and cannot be made by mixing other colors. For instance, orange is a combination of yellow and red; green is a combination of yellow and blue. Yellow is more closely associated with light and bright spirits than any other color.

Yellow is a diffuse and radiant energy, and if a person is not well centered, it can create an aura of confusion and make it hard to locate boundaries. Because there is so much light within this color, it can cause people to become disoriented and "spaced out," not knowing where their center is. In terms of personal development, yellow is associated with a lack of personal identity.

This color is also connected with our personal power and prowess. Through its association with gold, it relates to qualities of worth and value. It is the color of the solar plexus chakra, which represents our sense of self-worth, self-esteem, confidence, personal power, and freedom of choice.

Many body secretions are yellow and so are many foods and vitamins that we ingest. This suggests the presence of sulphur, which is a homeopathic remedy that works on the egoic forces in our personality. Sulphur is bright yellow in color.

Yellow directly affects our digestion and stimulates the stomach, pancreas, liver, and gallbladder. Too much yellow in a person's system produces jaundice or an oversecretion of bilirubin, which signifies a weakened gallbladder and liver. Too little yellow in a person's system suggests that they are not assimilating nutrients properly, and they may have problems with absorption.

Yellow is associated with the fire element required for proper absorption of nutrients. Like the sun, the color yellow implies that, when we are well in ourselves, we too shine and our systems

function well. Physically and psychologically, the ability to digest our nutrients and our life experiences defines our state of health.

In food, this energy level signals the presence of vitamin A and C. Different shades of yellow evoke either the astringency of lemons and citrus or the richness of butter and cheese. In nature, yellow is caused by carotenoids and sometimes by the presence of melanin.

In the animal world, yellow is a color of warning. It is seen in tropical fish, insects, and exotic poisonous frogs. The subdued yellow of the big cats acts as a perfect camouflage for hiding in the tall, parched grasses of the bush. Such animals, like the lion and tiger, who display yellow coats, often have great presence and power.

In the early Sung dynasty in China, yellow was adapted as the imperial color, to be worn only by the emperor, his retinue, or someone wearing imperial regalia. Buddhist monks wear yellow as a sign of humility and renunciation. It is a color seen more in the Orient than in the West. In the West, yellow has been used to describe cowardice among soldiers.

### *The Note E*

The note E has been used to support dear and intentional thinking when people need to make wholesome choices for their lives. It fosters a sense of Selfhood, which may have been arrested or never developed. If a sense of Self is weak, then the organs of digestion will also be weak. The note E stimulates both the digestive process and the mental process of claiming one's power, and strengthening a sense of personal identity. The musical note E helped a

woman who lacked confidence speak out about the things she had held bottled inside her for a long while. It gave her clarity of mind, focus, and ease in expressing her intellectual ideas.

### *Yellow and E Uses*

Here are some cases that describe the use of yellow and E.

- **PHYSICAL PROBLEMS**

Yellow and E relate to the digestive organs and are most suited for treating stomach, liver, gallbladder, and pancreas symptoms. These remedies help to decongest blocked energy in the abdomen and are considered for any type of gastric colic. They can be helpful with diabetes, stomach disease, hepatitis A and B, and cancer of the liver or other digestive organs. They have been known to work on gallbladder colic, eliminating pain and congestion. They can be excellent remedies for assimilation problems, such as celiac disease, and can be used concurrently with other remedies that further enhance assimilation.

Both yellow and the note E stimulate the right eye and improve eyesight. According to Chinese theory, the eyes are controlled by the liver. Provers noted improved vision and were able to read without glasses when on these remedies.

When the vital force is low, yellow and E help unblock congestion and shift energy. They are extremely useful for colds and weakened lungs because they act as an astringent and work to unblock and decongest the bowels.

When there is an excess of yellow in the system, it is wise to use the complementary colors of purple and violet, or the note high C. When new babies are born with weakened livers and an

excess of bilirubin in the blood, they are jaundiced. The standard treatment in hospitals is to place these babies under ultraviolet light for a few hours every day to break up the congestion in the blood. Homeopathic violet and high C can also help with this.

*Contraindications:* Yellow and the note E should be used as an astringent or a decongestant. They should be used in daytime only, as they can cause sleep disturbances.

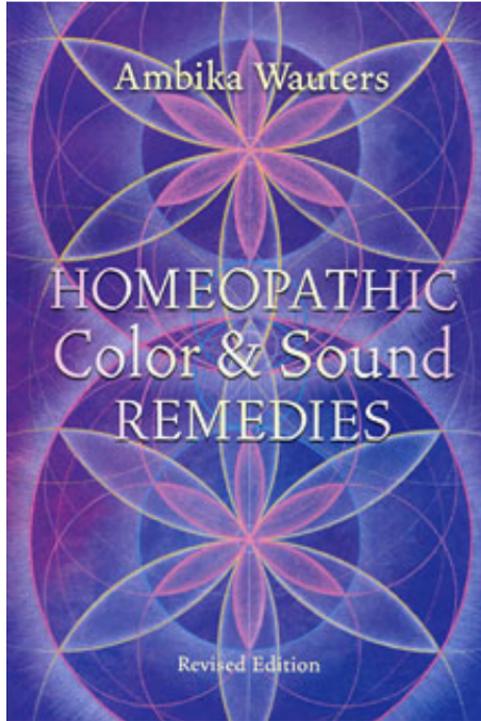
- EMOTIONAL ISSUES

Yellow and the note E can be used for issues of confidence, lack of a sense of worth, low self-esteem, or a shaky sense of personal identity. It is particularly well suited to people who give their energy and life force over to others too easily and are too open in their solar plexus chakra. These remedies strengthen the ego and help people develop their individuality. Where there is emotional weakness or vulnerability, they stimulate confidence and encourage personal empowerment.

*Contraindications:* People with an excessively developed ego should not use yellow and E, unless they balance it with homeopathic violet or high C, as they can increase their sense of self-importance. They should not be used at night.

- « MENTAL AND SPIRITUAL ISSUES

Yellow and E represent gut level intellect. These remedies stimulate the mind to help it become clear and focused. They help to transfer "gut knowing," which comes from the solar plexus chakra, to a higher mental level. They can be used to help increase memory and thinking ability, and they provide a rich potential for clarity and effectiveness. These two remedies help a person identify where they are weak and how they can grow in wisdom



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Revised edition

192 pages, pb  
publication 2007



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