



Daily-Color Triumphs: ColorAlchemy Activators

Saturday

INDIGO Your Visionary Self

Intuition • Psychic Powers • Seeing Beyond

Wear and/or incorporate INDIGO when you need to:

- Balance Orange energy
- Tap into your intuition or subconscious knowing
- Calm a scattered mind
- Have others know that you are sensitive & receptive beyond the obvious

Energy Foods: eggplant, broccoli, grapes, purple onions, currants, prunes
Indigo foods promote stability in one's life, helps grow new tissues

Antioxidant Foods:^a Anthocyanins, ellagic acid, Vitamin C, fibrt quercetin- red apples, beets, blackberries, blue corn, cherries, cranberries, figs, grapes, grape juice, plums, pomegranates, prunes, red pears, red apples, red raspberries, red wine, strawberries

Health Benefits: May prevent heart disease (by inhibiting blood clots), protects brain cells against oxidative stress (tissue-damaging process associated with Alzheimer's and neuro-deterioration), keeps carcinogens from binding DNA

Healing Stones: lapis lazuli, sodalite, indigo sapphire, opal, tanzanite, dark-blue agate

Essential Oils: lemon, juniper, peppermint, eucalyptus, rosemary, basil, myrrh, pachouli

Happy Indigo-Saturday!

"Do-it-yourself" Color Therapy

You have practiced ColorAlchemy through absorbing color vibration through clothes, what you eat and drink, your surroundings, through the power of the mind and your breath. Now, with color filters, balance your Chakras and enhance life qualities with the source of color: The Light.

History

As you know, color and vibrational healing was practiced by Pythagoras and many other masterful healers from the ancient world. Modern-color therapy evolved in the late 1800's with India born Dinshah P. Ghadiali, doctor, scientist, researcher, and inventor. After reading books on color theory, Dinshah experimented with color healing when traditional medicine failed a friend who was very sick. His friend's health dramatically improved with Dinshah's "colorized-milk elixirs," which began his life work in what he coined as spectro-chrome healing. Dinshah dedicated the rest of his life to all color-healing techniques, specifically toning.

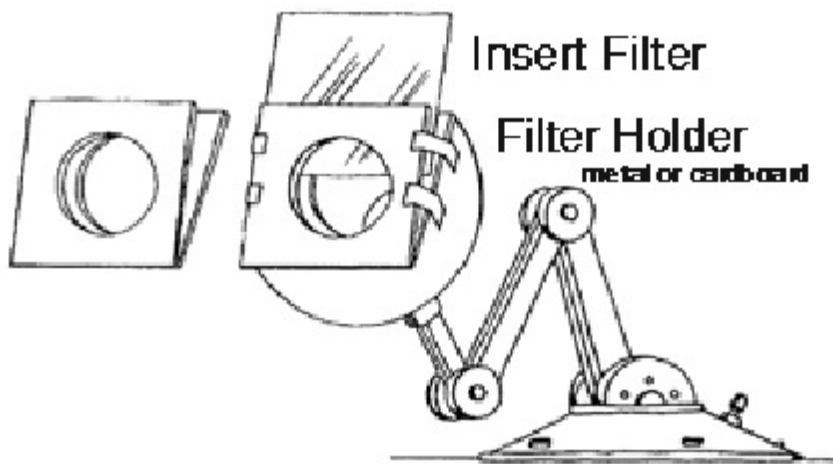
Methods of Color Toning

Dinshah described toning as projecting colored light on the body in precise locations as a method of healing specific ailments. There are many different ways to practice color toning. While colored light bulbs are great for enhancing the ColorAlchemy of a room, it is best to use Dinshah's easy-to-apply formulas. Used in color healing for more than fifty years, the formulas use Roscolene/Roscolux color film that are available at any theatrical supply store. This film comes in 20 x 24 sheets and is easily cut for numerous applications.

Sunlight: Similar to the effect of a stained-glass window, place the entire sheet in the window. The problem with this method is that the sun needs to be bright enough to shine through the filter to cast significant color on the body.

Flashlight: Get a flashlight with a removable top. Cut the film to to size so it fits in front of the glass (in front of the bulb) toward the outside for spot healing.

Make a color-therapy lamp: This graphic, courtesy of Charles Klotsche in his book [Color Medicine](#) is an excellent guide to making a color lamp.



Use a 60 or 100-watt, daylight or, better yet, a full-spectrum bulb in your lamp. Always check and use the recommended wattage for your fixture - using higher wattage may short-out the lamp or cause a fire.

Slide Projector: Carefully open up an empty-slide casing, and insert it with appropriate colored film to fit.

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Per Dinshah,^b here are the formulas for the spectral and soul-spirit colors.

Roscolux Filter Numbers

Color	Filter #
Red	818, 828
Orange	809, 828
Yellow	809
Green	871
Blue	859, 866
Indigo	828, 859, 866
Violet	832, 859, 866
	Soul-Spirit Colors
Turquoise	861, 871
Sea Green/Lime	810, 871
Maroon/Scarlet	810, 818, 861
Magenta	818, 828, 866

Matching Colors to Symptoms

Are you an expert by now? May I assume you know the general rules? As with all ColorAlchemy,

Balance your Rainbow.

**Enhance with supportive color(s) and
reduce with complementary color(s).**

- Determine the life qualities you'd like to enhance
- Enhance Chakra weakness
- Reduce physical pain with the Chakra color closest to the location of your symptom.
- Trust your intuition and go shine the light!
- For healing specific ailments, please refer to
 - Schedule of 123 Specific Human Disorders in [Let There be Light](#).^c
 - Color Therapy for 327 Diagnosed Disorders in [Color Medicine](#).^d

Color Toning

- Determine the color(s) you are going to use for your tonation based upon the ailment needing a remedy.

When using several colors in one session, consider the logic of Yin (Blue, Indigo, and Violet) and Yang (Red, Orange, and Yellow) colors. You'll immediately understand why it is best not to mix Yin and Yang colors in one session. Think about the energy basics to understand the concept:

- Energies that are too active-Yang, need balancing with quiet-Yin colors to calm and soothe. Adding more Yang may add fuel to the fire.
- Energies that are too dreamy-Yin, need balancing with active-Yang colors to stimulate and motivate. Adding more Yin may space you out.
- Green, as you know, is the Rainbow Bridge and is good to combine with either a Yin or Yang treatment. I have found it to be an excellent color to start and end each session.

Think about the "As Above, So Below" meditation as a template for a Yin or Yang tonation.

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With Yin energies and conscious intention, shine Green light on the heart and work your way up the Blue, Indigo, Violet spectrum as you move up the body. In the reverse order, complete the session at the Heart Chakra with Green.

Conversely, when Yang energies are used, shine Green light on the heart and work your way down the Yellow, Orange, Red spectrum as you move down the body. In the reverse order, complete the session back with Green at the love center.

- Set the "Stage" (you *are* using theatrical film!):
 - To maximize light penetration:
 - Colored light needs to be absorbed through your bare skin, choose a private and temperature controlled room.
 - Select the darkest room possible to enable color absorption at the fullest possible concentration.
 - Prepare healing music and diffuse your favorite healing essential oils.
 - Plan an undisturbed, relaxed hour of bathing in healing, colored light.
- Don't eat, shower, or do anything particularly physical or mentally taxing at least one hour before or after toning to allow your aura to be receptive and return to its customary state.
- Position yourself in a chair or bed about a yard/meter from the light source. (If using a flashlight, follow the instructions but use for localized or spot treatments.)

Dinshah suggests that lying down is best with your head facing north. From my experience, all healing is best received facing your second-best, Feng Shui direction, known as your "Doctor from Heaven." Please help yourself to automated [Best Direction reading](#) on [JamiLin.com](#).

- Treat the area with Healing Hands and appropriate essential oils.

Jami Lin's ColorAlchemy 3.Sat7

- Without external distractions, get into a relaxed frame of mind.
- As the light shines on your body, maximize the effect by simultaneously practicing Color Breathing and visualizing the colored rays being absorbed into your body.
 - Enjoy your hour of undisturbed, healing ColorAlchemy.
 - Be conscious of your experience.

It is better to under treat rather than to over react.

Depending on your physical sensitivities and the color that you are using, too much color may be too stimulating to a body area that may have weakness. For example: Too much Red may aggravate a heart condition.

Pay attention to the rhythm of your breathing. If it remains constant, you are fine, but just like a Goldilocks prognosis, too slow or too fast, is not *just right*.

When in doubt, stop or use less intensity, and/or reduce time.

Use good judgement!

- After completion:
 - Maintain your special radiance. Stay relaxed and calm. It takes several hours for the light to be absorbed throughout the body.
 - Always drink plenty of purified water to flush out toxins that were shaken and stirred during the treatment.

Enjoy an after-session-ColorAlchemy elixir.

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Even if you are working with another color today, reinforce rainbow balance with an **Indigo** two-minute breath. With the inhalations, visualize an **Indigo** Ray filling every cell and fiber of your body. Release toxins with an **Orange** Ray exhalation.

Take stress-reducing, ColorAlchemy pause now, and periodically during the day!

Commit to taking a deep and invigorating Violet breath before getting out of bed tomorrow morning.

Click [HERE](#) to order 4-hour Training DVD (audio and over 180 slides)

- a. Antioxidant Foods and Health information courtesy of David Heber, MD, PhD, [What Color Is Your Diet?](#)
- b. Darius Dinsha, [Let There be Light](#), Dinsha Health Society p. 22
- c. Charles Klotche's [Color Medicine](#), Light Technology Publishing, 1992 p. 77
- d. Darius Dinshah, *Let There Be Light*, Dinshah Health Society