

Color therapy of functional circles
as a way to modulate the body's internal reserves

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The energy process of a person's life cycle can be represented in the form of a pyramid, to the top of which he rises step by step. However, before starting the ascent, a person needs to visit each of the four corners of the base of this pyramid, called functional circles, which are represented by a pair of meridians. When the meridian is in balance, it has the most beneficial effect on our body, but if it is blocked or closed, all sorts of negative phenomena appear in the body and psyche that affect our behavior from birth to death.

At birth, our body is controlled by functional circle pairs of meridians "Kidneys - bladder", whose emotional characteristic - fear. Indeed, at the moment of birth, we are scared to go out into a world full of light and noise, after we spent nine months where we were protected and fed.

The second life transition is made with the help of energy functional circle pairs of meridians "Liver - gallbladder", which controls strong emotions, especially anger.

Next comes the energy functional circle pairs of meridians "Lungs - large intestine", which defines creativity and intuition. If the circle is blocked, this leads to sadness and sadness.

The subsequent period is associated with functional circle pairs of meridians "Stomach - spleen - pancreas". It's kind of guard, choosing between good and evil.

The life process is dynamic and changeable, we either feel fear or are filled with courage (kidneys - bladder), or simmer with anger or remain calm (liver - gallbladder), etc. Unfortunately, it often happens differently.

In life, if you do not free yourself from fear (kidneys - bladder), and with your burden to follow the road of life, you can reach anger (liver - gallbladder), taking on this burden as well. It is known that angry and aggressive people very often act out of fear. Without fear, there would be no reason to be angry and aggressive. Loaded with these two heavy bags, from which they did not want to get rid of, continuing on their way, these people inevitably come to changes in the energy of the lungs and large intestines. With the weight that is already on their backs, they will certainly fall into despondency and therefore will not be able to use their creativity and intuition, which the energy of the lungs and large intestines gives, bending under the weight of the now three huge bags. In this state, they are suitable for energy. stomach - spleen - pancreas, who play the role of a guard, letting in only the one who is free from any load, that is, a person who knows how to overcome fear, not succumb to anger and master his creative potential. Pass the Stomach Guarded Point

- spleen - pancreas - means to go back on your life path, but on a higher level. But if you do not get rid of these loads, then you can forever stop at the same point until there is the lesson given to us by life has been worked out.

The purpose of life - reach the top of the pyramid where energy meets functional circle pairs of meridians heart and small intestine, bestowing joy and love.

Modern medicine claims that the heart never gets sick by itself, that its ailments - it is, as a rule, a consequence of diseases of other organs: either the lungs

(lungs - large intestine), or liver (liver - gallbladder), or kidney (kidney - bladder) or stomach (stomach - spleen - pancreas).

The functional circles have special and extremely important connections with various organs.

Functional circle kidneys - bladder controls, besides fear and courage, not only the kidneys and the bladder, but also the condition of the ears, bones, teeth-incisors.

The ear is known to - an organ of hearing, which exists so that we can hear, feel the world of sounds around us, and also in order to perceive the meaning of words and sounds, not only external, but also within us, to understand our own feelings and worries. In order to finally recover, we must first of all understand why we are sick.

Functional circle liver - gallbladder controls the emotions of anger and calmness, as well as muscles and ligaments. This is- a symbol of movement, flexibility, and in a negative sense, stiffness, insufficient internal flexibility depends on it. Eyes- an organ controlled by this functional circle, which means that it controls vision, and not only external, but also internal, subjective, self-esteem.

Functional circle lungs - large intestine controls exchange, permeability, which is physiologically characteristic of these organs. It stimulates creativity, inspiration, intuition, sadness or depression. The function of nasal breathing, smell, as well as the condition of the skin, hair and nails depends on this circle. Certain skin conditions or hair loss are often very upsetting and even depressing. Such moments are psychologically very difficult, because they often arise in the visible zone and are noticeable to others.

The nose, or rather, the sense of smell, which allows you to recognize smells and aromas, belongs to the functional range of the lungs - colon. Smell- an extremely important feeling, because it allows us to notice, feel, if you like, predict this or that situation or event. With a lack of such ability, a person in life situations invariably behaves inadequately due to blockage of the functional circle of the lungs- colon.

Lips and mouth are directly related to the functional circle stomach - spleen - pancreas. The sensory function of the lips and mouth consists in touching, feeling, grasping, biting, and ends with the fact that we come to understand what we are dealing with, what specific taste sensation is in question. To reach such an understanding, you must first try, recognize, analyze and finally decide whether what you are getting to know is good or bad. If good- we accept, bad - we reject. Usually when we have "some kind of heaviness" in our stomach, then such a moment, we are somehow completely uninterested in whether what we have just assessed is good or bad, since the meridians are the stomach - spleen - the pancreas is blocked.

Finally, the functional circle heart - small intestine, on which depends not so much the work of the heart as a physical organ, as its broader meaning - love and feelings. Vessels, language with its speech function, sounding of words as a means of communication are connected with these meridians.

Knowledge about functional circles is the most useful tool not only for color diagnostics, but also for the appointment of appropriate color therapy.

Table 1

Energy connections of functional circles

Functional cash circles	Kidney-urinary bubble	Liver-bilious bubble	Lungs-thick intestines	Stomach-spleen-pancreas gland	A heart-thin intestines
Organs	Bones, kidneys, bladder	Muscles, liver, bilious bubble	Lungs, thick intestines, hair, nails	Stomach, spleen, pancreas gland, connecting fabrics	A heart, thin
Organs feelings	Ears	Eyes	Nose, skin	Lips, mouth	Language
Psychologists ical Aspects	Fear, Confidence, support, statics, trust, certainty, stability	Malice, emotions, flexibility, speed bath, attached aptitude, vitality	Sadness growing up, creation, inspiration, opposition, intuition, understanding borders, cleansing, receptive prudence, worthlessness	Contact, inte- Love, grace, analysis, disclosure, grasping, oneself, presence, abstraction, harmony, concentration, union, general ideas, implementation, indolence	revitalization laziness, radiation, joy
Clock the greatest activity	15-16 / 17-18	23-24 / 1-2	3-4 / 5-6	7-8 / 9-10	11-12 / 13-14
Colors	Red, Orange, infrared	Yellow	Turquoise, Blue, green purple		Ultraviolet summer

Diagnostics of functional circles

In color puncture, the main thing is to determine the energy block of the initial disease or malaise, which, as a rule, is located in one of the FCs lying at the base of the pyramid.

Allocate four points on the "neurasthenia line", which make it possible to identify the pathology of the functional circle at the moment and to determine the color therapy algorithm (Fig. 1).



Rice. one. Diagnostics of functional circles

Discussion of own results

Conducted color diagnostics of patients staying at the sanatorium

treatment in specialized departments of the OJSC sanatorium "Metallurg". A total of 48 people were examined at the age of 40–60 years.

The following results were obtained

At the time of the examination, when ranking according to the degree of pain points, the following sequence was revealed: out of 21 patients (43.6%), the greatest interest in point 2 was revealed, which amounted to 62.8%, corresponding to the liver-gallbladder meridian, then points 1 - 21, 9%, conjugated with the meridians of the kidney-bladder and point 4 (22.5%), associated with the meridians of the stomach-spleen and pancreas, the least interest of point 3 (2.7%), conjugated with the meridians of the lungs-large intestine, was revealed.

In 27 (56.3%) patients, a combination of interested points was found in the following sequence: the largest percentage of 15 (53.7%) fell on points 2 and 4, as well as points 3 and 4 (41.5%), the smallest indicator of points 1 and 3 and points 1 and 4 (4.7%).

When comparing these points with diseases, the following was revealed:

- point 2 - the presence of a detailed picture of hypertension, coronary heart disease;
- point 1 - vegetative-vascular dystonia, encephalopathy of various origins;
- point 4 - allergic mood of the body, bronchial asthma, diabetes mellitus, osteochondrosis, joint diseases.

The most pronounced multiple organ pathology was found in patients with interested points 2 and 4, which fully coincided with the diagnoses established by them and the profile of the specialized cardiology department, in which they underwent a course of rehabilitation treatment.

All patients underwent the "Functional circles" color therapy program proposed in [1] using the "MINI-EXPERT-CT" color therapy apparatus.

table 2

Methodology for the color therapy program "Functional circles"

Localization of points	Colour	Therapy scheme
Point 1 - on the line of neurasthenia, above the Red left eye, at the intersection with the median embryonic layer. Corresponds to the meridians of the kidney-bladder and the frequency of the alpha rhythm		Irradiate the most painful point with the indicated color for 1 minute.
Point 2 - on the line of neurasthenia, above the Yellow right eye, at the intersection with the median embryonic layer. Corresponds to the meridians of the liver-gallbladder and the frequency of the beta rhythm		Irradiate the most painful point with the indicated color for 1 minute.
Point 3 - on the line of neurasthenia, above the Green left eye, at the intersection with internal embryonic layer. Corresponds to the lungs-large intestine meridians and theta-rhythm frequency		Irradiate the most painful point with the indicated color for 1 minute.
Point 4 - on the line of neurasthenia, above the Blue right eye, at the intersection with		Irradiate the indicated color for 1 minute at most

internal embryonic layer. Corresponds to the meridians of the stomach-spleen-pancreas and the frequency of the delta rhythm		painful point.
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It should be remembered that the weakest functional circle can easily and quickly change, even within one day. Before starting treatment, you need to check it.

Considering that in this material the connection of functional circles with certain colors and rhythms of brain waves is indicated, an extended electropuncture diagnostics was carried out using the ART method "IMEDIS-TEST" in order to confirm this pattern.

In the course of electropunctural diagnostics, an indication of the use of induction programs was clearly identified, primarily reflecting the four separate rhythms of the brain, mainly alpha and beta rhythms, according to the functional circles concerned.

In the process of carrying out color therapy in a number of patients, emotional "bursts" were observed in the form of crying, excitement, internal tension, etc., especially in patients with functional disorders of the liver - gallbladder. The reason for such manifestations is probably a deep and often unconscious human excitement. The introduction of induction programs into the course of therapy significantly reduced the tension of the emotional background.

The frequency of induction programs No. 1 and (or) No. 2 was in the first three days, daily, exposure from 5 to 10 minutes, then every other day, 3-4 procedures. Further, the sessions of induction therapy and color therapy were combined, conducting them sequentially, starting with induction therapy.

It is advisable to perform a session of color therapy and induction therapy taking into account biorhythms (Table 1) to restore the rhythms that are needed.

Thus, the proposed methodology for teaching about functional circles and proposed algorithm color therapy allows adjust level functional state of the body and increase the effect of treatment the identity of the restorative of patients with multiple organ pathology.

Literature

1. Panymenta F. Color puncture for children and adults. - SPb., 2008.

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